SMAAROGYA

Assessment Report

Prakash Pandurang Durgoli

Male, 49, Height 160 cms, Weight 80.5 kgs

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

Argh! You are obese. Your BMI score 31.45 is very high 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

Argh! Your weight is very high. Your current weight 80.5 kgs is very high than the target range 59-64 Kgs.

Disease Specific Risks1

High Risks
Obstructive sleep apnea

Moderate Risk
Multiple lifestyle disease
High blood pressure
Type-2 Diabetes
Stroke
High blood cholesterol
Chronic liver disease
Glaucoma
retinal disease (eye)
Breast Cancer
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.

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.

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

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.

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

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.

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.

Get your retinal eye screening done every year.

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 â€“ liver tests done every year.If results are high, consult doctor immediately

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

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

Get the colonoscopy done every ten years.

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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.

Schedule a mammogram (an x-ray of the breast) and USG â€“ 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 VIA cervix screening done by your gynaecologist every year.

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.

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