







**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 25.97 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 1.10 it should be below 1.0 and waist size to 28 inches


**Weight**


Oops! Your weight is higher than normal! Your current weight 60 is higher than the target range 53-58 Kgs



## Disease Specific Risks

### High Risks

Obstructive sleep apnea

### Moderate Risk Areas

High blood pressure

Multiple lifestyle disease

Type-2 Diabetes

Stroke

Arthritis

Glaucoma

retinal disease (eye)

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.

– Very 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.

- 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.

- Very Urgent

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

- Very Urgent

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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.

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Check your HBA1C and FBS every year and if high consult a physician to get evaluated and initiate treatment if needed.

- Very Urgent

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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.

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Stop or reduce consumption of red meat and charred meat.

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Check your blood cholesterol every year and consult a physician if high to get yourself evaluated and initiate treatment if needed.

- Urgent

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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

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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

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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

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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

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

- Very Urgent

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Monitor your heart and get your ECG taken every year.

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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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Get your thyroid test done every year.

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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.

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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.

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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.

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You have the risk of having/developing primary headaches like migraine or tension headaches, please take Smaarogya's screening tests for primary headaches immediately to ascertain if any further actions need to be



taken.

- 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.

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Get your retinal eye screening done every year.

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

- Very Urgent

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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.

- Very Urgent

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

- Very Urgent

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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.

- Very Urgent

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Get VIA cervix screening done by your gynaecologist every year.

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

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

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## **Expert Notes**