

Modifiable Risk Factors	
Risk Factors	Educational Topics
Smoking	<ul style="list-style-type: none"> <li>• Join tobacco cessation support group</li> <li>• Use approved nicotine replacement systems</li> <li>• Develop a quit plan</li> <li>• Begin a tobacco cessation program.</li> <li>• Change daily routines associated with tobacco use to reduce desire to smoke.</li> <li>• Substitute other activities for smoking.</li> <li>• Ask caregivers to support efforts to stop smoking.</li> <li>• Avoid exposure to environmental tobacco smoke.</li> </ul>
Hypertension	<ul style="list-style-type: none"> <li>• DASH or Mediterranean Diet</li> <li>• Monitor home based blood pressure and obtain regular checkups.</li> <li>• Take prescribed drugs for blood pressure control. (ACE Inhibitors)</li> <li>• Stop tobacco use. Avoid exposure to environmental tobacco smoke.</li> <li>• Control or reduce weight.</li> <li>• Perform physical activity daily.</li> </ul>
Obesity	<ul style="list-style-type: none"> <li>• Healthy diet that follows dietary needs.</li> <li>• Reducing sodium intake.</li> <li>• Develop and maintain at least 30 minutes of moderate physical activity daily for a minimum of five days a week.</li> <li>• Change eating patterns and habits.</li> <li>• Reduce caloric intake to achieve a body mass index of 18.5 to 24.9 kg/m<sup>2</sup>.</li> <li>• Increase physical activity to increase caloric expenditure.</li> <li>• Avoid fad and crash diets, which are not effective over time.</li> <li>• Avoid Large, heavy meals. Consider smaller, more frequent meals.</li> </ul>
Diabetes	<ul style="list-style-type: none"> <li>• Follow the recommended diet.</li> </ul>

	<ul style="list-style-type: none"> <li>• Control or reduce weight.</li> <li>• Take prescribed drugs for diabetes.</li> <li>• Monitor glucose levels regularly and follow up with HCP regularly.</li> </ul>
Hyperlipidemia and Hypertriglyceridemia	<ul style="list-style-type: none"> <li>• Reduce total fat intake.</li> <li>• Reduce saturated fat intake.</li> <li>• Take prescribed drugs for lipid reduction.</li> <li>• Adjust total caloric intake to achieve and maintain ideal body weight.</li> <li>• Engage in daily physical activity.</li> <li>• Increase amount of complex carbohydrates, fiber, and vegetable proteins in diet.</li> <li>• Follow up with HCP for regular lipid panel assessments.</li> </ul>

Non-Modifiable Risk Factors	
Risk Factors	Educational Topics
Family History or Heredity	<ul style="list-style-type: none"> <li>• Risk for developing heart disease increases if you have a relative who developed heart disease before age 55.</li> <li>• A positive family history involving first-degree relatives is generally associated with a twofold increase in the risk for CVD.</li> </ul>
Age	<ul style="list-style-type: none"> <li>• As age increases so does the risk for CVD.</li> <li>• As you age arteries begin to narrow, increasing the risk.</li> </ul>
Gender	<ul style="list-style-type: none"> <li>• Top cause of death for both men and women.</li> <li>• Women tend to develop it about 10 years later in life than men, but often have poorer outcomes.</li> <li>• Men are three to five times more likely to have CVD than women.</li> <li>•</li> </ul>
Ethnicity or Race	<ul style="list-style-type: none"> <li>• African Americans are at greater risk of developing cardiovascular disease</li> <li>• African Americans are more likely to die of heart disease than whites.</li> </ul>

