Risk Factors for Cardiovascular Disease:

| Non-modifiable | Educational topics |
|---|---|
| 1.Age | 1.As you age it is important to monitor your heart health regularly by having annual wellness exams and testing done.<br>2.Having a healthy lifestyle including exercising 3x a week for 30-60 min a day and a well-balanced diet including a decrease in sodium/salt and fats. |
| 2.Family History | 1.If you know your parent/sibling have had heart disease it increases your risk so it is important to focus on risk factors that you can control including healthy weight, exercising regularly, eating healthy.<br>2.Take Preventive Measures early for example getting established with an HCP. |
| 3. Ethnicity | 1.Being aware of your ethnicity can help you stay proactive with screenings and early interventions.<br>2. regardless of different ethnicity's it is important to stay away from smoking and drinking. |
| 4. Gender | 1. Men generally have a higher risk at a younger age but in women it can increase in menopause due to the loss of estrogen. So, it is important to be aware of preventive measures.<br>2. Both Men and Women should take heart health very seriously and should manage stress and maintain a healthy lifestyle. |

| Modifiable | Educational topics |
|---|---|
| 1. High Blood Pressure | 1.Is one of the leading causes of heart disease. It is important to monitor blood pressure regularly and take medications as prescribed.<br>2.Comsuming a low-sodium diet can help keep your blood pressure at appropriate range. |
| 2. Smoking | 1.Smoking damages blood vessels and can narrow your arteries, not smoking is a few of the best ways to keep your heart healthy.<br>2. To seek help to quit smoking such as programs, counseling or nicotine replacement can improve your cardiovascular health. |
| 3. Obesity | 1.Eating more fruits and vegetables to maintain a healthy weight.<br>2. Staying active 3x a week |
| 4. Diabetes | 1.Monitor blood glucose levels daily.<br>2. Healthy diet in low sugars and carbs to |

| | |
|---|---|
| | keep diabetes under control to reduce risk of heart disease. |
| 5. Alcohol consumption | 1.Consumption of alcohol can raise blood pressure and weight gain which increases your risk of getting heart disease.<br>2. Limit intake to a moderate level no more than one drink per day for women and two drinks per day for men if you drink alcohol a lot. |
| 6. Stress | 1.Stress contributes to heart disease by raising blood pressure and may promote unhealthy behaviors such as smoking, drinking, eating a lot.<br>2. Learning techniques to manage your stress is very important such as deep breathing, mindfulness and or physical activity can reduce the effects of stress on your heart. |