

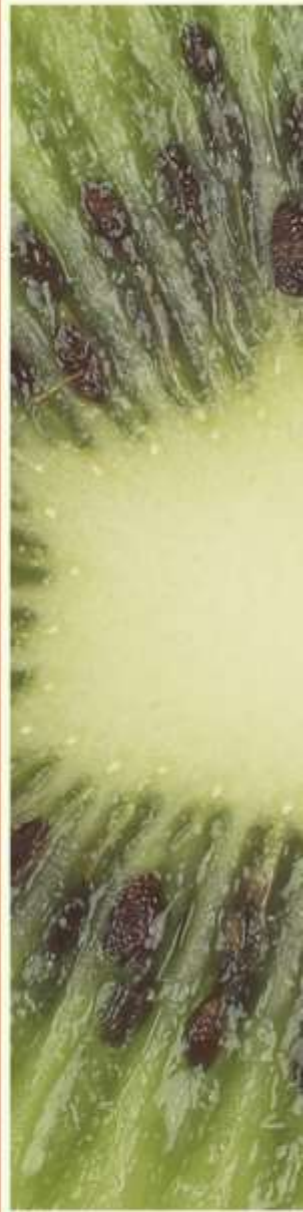


Lifestyle Diseases

Lifestyle Diseases

- *They are diseases that are caused partly by unhealthy behaviors and partly by other factors.*

- *Causes: a person's*
 - *Habits*
 - *Behaviors*
 - *Practices*

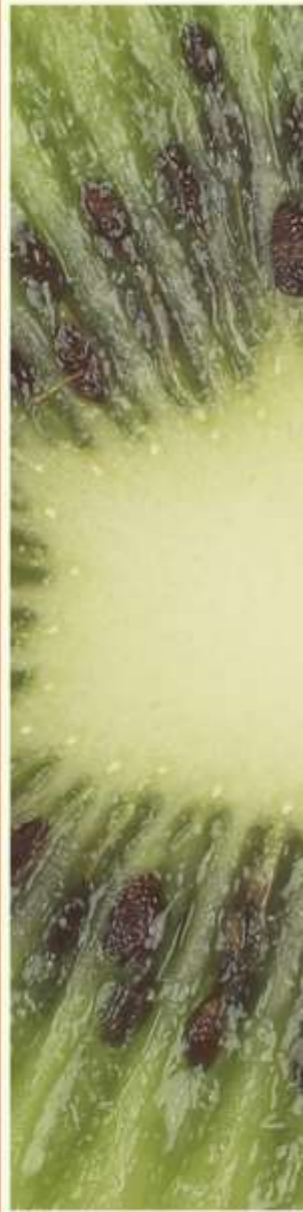


What is the difference between

Controllable factors

And

Uncontrollable Factors

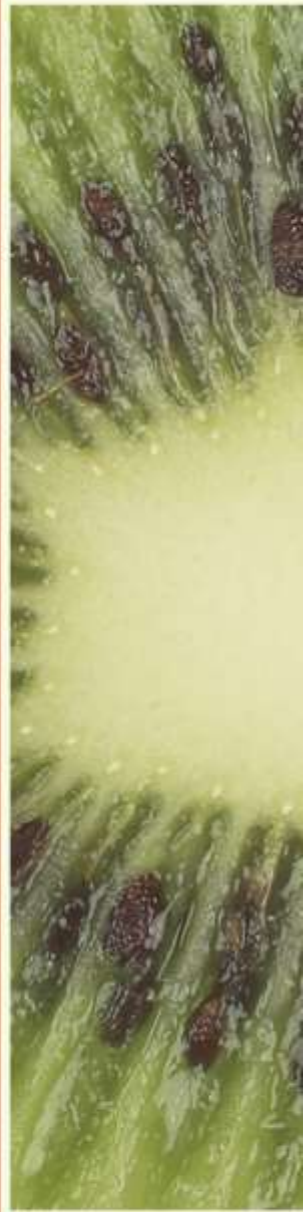
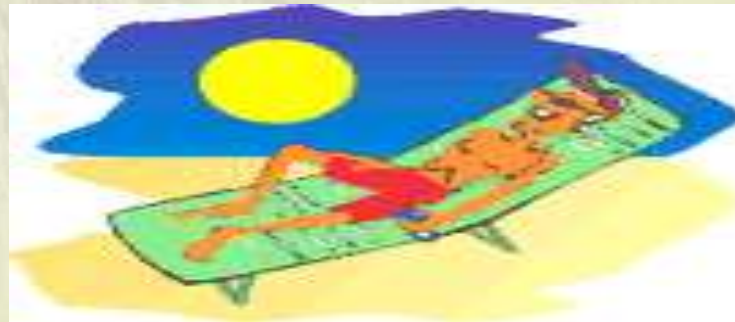


Controllable Risk Factors



- *Your diet and body weight*
- *Your daily levels of physical activity*

- *Your level of sun exposure*
- *Smoking and alcohol abuse*



Uncontrollable factors

- *Age*



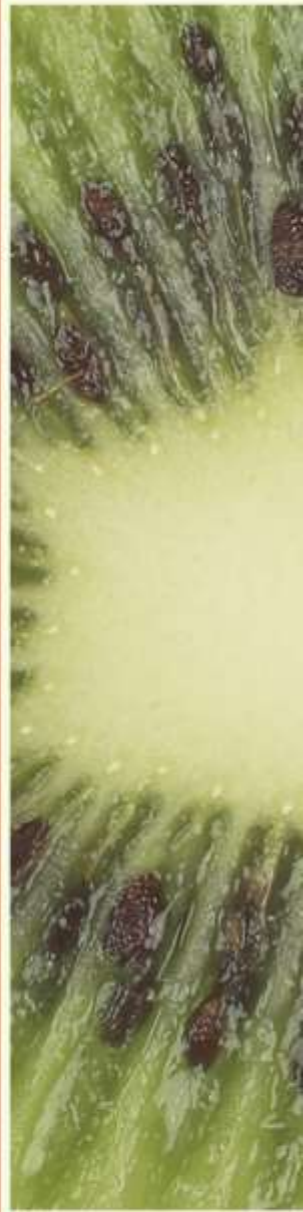
- *Race*



- *Gender*

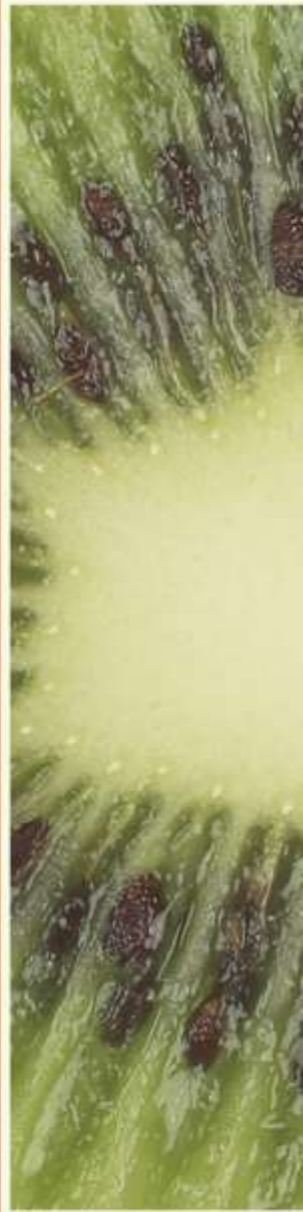


- *Heredity*



Types Of Lifestyle Diseases

- *Cardiovascular disease*
- *Diabetes*
- *Stroke*
- *Cancer*
- *Chronic obstructive Pulmonary disease*
- *Depression*
- *Musculoskeletal disorder*



Cardiovascular Diseases

- *Cardiovascular diseases (CVD) are diseases or disorders that result from damage to the heart and blood vessels.*

Common Cardiovascular Diseases:-

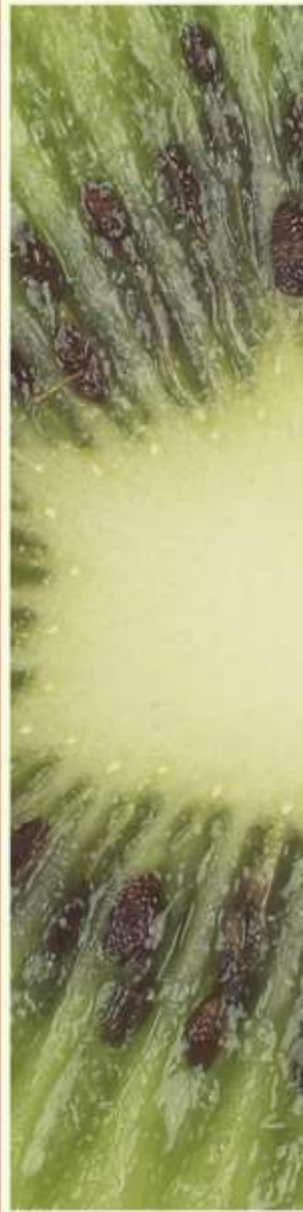
- *High Blood Pressure*
- *Heart Attack*
- *Arteriosclerosis-fat deposition in blood vessels*



Prevention Of Cardiovascular Diseases

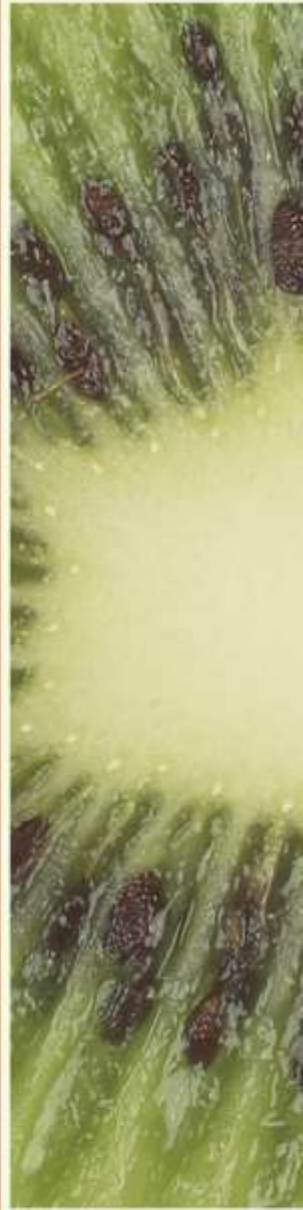


- *Trim your fat intake, eat healthy*
- *Cut down on salt*
- *Keep your weight healthy*
- *Don't smoke*
- *Don't take alcohol*
- *Do exercise*
- *Monitor your blood pressure and cholesterol*
- *Relax & cut down on stress*



Diabetes

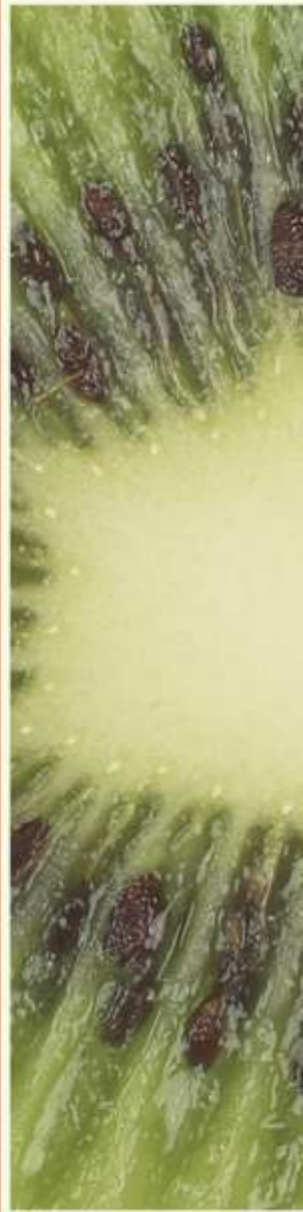
- *A disorder in which cells are unable to obtain glucose from the blood such that high blood-glucose levels result.*
- *Type 1- body's inability to produce insulin (born with)*
- *Type 2- body's inability to respond to insulin (develop)*



Prevention of Diabetes



- *Type 2 Diabetes* can be prevented by
 - *Maintaining a healthy weight*
 - *Avoiding smoking*
 - *Reduction of Stress*
 - *Avoiding Sedentary life*
 - *Avoid Junk foods*
 - *Exercise-that reduce insulin requirements*



LIFESTYLE OPTIONS

DON'T EXERCISE.
EAT ALL YOU WANT.
PROBABLY DIE EARLY.



EXERCISE DAILY.
COUNT CALORIES.
MERELY WISH YOU
WERE DEAD.



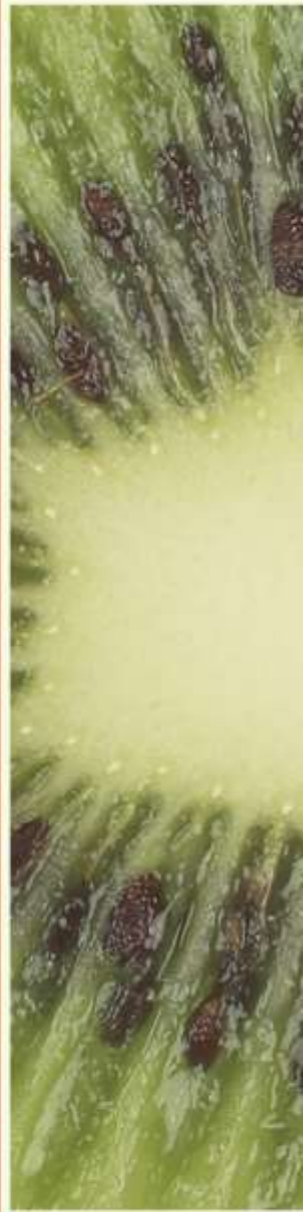
SHOEBOXBLOG.COM

CHUCK & BEANS

FACEBOOK.COM/SHOEBOXBLOG

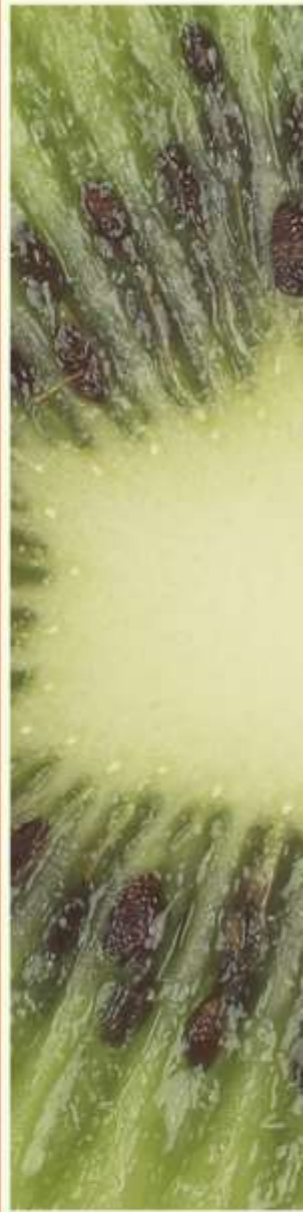
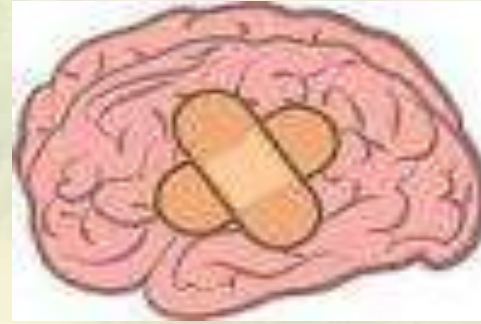
Stroke

- *stroke is the loss of brain function due to a disturbance in the blood supply to the brain. This disturbance is due to either ischemia (lack of blood flow) or hemorrhage*
- *Risk factors for stroke include old age, high blood pressure, diabetes, high cholesterol and tobacco smoking .High blood pressure is the most important modifiable risk factor*



Prevention of Stroke

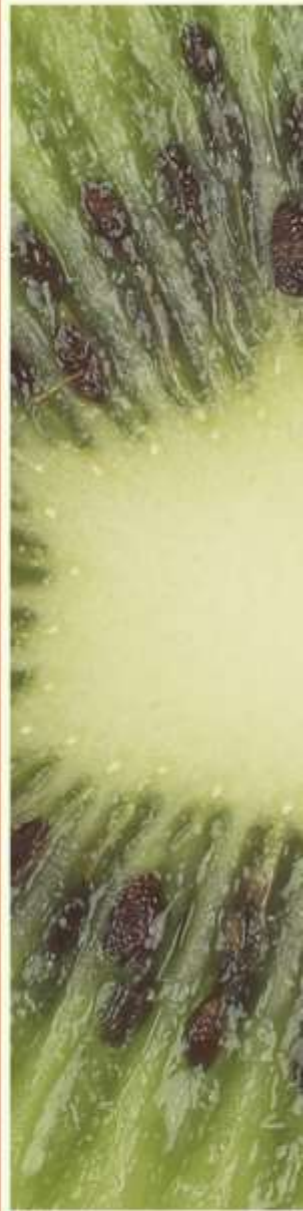
- *Weight Reduction*
- *Smoking cessation*
- *Reduce salt & saturated fat intake.*
- *5 fruits / vegetables a day*
- *Limit alcohol consumption*
- *Regular exercise*
- *If you are hypertensive then don't skip your Anti-hypertensive drugs*



Cancer

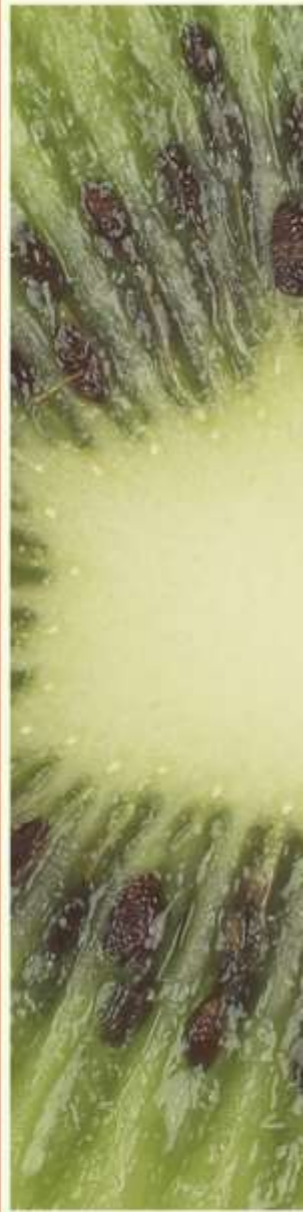
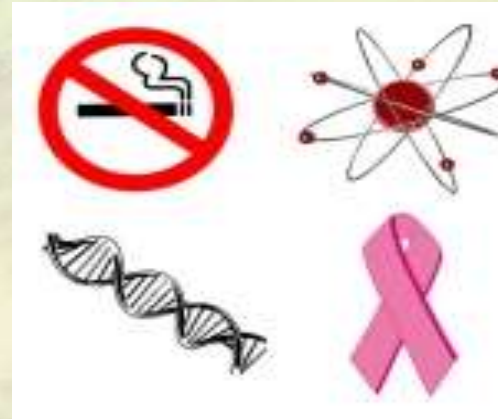


- *A disease caused by uncontrolled cell growth Benign tumors are not cancerous and usually do not spread.*
- *Malignant tumors are cancerous and do spread*
- *Causes:*
 - *Certain viruses (HPV)*
 - *Radiation (UV rays, X-rays)*
 - *Chemicals in tobacco smoke*
 - *Asbestos (material used in fireproofing)*



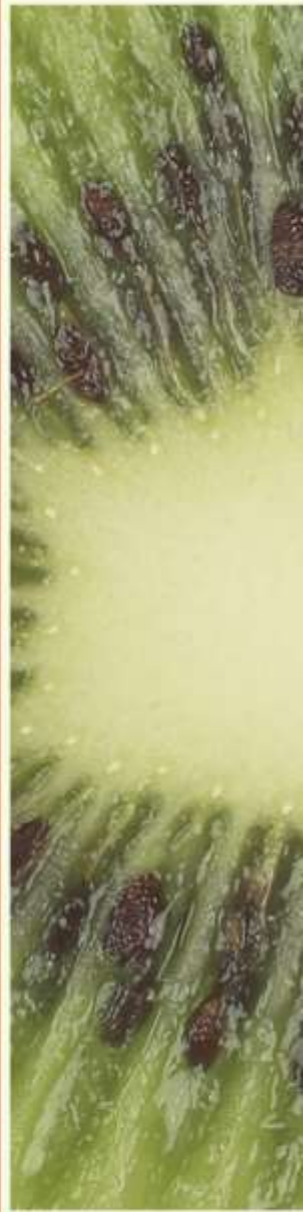
Prevention of cancer

- *Don't smoke!*
- *Wear sunscreen; stay away from tanning beds*
- *Eat your veggies and cut the fat*
- *Eat moderate protein*
- *Stay active*
- *Get regular medical check-ups*



Chronic Obstructive Pulmonary Disease

- *Chronic obstructive pulmonary disease (COPD), also known as chronic obstructive lung disease (COLD) characterized by chronically poor airflow. It typically worsens over time. The main symptoms include shortness of breath, cough and sputum production.*
- *Tobacco smoking is the most common cause of COPD, with a number of other factors such as air pollution and genetics playing a smaller role.*
- *Intense and prolonged exposure to workplace dusts, chemicals and fumes increase the risk of COPD in both smokers and nonsmokers.*
- *Malnutrition & Low Birth weight is also a reason for Respiratory disease . Being either underweight or overweight can affect the symptoms*



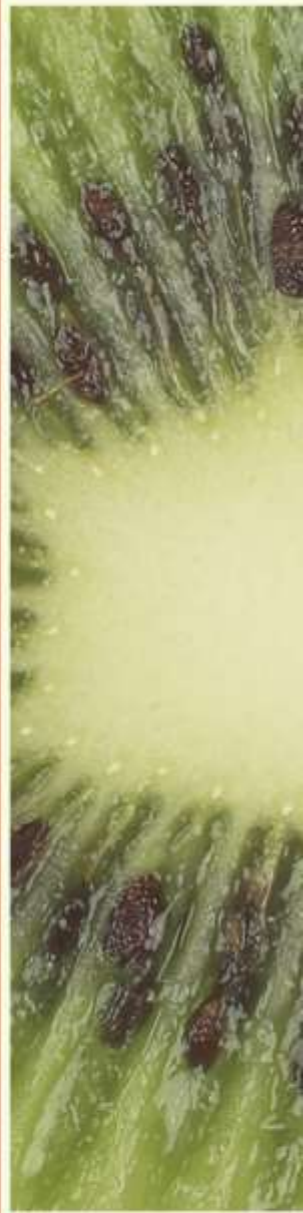
Prevention of COPD

- *Quit Smoking.*
- *Have Healthy Diet*
- *Take nutrition supplements if malnourished*
- *Do Breathing exercise*
- *Avoid exposure to fumes & dust .*
- *Improve both indoor & outdoor air quality*



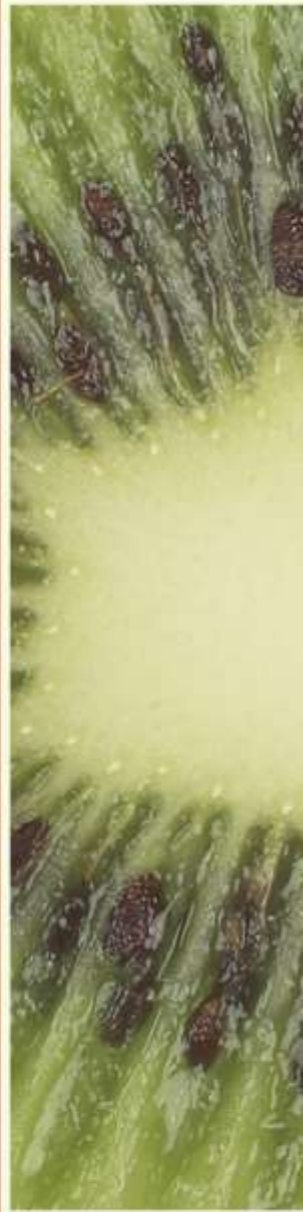
Depression

- *Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. Depressed people can feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless.*
- *Life events and life style that may precipitate depressed mood include childbirth, menopause financial difficulties, job problems, a medical diagnosis ,loss of a loved one, natural disasters, social isolation, relationship troubles, jealousy, separation.*

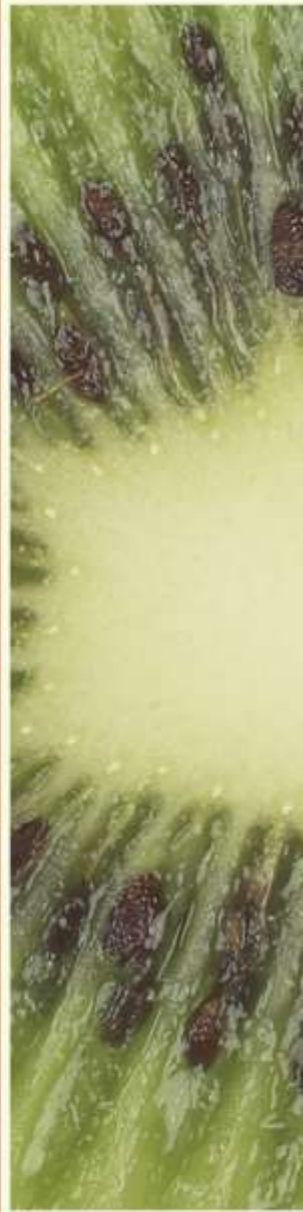


Prevention of Depression

- *Healthy Eating- The easiest way to improve your diet is to cut out the junk. Avoiding foods high in refined sugar, and foods packed with saturated fats should be your first step. include amino-acid-rich foods—such as meat, dairy products, and certain fruits and vegetables in your diet. Complex carbohydrate help to stimulate the feel good neurotransmitter serotonin, carbohydrates can be found in whole grains, legumes, vegetables such as spinach and broccoli, fruits such as oranges & pears.*



- Exercise-increases your body's production of natural antidepressants. Research has shown that exercise reduces stress, improves mood, boosts self-esteem, and provides restful sleep.
- Weight loss- Losing weight not only improves your self-esteem and overall health, but also may give your mind the boost it needs. Eating right and exercising regularly is the tried-and-true method for losing weight and keeping it off.



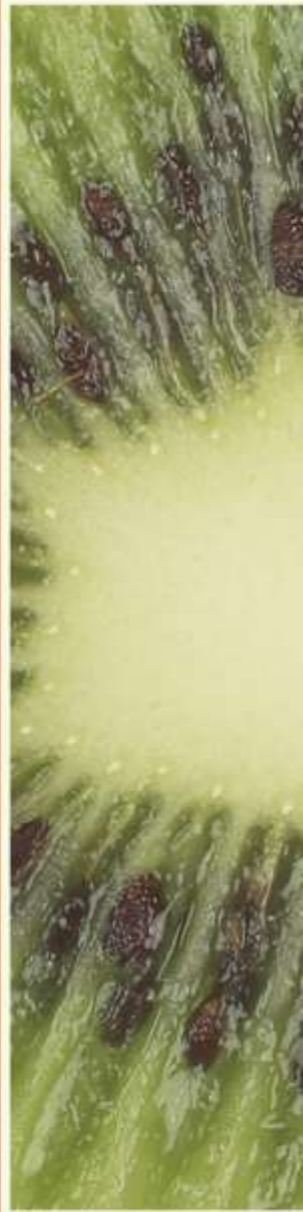


Exercise is all you need to stay in shape.



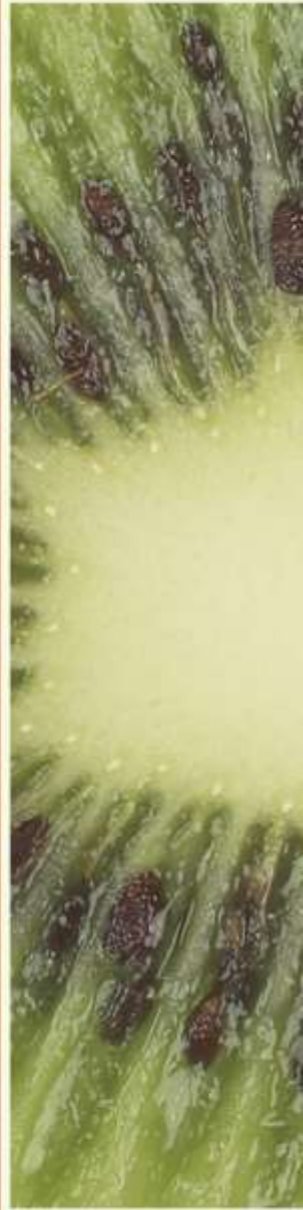
Continue.....

- *Meditation-Meditation is the practice of engaging in a mental exercise—such as deep breathing or repetition of a phrase (mantra) Meditation can help relieve anxiety that sometimes accompanies depression.*
- *Sleep-Proper sleep hygiene is an important part of a depression treatment plan. Having a calming bedtime routine that helps you wind down and following a consistent sleep*



Continue.....

- *Relationship-Depression can be alienating, but the right network of friends and loved ones can help you overcome your problems. Spending time with positive, supportive, and loving people can help you through your darkest times.*
- *Avoid Sedentary life- it may lead to depression, stay active , do your hobbies, read books, take active part in social activity*



"WALK THERAPY"

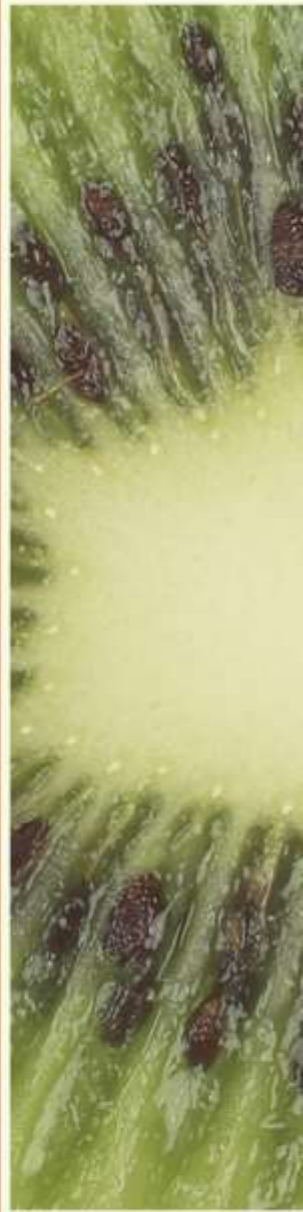


**TONES THE
MIND AND BODY!**

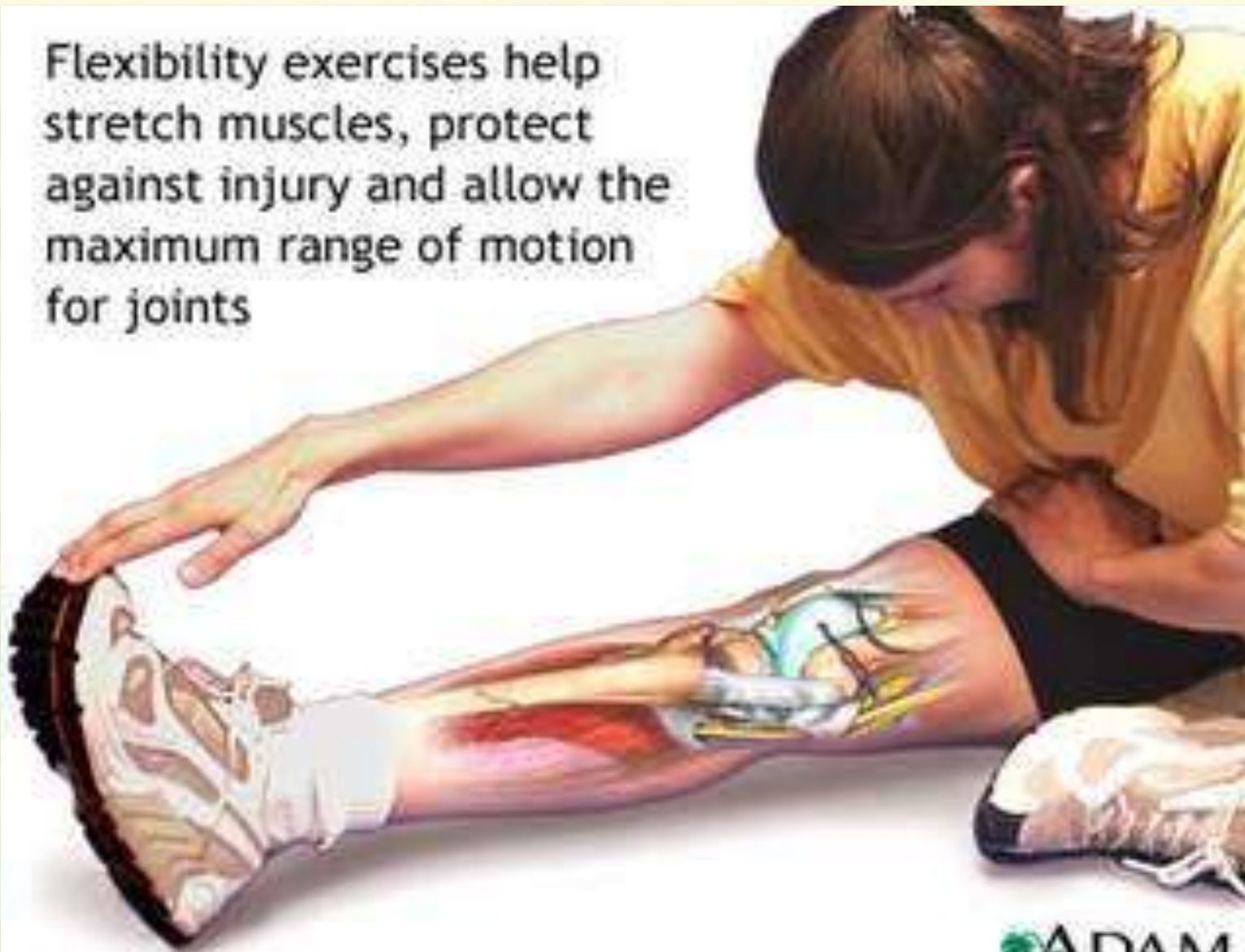


Musculoskeletal Disease

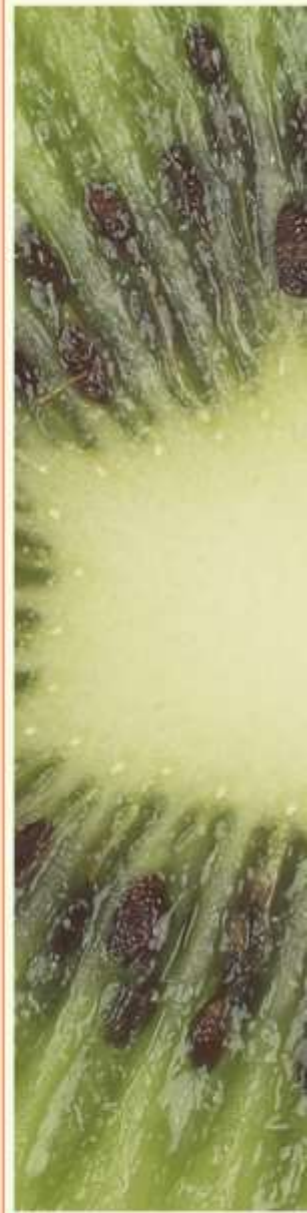
- *Healthy diet with physical activity in childhood & adolescence builds strong & healthy bones.*
- *High peak bone density in this age reduces the risk of osteoporosis in later life.*
- *Exercise strengthens the bones , ligaments & muscle surrounding joints .*
- *With no exercise ligaments become shorter with less elasticity, muscle tone will be lost thus reduce the stability, synovial fluid will be reduced, making the joint more prone to injuries*



Flexibility exercises help stretch muscles, protect against injury and allow the maximum range of motion for joints

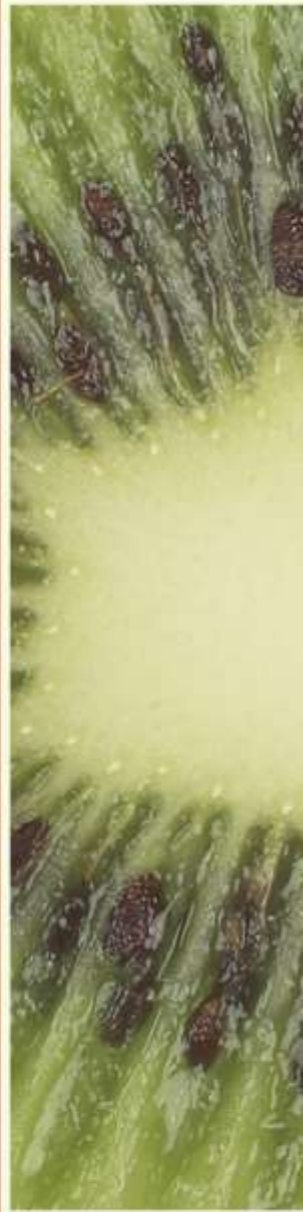


ADAM.



Minimum recommendation for physical Activity by WHO

- *Children & young people*:- moderate intensity activity for at least 60 mints per day.
- *Adults*:- at least 30 mints of exercise most if not all days. Should include flexibility, muscle strength & endurance exercise twice a week.
- *60 to 90 mints* to improve when already in poor health or to lose weight.
- Moderate exercise is Brisk walking, swimming, cycling, gardening with moderate effort



HYPERTENSION

health

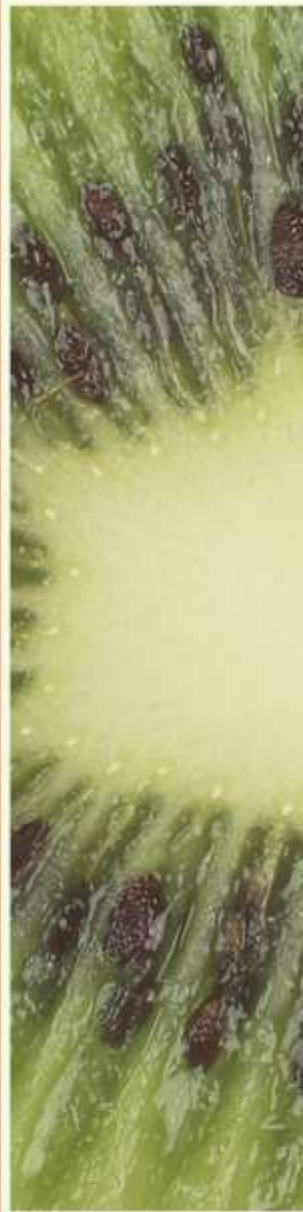
**THE SILENT
KILLER**

**DEALING WITH
HYPERTENSION**



Other Risk Factor of Hypertension

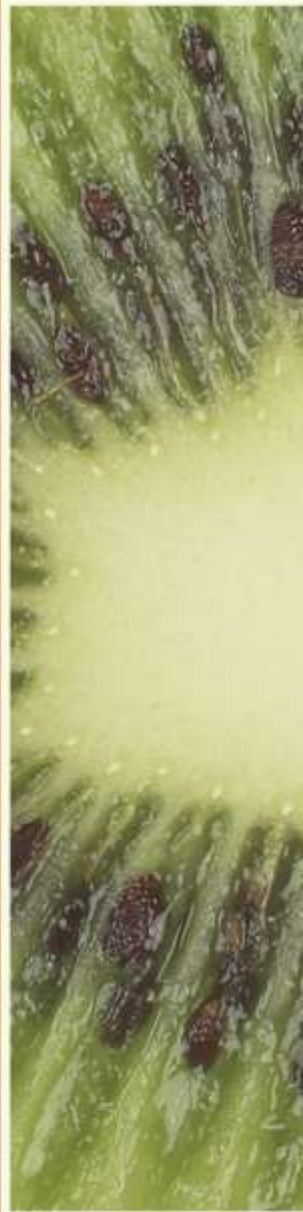
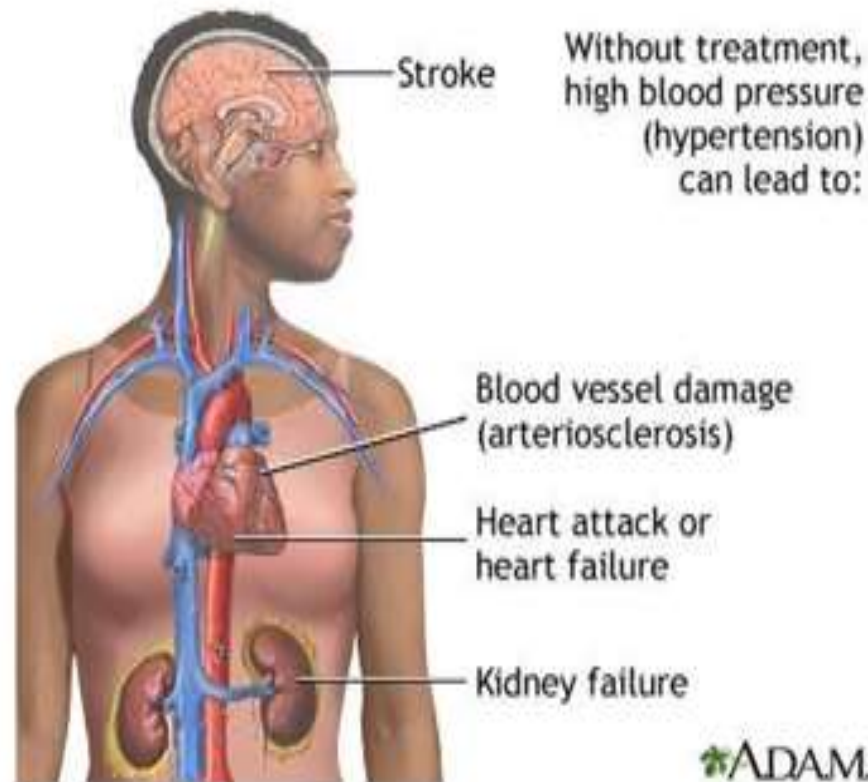
- Lack of exercise
- Increased salt intake
- Family history
- Alcohol
- Smoking
- Stress &
- Age



Effect of Hypertension

- The common target organs damaged by long standing hypertension are:

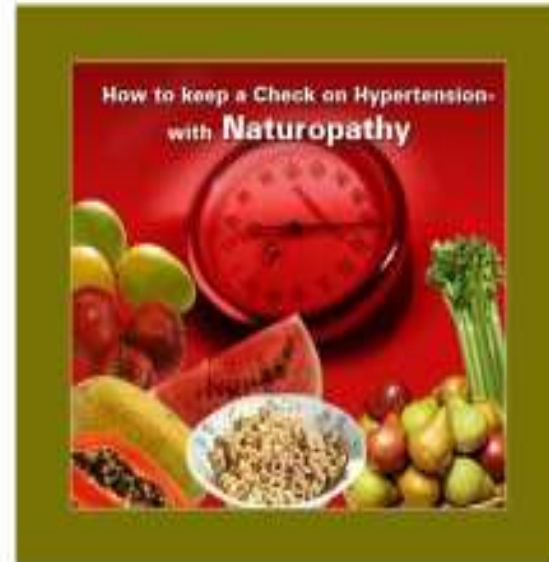
- Brain
- Heart
- Kidneys
- Eyes &
- Peripheral arteries.



TREATMENT OF HYPERTENSION

Non Pharmacological Treatment Lifestyle Modifications

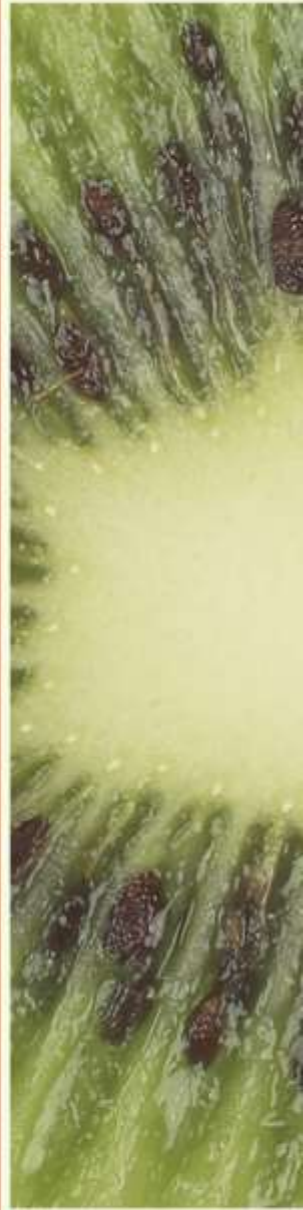
1. Salt restriction
2. Weight reduction
3. Stop smoking
4. Diet modifications such as:
 - Reduce intake of Cholesterol & Saturated fat.
 - Adequate intake of Calcium & Magnesium.
5. Avoid / Limit of alcohol intake



- 6. Relaxation such as yoga, psychotherapy etc.



- 7. Regular exercise.



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“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Thank You

