

### Elements of Lifestyle

#### Appetite

Carb



Veggies/Fruit



Sweet



Salt



Oil



Junk food



#### Lifestyle

Sleep



Exercise



Lifestyle



Meditation



#### Substance

Smoking



Tobacco



Alcohol



Other Abuse



### Body Mass Index



Oops! You are overweight! Your BMI score 25.14 is higher than the target range 21-24.9.



### Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.06 it should be below 1.0 and waist size to 35 inches



### Weight



Oops! Your weight is higher than normal! Your current weight 77 Kgs is higher than the target range 71-76 Kgs



## Disease Specific Risks0

### Moderate Risk

Multiple lifestyle disease

High blood pressure

Type-2 Diabetes

Stroke

Breast Cancer

Colorectal Cancer

### Guidelines

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**Educate yourself and your loved ones about - what is physical as well as mental good health and how to achieve it.**

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**Stay tuned to your body and recognize itâ€™s needs - have adequate and timely rest and sleep, exercise regularly, follow a good diet, drink plenty of water and practice meditation daily.**

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**Maintain a healthy BMI. Adopt a healthy diet - high in vegetables (esp green leafy ones) & fruits and low in carbs, sweets, salts and fats. Eat more proteins & whole grains (atta) and reduce refined carbohydrates (maida). Include some nuts and seeds in your diet. Ensure you eat foods rich in vitamins and minerals - citrus fruits (orange, lemon, and sweet-lime), yoghurt/curd, turmeric, green vegetables, beetroot and pomegranate, sesame seeds, flax seeds, nuts, raisins and dates. Avoid full-fat milk and full-fat dairy products to the extent possible. Minimize processed, deep-fried and junk food. Drink at least 8 to 10 glasses of water per day. Remember you can eat what you like but**



**moderation/balance is the key.**

**Exercise regularly, at least 45 mins of mild exercise every day and preferably 150 minutes of**

**cardiovascular exercise per week. Create daily routines with adequate (7-9 hours) of sleep at**

**appropriate hours. Try to follow the sun, rise early and do not sleep too late. Avoid screen time before**

**sleeping and try to keep a min 3-hour gap between your dinner-time and sleep-time.**

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**Take care of your mental health at home and the workplace. Be open to talking, about any issue you may have, to your close family members and friends. Practice deep breathing exercises and guided or self-meditation daily. Schedule a few minutes of daily fun time for your hobbies - listening to music, singing, gardening, going for nature walks or playing with pets and spend some happy time with your family & friends.**

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**Increase your exposure to the sun- take walks or perform your daily aerobic exercises outdoors in the mornings. Increase consumption of milk and dairy products but make sure it is not full fat. Vitamin D supplements, with or without calcium are also safe to take after consultation with a physician.**

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**Limit the number of your sexual partners. Always practise safe sex - use condoms.**

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**Keep your blood sugar in check and prevent all the complications of high blood sugar. Reduce intake of carbohydrates, avoid refined carbohydrates and minimize (stop to the extent possible) sugar be it in sweets, colas, or in tea, coffee etc.**

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**Check your HBA1C and FBS every year and if high consult a physician to get evaluated and initiate treatment if needed.**

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**Keep your blood cholesterol in check and prevent all the complications of high blood cholesterol.**



**Follow a diet friendly to your heart and blood vessels. Minimize intake of fried foods.**

**Reduce intake of oil, ghee and butter, especially trans fats.**

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**Check your blood cholesterol every year and consult a physician if high to get yourself evaluated and initiate treatment if needed.**

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**Keep your BP in check and prevent all the complications of high blood pressure.**

**Do not add extra salt to food/salads/buttermilk and avoid eating papad and pickles.**

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**Check your BP every year and consult a physician if high, to get yourself evaluated and initiate treatment if needed.**

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**You may have a high chance of developing a stroke. Strokes can be prevented/delayed with the help of medicines (keep taking them) and by following a healthy lifestyle. Know the symptoms of stroke and if you have them anytime rush to the doctor immediately.**

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**Get your thyroid test done every year.**

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**You need to understand the risks associated with obesity and devise a plan to manage your weight without taking undue risks. Please note that aggressive and unidimensional diets have side effects, be aware of them before taking them up.**

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**You seem to have / are likely to have metabolic syndrome (multiple lifestyle diseases).**

**Take your health very seriously, consult a doctor and follow the advice religiously.**

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**Always get unexplained bleeding/excessive bleeding from small wounds examined by a doctor.**

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**Wear full-sleeved clothing if you are outside in polluted areas. Eat more citrus fruits like oranges, lemons and sweet lime. If you are allergic to citrus fruits you have guava, papaya, broccoli, green leafy vegetables etc which are rich in vitamin C.**

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**Perform regular pranayama or breathing exercises - breathe slowly through the nose with controlled inhalation, hold the breath and exhale. Also, practice meditation and yoga daily. Keep your house clean to reduce dust and mold. Bathe and groom your pets**



regularly, if you have any. Remove thick and heavy carpets and curtains and replace them with light, cleanable materials. Not only quit smoking but try to avoid secondhand smoke. Wear face masks if you are outside in polluted areas.

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**Get your Bone Density, Ca and Vit B 12, D tests done every two years.**

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Vitamin D and calcium supplements can be started after consulting a doctor. If you have been taking steroid therapy for a long time, disclose and discuss the same with your doctor.

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**Get your eyes checked for cataracts every 3 years.**

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You have the risk of having/developing chronic lung disease, please take Smaarogya's chronic lung disease screening test immediately to ascertain if any further actions need to be taken.

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Always get unexplained bleeding/excessive bleeding from small wounds or during periods examined by a doctor.

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Educate yourself and your family about the signs of breast cancer and learn to detect them - the best way is to perform a self-breast examination every month, just after your periods. You should get your breast checked by a physician every year. If you are taking or have been advised to take oral contraceptive pills or hormone replacement therapy, discuss the risks vs benefits of the same with your doctor.

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Schedule a mammogram (an x-ray of the breast) and USG " breast every 2 years to screen for breast cancer.

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Certain families have a gene mutation which increases the risk of getting breast cancer. Please take Smaarogya's screening test to evaluate if you should get tested for BRCA gene mutation.

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**Get VIA cervix screening done by your gynaecologist every year.**

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**Get screened for cervical cancer by taking a PAP Smear test every 3 years.**

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**Get screened for cervical cancer by taking HPV testing along with PAP smear test every 6 years.**

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**Get the Fecal Immunochemical Test (FIT) test done every year.**

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**Get the colonoscopy done every ten years.**

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