

RISK FACTORS & SOLUTIONS



RISK FACTORS



SOLUTIONS



Family history



- Be aware of the health history of your parents, siblings, and both sets of grandparents. This can help you get proactive health checks.

Prediabetes



- Lifestyle modification
 - ◆ Eating healthy
 - ◆ Be Physically Active
- Stress reduction
- Periodic screening



Increasing age



- Risk of diabetes is higher as you age
- Following a healthy lifestyle at a younger age can prevent or postpone diabetes

Ethnicity



- Know your risk for diabetes and other medical conditions that is unique/more prevalent in people of your ethnicity.



Overweight/Obesity



- Eat healthy and be physically active
- Maintain an ideal body weight (normal BMI)
- Keep your waist circumference less than 80cms

Unhealthy eating



- Consult a nutrition expert, learn what is good for you and what is not healthy for you
- Avoid eating out and unhealthy snacking



Sedentary lifestyle:
TV, Computers

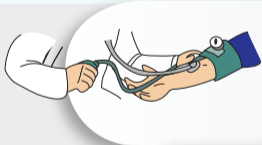


- BE active: Keep moving, stand, walk, dance, cycle, play, garden, do household chores
- Avoid sitting for a prolonged period of time
- Limit TV watching to 1 hr/day

Stress and depression



- Counselling
- Have a positive attitude
- Meditation
- Yoga



Hypertension

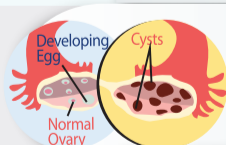


- Life style modification
 - ◆ Eat healthy – more vegetables & fruits with less fat and salt
 - ◆ Be physically active
- Frequent BP Checks

Gestational diabetes



- Get to a healthy weight before pregnancy
- Blood glucose level to be checked before pregnancy
- Eat healthy and be physically active



PCOS



- Screen for diabetes periodically
- Get to a healthy/ideal body weight
- Eat healthy and be physically active

Low birth weight
(nutritional)



- Get your health checked before pregnancy
- Good nutrition and recommended weight gain during pregnancy

