



Risk Factors

Learning plan: Cardiac Rehab

UHN CARDIOVASCULAR PREVENTION AND REHABILITATION PROGRAM

Topic Summary: Risk Factors

Cardiac risk factors increase the chance that you may get heart disease or that your heart disease gets worse. Some risk factors can be changed (modifiable risk factors such as your activity level) and some cannot (non-modifiable risk factors such as your age). Learn what you can do to change or control your modifiable risk factors.

Learning goals

Explore the learning resources to learn:

- The modifiable and non-modifiable risk factors for heart disease
- Healthy targets for heart disease risk factors
- The healthy lifestyle habits that can help manage your modifiable risk factors

Learning Resources

- THRIVE: [Create a Plan for Change](#)
- Website: [Risk Factors](#)
- Website: [Risk Factors - For Women](#)
- Webinar: [Know Your Risk Factors](#)
- Patient Guide: [How Your Heart Works and Common Types of Heart Problems](#)

Tools for Self-Management

- [Create your action plan](#)
- [Reflect on your week](#)
- [Controlling Your Risk Factors](#)
- [Know Your Numbers](#)

Key points:

- ◆ Making small changes to manage your risk factors can lead to a big improvement in your health and quality of life.
- ◆ Some risk factors, such as smoking and diabetes, increase the risk for heart disease even more in women than in men.