

Cardiovascular Risk Factors (non-modifiable and modifiable)

Modifiable Risk Factors	Educational Topic
Smoking	<p>1.)An Idea to help with the craving of Tabaco or smoking one can chew on sugarless gum or hard candy</p> <p>2.)Smoking May be a form of way to deal with stress so one can recommend relaxing therapies such as deep breathing, muscle relaxation, yoga, visualization, massage or listening to calming music.</p>
Diet	<p>1.)Educate my patient to cut down on saturated fats because too much saturated fat can increase the amount of cholesterol one has in the blood which can increase the risk of developing heart disease.</p> <p>2.)I would educate patients to try low in calories and rich in fiber food such as fruits and vegetables and plant based foods.</p>
Lack of Exercise	<p>1.)I would educate the patient to start slowly and gradually increase their walking pace over three minutes until their activities feels moderate. Let the patient know if they start feeling short of breath and slow down your walking pace.</p> <p>2.)Educate if one is walking outside one should walk with someone or in short distances close to home so you</p>

	don't get too far away and have a hard time walking back home.
Obesity	<p>1.)I can educate patients that if obesity can be related to a mental issue that talking to a mental health professional can help address emotional and behavioral issues related to eating.</p> <p>2.)I can educate my patient in regards to meal replacements. Replacing one or two meals each day with a low calorie shake or meal bar.</p>

Non-modifiable risk factors	Educational points
Age	<p>1.)I would educate my patient in regards to getting regular medical check ups especially the older one gets.</p> <p>2.)I would educate m patient on the signs and symptoms of cardiovascular disease</p>
Sex	<p>1.)I would educate In regards to hormonal changes in particular in women with menopause can increase the risk of cardiovascular disease.</p> <p>2.)Regardless of the patients gender I would focus on preventative measures such as encouraging a healthy lifestyle with regular exercise</p>

	and smoking cessation
Family and Medical history	<p>1.)I would educate my patient in regards to knowing their family history with cardiovascular disease can increase the risk.</p> <p>2.)Other than having a family history of cardiovascular disease educating about their diseases that can fall into and cause cardiovascular disease such as hypertension, diabetes, and hyperlipidemia for example.</p>
Indigenous heritage	<p>1.)I would educate the patient in regards to indigenous cultures having a higher chance of obtaining cardiovascular disease and that they should seek more frequent check ups.</p> <p>2.) I would assess first and then educate in regards to specific cultural properties such as diet that may contribute to this disease.</p>

Health, U. (2024, August 14). *Understanding your risk for heart disease*. ucsfhealth.org.  
<https://www.ucsfhealth.org/education/understanding-your-risk-for-heart-disease>

*Risk factors you cannot change*. Heart and Stroke Foundation of Canada. (2021, April).  
<https://www.heartandstroke.ca/stroke/risk-and-prevention/risk-factors-you-cannot-change>