

### Elements of Lifestyle

#### Appetite

Carb



Salt



Veggies/Fruit



Junk



Oil



Sweet



#### Lifestyle

Sleep



Exercise



Lifestyle



Meditation



#### Substance

Smoking



Tobacco



Alcohol



Other



### Body Mass Index



Ugh! You are underweight. Your BMI score 20.31 is very less than the target range 21-24.9.



### Hip Waist Ratio



Oops! Your HW ratio is higher than normal! Your current HW ratio is 1.32 it should be below 1.0 and waist size to 28 inches



### Weight



Ugh! You are underweight. Your current weight 52 kgs is less than the target range 59-64 Kgs



## Disease Specific Risks

### Moderate Risk Areas

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.

– Very 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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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.

– Very Urgent

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

– Urgent

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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.

– 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.



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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.

- Urgent

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

- Urgent

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## **Expert Notes**