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+ lorem, registered in October 30 in 2023.

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Male



Age

50-59



Weight

66 Kg



Height

1,10 m

BMI

54,5

(Body Mass Index)

BODY FAT CONCENTRATION



SMOKING LOAD

17,5

(Pack units per year)

YEARS W/O SMOKING

-

+ At this age, it is essential to control the stress levels and the values for the main cardiovascular risk factors (weight, cholesterol, diabetes, and blood pressure), and carry out the recommended cancer screenings (prostate and colon).

+ Your BMI (Body Mass Index) value indicates that you are above normal body weight, meaning obesity - class III (equal to or greater than 40 kg/m²). However, please note that this index does not distinguish lean mass, fat mass, bone density and fluids, nor their distribution. The interpretation of the BMI should be associated with other indicators such as: waist circumference, and any particular health condition, or other physiological state

+ According to the image you have chosen, you do not have localized fat in the abdomen or lower limbs. The risk of cardiovascular and metabolic diseases increases when the waist circumference is greater than 80 cm in women and 94 cm in men.

+ It is important to quit smoking. The smoking load is the quantification of tobacco exposure throughout life. A pack-year unit is equivalent to one pack of cigarettes smoked everyday, for a year. Any smoking load is harmful to health. Smoking is associated with the main causes of death in the world. A long-term active smoker loses, on average, 10 years of life.



Health problems



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Diabetes

- + You replied that you have some health problems/concerns, so you should be followed up by your doctor and/or health team.



Family history of disease

- + Genetic predisposition can cause or aggravate certain diseases. Sharing your family history of illness with your healthcare team enables an early diagnosis and the adoption of a personalized care plan, minimizing risks.
- Doença oncológica (cancro)
- + If someone in your immediate family has cancer, you should assess your individual risk with your doctor.



Cardiovascular risk factors



High BMI



Diabetes



Smoking

- + Cardiovascular diseases are one of the major causes of mortality and poor quality of life.
- + The main risk factors are: high blood pressure, high cholesterol, diabetes, overweight, large waist circumference, smoking and a family history of disease. Keep a proactive surveillance of these risk factors.
- + When 1 risk factor exists, cardiovascular risk is already considered to exist.



Health habits and lifestyle



+ A healthy lifestyle is essential to have quality of life, today and in the future, which implies having a healthy and balanced diet, avoiding sedentary behavior and practicing physical exercise, controlling the levels of stress, maintaining good sleep routines, avoiding alcohol consumption and not smoking.

+ Your daily choices make a difference.

+ Your answers indicate that you should review some of your habits and lifestyle.



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- + Hospital da Luz has multidisciplinary teams that can follow you up and guide you in everything related to your health.
- + Practice exercise and/or strengthen muscle mass

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+ Mental coach





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HOSPITAL DA LUZ



Learn more



Sleep Quality Improvement Program

Learn more



Exercise and Physical Activity Program

Learn more



Food Reeducation and Weight Management Program

Learn more



Anxiety and Stress Reduction / Burnout Prevention Program

Learn more

The Hospital da Luz Preventive Medicine Center has personalized Health and Wellness Programs that can help you improve your health and quality of life

Lorem ipsum

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