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+ lorem, registered in October 17 in 2023.

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Male



Age

50-59



Weight

65 Kg



Height

1,72 m

BMI

21,9

(Body Mass Index)

BODY FAT CONCENTRATION



SMOKING LOAD

7,2

(Pack units per year)

YEARS W/O SMOKING

<1

+ 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 have a normal body weight (18.5 to 24.9 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.

+ 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. The greater the smoking load, the higher the risk of diseases associated with smoking. To quit smoking was an important decision. Note that after 10 years, the risk of lung cancer reduces by half, and after 15 years, the risk of coronary disease is similar to that of a non-smoker.



Health problems



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Neurological disease

+ 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.

+ You replied that you have no family history of cancer, neurological and cardiovascular disease.



Cardiovascular risk factors

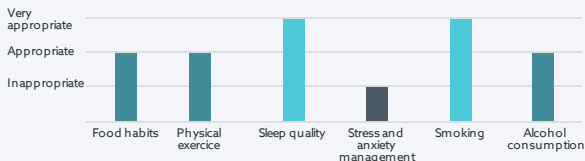
+ The existence of cardiovascular risk factors was not indicated.

+ 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.



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 have an adequate lifestyle, with aspects that you can improve.



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+ Hospital da Luz has multidisciplinary teams that can follow you up and guide you in everything related to your health.

+ None of the options

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+ Mental coach





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Sleep Quality Improvement 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

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