

Modifiable Risk Factors	Non-Modifiable Risk Factors
<p>HTN (meds will help control, but won't treat HTN)</p> <ul style="list-style-type: none"> - Silent killer, typically has no sx - Measure your BP every day at rest and keep a diary - Want to teach how to correctly take a BP; feet flat on the floor, arm at heart level resting on a surface and that the indicator was to be above the brachial pulse - Can lower high blood pressure with healthy life style changes or with medications to prevent heart disease and MI 	<p>Family history</p> <ul style="list-style-type: none"> - Want to get tested right away, the earlier the better - Preventing modifiable risk factors
<p>Diet low in bad cholesterol</p> <ul style="list-style-type: none"> - Want to eat fish, bone less skinless chicken breasts, vegetables, fruit, nuts - Exercising at least 30 min 5 days a week 	<p>Race and ethnicity</p> <ul style="list-style-type: none"> - Some groups are more likely to have conditions that increase their risk for CVD - Heart disease leading cause of death for African Americans, American Indians, Alaska Natives & Caucasians.
<p>Exercise</p> <ul style="list-style-type: none"> - Can be power walking - Exercise for at least 30 mins 5 days a week - Want your HR to be elevated during working out to help burn fat 	<p>Diabetes Type 1</p> <ul style="list-style-type: none"> - Get routine lab testing per HCP recommendation and blood sugar levels - Healthy eating, carb counting - Exercise 30 min for 5 days a week
<p>Losing weight</p> <ul style="list-style-type: none"> - Excess weight puts more stress on your body - Can decrease lipid levels, hgb a1c 	<p>Chronic inflammatory condition(s); Irritable bowel disease, lupus, rheumatoid arthritis, ankylosing spondylitis, psoriasis, HIV/AIDS, RA, Thyroid disease, high testosterone</p> <ul style="list-style-type: none"> - Attend HCP follow up appts - Routing lab testing per HCP recommendation
<p>Diabetes Type 2</p> <ul style="list-style-type: none"> - Healthy eating; watching carb intake - Losing weight - Exercise - Lowering HTN 	<p>Preeclampsia or early menopause (younger than 40)</p> <ul style="list-style-type: none"> - Low salt in diet - Consume 6-8 glasses of water per day - Avoid fried fatty foods

	<ul style="list-style-type: none"> - Get enough rest - Avoid alcohol & no smoking - Avoid beverages containing large amounts of caffeine - Attend HCP follow up visits per recommendation
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<p>Cigarette smoking</p> <ul style="list-style-type: none"> - Education on smoking sensation - Smoke goes into your lungs - Overall harmful for your body - Leads to cancer especially lung cancer 	<p>CKD</p> <ul style="list-style-type: none"> - Limit ibuprofen use - Monitor and control blood pressure - Avoid smoking and drinking alcoholic drinks - Healthy diet
<p>Alcohol</p> <ul style="list-style-type: none"> - Women should have no more than 1 drink per day - Men should have no more than 2 drinks per day 	<p>Sex</p> <ul style="list-style-type: none"> - Women are at a higher chance - Can't really prevent your assigned gender at birth - See HCP to follow up care as indicated to monitor lab results and treat as necessary
<p>Vitamin D</p> <ul style="list-style-type: none"> - Get levels checked - Take medication as ordered - North east ohio - Spend more time outside in the sun - Wear sun block and re-apply often 	

Risk Factors for Cardiovascular Disease

[Calcium Scoring Program | Preventative Coronary Calcium Score Test near Cleveland, OH | University Hospitals](#)

[Heart Disease Risk Factors | Heart Disease | CDC](#)

[Heart Disease Risk Factors | Heart Disease | CDC](#)