

Nonmodifiable:

- Family History
 - Educate the patient on how it is important to know their families medical history and how genetics may play a factor in some of these diseases.
 - Educate on ways to prevent these risk factors and the importance of a healthy lifestyle.
- Male older than 45 and Female older the 55
 - Explain to the patient that as they get older it is important to get regular checkups.
 - Educate on early signs and symptoms to look out for.
- Ethnicity
 - Educate the patient on the importance of looking over their family history and how to manage those risk factors.
 - Educate the patient on the importance of keeping the blood pressure under control, and how their ethnicity can affect this.
- Gender
 - Educate the men that they are at a higher risk at a younger age than women are.
 - Educate women on how their risk increases more after they have gone through menopause.

Modifiable:

- Hypertension
 - Educate the patient on the importance of lifestyle changes. This includes ways to manage their stress, limiting alcohol consumption, and limiting their sodium intake.
 - Educate on incorporating a healthier diet that includes fruits, veggies, proteins, and whole grains to help reduce their sodium intake.
- Smoking
 - Educate the patient on how smoking can damage the blood vessels and cause a raise in blood pressure. Thus leading to cardiovascular disease.
 - Educate the patient on the importance of quitting, and teach the patient about nicotine patches and programs they can help them quit if they are planning to.
- Obesity/ Sedentary Lifestyle
 - Educate the patient on the importance of physical activity, even if it is just walking. Encourage the patient to try and get 100-150 minutes of exercise per week.
 - Educate the patient on the importance of weight management and help them implement realistic goals for weight loss.
- Diabetes
 - Educate the patient on how uncontrolled diabetes can cause a raise in blood pressure, putting them at risk for cardiovascular disease. Make sure they are following their medication plan, and taking regular blood sugar checks.

- Educate the patient on the importance of managing their blood sugar with their diet. Avoiding foods that are high in carbs and sugars to help keep their blood sugar in a safe range.
- High Cholesterol
 - Educate the patient on the importance of managing their cholesterol. Encourage them to limit foods like red meats and full fat dairy products.
 - Educate the patient that they can still have foods that have cholesterol but focus on the healthier fats. This includes using more plant based foods.