Risk Factors



*“Risk factors in heart disease are based on the potential for developing Atherosclerosis”*

What makes me more susceptible to heart disease?

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 **Non-traditional**. 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:

Risk Factors

* + **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††])

Non-Traditional Risk Factors

* 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

Modifiable Risk Factors

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

Non-Modifiable Rizk Factors:

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

<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>

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<div class="riskfactorsBOX03 masterPagestyle">

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

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[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>

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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>

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

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

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<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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