

Modifiable Risk Factors CV Disease	Teaching Point #1	Teaching Point #2
Diet	Consumption of vegetables, fruits, low fat dairy, poultry, fish, and whole grains can help reduce cholesterol and risk of CVD.	Red meats, processed meats, processed foods high in sodium, sweets and butter negatively impact your heart. They can still be enjoyed in moderation and in proper servings.
Smoking	Smoking cessation benefits can be seen almost immediately, within a year risk of heart attacks drop significantly. Within five years, the risk of stroke is similar to that of a nonsmoker. Risk increases with each cigarette smoked each day.	Nicotine patches and gum can be used to help wean from cigarettes temporarily, but still provide a source of stress on the CV system. Vaping is another form of smoking and still damages the cardiovascular system.
Diabetes Management	Mismanaged diabetes increases your blood pressure, which can lead to CVA. Diabetics are 2-4X more likely to have CVD.	Consistent and frequent blood sugar readings should be taken. Care should be made to exercise, eat a low carb diet, and take all medication as prescribed.
Obesity	Individuals who lost 7% of body weight lowered all CV risk factors.	Weight loss can be obtained with adequate diet and exercise.
Alcohol Consumption	Excessive alcohol consumption can lead to hypertension, coronary heart disease, stroke, peripheral arterial disease, and cardiomyopathy.	1-2 alcoholic drinks per day is considered minimum risk. 4 or more drinks constitutes binge drinking, which increases blood pressure and can lead to hypertension.
Inactivity	The risk of heart disease is 150-240% higher for individuals with a sedentary lifestyle.	It is recommended that you spend 150 minutes weekly performing moderate intensity workouts, or 20 minutes a day.

Non Modifiable Risk Factors of CV Disease	Teaching Point #1	Teaching Point #2
Gender	Men are more likely to develop CVD than women, especially when age related.	Stroke and heart disease risk increases in post-menopausal women. Signs of MI may be different in women (nausea, fatigue) than traditionally seen in men (sharp radiating pain).
Race	Pacific Islanders, First Peoples, and African Americans are at an increased risk of hypertension and cardiovascular disease.	Learn your family history of CVD, and maintain a healthy diet with exercise. Make modifications to enjoy ethnic foods with lowered saturated fats.
Family History	If a parent or sibling has experienced a CVA, you are at an increased risk.	Monitor your blood pressure and take special care to learn and recognize signs of stroke and MI.
Advanced Age	The older you are, the higher your risk for CVD.	Low impact exercise (swimming, aerobics) should be used in the elderly to increase activity and reduce the risk of CVA.