

## Cardiovascular Disease

<b>Non-modifiable Risk Factor</b>	<b>Educational Topic</b>	<b>Modifiable Risk Factor</b>	<b>Educational Topic</b>
Age	1.Routine screenings 2.Maintaining a healthy lifestyle	Hypertension	1.Blood pressure monitoring 2.Medication adherence 3.Maintaining healthy lifestyle
Sex	1.Differences in symptoms based on sex 2.Increased risk in women	Hyperlipidemia	1.Heart Healthy diet 2.Routine laboratory monitoring
Race/Ethnicity	1.Regular healthcare follow-up 2.Awareness of higher risk groups	Tobacco Use	1.Smoking cessation strategies 2.Benefits and counseling support
Family History	1.Recognition of warning signs 2.Regular screenings and genetic testing	Alcohol Use	1.Safe consumption limits for men and women 2.Counseling resources
-	-	Obesity	1.Weight management strategies 2.Dietician resources 3.Goal setting
-	-	Diabetes Mellitus	1.Blood glucose monitoring 2.Healthy lifestyle practices
-	-	Excess Stress	1.Stress management techniques 2.Counseling resources
-	-	Sleep Issues	1.Establishing sleep schedule 2.Screening/testing resources
-	-	Physical Inactivity	1.Proper exercise: 150 minutes per week, 30 minutes 5

			days out of the week 2.Goal setting
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