



**Elements of Lifestyle**
**Appetite**

Carb	Salt	Veggies/Fruit	Junk	Oil	Sweet
					

**Lifestyle**

Sleep	Exercise	Lifestyle	Meditation
			

**Substance**

Smoking	Tobacco	Alcohol	Other
			

**Body Mass Index**


Congratulations! You are normal. Your BMI score 24.44 is within the target range 21-24.9.


**Hip Waist Ratio**


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.07 it should be below 1.0 and waist size to 28 inches


**Weight**


Congratulations! You have normal weight. Your current weight 55 kgs is within range of 51-56 Kgs.



## Disease Specific Risks

### High Risks

Arthritis

### Moderate Risk Areas

Thyroid disease

Allergies

Chronic lung disease

Osteoporosis

Breast Cancer

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.

– Urgent

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Stay tuned to your body and recognize it's needs – have adequate and timely rest and sleep, exercise regularly, follow a good diet, drink plenty of water and practice meditation daily.

– Very Urgent

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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.

- Very Urgent

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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.

- Very Urgent

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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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Stop or reduce consumption of red meat and charred meat.

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Get your test for heart makers (CRP, Lipo protein (a), N peptides, P ceramides, Troponin T) done every year.

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Monitor your heart and get your ECG taken every year.

- Very Urgent

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Monitor your heart and get your TMT taken every two year.

- Very Urgent

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Get your 2 D echo done every 3 years or earlier as per the advice of your doctor.



- Very Urgent

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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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Get your PFT test done every 1 year.

- Very Urgent

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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.

- Very Urgent

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Try to avoid the allergens which cause your allergic reaction.

- Very Urgent

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You have the risk of having/developing mental health issues, please take Smaarogya's screening tests for anxiety and depression immediately to ascertain if any further actions need to be taken.

- Very Urgent

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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.

- Very Urgent

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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.

- Very Urgent

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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.

- Very Urgent

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Get your eyes checked for cataracts every year.

- Very Urgent

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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 or during periods examined by a doctor. Female

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

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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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## **Expert Notes**