

Cardiovascular Assignment

Modifiable

Non-modifiable

Diet Education: Heart healthy diet, low sodium	Family Hx of heart failure Education: Early testing, follow up appointments
Smoking Education: Smoking cessation, nicotine patch	Type 1 diabetes Education: See HCP, compliance with diet and medications
Obesity Education: Exercise, eat healthy	Age Education: scheduled screenings, healthy diet
Uncontrollable type 2 diabetes Education: Eat a healthy diet, follow insulin regimen	Gender Education: Early warning signs of a heart attack, early screening
High cholesterol Education: Heart healthy diet, low fatty foods	Race Education: Diet, exercise, frequent screenings
Hypertension Education: Heart healthy, physical activity	Menopause Education: Early screenings, follow up with HCP
Stress Education: Relaxation techniques, exercise	Abnormal blood coagulation Education: Take medications as prescribed, see your HCP
Sedentary lifestyle Education: Walk daily, exercise	Socioeconomic status Education: Financial aid programs, food stamps