

Modifiable Risk Factors	Teachings	Nonmodifiable factors	Teaching
Hypertension	<ul style="list-style-type: none"> <li>- Reduce sodium intake by avoiding processed foods and cooking with less salt</li> <li>- Engage in regular aerobic exercise 5 days a week</li> </ul>	Age	<ul style="list-style-type: none"> <li>- Schedule regular CV screenings as you age to monitor BP and cholesterol</li> <li>- Adopt heart-healthy habits early in life to reduce the severity or age-related risks</li> </ul>
High Cholesterol	<ul style="list-style-type: none"> <li>- Choose heart healthy fats and limit saturated fats</li> <li>- Incorporate fiber rich foods such as oats, fruits, and veggies into your diet</li> </ul>	Gender	<ul style="list-style-type: none"> <li>- Understand gender specific risks (women at increased risk after menopause)</li> <li>- Advocate for gender appropriate screening and treatments</li> </ul>
Smoking	<ul style="list-style-type: none"> <li>- Seek support such as counseling, nicotine replacement therapy, or medications</li> <li>- Avoid environments with secondhand smoke to reduce CV strain</li> </ul>	Family History of CVD	<ul style="list-style-type: none"> <li>- Inform HCP about family history to ensure appropriate risk assessments and preventives are done</li> <li>- Focus on modifiable factors like diet and exercise to decrease risk</li> </ul>
Physical Inactivity	<ul style="list-style-type: none"> <li>- Start small (10-minute walks/day) and gradually increase</li> <li>- Include fun activities such as dancing, swimming, groups to stay</li> </ul>	Ethnicity	<ul style="list-style-type: none"> <li>- Be aware of specific risks associated with your ethnicity (African Americans at increased risk)</li> <li>- Follow culturally tailored dietary and lifestyle</li> </ul>

	<ul style="list-style-type: none"> <li>- motivated</li> </ul>		<ul style="list-style-type: none"> <li>- recommendations to reduce risks</li> </ul>
Unhealthy diet	<ul style="list-style-type: none"> <li>- Follow DASH diet</li> <li>- Limit added sugars, and avoid sugary drinks by drinking water or unsweetened beverages</li> </ul>	Genetic Disorders	<ul style="list-style-type: none"> <li>- If diagnosed with a genetic condition, follow prescribed meds and attend regular check-ups</li> <li>- Encourage immediate family members to undergo genetic screening for early detection and intervention</li> </ul>
Obesity	<ul style="list-style-type: none"> <li>- Set realistic weight loss goals (1-2 pounds/week)</li> <li>- Practice mindful eating by avoiding distractions and eating slowly</li> </ul>	Personal history of CVD	<ul style="list-style-type: none"> <li>- Focus on secondary prevention by following prescribed medications and lifestyle changes.</li> <li>- Monitor for new or worsening symptoms</li> </ul>
Excessive alcohol consumption	<ul style="list-style-type: none"> <li>- Limit alcoholic drinks to 1-2 drinks/day</li> <li>- Replace alcoholic beverages with things like flavored water, herbal tea, or mocktails</li> </ul>	Congenital Heart conditions	<ul style="list-style-type: none"> <li>- Work closely with a cardiologist to develop a lifelong management plan according to your condition</li> <li>- Avoid habits that could place extra strain on your heart</li> </ul>
Type 2 Diabetes	<ul style="list-style-type: none"> <li>- Monitor blood sugar regularly and maintain appropriate levels</li> <li>- Balance carb intake with protein and healthy fats</li> </ul>	Menopause	<ul style="list-style-type: none"> <li>- Discuss hormone replacement therapy risks and benefits with your HCP</li> <li>- Emphasize heart-healthy diets and weight bearing exercises to decrease risk</li> </ul>
Chronic Stress	<ul style="list-style-type: none"> <li>- Practice stress management</li> </ul>	Pre-existing Conditions	<ul style="list-style-type: none"> <li>- Control inflammation</li> </ul>

	<p>skills such as yoga or deep breathing exercises</p> <ul style="list-style-type: none"> <li>- Schedule regular downtime and engage in hobbies and activities you enjoy to relieve stress</li> </ul>	(autoimmune)	<ul style="list-style-type: none"> <li>- Regularly screen for CV complications associated with your condition</li> </ul>
Poor sleeping habits	<ul style="list-style-type: none"> <li>- Establish consistent sleep schedule by going to bed and waking up at same time every day.</li> <li>- Create a sleep environment that is dark, quiet, and free of electronic devices</li> </ul>	Aging Arteries	<ul style="list-style-type: none"> <li>- Stay physically active with low-impact exercises like walking or swimming</li> <li>- Monitor BP and follow a diet low in sodium and high in potassium to reduce arterial strain</li> </ul>