

Risk Factors For Heart Disease and Stroke

There are about 400 risk factors for heart disease and stroke, and 32 of them are modifiable. Modifiable meaning you can do something about them.

Most modifiable risk factors can be changed by your food, sleep, mind-body interventions, movement, exercise, taking supplements at therapeutic dosages and medications.

32 Modifiable Risk Factors For Heart Disease and Stroke

The first six are among the top risk factors for heart disease and stroke.

1. High Blood Pressure

2. Sub-optimal blood glucose levels, diabetes

3. Body composition. High Waist/Hip ratio

4. Abnormal lipids

5. Smoking

6. Continuous Sitting

7. Abnormal Cortisol curve

8. Alcohol Intake

9. Autoimmune Conditions

10. Chronic Inflammation

11. Circadian Biology

12. Education

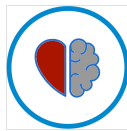
13. Environmental Toxins (Endocrine Disrupting Chemicals, Heavy Metal Toxicities, Pesticides)

14. Exercise

15. Fatty Liver

16. Food

17. Hand-Grip strength
18. High Homocysteine
19. High Uric Acid
20. Hormones
21. Indoor and Outdoor Air Pollution
22. Loneliness and Social Isolation
23. Low Socioeconomic status
24. Mental Health Conditions Like Depression
25. Nutrient depletions. Vitamin D3, B12, Iron, Omega 3
26. Recreational drugs
27. Gum Disease
28. Salt Intake
29. Sleep Disturbances
30. Some Prescription Medications
31. Stress
32. Urine Albumin-creatinine Ratio/ Kidney Disease.



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