





Elements of Lifestyle


Appetite

Carb	Salt	Veggies/Fruit	Junk	Oil	Sweet
					

Lifestyle

Sleep	Exercise	Lifestyle	Meditation
			

Substance

Smoking	Tobacco	Alcohol	Other
			

Body Mass Index



Argh! You are obese. Your BMI score 32.42 is very high than the target range 21-24.9.



Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.04 it should be below 1.0 and waist size to 35 inches



Weight



Argh! Your weight is very high. Your current weight 83 kgs is very high than the target range 59-64 Kgs.



Disease Specific Risks

High Risks

Obstructive sleep apnea

Moderate Risk Areas

Multiple lifestyle disease

Type-2 Diabetes

Stroke

High blood cholesterol

Chronic liver disease

Heart attack

Glaucoma

retinal disease (eye)

Prostate Cancer

Oral Cancer

Colorectal Cancer

Guidelines

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

– Very 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.

- 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.

- Very Urgent

Limit alcohol consumption.

- Urgent

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

- Very 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 cholesterols every six months and consult a physician if high to get evaluated and change the treatment if needed.

- Very Urgent

Check your BP every three months and consult a physician if high, to get yourself evaluated and initiate treatment if needed.

- 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.

- 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 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.

- Very Urgent

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.

- Very Urgent

Get your insulin test done every year.

- 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

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.

- Urgent

Get your retinal eye screening done every year.

- Urgent

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.

- Urgent

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.

- Urgent

Get your SGOT, SGPT and USG — liver tests done every year. If results are high, consult doctor immediately

- Urgent

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

- 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.

- Urgent

Expert Notes