

Cardiovascular Disease

Non-Modifiable Risk Factors

- Age
 - The older you are the higher risk you are to develop a cardiovascular disease.
 - Living a healthy lifestyle and avoiding harmful substance can help prevent cardiovascular disease.
- Family history
 - A family history of high blood pressure, cholesterol, and type 2 diabetes can increase someone chances on developing cardiovascular disease.
 - Living a healthy lifestyle will help reduce the risk of developing cardiovascular disease.
 - It is important that these patients are practicing a healthy lifestyle like getting exercise, eating healthy foods, and avoid smoking and drinking alcohol a lot.
- Ethnicity
 - South Asian and Africans are at greatest risk in developing a cardiovascular disease.
 - It is important that these ethnicities are living healthy lifestyle an eating healthy.
 - Getting yearly appointments can help with prevention of developing cardiovascular disease.
- Sex
 - Both men and women are at a high risk of developing cardiovascular disease especially if they have DM in women.
 - Health screening is important so you can recognize any s/s of diabetes and cardiovascular issues and help with prevention.
 - Living a healthy lifestyle is going to help you prevent health issues in general.

Modifiable Risk Factors

- Smoking
 - Smoking tobacco significantly increases your risk at developing cardiovascular disease; it makes the heart work harder to pump blood through the body
 - Avoid smoking and second and some.
 - If trying to quit smoking use your resources and ask your physician on way to stop smoking that would work best for you such as nicotine patches or even working out.
- Physical inactivity
 - Not exercising regularly increases a person's risk for being overweight or high blood pressure which than puts you at risk for cardiovascular disease.

- At least 10 minutes of exercise a week to help reduce your chances of developing a cardiovascular disease.
 - If 150 minutes is not possible then any form of activity and exercise is good rather than none.
- Diet
 - Eating a diet that has a balanced amount of fruits, vegetables, complex carbohydrates, and protein should be aimed at and avoiding excess fats, salts, and sugars.
 - Alcohol should be consumed in moderation, maximum of 14 units of alcohol per week and some days where there is no alcohol consumed.
- Obesity
 - Taking steps to lose weight through lifestyle changes and dietary changes can help reduce your chances of developing cardiovascular disease and other conditions.
 - It is important to get exercise even if it's minimal, that is better than no exercise at all as well as having a healthy diet.