

2026 AMSN Unit 2 CV Online Assignment

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Non-Modifiable Risk Factors

Risk Factor	Education Topic 1	Education Topic 2
Age	Cardiovascular risk increases with age.	Encourage routine screenings.
Sex/Gender	Men have earlier risk; Women's risk rises after menopause.	Reinforce Gender-specific checkups.
Family History	Early CVD in relatives increases personal risk.	Promote lifestyle habits to offset inherited risk.
Genetic Conditions	Inherited lipid disorders raise risk.	Stress medication adherence and monitor.
Race/Ethnicity	Some groups have higher hypertension/stroke rates.	Encourage culturally appropriate lifestyle changes.

Modifiable Risk Factors

Risk Factor	Education Topic 1	Education Topic 2
Smoking	Explain effects of nicotine on vessels and heart.	Provide cessation resources and support options
Hypertension	Teach importance of	Discuss DASH Diet, sodium