



RISK FACTOR MODIFICATIONS

Smoking cessation

Avoid second hand smoke also

Lower cholesterol

Medication, diet (Lower saturated fat, increase fiber)
Target LDL to less than 100

Regular exercise

30 minutes 4-5 times per week
moderate pace (fast walk, bike)

Aspirin

One daily

Blood pressure

140/85 (130/80 if diabetic)

Alcohol

1 drink daily is recommended
(i.e. 12 oz. beer, 5 oz. wine)

Fish

Eat 2 meals per week containing fish (tuna, salmon or other salt water fish)