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+ lorem, registered in October 30 in 2023.

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Female



Age

18-29



Weight

73 Kg



Height

1,72 m

BMI

24,6

(Body Mass Index)

BODY FAT CONCENTRATION



SMOKING LOAD

-

(Pack units per year)

YEARS W/O SMOKING

-

+ At this age, you should periodically carry out the screenings for preventive surveillance intended for young people (for example, sexually transmitted diseases) and watch out for excesses (example: binge drinking).

+ 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 (example: pregnancy or postpartum).

+ 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.



Health problems

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



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Heart disease (heart failure, arrhythmia, stroke)



Thyroid disease



Kidney disease



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.

- Cardiaca | AVC

- + If someone in your immediate family has cardiovascular disease, you should assess your individual risk with your doctor.



Cardiovascular risk factors



Family history

- + 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 have an overall healthy and adequate lifestyle.



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- + Quit smoking
- + Sleep better
- + Practice exercise and/or strengthen muscle mass
- + Have a healthy diet that suits my needs
- + Reduce anxiety and stress | Preventing burnout"
- + Reduce addictive behaviors (example: alcohol, other toxic substances, gambling/gaming)
- + Have a healthy weight
- + Monitor health parameters

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+ Mental coach





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Lorem ipsum

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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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MY LUZ SEMPRE ONLINE CONSIGO

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