


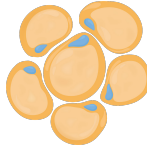






CONCEPT: RISK FACTORS FOR CARDIOVASCULAR DISEASES

- ◆ Cardiovascular disease is not caused by _____ alone, but results from a combination of risk factors.
 - These risks can be modifiable or _____-modifiable.

Modifiable Risk Factors

- ◆ Associated with _____ and are in individual's control for prevention of cardiovascular diseases.

Modifiable CVD Risk Factors			
1. Elevated Blood Pressure 	<p>___ blood pressure =</p> <p>___ risk of CVD</p> <p>DASH diet: ___ salt, ___ soluble fiber</p>	2. Smoking Tobacco 	<ul style="list-style-type: none"> ▸ Damages lining of blood vessels. ▸ ___ Formation of blood clots. ▸ ___ risk of coronary heart disease.
3. High Cholesterol 	<ul style="list-style-type: none"> ▸ Excess ___ clogs arteries. <p>Total cholesterol: < ___ mg/dL. HDL: ≥ ___ mg/dL. LDL: < ___ mg/dL.</p>	4. High Triglycerides 	<ul style="list-style-type: none"> ▸ Associated with: <ul style="list-style-type: none"> - Diabetes, Obesity. - Smoking Tobacco. - Physical Inactivity.
5. Diabetes 	<ul style="list-style-type: none"> ▸ Increase risk of CVDs: <ul style="list-style-type: none"> - Men: ___. - Women: ___. 	6. Obesity 	<ul style="list-style-type: none"> ▸ Increases risk of CVDs. <ul style="list-style-type: none"> - High ___.
7. Physical Inactivity 	<ul style="list-style-type: none"> ▸ Linked to: <ul style="list-style-type: none"> - ___ blood pressure. - Lower ___ levels. - Overweight and Obesity. 	8. Metabolic Syndrome* 	<ul style="list-style-type: none"> ▸ Abdominal obesity (___ waist to hip). ▸ Low HDL. ▸ High triglycerides: > 150 mg/dL. ▸ ___ blood pressure. ▸ ___ fasting glucose: > 100 mg/dL.
* 3 or more out of 5.			

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EXAMPLE

Select a true statement about modifiable risk factors.

- a) Hypotension, family history, and sedentary lifestyle contribute to modifiable CVD risk factors.
- b) Total cholesterol of 215, HDL = 38, and LDL = 98 is a healthy profile for blood cholesterol.
- c) Women with high triglyceride levels are at a higher risk of developing CVD compared to men with similar levels.
- d) Characteristics of metabolic syndrome are high triglycerides and high HDL.

PRACTICE


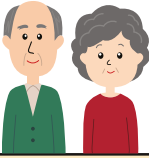


Which action will most significantly decrease the likelihood of developing cardiovascular problems?

- a) Participating in moderate physical activity several times a week.
- b) Eliminating all cholesterol from diet.
- c) Taking daily fish oil supplements.
- d) Eating a high protein, low-fat diet.

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Non-Modifiable Risk Factors

◆ Major risk factors that cannot be prevented or controlled are:

Non-Modifiable CVD Risk Factors			
1. Genetics		2. Age	
	<ul style="list-style-type: none">Genes contribute to onset of CVD.- Ex: levels of _____ produced.		<ul style="list-style-type: none">People over age of _____:- Higher chances of heart attack and stroke.
3. Sex		4. Ethnicity	
	<ul style="list-style-type: none">Men have ____ risk for:- Heart attack and stroke.		<ul style="list-style-type: none">Prevalence of CVD:- Native American: _____.- Asian: _____.

EXAMPLE

Which individual is at the highest risk for cardiovascular disease based on non-modifiable risk factors only?

- a) 35-year-old woman with sedentary lifestyle whose father had experienced a stroke at age 67.
- b) 55-year-old Asian American woman with prediabetes and high blood pressure.
- c) 40-year-old Hispanic man who smokes and eats high-fat diet, with a family history of prostate cancer.
- d) 68-year-old African American man whose father had a heart attack history at age 45.