

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 24.09 is within the target range 21-24.9.


Hip Waist Ratio


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.22 it should be below 1.0 and waist size to 28 inches


Weight


Congratulations! You have normal weight. Your current weight 64 kgs is within range of 61-66 Kgs.



Disease Specific Risks

Moderate Risk Areas

Thyroid disease

Osteoporosis

Breast Cancer

Cervical Cancer

Oral 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.

– 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.

- Very 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.

- Very Urgent

Limit alcohol consumption.

- Urgent

Stop chewing tobacco, pan or pan masala.

- Very Urgent

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

- Very Urgent

You have the risk of having / developing thyroid, please take Smaarogya's screening tests for thyroid immediately to ascertain if any further actions need to be taken. Thereafter, if normal, repeat the test every year.

- Urgent

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

- Urgent

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.

- Urgent

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.

- 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

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