

Non-modifiable

| Risk Factor | Educational Topic #1 | Educational Topic #2 |
|--|---|---|
| Age (older age comes with vascular changes, putting older individuals at higher risk) | Importance of routine PCP visits/ cardiovascular screenings | Recognizing early s/s of heart disease |
| Sex (Males are at a higher risk as well as post-menopausal women) | Gender specific heart disease symptoms | Importance of regular PCP visits |
| Family history (Increased risk if 1 st degree relatives have the disease) | Knowing family history and sharing information with their providers | Enact early lifestyle modifications to delay signs and symptoms |
| Race/Ethnicity (higher incidence in certain populations: African Americans, South Asians) | Understanding populations with an increased risk | Importance of preventive care and screenings. Early lifestyle changes |
| Congenital heart defects (structural or functional heart defects present at birth) | Lifelong monitoring and PCP visits. Follow up care as well | Recognizing warning signs that require immediate care |

Modifiable

| Risk Factor | Educational Topic #1 | Educational Topic #2 |
|---|---|--|
| HTN | Blood pressure monitoring and medications | Lifestyle changes such as diet and exercise |
| Hyperlipidemia | Heart healthy diet: low fat high fiber | Medication adherence |
| Smoking/tobacco use (vascular damage) | Benefits of smoking cessation on heart/overall health | Cessation resources and support programs/ groups |
| Obesity (increased cardiac load) | Weight loss strategies | Heart risk associated with a higher BMI |
| Diabetes (blood vessel damage) | Blood sugar control in relation to cardiovascular risk | Diet and exercise, along with medication compliance |
| Sedentary lifestyle | Physical activity guidelines | Moderate exercise, any increase in exercise |
| Poor diet (high sodium, sugar, and unhealthy fats) | Attention to food labels, portion control and overall healthier choices | Change to overall diet. Heart healthy low fat and high fiber |
| Excessive alcohol/drug use | Slowly decrease/ cessation of | Long term heart damage to |

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| (HTN and cardiomyopathy) | drugs and alcohol | cardiovascular system from excessive drugs and alcohol |
| Chronic stress (HTN, and inflammatory response) | Stress management techniques, relaxation | Stress and heart disease links, Long term stress reduction |