

| Non-Modifiable Risk Factors | Educational Topic 1 | Educational Topic 2 |
|------------------------------------|--|---|
| Age | Continue completely screenings to detect any early signs of heart disease | Begin any testing for at risk individuals at the age of 40 years old |
| Gender | It is more fatal in women because it takes longer to detect so make sure they're having screenings down regularly to monitor for any early detection | Make sure you note any risks you may have for developing a cardiovascular disease and be screen so early treatment can be started as soon as possible |
| Family History | Keep a record of any family history that may put you at risk for ay heart disease | Follow a healthy diet and continue to exercise to decrease the risks especially if you're at a higher risk for development |
| Race | African Americans have a higher risk for developing heart and cardiovascular disease | Monitor hypertension in African Americans it can increase their risk for heart disease even more |

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Unit 2 Cardiovascular Assessment Tables

| Modifiable Risk Factors | Educational Topic 1 | Educational Topic 2 |
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| Hypertension | Diet/Exercise, and simple lifestyle changes can help reduce blood pressure and regulate heart rate to help reduce risk of heart disease | Be careful when standing up to reduce any dizziness and risks for falling/fainting and reduce the risk for injury |
| Obesity | Being obese can put you at risk for diabetes and hypertension which increases the risk more for heart disease | Try to diet/exercise and live a healthy lifestyle to limit weight gain and continue to decrease the risk for cardiovascular disease |
| Diabetes | Exercise 5 times a week for at least 30 minutes a day, and follow a healthy diet | People with diabetes can struggle with high blood pressure and obesity so blood glues should be monitored often |
| Smoking | Cigarettes or any kind of tobacco use increase the risk for heart disease | Smoking can put you at risk for hypertension which both increase your risk even more for heart disease |

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| Cholesterol | Cholesterol screenings should be done regularly to those who may fall in a high-risk category to reduce risk of cardiovascular disease | Following a healthy diet to lower cholesterol is the best way to reduce risk for heart disease |
| Unhealthy Lifestyle | Immobility can lead to obesity, hypertension which can both lead to diabetes which all increase the risk for cardiovascular disease | Living a more mobile lifestyle and exercising more frequently throughout the week are best for lowering the risk for heart disease |
| Alcohol Consumption | Limit the amount of alcohol consumption to reduce the risk of heart disease, heart failure and stroke | Over consumption can lead to hypertensin which can increase the risk for cardiovascular disease |