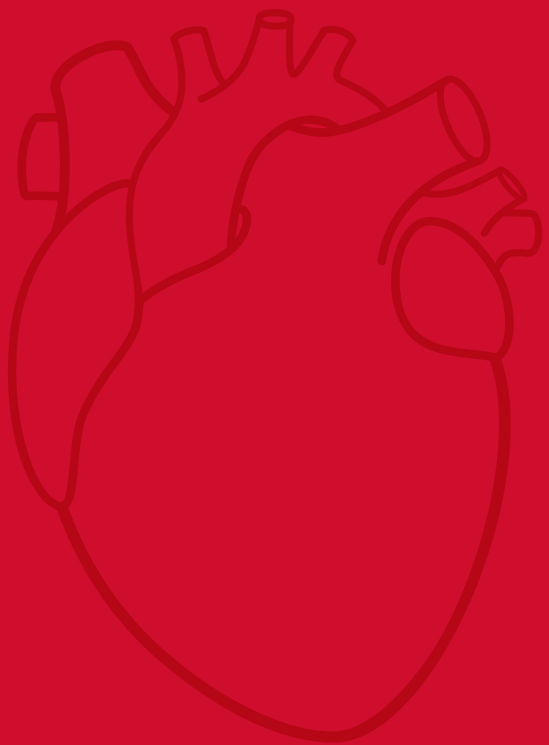
TEACHER TRAINING MODULE

CVS III

RISK FACTORS FOR CARDIOVASCULAR DISEASES



CHAPTER 1: RISK FACTORS FOR CARDIOVASCULAR DISEASES?

Cardiovascular risk factors are conditions or behaviors that increase the likelihood of developing heart disease.
These diseases result from a combination of factors, some of which individuals can control (modifiable factors), while others are beyond personal influence (non-modifiable factors).

Non-Modifiable Risk Factors:

Age: As people age, their risk of developing cardiovascular diseases naturally increases. Aging leads to changes in the cardiovascular and metabolic systems. While this factor cannot be changed, awareness of its influence can prompt individuals to take preventive measures early in life.

Gender: Gender plays a role in cardiovascular risk. Men tend to face a higher risk of heart disease at an earlier age, while women's risk becomes more comparable after menopause. This factor is intrinsic and cannot be altered, but it underscores the importance of tailored prevention strategies for different groups.

Genetics and Family History: The genetic makeup passed down from parents can contribute to the predisposition to cardiovascular diseases. A family history of conditions like diabetes and heart disease increases one's risk. While we cannot alter our genetics, understanding family history can motivate individuals to adopt a proactive approach to lifestyle and healthcare.

Modifiable Risk Factors

Obesity: Perhaps the most significant modifiable risk factor, obesity is closely associated with cardiovascular diseases. Excess body fat, particularly around the abdomen, leads to insulin resistance, inflammation, and other metabolic abnormalities. Achieving and maintaining a healthy weight through diet and exercise is crucial in reducing this risk.

Unhealthy Diet: Diets high in processed foods, sugary beverages, saturated and trans fats, and low in fruits, vegetables, and whole grains are major contributors to cardiovascular diseases. A shift to a balanced, nutrient-rich diet can significantly reduce risk.

Physical Inactivity: A sedentary lifestyle not only contributes to obesity but also independently raises the risk of these diseases. Engaging in regular physical activity improves insulin sensitivity, helps with weight management, and reduces the risk of cardiovascular diseases.

High Cholesterol: Elevated levels of LDL ("bad") cholesterol and reduced levels of HDL ("good") cholesterol are linked to a higher risk of cardiovascular disease. Lifestyle modifications and, in some cases, medication can help manage cholesterol levels.

Smoking: Smoking is a potent risk factor for cardiometabolic diseases. It not only damages the cardiovascular system but also impairs insulin sensitivity, increasing the risk of diabetes. Quitting smoking is one of the most effective ways to reduce this risk.

Stress: Chronic stress can lead to unhealthy coping behaviors like overeating and a sedentary lifestyle, exacerbating the risk of obesity and insulin resistance. Stress management techniques are essential for reducing this risk.

Alcohol Consumption: Excessive alcohol consumption can raise blood pressure, contribute to obesity, and increase the risk of cardiometabolic diseases. Moderation or abstinence is advisable.

Sleep Disorders: Conditions like sleep apnea and chronic sleep deprivation are associated with insulin resistance and obesity, increasing the risk of type 2 diabetes. Improving sleep quality and duration is key.

CHAPTER 2: PREVENTION OF CARDIOVASCULAR DISEASES

These steps can protect the health of your circulatory system:

a. **Get plenty of exercise.** Aim for at least 150 minutes of physical activity every week or 30-60 mins of exercise 3-5 times a week.

b. **Eat a nutritious diet.** Eat a heart-healthy diet rich in vegetables and fiber and low in saturated fats and processed foods. Consider a Mediterranean-style diets or plant-based diet, as they appear to be the most heart healthy.

Eat balanced Diet-Eat adequate fish, vegetables and white meat e.g. chicken with the skin peeled off. Avoid refined sugar, red meat, fatty meals and excessive alcohol. Each Diet should consists of 50% Vegetables and fruits, 25% Protein and 25% Carbohydrates, fats and oils.

c. Find healthy ways to ease stress. Avoid unnecessary stress and manage those that are not avoidably Take adequate rest daily.

d. Maintain and control a healthy weight. Reach and keep a healthy weight through disciplined eating and exercise. Ask for your BMI. Normal BMI is 18-24, BMI>25 =overweight; BMI > 30= Obesity, >40 =morbid obesity

e. Manage conditions like diabetes, high blood pressure and high cholesterol.

f. NO SMOKING! If you smoke, quit. Get help to quit smoking. Stop Smoking! Cigarette smoking is associated with increased BP, Coronary artery disease (heart attack), Peptic ulcer disease, Stomach ulcer, Laryngitis and Lung cancer

g. Go for regular medical checkups and ensure you keep your Hospital Appointment regularly. Tell the doctor about any family history of heart problems. Let the doctor know if you have any chest pain, trouble breathing, or dizzy or fainting spells; or if you feel like your heart sometimes goes really fast or skips a beat.Regular BP check every 3 months.

h. Carry out all the Tests during annual medical test (ECG, Blood sugar, Urinalysis, Chest x-ray, Stool analysis and Full blood count)
Check your Fasting blood sugar and cholesterol every 6 months

i. Limit salt intake-Do not add extra to your meal

CHAPTER 3: OTHER ACTIVITIES THAT IMPROVE HEART WELLNESS

Drink a minimum of 3 liters of water a day for optimum kidney excretory function.

You must adequate Rest and Sleep Daily for the following reasons:

a. It gives stronger immunity. Sleep is indirectly essential for normal immune system function and to maintain the ability to disease and sickness

b. Sleep is essential for normal nervous system function and the ability to function both physically and mentally

c. Sleep helps the brain commit new information to memory through a process called memory consolidation

d. Sleep is essential for normal healthy cell growth. In children and teens sleep also helps support growth and development

e It improves safety and lower risk of accidents

g. Adequate sleep puts you in a better mood. Sleep loss may result in irritability, impatience, inability to concentrate and moodiness

h. Getting enough sleep could helps to maintain weight and conversely chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates and by altering levels of hormones that affect our appetite

i. Sleep loss could make one forgetful. While we sleep our brains process and consolidate our memories from all day. Good sleep helps clear thinking and better memory.