

# CHRONIC DISEASE

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## OBESITY

Know Your Body Mass Index ([BMI](#)) & Maintain a Healthy Weight. A “perfect” BMI may not seem reasonable at first, but regular and continuous improvement in BMI can be achieved by being the best you can be. Hard work and commitment that helps reduce even a few extra pounds can help you live healthier and longer. (before undertaking any change in lifestyle always see your Doctor first)

**FACT: People who are obese die younger than people who are a healthy weight. The risk of death goes up the heavier a person becomes. The longer a person carries extra weight and the more medical problems that can occur.**

Excessive weight increases the risk for:

- Diabetes
- High blood pressure
- High cholesterol
- Heart disease and heart attacks
- Stroke
- Sleep Apnea
- Asthma
- Cancer

## CARDIOVASCULAR DISEASE

**FACT: Heart attacks, strokes, and peripheral arterial disease are the leading cause of death in men and women.**

Symptoms of a Heart Attack:

- Chest pain, pressure or discomfort radiating to neck, arms, back, jaw or stomach
- Pain or tingling into the neck, arms, back, jaw or stomach
- Nausea, vomiting, belching or heartburn
- Shortness of breath
- Heartburn, belching, nausea or vomiting
- Profuse sweating
- Cold clammy skin
- Fast or abnormal heartbeat
- Feeling dizzy or lightheaded
- Call 9-1-1 immediately if you have any of these symptoms that last > 10 min or occur off and on

Symptoms of a Stroke: Think “**FAST**”

- **F** - uneven face or facial droop
- **A** - Weakness or numbness in arms or unable to hold up
- **S** – Trouble speaking
- **T** – time to act is NOW ; call 9-1-1 for any of these symptoms immediately

## DIABETES

**FACT: If you have diabetes, you are 2 to 3 times more likely to have a heart attack or stroke. You may have a heart attack that is more deadly and at a younger age than someone without diabetes.**

Know and Control Your **ABC**'s:

- **A** – for hemoglobin “A1c”: the blood test that tells you your average blood sugar levels in the last 3 months (aim for A1C <7%)
- **B** – for “blood pressure” (goal is < 140/90 or in some cases even lower)
- **C** – for “cholesterol” (LDL or “bad cholesterol” goal is <100 or even lower)

High Blood Sugar Increases Risk For:

- Vision loss & blindness
- Nerve damage
- Kidney damage
- Amputations

### What You Can Do To Reduce Your Risk For Chronic Disease

- Eat a healthy diet
- Stay active
- Don't smoke
- Limit alcohol (no more than 1 drink/day for women and 2 drinks/day for men)

## CANCER SCREENING

**FACT: Cancer that is found early can sometime be cured or treated sooner to allow people to live longer lives. When to screen depends on the type of cancer being screened, your age, and your personal or family history. If you have a family history of cancer, you may need to be screening at an earlier age than suggested below.**

When To Start Cancer Screening:

- Breast Cancer: 2<sup>nd</sup> deadliest female cancer. Mammogram screening usually begins at age 40 for women.
- Colon Cancer: 2<sup>nd</sup> leading cause of cancer in the US. Screening colonoscopies recommended at age 50.
- Cervical Cancer: Pap smears are used to detect abnormal cells of the cervix and screening usual begins at age 21.
- Ovarian Cancer: Leading cause of cancer death in women in the US. Routine screening with a blood test and ultrasound is not recommended for women unless there is a strong family history.
- Prostate Cancer – Risks & benefits of screening should be discussed with your doctor usually around age 50.
- Lung Cancer – Leading cause of cancer-related death. **STOP SMOKING!** Your doctor may recommend screening tests if you are high risk.