

### 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 25.81 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 1.09 it should be below 1.0 and waist size to 35 inches



### Weight



Oops! Your weight is higher than normal! Your current weight 62 Kgs is higher than the target range 55-60 Kgs



## Disease Specific Risks0

Moderate Risk

Oral Cancer

Type-2 Diabetes

Colorectal Cancer

### Guidelines

---

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

---

**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.**

---

**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.**

---

**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.**

---

**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.**

---

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

---

**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.**

---

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

---

**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 uni dimensional diets have side effects, be aware of them before taking them up.**

---

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

---

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

---

**Stop any type of oral consumption of tobacco, pan, and paan masala. Quit smoking, avoid secondhand smoke and reduce alcohol consumption. Maintain good oral health - brush twice a day and keep your gums clean. If you have ill-fitting dentures or sharp teeth, consult your dentist to get them checked. Visit your dentist for screening every year.**

---

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

---

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

---

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

---

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

---

**Stop any type of oral consumption of tobacco, pan, and paan masala. Quit smoking, avoid secondhand smoke and reduce alcohol consumption. Maintain good oral health - brush twice a day and keep your gums clean. If you have ill-fitting dentures or sharp teeth, consult your dentist to get them checked. Visit your dentist for screening every year.**

---

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

---

**If you have difficulty in sleeping, you may have sleep apnea. Know about the symptoms of sleep apnea and if they present anytime consult a sleep specialist to get yourself evaluated (by undergoing a sleep study) and initiate treatment if needed.**

---

**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 uni-dimensional diets have side effects, be aware of them before taking them up.**

---

**Consult an obesity specialist to manage your obesity with medical nutrition therapy,**

and be open to medicines or surgery if needed. In addition, you would need to undergo behavioural therapy to evolve a healthy lifestyle.

---

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

---

**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.**

---

**If you have pain in muscles and joints, stretching and exercising underwater (aquatic exercises) are effective. Regular massages and hot & cold packs on joints also help.**

---

**Get your retinal eye screening done every year.**

---

**You have the risk of having/developing chronic kidney disease, please take**

**Smaarogya's chronic kidney disease screening test immediately to ascertain if any further actions need to be taken.**

---

**Get your Serum Creatinine test done every year. If results are high, visit your doctor immediately**

---

**You have the risk of having/developing chronic liver disease, please take**

**Smaarogya's chronic liver disease screening test immediately to ascertain if any further actions need to be taken.**

---

**Avoid needle stick injuries - e.g. use of injectable drugs, tattoos etc. If you are a healthcare worker, be especially careful about needle-stick injuries. Practise safe sexual habits, with the use of condoms, especially if you have multiple partners. If you have taken oral contraceptive pills for a long duration (> 4 years) or take paracetamol daily, disclose and discuss the same with your doctor. Take herbal medicines only after getting it checked and evaluated by a physician.**

---

**Get your SGOT, SGPT and USG "liver tests done every year. If results are high, consult doctor immediately**

---

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

---

**Stop any type of oral consumption of tobacco, pan, and paan masala. Quit smoking, avoid secondhand smoke and reduce alcohol consumption. Maintain good oral health - brush twice a day and keep your gums clean. If you have ill-fitting dentures or sharp teeth, consult your dentist to get them checked. Visit your dentist for screening every year.**

---

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

---

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

---

**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.**

---

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

---

**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.**

---

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

---

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

---