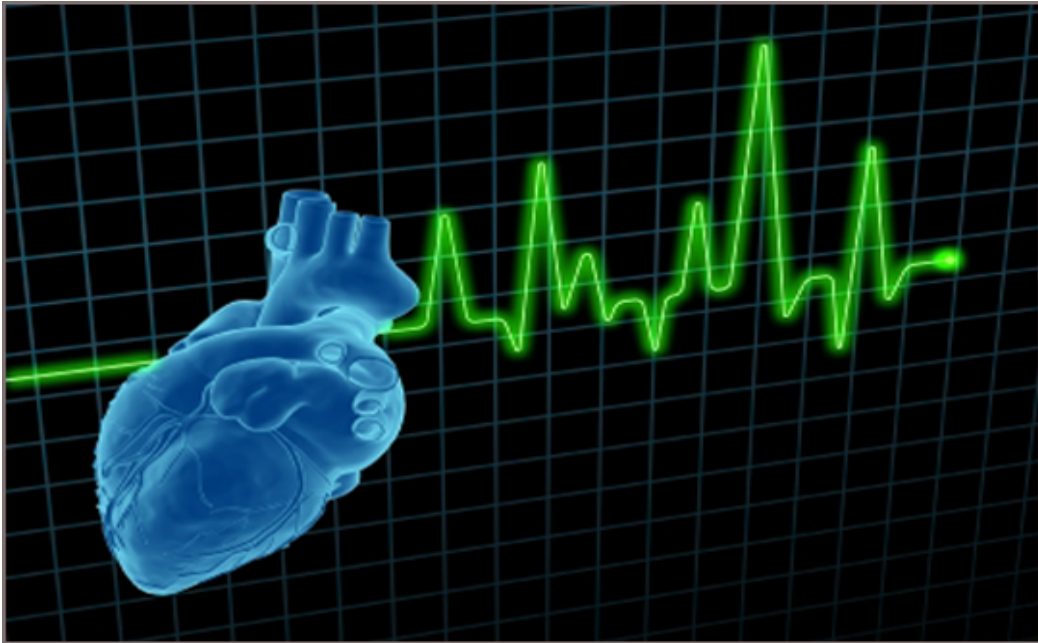


## Coronary Risk



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# Coronary Risk

Prevention Series

Your overall risk score

50

Report For Avantika Kapoor

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Coronary heart disease is the leading cause of mortality for both men and women. Research shows, however, that there is much you can do to reduce your risk of a heart problem. Major risk factors linked to heart disease are listed below, along with your overall coronary risk score. A high score is desirable. Items flagged as "High risk" or "Needs improvement" are key areas to consider for keeping your risk low. See "Recommendations for Reducing Risk" at the bottom for a quick summary of preventive actions.

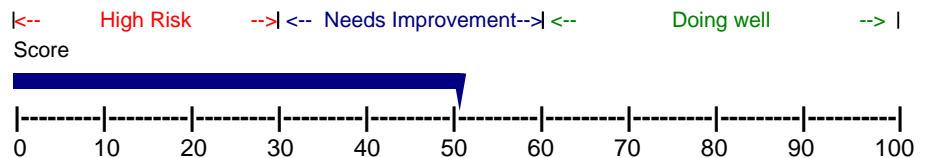
## Your Coronary Risk

High risk (less than 30)

Needs improvement (<60)

Doing well (60 or higher)

Your overall risk score = 50



Key Lifestyle Predictors of Health and Longevity	Your Results	Recommended Value	High Risk	Needs Improvement	Doing well	Risk Scores
Family history of early heart disease	Yes	No family	■			0/10
Personal history of artery disease	No	No personal history			■	10/10
Smoking status	Never	Non-smoker			■	5/5
Blood pressure	Moderately Elevated	Low, <120/80		■		5/10
Blood cholesterol mg/dL	Moderately Elevated	<200		■		5/10
Diabetes (high blood sugar)	No diabetes but 1 risk	No diabetes and no risks*			■	3/5
Weight, Body Mass Index	25.29	BMI <25		■		5/10
Saturated fat intake	Eats both high & low sat. fat foods	Eat mostly low sat. fat foods		■		3/5
Whole Grains	2 servings/day	3+ servings/day		■		2/5
Fruits and Vegetables	3 servings/day	5-9 servings/day		■		2/5
Nuts	2 servings/week	5+ servings/week		■		2/5
Water, cups/day	3 cups/day	6+ cups/day		■		2/5
Physical Activity, 30+ min. moderate, 20+ min vigorous	2 active days/week	5+ days/week		■		3/10
Stress. How often do you feel stressed?	Sometimes	Never or sometimes		■		3/5
<b>Total overall risk score</b>	50	60-100		■		50/100

\* Major risk factors for diabetes are obesity (BMI 30+), and inactivity (less than 3 exercise days/week).

## Recommendations for Reducing Risk

- Follow your doctor's guidance for any heart problem.
  - Stop smoking. Get help if needed.
  - Lower blood pressure <120/80. Get doctor's guidance.
  - Lower your blood cholesterol level; < 200 mg/dL.
  - Follow your doctor's guidance for managing diabetes.
  - Maintain a healthy body weight; BMI less than 25.
  - Eat less saturated fat in your diet.
  - Eat more whole grains; aim for 3+ servings daily.
  - Eat more fruits and vegetables. Aim for 5-9 servings daily.
  - Be more active. Aim for 30+ min of physical activity daily.
  - Drink more water. Aim for 6-8+ cups daily.
  - Reduce stress load. Get help if needed.
  - Eat nuts daily for good heart health.
- If you need further help, ask your health coach or doctor for specific guidance.



# Guidelines for Healthy Living

## Making Healthy Choices

The following guidelines have been shown to be strong predictors of a long, healthy life. Mark those items you would like to make an improvement in.

### Physical Activity.

Regular exercise improves health of body and mind. For best health, get 30+ minutes of moderate physical activity on most (preferably all) days of the week, or vigorous exercise for 20-30 minutes on 3+ days/week. Moderate activities include brisk walking, swimming, active gardening, biking, and active sports. Also do strengthening and stretching exercises 2-3 days each week to tone muscles and maintain good flexibility.

### Smoking.

Not smoking can lower your risk for cancer, heart attack, stroke, diabetes, and lung disease! Smoking takes as many as 8 years off your life expectancy! Consider stopping. Get help from your doctor. There are medications and aids that can help you quit.

### Body Weight.

People who live the longest have a BMI between 18.5 and 24.9. A BMI of 25+ is considered overweight, and a BMI of 30+ indicates obesity. If overweight, consider a healthy weight loss program. Losing even 10-15 pounds can greatly reduce the risk for high blood pressure, diabetes, certain cancers, and other health problems.

Waist circumference is another good way to determine whether you are at a healthy weight. A waist measurement less than 33 inches (84 cm) for women and less than 35 inches (89 cm) for men is optimum.

### High Fat/Fried Foods/Red Meat.

Moving towards a plant-based diet can help reduce the risk of heart diseases and colon cancers. Plant-based proteins are cholesterol free, low in saturated fat, and high in fiber. Plant-based foods include tofu, legumes, soy, nuts whole grains, and dishes made from these foods.

People who choose primarily plant-based proteins live longer than those who eat foods rich in saturated fats like ghee, butter, margarine, coconut, groundnuts, cream (malai), khoya, etc. regularly.

### Whole Grains.

Eat unrefined grains high in dietary fiber. These foods help prevent diabetes, obesity, and heart disease. Fiber also helps maintain a healthy bowel. Eat at least 3 servings of whole grains daily, such as whole-wheat bread, oatmeal, whole-grain breakfast cereals, and brown rice.

### Fruits and Vegetables.

Eat fruits and vegetables often. These foods lower the risk for high blood pressure, heart disease, stroke, diabetes, and many cancers. They are also low in calories and help prevent obesity. Aim for 5-9+ servings daily, including those with bright colors.

### Nuts.

Eat nuts regularly. Nuts contain healthy fats that protect the heart and reduce the risk for diabetes. Eating nuts is a good health practice. Studies show that eating nuts daily significantly increases life expectancy. Eat at least 1 ounce of nuts daily.

### Water.

Drink plenty of pure water. Aim for 6+ cups of water daily, more in hot climates or when exercising vigorously. Water is protective against heart disease, strokes, and kidney disease. It also helps the body stay cool during warm weather and exercise, and improves physical and mental function.

### Happiness.

Happiness is fundamental to good health. Take time to do something fun and enjoyable daily. People who are happy and optimistic cope better with life, and they are fun to be around. They also live longer, healthier lives. Being unhappy or depressed erodes both mental and physical health. If very unhappy, get help from a counselor or your doctor. Depression is treatable.

### Social Support.

Maintain frequent contact and involvement with family and friends. Giving and receiving love are essential to happiness and good health. Invest in your health by nurturing significant relationships.

Become involved in a religious community or a club that focuses on your special interests, and other social groups. Volunteer to help others. Be involved in some community services.

People with strong, supportive relationships and good social interaction live longer, healthier lives than those who are more isolated.

### Sleep.

Get adequate sleep daily. During sleep the body and mind are rested, energy levels are restored, the immune system strengthened, and health is enhanced. People who get adequate sleep handle stress better, have fewer accidents, and have better mental and emotional health. Several studies show that people who get 7-8 hours of sleep daily live longer than those who don't. Short daily naps have also been shown to promote health. Get your rest daily to feel and look your best!

### Stress and Coping.

Distress, anxiety, and difficulty sleeping may be signs that you are not coping well with stress and that you need more balance in your life. Keep stress within manageable limits. Take time to break the stress cycle with relaxation daily. Mini-vacations and breaks are essential for good health. If you rev your motor all the time, you can expect to burn out.

## The Next Step

Review your health and lifestyle assessment. Decide what changes you would like to make. Learn more about lifestyle improvement by joining a class, taking a self-study course, reading, or getting help from your doctor or other healthcare professional. Take charge of your health! Start today!