

Modifiable risk factors

Modifiable [risk factors](#) are [lifestyle habits](#) or clinical conditions that can be changed, treated, or controlled to reduce the risk of disease or adverse outcomes.

□ Definition: Modifiable risk factors are [behaviors](#) or medical [conditions](#) that individuals or [healthcare providers](#) can alter through intervention, treatment, or lifestyle changes, in order to reduce the risk of developing or worsening a health condition.

□ In the context of [intracranial aneurysm rupture](#), modifiable [risk factors](#) include: [Hypertension](#) (can be controlled with medication, diet, and exercise)

[Smoking](#) (can be stopped)

Excessive [alcohol consumption](#) (can be reduced or eliminated)

Illicit drug use (especially cocaine and amphetamines)

Poorly controlled cholesterol or diabetes

Obesity and sedentary lifestyle

□ Opposite: Non-modifiable risk factors These are not subject to change, such as:

Age

Sex

Genetic predisposition

Family history

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