

## Non-Modifiable and Modifiable Risk Factors for Cardiovascular Disease

<b>Non-Modifiable Risk Factor</b>	<b>Patient Education Topic #1</b>	<b>Patient Education Topic #2</b>
<b>Age</b>	Explain that CV risk increases with age	Stress importance of routine BP, cholesterol, and glucose screening
<b>Gender (male / post-menopausal female)</b>	Teach signs/symptoms of heart disease specific to gender	Encourage early reporting of chest pain or SOB
<b>Family history of CVD</b>	Encourage knowing family health history	Teach importance of early lifestyle changes
<b>Genetics</b>	Explain inherited risks cannot be changed	Emphasize managing controllable risk factors
<b>Modifiable Risk Factor</b>	<b>Patient Education Topic #1</b>	<b>Patient Education Topic #2</b>
<b>Smoking</b>	Educate on smoking cessation resources	Explain impact of smoking on BP and oxygenation
<b>Hypertension</b>	Teach how to monitor BP at home	Reinforce medication adherence
<b>High cholesterol</b>	Teach low-fat, heart-healthy diet	Explain role of statins
<b>Diabetes</b>	Teach glucose monitoring	Explain link between diabetes and heart disease
<b>Obesity</b>	Encourage gradual weight loss	Promote physical activity
<b>Sedentary lifestyle</b>	Educate on regular exercise benefits	Encourage realistic activity goals
<b>Poor diet</b>	Teach DASH or heart-healthy diet	Reduce sodium and saturated fats
<b>Stress</b>	Teach stress-reduction techniques	Encourage sleep and coping strategies