

<b>Modifiable Risk Factors</b>	<b>Non-modifiable Risk Factors</b>
<ul style="list-style-type: none"> <li>• <b>Tobacco use / Smoking</b> Education: -Smoking cessation, or reducing smoking -Replaces smoking habits with more helpful activities.</li> <li>• <b>Diabetes</b> Education: -Follow diet recommended by HCP -Monitor glucose levels regularly and try to stay in recommended range</li> <li>• <b>Hypertension</b> Education: - Limit sodium to &lt; 1,500 mg a day. Following the DASH diet may also be appropriate to help reduce BP. (Fruits, veggies, low-fat milk, lean meats) -Monitor blood pressure frequently and keep up on medication adherence to keep BP within normal range.</li> <li>• <b>Physical Inactivity</b> Education: -Stretch before performing activity -Perform 30 minutes of moderate exercise per day, such as walking, jogging, or running.</li> <li>• <b>Obesity</b> Education: -Exercise 5x a week, ranging from weightlifting to cardio exercises. -Reduce total calorie intake to reduce weight.</li> <li>• <b>Unhealthy diet</b> Education:</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Age</b> Education: -Risk increases with age Males &gt; 45, Women &gt; 55 -Get screened regularly and keep up on controlling modifiable risk factors.</li> <li>• <b>Gender</b> Education: -Males have a higher risk of incidence -If you fall under this category, keep up on modifiable risk factors, eat healthily and exercise regularly.</li> <li>• <b>Ethnicity</b> Education: -White males show the highest risk -Black males show a high risk of incidence -It is important to get screened regularly if you fall under high-risk categories.</li> <li>• <b>Genetics</b> Education: -1<sup>st</sup> degree relative increases CAD risk (Father or Mother had CAD) -Screening should be done regularly, as you may have a high prevalence of having CAD. -Eat healthy, exercise frequently, and adjust modifiable risk factors if possible.</li> </ul>

-Reduce saturated fats and use good fats such as avocados and olive oil.  
-Increase lean meats, veggies, whole grains, and low-fat milk in daily meals.

- **Substance use**

Education:

-Seek medical rehabs facilities to help recovery.  
-Limit substance use as much as possible or completely stop use.

- **Metabolic Syndrome**

Education:

-Reduce HTN or manage it according to HCP.  
-Reduce central obesity by diet + exercise

- **Psychological State**

Education:

-Practice relaxation techniques such as mediation or controlled breathing to reduce stress  
-Get at least 7-9 hours of sleep per night

- **Hyperlipidemia**

Education:

-Get your serum lipid levels tested regularly and adhere to your medication plan.  
-Keep follow up appointments to help adjust plan of care according to new lipid screens.