

Cardiovascular Assessment- Unit 2

Non-Modifiable Factors

Risk Factors	Educational Topics
Age	<ol style="list-style-type: none"> 1. CVD is the leading cause of death in adults over the age of 65. 2. The most common problem is coronary artery disease- symptoms include angina, chest pain, SOB, faster heartbeat, weakness
Gender	<ol style="list-style-type: none"> 1. Men have a higher risk for heart attack than women, but it becomes around the same when women reach menopause. 2. Men- 3 to 5 times more likely to have CVD than women. 3. Women- After menopause, the risk for CVD increases to almost the same level as men from declining estrogen levels.
Family History	<ol style="list-style-type: none"> 1. A positive family history of CVD in first degree relatives is associated with a twofold increase in the risk for CVD. 2. If a first-degree family member developed heart disease before age 55, then you will be at a greater risk for CVD. 3. Family screening can help detect early stages of disease
Ethnicity	<ol style="list-style-type: none"> 1. African descent- high blood pressure and diabetes are more common in this population. 2. Asian Descent- High saturated fat and sodium foods are part of that culture and can increase chances of CVD. 3. Minority populations are less aware of environmental factors that can increase risk of CVD.
Socioeconomic status	<ol style="list-style-type: none"> 1. People who have low socioeconomic status can be at greater risk for CVD.

	<ol style="list-style-type: none"> 2. They don't always have the best health care and can't get healthy foods to maintain a healthy diet.
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Modifiable Risk Factors

Risk Factors	Educational Topics
Smoking	<ol style="list-style-type: none"> 1. Smoking greatly increases your risk for heart disease. The tar in cigarettes increases the formation of plaque in blood vessels. 2. Smokers are 2 to 4 times more likely to die if they suffer a heart attack. 3. Quitting is the easiest way to modify this risk factor.
Hypertension	<ol style="list-style-type: none"> 1. Add more green vegetables to your diet to lower blood pressure. 2. Lose weight, reduce sodium, lower stress and cut back on alcohol and caffeine. 3. One-third of the population has hypertension.
High LDL Cholesterol	<ol style="list-style-type: none"> 1. LDL are bad cholesterol because they take excess cholesterol from the liver and deposit them on the artery walls. 2. You can lower your cholesterol by changing your diet, losing weight, exercises, quit smoking, and lower alcohol intake
Diabetes	<ol style="list-style-type: none"> 1. Controlling blood glucose levels will lower your risk for heart disease. 2. Changing diet to eliminate carbs and sugar. 3. Exercise and relieve stress.
Physical activity	<ol style="list-style-type: none"> 1. The heart is a muscle, so the more you work it out, the stronger it becomes.

	<ol style="list-style-type: none">2. Do 30 minutes of more of exercise such as walking, swimming, jogging, or biking a day.
Obesity and Diet	<ol style="list-style-type: none">1. Obesity is a common problem in US- is most common link to increase heart disease.2. Eat nutrient-dense diet and eliminate toxic and inflammatory foods. Eat green leafy vegetables, healthy oils and pecans.3. Foods high in magnesium4. Berries