

<b>Modifiable</b>	<b>Nonmodifiable</b>
<p>High cholesterol Education:</p> <ul style="list-style-type: none"> <li>● LDL, also called “bad cholesterol” is a fatty substance that is carried around the body by proteins. Too much LDL can cause fatty substances to build up in artery walls and cause complications.</li> <li>● High levels of LDL are often caused by lifestyle factors such as unhealthy diet, smoking, physical inactivity, and high alcohol intake.</li> </ul>	<p>Gender Education:</p> <ul style="list-style-type: none"> <li>● Women tend to develop CV disease at an older age than men, believed to be linked with the hormonal changes following menopause.</li> <li>● Early warning signs/symptoms are slightly different between men and women.</li> </ul>
<p>Hypertension Education:</p> <ul style="list-style-type: none"> <li>● High blood pressure is often symptomless, so it is important to have regular visits with your physician to perform routine tests.</li> <li>● High blood pressure is often linked with being overweight, physical inactivity, a high intake of salt or alcohol.</li> </ul>	<p>Ethnicity Education:</p> <ul style="list-style-type: none"> <li>● People of south asian, african, or caribbean descent are at greater risk.</li> <li>● Leading a healthy lifestyle can reduce risk.</li> </ul>
<p>Smoking Education:</p> <ul style="list-style-type: none"> <li>● Smoking damages and narrows the arteries, making heart attack more likely.</li> <li>● Nicotine also makes the heart beat faster and increases blood pressure, making the heart work harder to pump blood.</li> </ul>	<p>Family History Education:</p> <ul style="list-style-type: none"> <li>● To be considered at higher risk, the family must be immediate such as a sibling or parent.</li> <li>● Family history of CVD itself, or a family history of high cholesterol, HTN, and diabetes can put them at higher risk as well.</li> </ul>
<p>Obesity Education:</p> <ul style="list-style-type: none"> <li>● Obesity creates extra pressure, making the heart work harder to pump blood.</li> <li>● Lifestyle and dietary choices are very important in maintaining a healthy BMI.</li> </ul>	<p>Aging Education:</p> <ul style="list-style-type: none"> <li>● As part of the natural aging process, the body becomes weakened and it is harder to fight off disease.</li> <li>● Leading a healthy lifestyle can reduce the likelihood.</li> </ul>
<p>Physical Inactivity</p>	

<p>Education:</p> <ul style="list-style-type: none"><li>● It is recommended to do at least 150 minutes of moderate activity per week.</li><li>● Resources for a variety of physical activities, to find one the patient enjoys so they are more likely to.</li></ul>	
<p>Diabetes</p> <p>Education:</p> <ul style="list-style-type: none"><li>● Diabetes causes high glucose levels, these high glucose levels in the blood cause damage to the artery walls and buildup of fatty deposits.</li><li>● The importance of managing diabetes through insulin and other medications, as well as proper diet and exercise.</li></ul>	
<p>Poor nutrition</p> <p>Education:</p> <ul style="list-style-type: none"><li>● Healthy diet should include lots of fruits and vegetables, complex carbohydrates and protein. Excess fats, salts, and sugars should be avoided.</li><li>● Alcohol should be consumed in moderation, if at all.</li></ul>	