

Risk factors of non-modifiable and modifiable for cardiovascular diseases. Include two educational topics to teach patient for each risk factor.

Modifiable - Smoking, High LDL Cholesterol, Physical Activity, Obesity, Uncontrolled diabetes, Poor diet, Alcohol Use.

Non-Modifiable - Age, Gender, Genetics, Menopause, Race

### Educational Topics

#### Modifiable

Smoking - Encourage patient to stop smoking ask them what they tried in the past. Educate about nicotine patches and ways to quite smoking such as use of mints, gum and different coping skills.

High LDL Cholesterol - Educate in change in diet to lower cholesterol, and exercise. Also get routine lab work done to monitor their cholesterol levels.

Physical Activity - Educate exercise plan to set time out of their day to do this. Also educate patient to move more then they normally do in a day. Chair exercise or just get out of the house walk in a park.

Obesity - Educate about lower food or calorie intake. Also increase physical activity.

Uncontrolled diabetes - Educate how food affects their diabetes. Educate them on diabetes clinic, and use of their medication.

Poor diet - Educate on eating in more often instead of fast food. If it's a financial issue educate on food banks.

Alcohol Use. Educate in moderation. If this is a serious problem, educate them on AAA treatment.

#### Non-Modifiable

Age - Educate them on eating well exercise and seeing their doctor on a routine basis.

Gender- Same as age. Educate them about living their best life by taking care of themselves. Eating well exercise and good hygiene.

Genetics- Continue the same as above education with the non-modifiable teaching. Educate them about taking care of their body.

Menopause- Educate about same as above education and routine check up with their physicians. Keep moving enjoy life.

Race- Continue with education on staying healthy. Eat right, exercise, routine doctor visits, work on your coping skills in time of increased stressed, enjoy life, go outside take a vacation breath in the air.

Non modifiable education is pretty much the same.