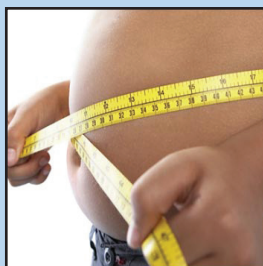


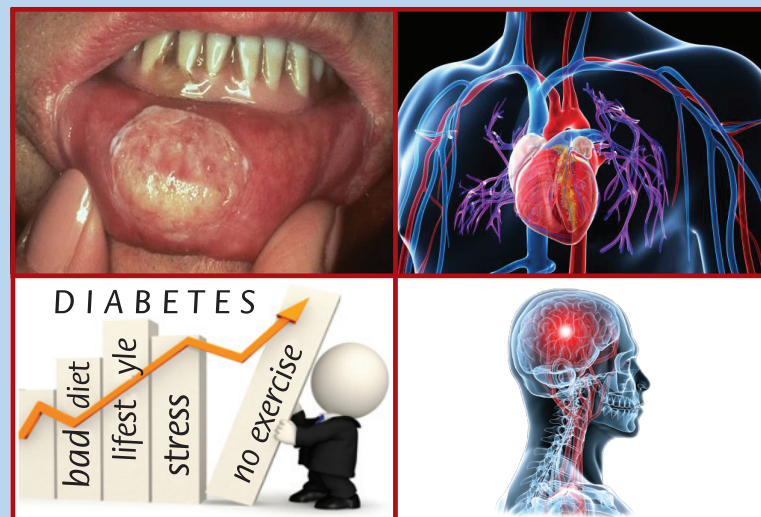
Major risk factors for *Lifestyle Diseases*



Prevention and Control of

Lifestyle Diseases

...through Unani Medicine



For further Information, please contact

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First Published: April 2016 • 30,000 Copies



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What are Lifestyle Diseases?

Lifestyle Diseases or metabolic syndrome are diseases primarily caused due to inappropriate lifestyle. These include *Zagħṭ al-Dam Qawī* (hypertension), *Saraṭān* (cancer), *Zayābīṭus Sukkarī* (diabetes mellitus) and *Sakta* (stroke).

Zagħṭ al-Dam Qawī (Hypertension)

Zagħṭ al-Dam Qawī or high blood pressure is one of the major risk factors for most of the cardiovascular diseases and stroke.

- **Major risk factors**

- ❖ Obesity
- ❖ High salt intake
- ❖ Low dietary fiber
- ❖ Smoking
- ❖ Mental stress
- ❖ Intake of saturated fat
- ❖ Lack of physical activity

- **Advice**

- ❖ Restrict fat intake
- ❖ Reduce salt intake
- ❖ Exercise regularly
- ❖ Avoid overeating and excessive stress
- ❖ Get proper sleep
- ❖ Abstain from tobacco and alcohol
- ❖ Get blood pressure checked regularly

Zayābīṭus Sukkarī (Diabetes Mellitus)

Zayābīṭus Sukkarī is a metabolic disorder characterized by increased thirst, excessive hunger and increased frequency of urination.

- **Major risk factors**

- ❖ Genetic predisposition
- ❖ Sedentary lifestyle
- ❖ Excessive intake of saturated fat/high calorie diet
- ❖ Obesity
- ❖ Junk food
- ❖ Low-fiber diet

- **Advice**

- ❖ Avoid stress, overeating and alcohol
- ❖ Restrict energy intake to 1800 Kcal
- ❖ Eat green leafy vegetables and salads
- ❖ Walk for 45 minutes at least 5 days a week
- ❖ Get blood sugar checked at regular intervals

Sakta (Stroke)

Sakta is a condition caused by disruption in blood supply to the brain leading to *Fālijī Nisfi* (hemiplegia).

- **Major risk factors**

- ❖ Smoking
- ❖ Obesity
- ❖ High level of cholesterol
- ❖ Diabetes mellitus
- ❖ Alcoholism
- ❖ High blood pressure
- ❖ Heart diseases

- **Advice**

- ❖ Quit smoking and alcohol
- ❖ Take healthy diet
- ❖ Avoid overeating
- ❖ Have a normal sleep pattern of 6–8 hours
- ❖ Stay physically active
- ❖ Get health checkups done regularly

Saraṭān (Cancer)

Saraṭān is a type of *sawdāwī waram* (melancholic inflammation) characterized by loss of appetite, weight loss and anemia.

- **Major risk factors**

- ❖ Genetic predisposition
- ❖ Obesity
- ❖ Melanole producing diet like dry and salted meat and big fishes
- ❖ Viruses
- ❖ Tobacco and alcohol abuse
- ❖ Occupational exposure
- ❖ Radiation, pollution and other environmental factors

- **Advice**

- ❖ Report a lump or hard area in the breast or elsewhere
- ❖ Report any change in a wart or mole
- ❖ Report persistent change in digestive and bowel habits
- ❖ Report persistent cough / hoarseness of voice / difficulty in swallowing
- ❖ Report blood loss from any natural orifice, heavy period or inter menstrual bleeding
- ❖ Report unexplained loss of weight