

## Modifiable and Nonmodifiable Risk Factors

Modifiable	Nonmodifiable
<p><b>Hypertension</b></p> <ul style="list-style-type: none"> <li>• Normal blood pressure: 120/80, elevated: 120-129/80, Hypertension Stage 1: 130-139/80-89, Hypertension Stage 2: 140+/90+; High blood pressure can damage your arteries and decrease blood flow to areas of your body. This increases your risk for heart failure, stroke, eye damage, heart attack and a multitude of other problems.</li> <li>• You can manage your hypertension through lifestyle changes and medication. Dieting: DASH - low sodium, low fat, whole grain, fruits and veggies, avoid processed foods; 150 minutes of moderate- intensity activity, 2 days of muscle strength training per CDC</li> </ul>	<p><b>Age (Men: 55, Women: 65)</b></p> <ul style="list-style-type: none"> <li>• As you age, the arteries in your heart start to stiffen. This is called arteriosclerosis and can cause hypertension</li> <li>• The electrical system in your heart is affected by aging and can cause arrhythmias, which is an irregular heartbeat, and may lead to a need for a pacemaker</li> <li>• The valves in your heart can also stiffen and prevent flow of blood out of heart and cause it to back up into your lungs and extremities.</li> </ul>
<p><b>Smoking</b></p> <ul style="list-style-type: none"> <li>• Smoking is a major cause of CVD and accounts for 1/4 CVD deaths</li> <li>• Smoking causes swelling and inflammation of the cells that line your arteries which causes vasoconstriction and ultimately can lead to other issues such as stroke, HTN, and heart attack</li> <li>• Quitting smoking immediately reduces your risk for developing CVD and heart attack</li> </ul>	<p><b>Sex (Female)</b></p> <ul style="list-style-type: none"> <li>• Coronary heart disease is the leading cause of death in women.</li> <li>• Estrogen helps protect against CVD so menopausal women are at an increased risk for developing CVD and hormone therapy may help reduce that risk</li> <li>• Women's hearts and blood vessels are biologically smaller and thinner than men's putting them at an increased risk for developing CVD</li> </ul>
<p><b>Alcohol abuse</b></p> <ul style="list-style-type: none"> <li>• Regular alcohol abuse can cause hypertension (increased blood pressure), which over time, puts strain on your heart and increases your risk of CVD, stroke, and MI</li> <li>• Alcohol abuse is also linked to overweight/obesity as often times drinks are high in calories</li> <li>• You do not have to completely stop drinking, even though this holds the best health outcome, however limiting</li> </ul>	<p><b>Family hx of CVD/genetics</b></p> <ul style="list-style-type: none"> <li>• Some inherited cardiovascular conditions include HTN, arrhythmias, cardiomyopathy, tumors, and high cholesterol.</li> <li>• These conditions are inherited due to a faulty gene that one or both of your parents have that pass along these genes to you and increase your risk of CVD</li> </ul>

<p>to the recommended intake is suggested. 0-2/day for men, 0-1/day for women</p>	
<p><b>Dyslipidemia</b></p> <ul style="list-style-type: none"> <li>• Dyslipidemia refers to having high levels of low-density lipoproteins, or bad fats, and low level of high-density lipoproteins, the good fats, in your blood</li> <li>• High LDL levels can cause plaque build up in your blood vessels which increases your risk for decreased blood flow and heart attack</li> <li>• Low levels of HDL decrease ability to remove LDL from the blood, therefore, increasing your risk of having a heart attack</li> </ul>	<p><b>Race (African American)</b></p> <ul style="list-style-type: none"> <li>• African Americans are 30% more likely to die from heart disease than White Americans</li> <li>• The most common conditions that increase the risk of heart disease and stroke in Black women and men are hypertension (high blood pressure), obesity, and diabetes. African Americans are already at an increased risk for these conditions so it's important to take action early</li> </ul>
<p><b>Diabetes Mellitus</b></p> <ul style="list-style-type: none"> <li>• If you have diabetes, you're risk of having heart disease or a stroke is 2x higher than someone who doesn't</li> <li>• High blood sugar can damage te blood vessels and nerves that control your heart</li> <li>• Eat more fresh fruits and vegetables, lean protein, and whole grains; exercise regularly; monitor your blood sugars and A1C</li> </ul>	
<p><b>Unhealthy diet</b></p> <ul style="list-style-type: none"> <li>• Eating too much sodium can raise your blood pressure</li> <li>• Eating foods high in saturates fats, trans fats, and cholesterol can cause plaque to build up in your arteries over time</li> <li>• Portion control, eat more fruits and veggies, whole grains, limit unhealthy fats, lean meats, low sodium diet for best cardiovascular health</li> </ul>	
<p><b>Sedentary lifestyle</b></p> <ul style="list-style-type: none"> <li>• A sedentary lifestyle is one that does not involved you moving your body for long periods of time. Many jobs require this as you may have to sit at a desk all day.</li> <li>• Inactivity can cause plaque to build up</li> </ul>	

<p>in your blood vessels and puts you at an increased risk for HTN and heart attack</p> <ul style="list-style-type: none"> <li>• 150 minutes of moderate- intensity activity, 2 days of muscle strength training per CDC</li> </ul>	
<p>Obesity</p> <ul style="list-style-type: none"> <li>• Excess weight, especially around the waist, can cause plaque build up in blood vessels, increase blood cholesterol levels, increases blood pressure, and increases risk for type 2 Diabetes</li> <li>• Practice portion control; eating fruits, veggies, whole grains, low fats and sodium diet; 150 minutes of moderate- intensity activity, 2 days of muscle strength training per CDC; sleep 6-8 hrs/night</li> </ul>	
<p>Stress</p> <ul style="list-style-type: none"> <li>• The hormone cortisol is released in response to stress. Studies suggest that the high levels of cortisol from long-term stress can increase blood cholesterol, triglycerides, blood sugar, and blood pressure</li> <li>• Exercise regularly, 6-8 hrs of sleep/night, meditate, yoga, deep breathing exercises, relaxation and coping techniques</li> </ul>	
<p>Medications</p> <ul style="list-style-type: none"> <li>• Certain medications can cause arrhythmias, palpitations, tachycardia, bradycardia, hypertension, and a multitude of other symptoms that, when used for long periods of time, can increase your risk for CVD</li> <li>• If you start to experience any cardiovascular symptoms, alert your PCP immediately so that you can be reassessed and switched to a different medication.</li> </ul>	
