RISK FACTORS

Lifespan Cardiovascular Institute

Rhode Island Hospital · The Miriam Hospital
Newport Hospital

Delivering health with care.®

The Center for Cardiac Fitness

Cardiac Rehab Program

The Miriam Hospital

Objectives

- Identify the non-modifiable risk factors for CAD

- Identify the 7 primary modifiable risk factors for CAD

- Recognize classifications and clinical significance for each risk factor

Non-Modifiable

- Age
  - > 50 yoa- male; >55 yoa- female
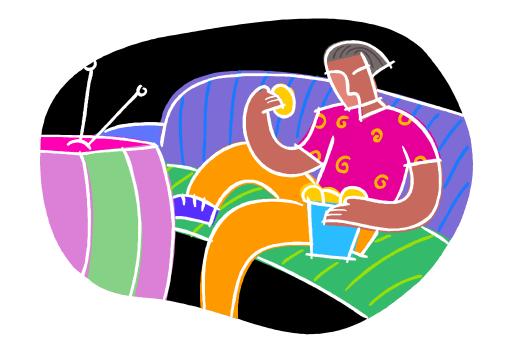
- Gender
  - male > female

- Family History
  - < 55 yoa- male; <65 yoa- female

Modifiable

—Physical Inactivity

—Cholesterol

—High Blood Pressure

—Weight

—Stress

—Smoking

—Diabetes

Physical **In**activity

- Minimum exercise for health benefits
  - 3 day/wk for 30 min

- Need higher levels for weight loss

Cholesterol

- Total   < 200
- LDL (bad)   < 70
- HDL (good)   > 45
- Trigs   < 150
- Risk   < 3.5

High Blood Pressure

- Ideal: 120/70
- Normal: < 130/85
- Mild: $\geq$ 140/90
- Moderate: $\geq$ 160/100
- Severe: $\geq$ 180/110

High Blood Pressure

- Systolic = pressure on artery walls when heart beats

- Diastolic = pressure on artery walls when heart is at rest

- What happens when you exercise?

Weight

- BMI
  - unit derived from height and weight

  - Normal   < 25.0
  - Overweight   25-29
  - Obese $\geq$ 30.0

Stress

- Increases HR and BP
  - => increase oxygen demand

- Disrupts lining of artery

- Increases LDL cholesterol

Smoking

- Increases HR & BP
  - =>increases oxygen demand

- Disrupts lining of artery

- Carbon Monoxide replaces oxygen on red blood cells

Diabetes

- Risk of 1st heart attack equivalent to someone with a previous heart attack to have a 2nd

- Fasting Blood Glucose
  - Normal   =   < 110
  - Diabetes =   > 126