

### 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 21.97 is within the target range 21-24.9.



### Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.12 it should be below 1.0 and waist size to 35 inches



### Weight



Congratulations! You have normal weight. Your current weight 62 kgs is within range of 65-70 Kgs



## Disease Specific Risks0

### Moderate Risk

Oral Cancer  
High blood pressure  
Type-2 Diabetes  
Stroke  
High blood cholesterol  
Glaucoma  
retinal disease (eye)  
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 eyes checked for cataracts every 3 years.**

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

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

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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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**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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**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 your 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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**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.**

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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**

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

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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.

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Get your SGOT, SGPT and USG "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.

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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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**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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