

Risk Factors

(CPR text pages 3-7)

Heart disease is one of the leading causes of death, disability, and illness in Canada for people over 45 years of age.

Innate or Manageable? *Write an I or an M before each risk factor*

- ___ Age
- ___ Smoking
- ___ Obesity
- ___ Gender
- ___ Family History
- ___ Lack of Exercise
- ___ High Blood Pressure
- ___ Stress
- ___ Diabetes
- ___ Over-consumption of alcohol
- ___ Race/Ethnicity
- ___ High cholesterol

How can these risk factors be controlled?