

### 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 25.15 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 1.01 it should be below 1.0 and waist size to 35 inches  
 Congratulations! You are normal. Your HW ratio is 0.85  
 Congratulations! You are normal. Your HW ratio is 0.81



### Weight



Oops! Your weight is higher than normal! Your current weight 62 is higher than the target range 56-61 Kgs



## Disease Specific Risks<sup>1</sup>

### High Risks

Breast Cancer

### Moderate Risk

Type-2 Diabetes

Obstructive sleep apnea

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

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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.

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

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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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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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You have the risk of having/developing allergies, please take Smaarogya's allergy

**screening test immediately to ascertain if any further actions need to be taken.**

**Thereafter, if normal, repeat the test every year.**

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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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**Avoid prolonged sun exposure for more than 30 minutes, and apply sunscreen to exposed areas of your body, especially when outside in the sun. Keep your skin clean and maintain personal hygiene. Consult you doctors about the kind of soaps you should use. Moisturise your skin regularly. Do not scratch your skin, and use over-the-counter or prescribed -anti-allergy medicines to reduce itching. Wear comfortable cotton clothes.**

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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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**People over the age of 65 have the risk of having/developing memory-related issues, please take Smaarogya's screening tests immediately to ascertain if any further actions need to be taken.**

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**Keep yourself mentally active. Play simple mental games to keep your brain active -**



**board games, crosswords, sudoku, puzzles, word games, online memory games etc.**

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**Get your eyes checked for cataracts every year.**

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

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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 examined by a doctor.**

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**Undergo a PSA test for screening of prostate cancer every two years.**

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**Smoke is dangerous for you. Quit, if required ask for professional help to quit smoking.**

**Avoid secondhand smoke. Reduce consumption of alcohol. If you work in an environment with continuous exposure to dust and particles, wear proper Personal Protective Equipment.**

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**Get LDTC - chest scan done every year.**

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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.**

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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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