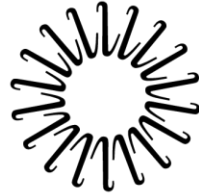


# RISK FACTORS



## **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 Inactivity

- Minimum exercise for health benefits
  - 3 day/wk for 30 min
- Need higher levels for weight loss



# Cholesterol

- Total < 200
- LDL<sub>(bad)</sub> < 70
- HDL<sub>(good)</sub> > 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 =  $\geq 126$