SMAAROGYA

# Assessment Report

Lata Devendran

Female, 46, Height 152 cms, Weight 53.3 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

Congratulations! You are normal. Your BMI score 23.07 is within the target range 21-24.9.

## Hip Waist Ratio

Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.24 it should be below 1.0 and waist size to 28 inches

## Weight

Congratulations! You have normal weight. Your current weight 53.3 kgs is within range of 53-58 Kgs.

## Disease Specific Risks0

Moderate Risk

Arthritis

Breast Cancer

Cervical 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.**

---

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

---

**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.**

---

**Always get unexplained bleeding/excessive bleeding from small wounds or during periods examined by**

a doctor.

---

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 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.

---

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.

---

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

---

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 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.**

---

**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.**

---

**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.**

---

**Always get unexplained bleeding/excessive bleeding from small wounds or during periods examined by**

**a doctor.**

---

**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.**

---

**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.**

---

**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 the colonoscopy done every ten years.**

---