




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 25.39 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 1.08 it should be below 1.0 and waist size to 28 inches


Weight


Oops! Your weight is higher than normal! Your current weight 65 is higher than the target range 59-64 Kgs



Disease Specific Risks

High Risks

Breast Cancer

Moderate Risk Areas

High blood pressure

Multiple lifestyle disease

Type-2 Diabetes

Stroke

Obstructive sleep apnea

Arthritis

Cervical 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.

- 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.

- Urgent

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

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

- Urgent

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.

- Urgent

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

- 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

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

- Very Urgent

Monitor your heart and get your ECG taken every year.

- Very Urgent

Monitor your heart and get your TMT taken every two year.

- Very Urgent

Get your 2 D echo done every 3 years or earlier as per the advice of your doctor.

- Very Urgent

Get your thyroid test done every year.

- 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.

- 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

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 Bone Density, Ca and Vit, B12, D tests done every year.

- Very Urgent



Vitamin D and calcium supplements can be started after consulting a doctor. If you have been taking steroid therapy for a long time, disclose and discuss the same with your doctor.

- Very Urgent

Get your eyes checked for cataracts every 3 years.

- Very 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.

- Very Urgent

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

- Very 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.

- Very 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

Get the Fecal Immunochemical Test (FIT) test done every year.

- Urgent

Get the colonoscopy done every ten years.

- Urgent

Expert Notes