

Risk Factors Cardiovascular Disease

Modifiable	Education Topics	Nonmodifiable	Education Topics
Hypertension	<ol style="list-style-type: none"> 1. Maintain a healthy diet 2. Take medication as prescribed 	Type 1 Diabetes	<ol style="list-style-type: none"> 1. Take medication as prescribed 2. Watch the amount of sugar and carbs being taken in
Lack of exercise	<ol style="list-style-type: none"> 1. Exercise regularly for 30 mins a day 5 times a week 2. Walk places instead of driving when possible 	Age	<ol style="list-style-type: none"> 1. Maintain a well-balanced diet 2. Exercise 30 minutes 5 times a week
Obesity	<ol style="list-style-type: none"> 1. Maintain a balanced diet 2. Exercise regularly 	Gender	<ol style="list-style-type: none"> 1. Women have lower risk until menopause 2. Middle aged men are at the highest risk
Alcohol Use	<ol style="list-style-type: none"> 1. Limit alcohol consumption 2. Avoid hanging around people who may peer pressure you into drinking 	Family History	<ol style="list-style-type: none"> 1. Check checked yearly by your HCP 2. More likely to develop if it runs in the family
Type 2 Diabetes	<ol style="list-style-type: none"> 1. Exercise 30 minutes 5 times a week 2. Eat well balanced diet 	Culture and race	<ol style="list-style-type: none"> 1. African Americans are at the highest risk 2. Seek help when you feel like something is not right

High levels of stress	<ol style="list-style-type: none">1. Use relaxation technique to lower stress2. Set realist tasks daily
High cholesterol (high LDL, low HDL)	<ol style="list-style-type: none">1. Avoid consumption of saturated fats, Trans fats found in fried foods and maintain a well-balanced diet2. Exercise 30 minutes 5 times a week
Smoking	<ol style="list-style-type: none">1. Alternative smoking cessations2.