





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 23.81 is within the target range 21-24.9.


Hip Waist Ratio


Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.16 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 53-58 Kgs.



Disease Specific Risks

High Risks

Cervical Cancer

Moderate Risk Areas

Multiple lifestyle disease

Type-2 Diabetes

Stroke

High blood cholesterol

Obstructive sleep apnea

Arthritis

Glaucoma

retinal disease (eye)

Breast 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 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

Check your blood cholesterol 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 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

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

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 eyes checked for cataracts every 3 years.

- Very Urgent

Get your retinal eye screening done 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

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

- 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.

- Very Urgent

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

- Very Urgent

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

- Very Urgent

Expert Notes