Trenton McIntyre
Unit 2 Assignment
Cardiovascular Disease

Modifiable	Non-Modifiable
Smoking	Family History of CVD
Poor Nutritional Intake	Gender; Specifically Men
Consumption of Alcohol	Age
Poor Sleep Hygiene	

Educational topics: Smoking: Smoking causes constriction of the blood vessels, causing higher blood pressure and it also can raise the heart rate, causing more stress on the heart. A lack of exercise does not give the heart the exercise it needs, to maintain good heart health. Physical activity may also reduce cholesterol levels and blood pressure, allowing less work on the heart. Poor nutrition: Intake of a high amount of trans fat and high cholesterol may cause plaque buildup, which can eventually cause a blood clot in the heart. Alcohol consumption can have many negative health impacts related to CVD, it can increase blood pressure if not consumed in moderation and it can also cause obesity related CVD if not consumed in moderation. Poor sleep can cause inflammation within the body which in result can lead to constriction of blood vessels. Some sleep disorders are also associated with heart failure, stroke, and hypertension. For family history, education would be that there are genetic factors that can increase the risk of CVD such as high cholesterol or high blood pressure so another education would be to take the steps possible such as good diet, sleep, and exercise. Education for men being a higher risk is that they usually experience CVD at a younger age than females and to take the necessary lifestyle modifications to decrease the risk as much as possible. Education for age is straightforward in the fact that the older you are, the higher risk you are except for the situation in young men compared to women. Therefore, as you get older make sure you are correcting the modifiable factors, eating properly, exercising, and medication compliance is a big education topic for the elder group.