

Risk Factor Type	Risk Factor	Education
Non-Modifiable	Age	<p>1. Aging naturally leads to stiffer arteries, higher blood pressure, and reduced heart efficiency. With age, these changes are normal but can increase the risk of cardiovascular disease.</p>
		<p>2. Maintaining a healthy diet, exercising regularly, and avoiding smoking, will help reduce the premature aging of cardiovascular health.</p>
	Gender	<p>1. Estrogen in women provides some protection against heart disease before menopause, but this protection decreases after menopause, increasing risk.</p>
		<p>2. Men have a higher risk of developing heart disease earlier in life due to different hormone levels and lifestyle patterns.</p>
	Family history	<p>1. If close relatives have a history of cardiovascular disease, you may be genetically predisposed to similar conditions.</p>
		<p>2. Sharing family health history with your healthcare provider or other physicians helps with early preventive care.</p>
Modifiable risks	Smoking	<p>1. There are local support groups, counseling services, or nicotine replacement therapies.</p>
		<p>2. There are immediate and long-term cardiovascular benefits of quitting smoking, such as improved circulation</p>

		and reduced risk of heart attack.
	Physical Inactivity	1. Regular physical activity is good for heart health, such as improving blood flow, lowering blood pressure, and strengthening the heart muscle.
		2. Walking for 30 minutes a day, taking the stairs, or joining a fitness class will help improve your physical activity to prevent cardiovascular accidents.
	Poor Diet	1. There are heart healthy diets that you could try like the Mediterranean or DASH diets, which are whole grains, fruits, vegetables, lean proteins, and healthy fats.
		2. Reading food labels for sodium, sugar, and fat content to make good choices when grocery shopping for good heart health.
	Stress	1. Stress management techniques, such as, meditation, yoga, or deep breathing exercises, helps reduce the impact of stress on cardiovascular health.
		2. Adequate sleep, relaxation, and finding time for activities that you enjoy helps to lower overall stress levels.