

THE SILENT HEALTH RISKS

**Prevent Threats To Long Term Health
UNTIL THEY GET SERIOUS**



My Health, My Responsibility

WHAT ARE SILENT HEALTH RISKS?

Most non-communicable diseases (NCDs) develop quietly, without obvious warning signs, into serious conditions.



Diabetes



High Blood Pressure



High Cholesterol



Thyroid Disorders



Sleep Apnea



Obesity



These affect each other and can co-exist in the same person.

WHY SHOULD YOU CARE?



1 in 9

Indian adults have diabetes



1 in 7

Indian adults have prediabetes



1 IN 3

Indian adults have high blood pressure



1 IN 4

Are at risk of dying from an NCD before the age of 70



Around 60%

Of all deaths in India are linked to NCDs

Source: The Lancet Diabetes & Endocrinology, 2023; WHO India

WHO IS AT RISK?

Anyone can develop these **diseases**. But some people are more **prone**:



**Family
history**



**Physical
inactivity**



**Unhealthy
eating habits**



Tobacco use



Poor sleep

ONE CAN LEAD TO THE OTHER

The risk of developing other health problems increases.



High Blood Pressure

can increase
the risk of



Heart Disease



Stroke



Diabetes

can increase
the risk of



Kidney Disease



Heart Disease



Obesity

can increase
the risk of



Type 2 Diabetes

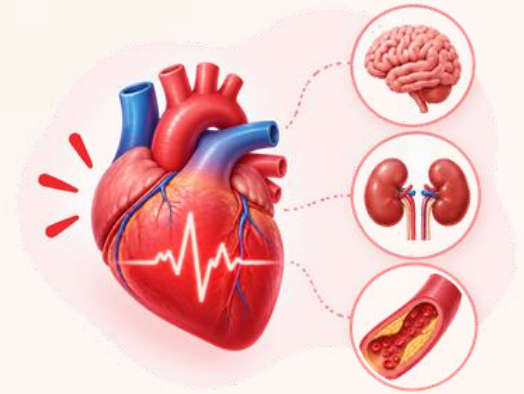


Sleep Apnea

You Can Prevent These by Acting Now

HIGH BLOOD PRESSURE (Hypertension)

High blood pressure is when the force of your blood pushing against the walls of your blood vessels **stays too strong**.



If not managed, it can affect the heart, brain, kidneys and other organs.

KNOW YOUR BLOOD PRESSURE



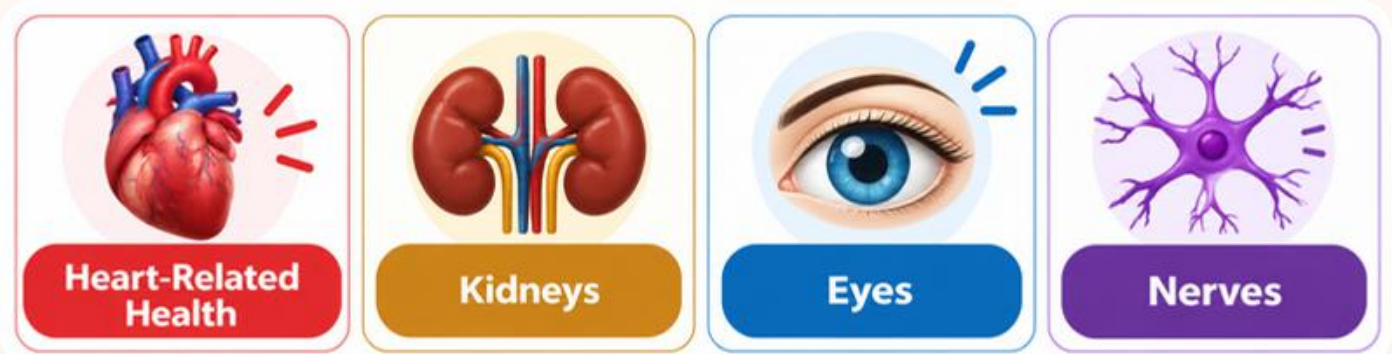
DIABETES (High Blood Sugar)

Diabetes Develops Quietly.

It occurs when the level of sugar in your blood remains too high.



Uncontrolled diabetes affects:



KNOW YOUR BLOOD SUGAR

Keep fasting blood sugar level below 100 mg/dL is generally considered normal.



Get a blood test done and monitor your blood sugar easily at home.

THYROID DISORDERS

Thyroid is an important small gland at the base of your neck that helps control **how your body uses energy**.



When the thyroid is overactive or underactive, it can affect the hormones released. It impacts weight gain, stress, heartbeat and sleep, etc.

KNOW YOUR THYROID

A simple **blood test measures your TSH**, which helps doctors diagnose and treat.



HIGH CHOLESTEROL

Unhealthy cholesterol levels can lead to **plaque build-up** in the arteries, increasing the risk of heart disease and stroke.



KNOW YOUR CHOLESTEROL



Desirable total **cholesterol level** is generally below 200 mg/dL.



Get a lipid profile blood test.
Your doctor will advise you.

IS YOUR SNORING TELLING YOU SOMETHING?

Sleep apnea a condition in which breathing repeatedly stops and starts during sleep.

Untreated sleep apnea can raise the risk of high blood pressure, heart problems and organ damage.

Look out for early signs such as:



Pauses in breathing during sleep



Waking up choking or short of breath



Frequent waking at night



Feeling very sleepy during the day



Morning headaches

HOW CAN YOU CHECK?

Ask someone if they **notice pauses in your breathing** while you sleep. Talk to your doctor .



OBESITY

It is more than being overweight.

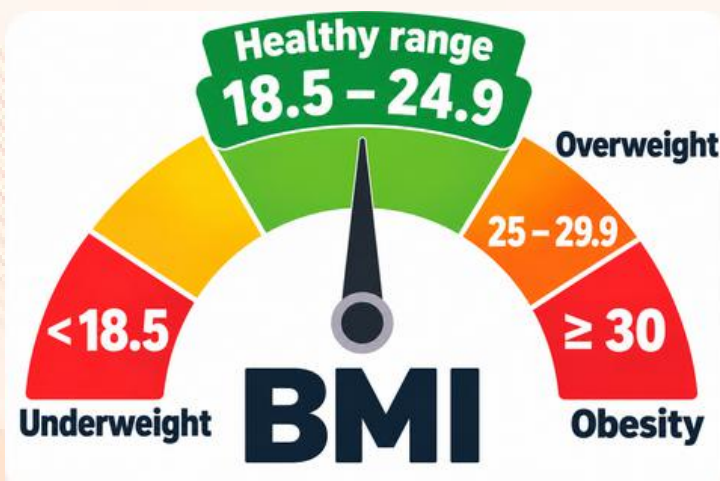
Obesity means having excess body fat that affects how the body functions. It increases the risk of:

- Diabetes
- High Blood Pressure
- High Cholesterol
- Sleep Apnea



KNOW YOUR BMI

18.5–24.9 is generally considered the healthy Body Mass Index (BMI) range for adults.



WHAT CAN YOU DO TO PROTECT YOUR HEALTH?

Take Simple Steps



Get regular check-ups: BP, blood sugar, TSH and cholesterol



If elevated, start treatment and make lifestyle changes



Monitor regularly



Do not stop treatment even if your are normal



Always take and follow advice by doctor.



Early awareness can help you take the right action at the right time.

WHEN SHOULD YOU SEEK EMERGENCY HELP?

Even if you are regularly monitoring your health, **look out for these warning signs.**



Heart Attack

- Severe chest pain or pressure
- Pain spreading to arm, jaw or back
- Shortness of breath, sweating
- Nausea or dizziness



Stroke - Act Fast

- Sudden numbness in face, arm or leg
- Sudden confusion or trouble speaking
- Sudden severe headache
- Loss of balance or vision



Severe Breathing Difficulty

- Unable to speak full sentences
- Lips or fingertips turning blue
- Rapid, shallow breathing
- Wheezing that does not improve



Cardiac Arrest

- Sudden collapse or loss of consciousness
- Not responding when spoken to or touched
- Not breathing normally or only gasping

DO NOT WAIT OR TRY TO MANAGE THESE SIGNS AT HOME.

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