

Non-Modifiable Risk Factors for Cardiovascular Disease		
Risk Factor	Education Topic 1	Education Topic 2
Age	Educate on how you age, your risk increases	Importance of getting screened and having your annual check-up.
Sex	Different risks between men and women	
Family History	Importance of getting a full/complete family history to ensure a proper care plan	Educate patient about genetics along with getting genetic testing done.
Ethnicity	Discuss high-risk groups of individuals (African Americans, American Indians, Alaska Natives and White people.)	Teach about a preventive diet and exercise

Nikki Papenfuss

Modifiable Risk Factors for Cardiovascular Disease		
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Lifestyle	Educate on how risky lifestyles can increase risk for cardiovascular disease	Provide information on healthier habits.
High Blood Pressure	Educate on diet change and food that should be avoided, along with exercise	Educate the patient to take medication as directed
High Cholesterol	Educate on diet and lifestyle changes	Educate the patient to take medication as directed
DM	Educate the patient on the importance of proper diet and lifestyle changes	Educate the patient on the dangers of uncontrolled diabetes
Smoking	Educate the patient about cessation resources	Educate the importance of smoking and the correlation with effects on the heart
Overweight	Educate the patient on how excess weight puts as much strain on the heart.	Educate the patient on healthy weight loss and diet
Diet	Educate them on the importance of a balanced diet	Educate the patient on the risk of excess salt/sodium intake, and refer to a nutritionist
Stress	Educate the patient on how stress affects the heart	Discuss coping mechanisms and stress management techniques
Alcohol	Effects of alcohol and heart	Discuss the recommended

intake	disease	alcohol intake for moderation
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