

❖ Risk Factors:

- Non-modifiable
- Modifiable

Your assignment for the Assessment Module is to formulate a **thorough** list (in table format) of Non-Modifiable and Modifiable risk factors for Cardiovascular Disease. Include **two** educational topics that you would teach your patient for **each** risk factor.

* Place this assignment in the “Unit 2: Assessment” Dropbox by 1/22/2024 at 0800, and have a copy ready to discuss during class.

Non-Modifiable	Modifiable
Family History	High Blood Pressure
Gender	Smoking
Race	Poor Nutrition
Age	Physical Inactivity

Non- Modifiable

Family history: Having a family history of cardiovascular disease puts you more at risk to develop it yourself. It is common for chronically high cholesterol to be passed down through genes. Heart muscle diseases are also commonly inherited conditions.

Gender: Women generally have lower prevalence of cardiovascular disease; however they have worse prognosis and a greater death rate.

Race: African Americans experience higher rates of CV risk factors such as HTN and obesity and are twice as likely to die of CVD compared to Caucasians.

Age: Individuals over 65 years of age are more at risk for cardiovascular disease. Aging changes the heart and blood vessels, increasing a person’s risk for developing cardiovascular disease.

Modifiable

High Blood Pressure: High blood pressure is when there is a chronic state of elevated pressure in the arteries. This is a huge risk factor for heart disease and heart failure. The higher the BP, the greater the risk. You can lower your BP by maintaining a healthy weight, quitting smoking, reducing sodium intake and by eating healthy.

Smoking: Smoking Cigarettes is a huge cause of coronary heart disease and is a major risk factor for sudden death from heart attack. Smoking also contributes to high blood pressure which is another risk factor for cardiovascular disease. Some alternatives to smoking include chewing gum, mouth sprays, and electronic cigarettes.

Poor Nutrition: Obesity is associated with high blood pressure, diabetes, and high cholesterol, which are all risk factors for cardiovascular disease. It is important to limit alcohol intake, reduce sodium intake and have adequate potassium intake. Eating more fruits and vegetables helps cut down on higher calorie foods.

Physical Inactivity: It is recommended to exercise for 30 minutes 5 days a week. Obesity causes several risk factors including high blood pressure, cholesterol and diabetes which all contribute

to cardiovascular disease. Working out helps lower all of these, which decreases the risk for cardiovascular disease.