Cardiovascular Disease

Modifiable Risk Factors	Nonmodifiable Risk Factors
Obesity. One educational topic would be to keep track of the calories in your food. There is a certain amount of calories that should be taken in. Another educational topic would be to choose healthier foods to eat and keep track of your weight.	Age. One educational topic I would discuss would be to ensure the patient understands to see their healthcare provider regularly. Another topic I would discuss would be to regularly exercise.
Diabetes. One educational topic would be how to properly check your sugar to ensure it is in the range it needs to be in. Another educational topic would be to ensure the patient knows how to properly take the medications needed to control the diabetes.	Gender. One educational topic I would discuss would be to ensure both men and women see their HCP regularly. Another educational topic I would talk about would be men usually have trouble earlier but women have worse outcomes usually.
Tobacco use. One educational topic would be to encourage the patient to attend groups to get support to stop using tobacco. Another educational topic would be to develop a quit plan to stop using tobacco.	Ethnicity. One educational topic would be that African Americans usually are at greater risk for developing CVD. Another educational topic would be to ensure the patient is educated on CVD if they have a higher chance of developing is.
Activity. One educational topic would be to exercise for 30 minutes at least 3-5 days a week. Another educational topic would be to maintain an appropriate BMI.	Family History. One educational topic I would discuss is to ensure the patient knows their family history. Another educational topic would be to be checked sooner if a close relative has CVD.
Hypertension. One educational topic would be to ensure the patient knows how to take their ACE inhibitors properly. Another educational topic would be to check their BP at home.	