TRAVEL

Vacation Time!!!
DEPRESSION
MEDICAL FITNESS

Choices...
A Guide To
Pre-Retirement
MAJOR HEALTH PROBLEMS

- DIABETES
- HYPERTENSION
- HEART DISEASES
- CANCERS
- ROAD TRAFFIC ACCIDENTS
- BONE AND JOINT DISEASES
ANNUAL MEDICAL TESTS

✿ Hb, TC, DC, ESR, Platelets
✿ FBS, PPBS
✿ Sr. Creatinine
✿ Lipid Profile
✿ Urine – Alb, Sug., Micro
✿ Chest X-Ray
✿ ECG
✿ PSA, Pap Smear, Breast Examination
Sodium recommendations

Most people consume too much salt

- Daily salt intake should not exceed 6000 mg
- Daily sodium intake should not exceed 2400 mg
- Salt intake should be restricted in Obesity, hypertension, heart disease, kidney failure and even Diabetes
Food pyramid

- Cereals, whole grains and starch: 6-11 servings
- Fruits: 1-2 servings
- Vegetables: 3-4 servings
- Lean meat, fish, poultry, pulses: 1-2 servings
- Low fat milk and milk products: 2-3 servings
- Fats, oils, sugars, refined foods, fatty foods: eat sparingly

Exercise for at least 30 minutes every day