

Non-Modifiable Risk Factors for Cardiovascular Disease	Patient Teaching
Gender	<ul style="list-style-type: none"> • Men are more likely to get CVD, however women are more likely to die from CVD. • Symptoms of CVD present differently in men and women. Men are more likely to have symptoms such as chest pain while women are more likely to have atypical symptoms that mirror a common cold.
Race	<ul style="list-style-type: none"> • Minority ethnicities such as Black and Hispanic people. • It is important to keep up with doctors' appointments and routine checkups to ensure good health.
Family History	<ul style="list-style-type: none"> • If someone in your family had CVD, you are more likely to get it yourself. • Be sure to inform your doctor about any family history of CVD and make sure to see a doctor if you experience symptoms of CVD.
Advanced Age	<ul style="list-style-type: none"> • At age 65 and older, the heart's ability to stretch and contract decreases, and heart valves narrow. • With these changes in the efficiency of the heart, your blood pressure might decrease, thus increasing the risk of falling.

Modifiable Risk Factors	Patient Teaching
Smoking	<ul style="list-style-type: none"> • Smoking damages and narrows the arteries, significantly increasing the risk for CVD. • Quitting smoking can improve circulation. Products such as nicotine gum and nicotine patches can help in the cessation of smoking.
Sedentary lifestyle	<ul style="list-style-type: none"> • Being physically inactive increases a person's risk of obesity and high blood pressure, which can both increase the

	<p>risk of CVD.</p> <ul style="list-style-type: none"> • Experts recommend that adults get 150 minutes of exercise per week to see substantial health benefits. If this does not work for you, be sure to get as much exercise as you can.
Obesity	<ul style="list-style-type: none"> • Eating an unhealthy diet and being physically inactive increases the risk of obesity and in turn increases the risk for CVD. • Taking steps to lose weight through lifestyle changes will decrease your risk of CVD.
High Cholesterol	<ul style="list-style-type: none"> • High levels of low-density lipoprotein (LDL) or “bad cholesterol” can cause fatty buildup in the arteries and increase the risk for CVD. • Eating a diet rich in high density lipoprotein (HDL) or “good cholesterol” can help lower your risk of CVD.
Hypertension	<ul style="list-style-type: none"> • Hypertension, or high blood pressure, can also increase your risk of CVD. It is often symptomless and is known as the “silent killer.” So, if you are at risk, it is important to consult your doctor about it. • Lifestyle changes such as exercising regularly and eating a low-sodium diet can decrease your blood pressure and your risk of developing CVD.
Diabetes	<ul style="list-style-type: none"> • Diabetes is a disease characterized by high levels of glucose in the blood. High blood sugar levels can damage artery walls and increase the risk for CVD. • To reduce the risk of CVD, it is important for people with diabetes to carefully manage their blood sugar levels and maintain a healthy lifestyle.
Diet	<ul style="list-style-type: none"> • Eating an unhealthy diet consisting of fatty foods and heavy alcohol consumption can lead to a variety of

health problems that increase the risk of developing CVD.

- It is important to eat a diet consisting of plenty of fruits and vegetables, complex carbohydrates, and protein to decrease your risk of CVD. Alcohol can be consumed, but in moderation. Some experts recommend a maximum of 14 units of alcohol per week for men and half of that for women. One unit of alcohol is equivalent to 1 small glass of beer or wine.