

Elements of Lifestyle
Appetite

Carb



Salt



Veggies/Fruit



Junk



Oil



Sweet


Lifestyle

Sleep



Exercise



Lifestyle



Meditation


Substance

Smoking



Tobacco



Alcohol



Other


Body Mass Index


Oops! You are overweight! Your BMI score 27.70 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 1.12 it should be below 1.0 and waist size to 28 inches


Weight


Oops! Your weight is higher than normal! Your current weight 64 is higher than the target range 53-58 Kgs



Disease Specific Risks

Moderate Risk Areas

Multiple lifestyle disease

Stroke

Obstructive sleep apnea

Guidelines

Educate yourself and your loved ones about – what is physical as well as mental good health and how to achieve it.

– Urgent

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

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.

– Urgent

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

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.

– Urgent

Limit the number of your sexual partners. Always practise safe sex – use condoms.

– Urgent

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.

– Very Urgent

Check your FBS and PPBS every month and HBA1C every three months and visit your doctor every 3 months.

If sugar levels are very high visit your Doctor SOS. Evolve a plan to bring down your blood sugar levels. Take medicines regularly and modify your lifestyle accordingly. It is advisable to go to a diabetic clinic for an annual check-up for complications of diabetes – eyes, kidneys, foot etc to detect them early and get treatment if needed. Learn more about diabetic complications and take preventive steps.

– Urgent

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.

- Urgent

Stop or reduce consumption of red meat and charred meat.

- Urgent

Check your blood cholesterol every six months and consult a physician if high to get evaluated and change the treatment if needed.

- Very Urgent

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.

- Very Urgent

Check your BP every week, and visit your doctor every 3 months. If the BP is very high visit your doctor immediately. Take medicines regularly and modify your lifestyle accordingly.

- Very Urgent

Chronic diseases like high blood pressure, sugar & cholesterol, are lifelong diseases and lead to complications like heart disease and stroke. They can be controlled with medicines, therefore never stop taking medicines. Visit your doctor regularly at least once in a quarter.

- Very Urgent

You may have a high chance of having a heart attack. Heart attack can be prevented/delayed with the help of medicines (keeping taking them, if prescribed by your doctor) and by following a healthy lifestyle. Know the symptoms of heart attack and if you have them anytime immediately rush to the doctor.

- Very Urgent

You may have or may have a high chance of having heart failure. Heart failure can be prevented/delayed with the help of medicines (keeping taking them, if prescribed by your doctor) and by following a healthy lifestyle. Know the symptoms of heart failure and if you have them anytime immediately rush to the doctor.

- Urgent

You may have a high chance of developing a stroke. Strokes can be prevented/delayed with the help of medicines (keeping taking them) and by following a healthy lifestyle. Know the symptoms of stroke and if you have them anytime rush to the doctor immediately.

- Urgent

Monitor your heart and get your ECG taken every year.

- Very Urgent

Monitor your heart and get your TMT taken every three years.

- Very Urgent

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

- Urgent

Get your thyroid test done every year.

- Urgent

Get your Vit B12, D tests done every year.

- Urgent

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.

- Very Urgent

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.

- Urgent

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.

- Urgent

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.

- Urgent

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.

- Urgent

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.

- Urgent

Get your retinal eye screening done every year.

- Urgent

You have the risk of having/developing chronic kidney disease, please take Smaarogya's chronic kidney disease screening test immediately to ascertain if any further actions need to be taken.

- Urgent



Get your Serum Creatinine test done every year. If results are high, visit your doctor immediately

- Very Urgent

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.

- Urgent

Always get unexplained bleeding/excessive bleeding from small wounds or during periods examined by a doctor. Female

- Urgent

Get VIA cervix screening done by your gynaecologist every year.

- Urgent

Get screened for cervical cancer by taking a PAP Smear test every 3 years.

- Urgent

Get screened for cervical cancer by taking HPV testing along with PAP smear test every 6 years.

- Urgent

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.

- Urgent

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.

Expert Notes