[iskFactors](http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/08/riskFactors.jpg)

**Risk Factors**

There are lifestyle, medical history, genetic, and other risk factors that may contribute to heart disease. Risk factors in heart disease are based on the potential for developing Atherosclerosis.**Atherosclerosis** is a hardening of the arteries. It is a common disorder in which plaques form that narrows arteries, reducing blood flow and causing problems throughout the body. Plaques may lead to **Atherothrombosis**1 which can have unpredictable and life-threatening consequences, including **Acute Coronary Syndromes (ACS)**and cardiovascular or sudden death. There are two general categories of risk factors: **Traditional** and**Nontraditional**. Epidemiological studies2,3,4,5,6,7,8,9,10confirm traditional risk factors for the development of atherosclerotic heart disease. They demonstrate that Atherosclerosis often leads to:

* Coronary Heart Disease (CHD)
* Cerebral Vascular Disease (including stroke and transient ischemic attack)
* Peripheral Artery Disease (including intermittent claudication and ischemia to the lower extremities)
* Atherosclerosis of the Aorta which may lead to aneurysm formation11

Risk factors in heart disease are categorized into:  
  
[su\_accordion class="riskfactorsBOX03"]  
[su\_spoiler class="riskfactorsBOX0301" title="Traditional Risk Factors:" style="fancy"]

* + **Age**\*
  + **Diabetes**
  + **Smoking**
  + **High blood pressure** (BP) or Hypertension†
  + **Dyslipidemia**‡, low high-density lipoprotein (HDL) cholesterol§, or Hypertriglyceridemia\*\*
  + **Family history** (of premature**Coronary Artery Disease** [CAD††])

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[su\_spoiler class="riskfactorsBOX0302" title="Non-traditional Risk Factors:" style="fancy"]

* abnormal Ankle-Brachial Index (ABI)
* chronic inflammation as indicated by abnormal levels of C-Reactive Protein (CRP), Fibrinogen, Lipoprotein
* Brain Natriuretic Peptide (BNP), or Human immunodeficiency virus (HIV)
* Homocysteine elevation
* Microproteinuria‡‡
* Microalbuminaria§§
* Metabolic Syndrome
* elevated serum insulin levels
* Renal Disease
* abnormal Calcium Score
* Carotid Intima-Media Thickness
* left ventricular (LV) hypertrophy
* psychosocial stresses
* alcohol
* abnormal diet
* clinical depression
* obesity\*\*\*
* sedentary lifestyle
* various types of infections
* collagen vascular diseases

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[su\_spoiler class="riskfactorsBOX0303" title="Modifiable Risk Factors:" style="fancy"]  
(those that may be treated and negated, reversed, or diminished):

* smoking
* Dyslipidemia
* Hypertension
* sedentary lifestyle
* diet
* obesity
* type 2 Diabetes Mellitus or impaired glucose tolerance
* CRP

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[su\_spoiler class="riskfactorsBOX0304" title="Non-Modifiable Risk Factors:" style="fancy"]

* age
* gender
* genetic abnormalities
* family history of premature atherosclerosis.

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[/su\_accordion]

<div class="riskfactorsBOX">

<div class="riskfactorsBOX01 masterPagestyle" style="margin-top:2.85%"><a style="float: left;" href="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/08/riskFactors.jpg"><img class="wp-image-778" src="http://nicholasdepacemd.burtoniaconsulting.com/wp-content/uploads/2014/08/riskFactors.jpg" alt="riskFactors" width="60" height="52" /></a>

<div style="font-size: 28px;"><strong>Risk Factors</strong>

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<div class="riskfactorsBOX02">There are lifestyle, medical history, genetic, and other risk factors that may contribute to heart disease. Risk factors in heart disease are based on the potential for developing Atherosclerosis. <strong>Atherosclerosis</strong> is a hardening of the arteries. It is a common disorder in which plaques form that narrows arteries, reducing blood flow and causing problems throughout the body. Plaques may lead to <strong>Atherothrombosis</strong><sup>1</sup> which can have unpredictable and life-threatening consequences, including <strong>Acute Coronary Syndromes (ACS)</strong> and cardiovascular or sudden death. There are two general categories of risk factors: <strong>Traditional</strong> and <strong>Nontraditional</strong>. Epidemiological studies<sup>2,</sup><sup>3,</sup><sup>4,</sup><sup>5,</sup><sup>6,</sup><sup>7,</sup><sup>8,</sup><sup>9,</sup><sup>10</sup> confirm traditional risk factors for the development of atherosclerotic heart disease. They demonstrate that Atherosclerosis often leads to:

<ul>

<li>Coronary Heart Disease (CHD)</li>

<li>Cerebral Vascular Disease (including stroke and transient ischemic attack)</li>

<li>Peripheral Artery Disease (including intermittent claudication and ischemia to the lower extremities)</li>

<li>Atherosclerosis of the Aorta which may lead to aneurysm formation<sup>11</sup></li>

</ul>

</div>

</div>

<div class="riskfactorsBOX03 masterPagestyle">

<span style="font-size: 24px;">Risk factors in heart disease are categorized into:</span>

<br />

[su\_accordion class="riskfactorsBOX03"]

[su\_spoiler class="riskfactorsBOX0301" title="Traditional Risk Factors:" style="fancy"]

<ul>

<ul>

<li><strong>Age</strong><sup>\*</sup></li>

<li><strong>Diabetes</strong></li>

<li><strong>Smoking</strong></li>

<li><strong>High blood pressure</strong> (BP) or Hypertension<sup>†</sup></li>

<li><strong>Dyslipidemia</strong><sup>‡</sup>, low high-density lipoprotein (HDL) cholesterol<sup>§</sup>, or Hypertriglyceridemia<sup>\*\*</sup></li>

<li><strong>Family history</strong> (of premature <strong>Coronary Artery Disease</strong> [CAD<sup>††</sup>])</li>

</ul>

</ul>

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[su\_spoiler class="riskfactorsBOX0302" title="Non-traditional Risk Factors:" style="fancy"]

<ul>

<li>abnormal Ankle-Brachial Index (ABI)</li>

<li>chronic inflammation as indicated by abnormal levels of C-Reactive Protein (CRP), Fibrinogen, Lipoprotein</li>

<li>Brain Natriuretic Peptide (BNP), or Human immunodeficiency virus (HIV)</li>

<li>Homocysteine elevation</li>

<li>Microproteinuria<sup>‡‡</sup></li>

<li>Microalbuminaria<sup>§§</sup></li>

<li>Metabolic Syndrome</li>

<li>elevated serum insulin levels</li>

<li>Renal Disease</li>

<li>abnormal Calcium Score</li>

<li>Carotid Intima-Media Thickness</li>

<li>left ventricular (LV) hypertrophy</li>

<li>psychosocial stresses</li>

<li>alcohol</li>

<li>abnormal diet</li>

<li>clinical depression</li>

<li>obesity<sup>\*\*\*</sup></li>

<li>sedentary lifestyle</li>

<li>various types of infections</li>

<li>collagen vascular diseases</li>

</ul>

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[su\_spoiler class="riskfactorsBOX0303" title="Modifiable Risk Factors:" style="fancy"]

(those that may be treated and negated, reversed, or diminished):

<ul>

<li>smoking</li>

<li>Dyslipidemia</li>

<li>Hypertension</li>

<li>sedentary lifestyle</li>

<li>diet</li>

<li>obesity</li>

<li>type 2 Diabetes Mellitus or impaired glucose tolerance</li>

<li>CRP</li>

</ul>

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[su\_spoiler class="riskfactorsBOX0304" title="Non-Modifiable Risk Factors:" style="fancy"]

<ul>

<li>age</li>

<li>gender</li>

<li>genetic abnormalities</li>

<li>family history of premature atherosclerosis.</li>

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