

Modifiable Risk Factors	Nonmodifiable Risk Factor
<p><u>Sedentary Lifestyle</u> Education: Being inactive can cause build-up in your arteries, which won't allow proper blood flow. It is recommended to exercise around 30 minutes daily.</p>	<p><u>Age</u> Education: Aging can cause arteries to thicken. It is important to monitor your blood pressure frequently as hypertension can develop.</p>
<p><u>Tobacco Use</u> Education: The use of tobacco causes the blood to thicken and can form clots in arteries, leading to cardiovascular issues. You can reach out to your PCP if you are interested in ways to quit, there are many alternatives to help!</p>	<p><u>Gender</u> Education: Cardiovascular disease is known to develop later in women than men. It is very important to report any symptoms such as chest pain, dizziness, HTN, or dysrhythmias as soon as they are noticed.</p>
<p><u>Unhealthy Diet</u> Education: Diets high in saturated fats/salt. Diets high in salt can raise blood pressure. Diets high in fats have been shown to affect the heart negatively. It is essential to eat a diet high in vegetables, fruits, and lean poultry to support the heart.</p>	<p><u>Family History</u> Education: It is important to note if any family members who had heart disease at an early age <50 for men, and <55 for women as this can increase the risk for developing CVD.</p>
<p><u>Diabetes</u> Education: High blood sugar has been shown to cause damage to blood vessels. It is important to monitor your sugar frequently and report any increased blood sugars to your PCP. It is important to stay active, eat good portions, and drink adequate water to try to keep your sugar in the expected range.</p>	<p><u>Ethnicity</u> Education: Black and Hispanic individuals are at greater risk for developing Cardiovascular disease.</p>