

Week 3 Assignment 2 Melinda Pickens

NONMODIFIABLE	MODIFIABLE
<p>Family Hx of heart failure -Follow a heart healthy diet. -Early testing/doctor appointments.</p>	<p>Diet -What a heart healthy diet is. -Exercise 30 minutes a day at the minimum.</p>
<p>Age -Schedule screenings early, follow up with your doctor. -Healthy diet and exercise.</p>	<p>Smoking -Smoking cessation -Other alternatives to smoking such as Nicorette gum.</p>
<p>Gender -Be aware of warning signs of a heart attack. -Early screening.</p>	<p>Obesity -Follow a healthy diet -Exercise.</p>
<p>Race -Early screening. -Diet and exercise.</p>	<p>Uncontrolled diabetes -Take medication as prescribed. -Follow a healthy diet.</p>
<p>Menopause -Early screening and follow up appointments. -Diet and exercise.</p>	<p>Alcohol use -Limit your alcohol 1 glass females, 2 glass for males daily. -Exercise.</p>
<p>Stress -Relaxation techniques. -Exercise.</p>	<p>High blood pressure -Diet and exercise. -Take medication as prescribed.</p>
<p>Abnormal blood coagulation (elevated fibrinogen) -Takes medications as prescribed. -Follow up with your doctor.</p>	<p>High Cholesterol -Heart healthy diet. -Take medication as prescribed.</p>
<p>Socioeconomic Status -30 minutes of walking daily. -Food stamps/financial aid programs.</p>	<p>Kidney disease/failure -Go to dialysis if needed. -Follow a heart healthy/renal diet.</p>
<p>Previous Cardiovascular event -Take medications as prescribed -Follow up with Dr. and complete tests needed.</p>	<p>Sedentary lifestyle -Go for a 30-minute walk at least daily. -Follow a heart healthy diet.</p>