

Risk Factors

'Risk factors' are characteristics, conditions, or behaviors that increase the probability of developing a disease or adverse health outcome.

They are commonly categorized into:

- **Modifiable risk factors** - factors that can be changed or controlled through lifestyle, medication, or intervention (e.g., smoking, hypertension, obesity).
- **Non-modifiable risk factors** - factors that cannot be changed (e.g., age, sex, genetics, family history).

In clinical research and public health, identifying risk factors helps guide prevention strategies, patient education, and early intervention.

Not all risk factors are causative. Some may be markers or indicators of increased likelihood rather than direct causes.

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