



Ministry of Health and Family Welfare
Government of India

Chalo
Banaayein
Swasth Bharat

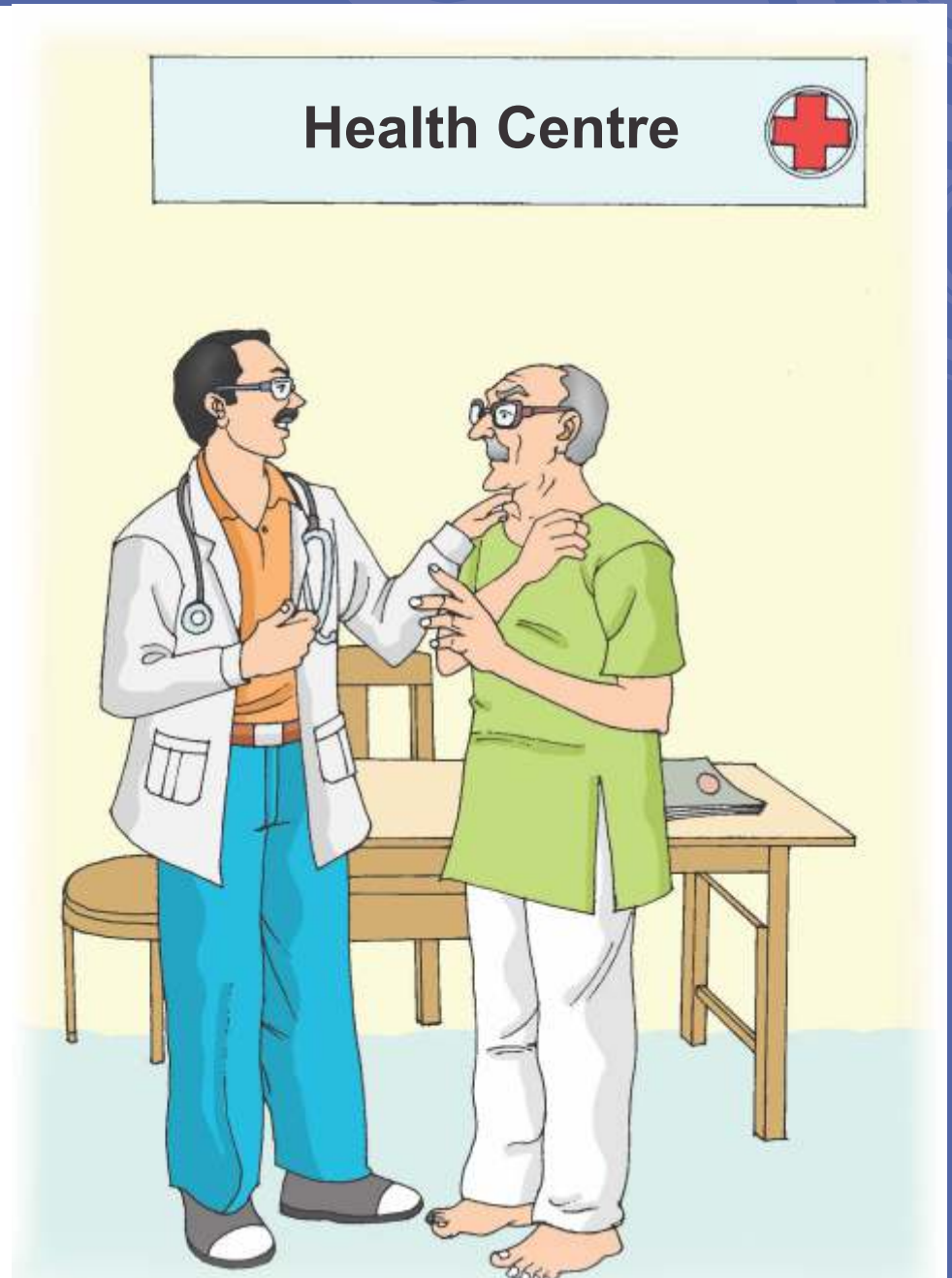


**My health is
my responsibility**

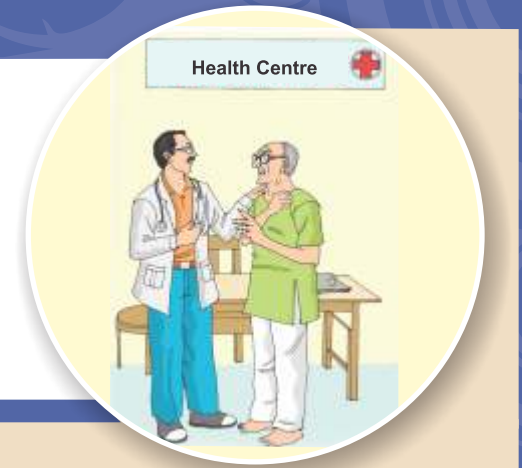


Get screened and save yourself from diseases/ disorders

It is important to get yourself screened



Get screened and save yourself from diseases/disorders



It is important to get yourself screened

1.



2.



Most IMPORTANT Questions

3.



4.



Most IMPORTANT Questions



1. Do you have a family history of diabetes and/or hypertension?



2. Are you overweight?



3. Are you more than 30 years old?



4. Do you drink alcohol and/or use tobacco?

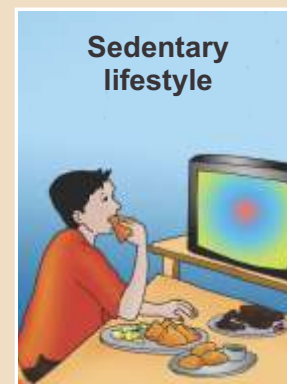
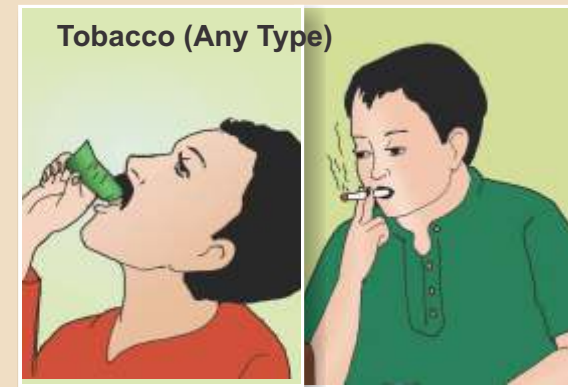
If your answer is "YES" to even one of the above questions, you must get screened for NCDs

Who is at Risk?

Non-modifiable:



Modifiable



Who is at Risk?



Who is at Risk?

Following / below mentioned category of people are at risk.

Non-modifiable: which are not in our control	Modifiable: which can modify and reduce the risk
<ol style="list-style-type: none">1. Family history2. Ageing	<ol style="list-style-type: none">1. Overweight/Obese2. Tobacco use3. Alcohol use4. Sedentary lifestyle5. Poor diet

Warning Signs/symptoms of Diabetes



Don't ignore, immediately get your Blood Sugar checked and visit Health Centre

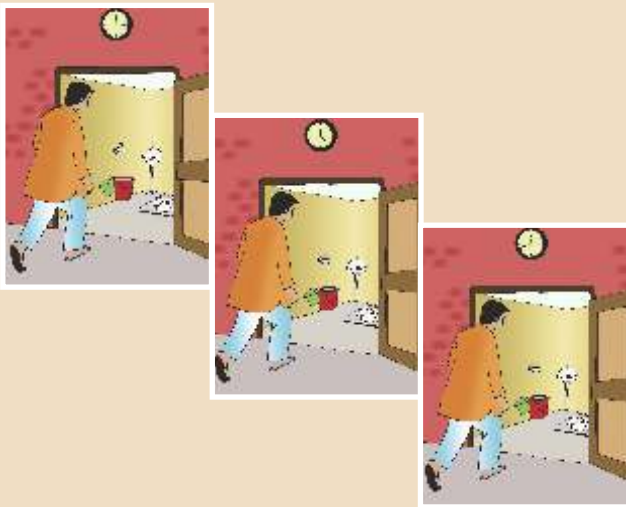
Warning Signs/symptoms of Diabetes

Warning Signs/
symptoms of Diabetes



Don't ignore, immediately get your Blood Sugar checked and visit Health Centre

Frequent urination



Excessive thirst



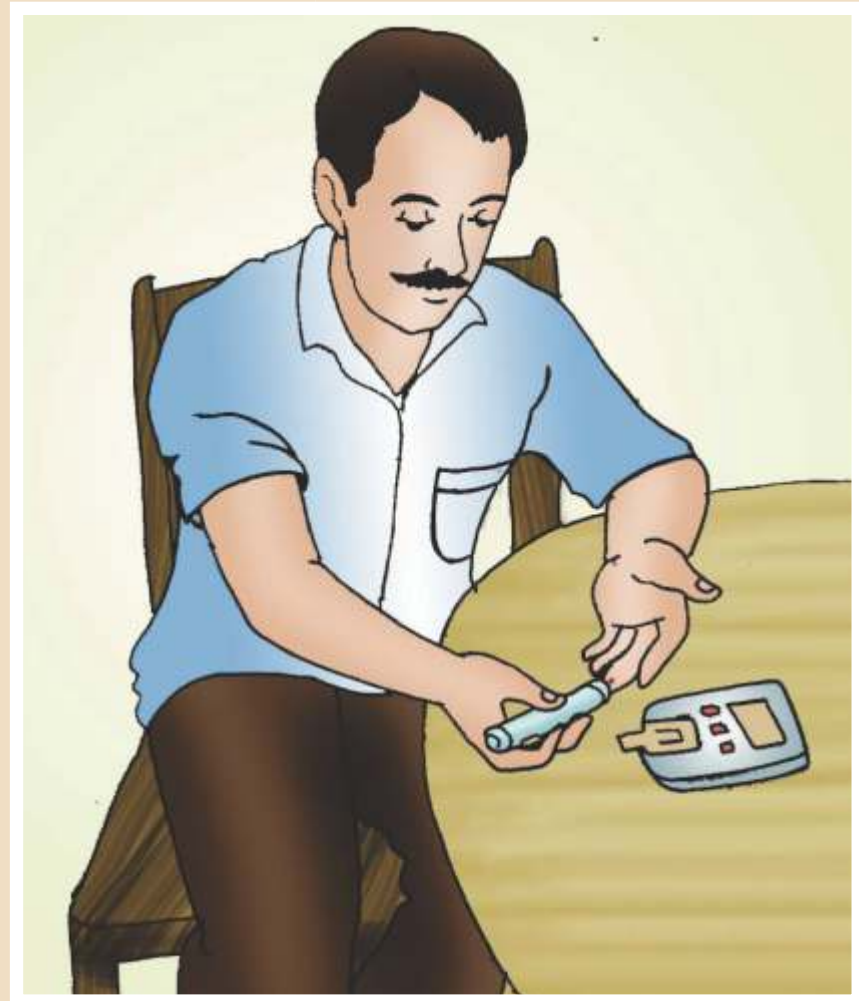
Frequent hunger



Don't ignore, immediately get your Blood Sugar checked and visit Health Centre

Diabetes

Anyone of us can have Diabetes



Diabetes

Anyone of us can have Diabetes

Diabetes

Anyone of us
can have Diabetes



Screening – checking by glucometer



If blood sugar is equal to or greater than 200mg/dl



Go to the nearest health facility for confirmation - Fasting and Post Prandial (PP)



If Confirmed, follow doctors advice and adhere to treatment

High Blood Pressure



Reduce -

- Weight
- Salt
- Stress



Say NO to -

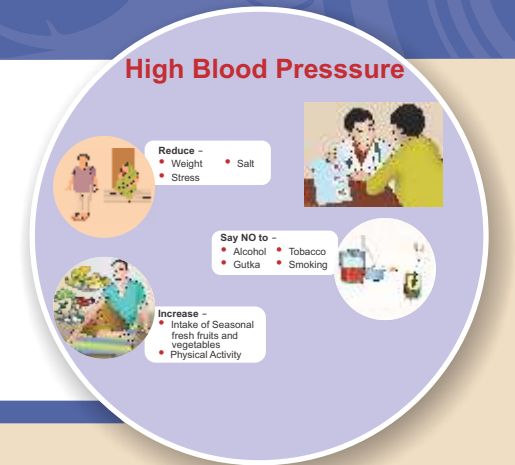
- Alcohol
- Tobacco
- Gutka
- Smoking



Increase -

- Intake of seasonal fresh fruits and vegetables
- Physical Activity

High Blood Pressure



What is High Blood Pressure?

- If your systolic blood pressure is more than or equal to 140 and diastolic blood pressure is more than or equal to 90 on 2 consecutive occasions, it means that you have High Blood Pressure
- It is not necessary that you may have any signs or symptoms. Thus if your age is more than 30 years, it is necessary to check your blood pressure

Reduce –

- Weight
- Salt
- Stress

Say NO to –

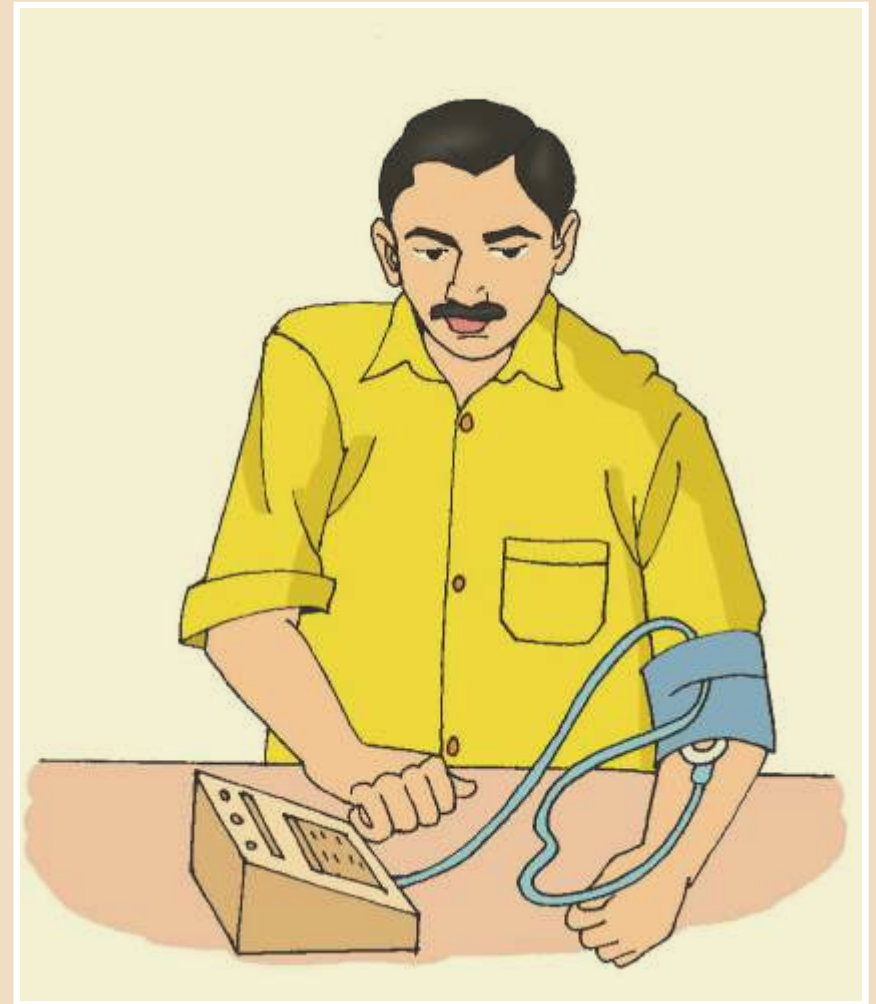
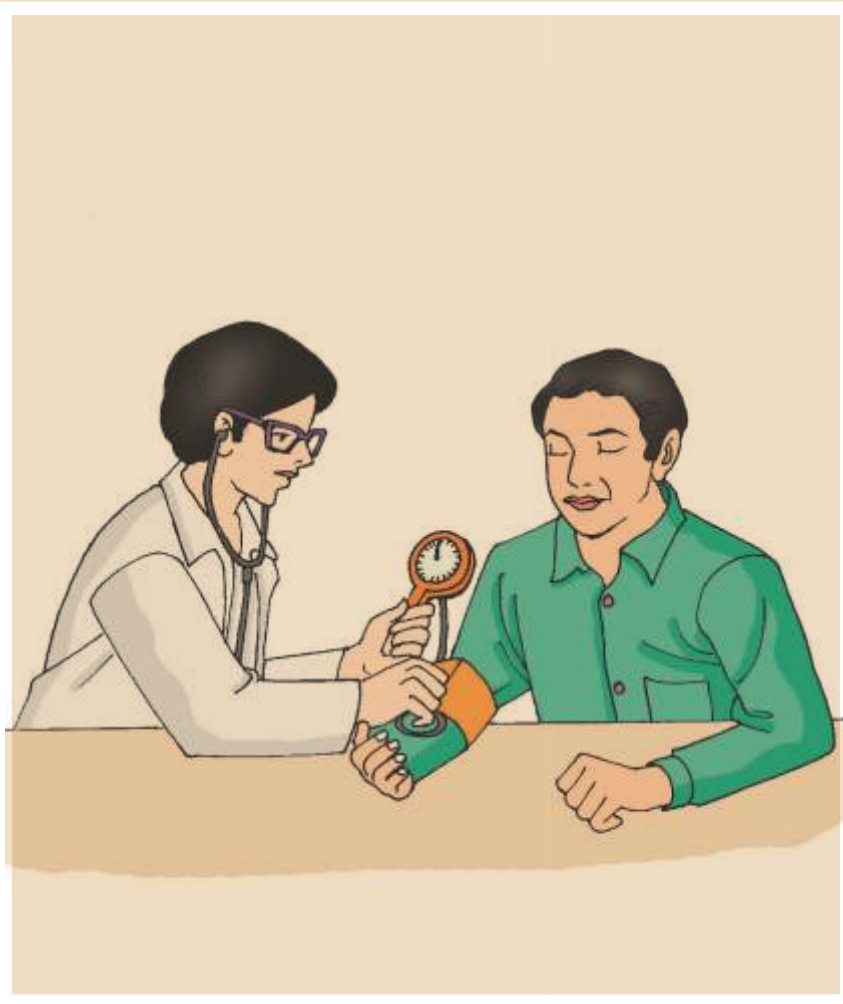
- Alcohol
- Tobacco
- Gutka
- Smoking

Increase –

- Intake of seasonal fresh fruits and vegetables
- Adequate Physical Activity

High Blood Pressure

Anyone of us can have High Blood Pressure



High Blood Pressure

Anyone of us can have High Blood Pressure

High Blood Pressure

Anyone of us can have high blood pressure



What do we do? Where do we go? How do we prevent?

Proper treatment is possible only after getting appropriate tests done

- HBP is a silent disorder initially
- Do not wait for symptoms
- HBP can be diagnosed if you check it regularly
- Follow doctors advise.

2 Diseases/ Disorders – Hundreds of troubles!



Stroke



Blindness



Heart diseases



Kidney diseases



Nerve diseases



2 Diseases/ Disorders – Hundreds of troubles!

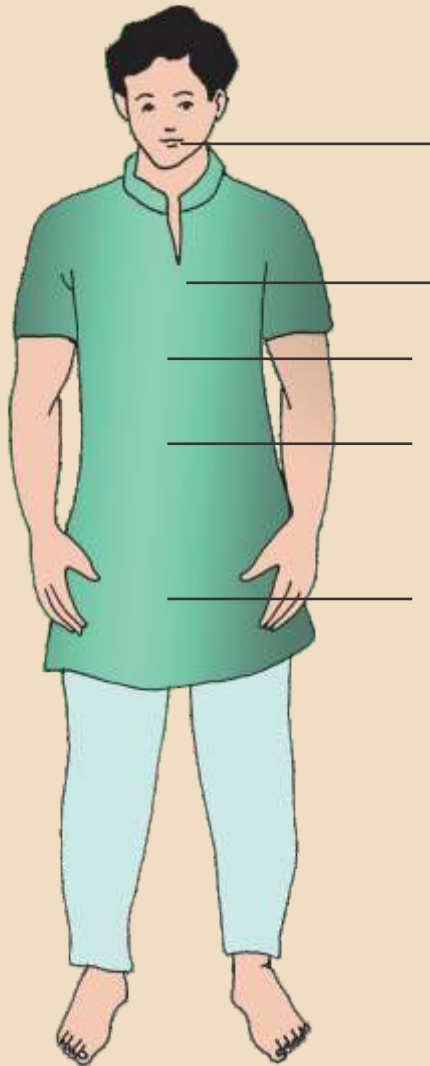


Taking treatment and saving yourself is necessary because

Diabetes and High Blood pressure affect our whole body. Increases risk of heart diseases, risk of heart attacks, stroke, risk of blindness, kidney diseases

Cancer

Most Importantly – Prevent Cancer



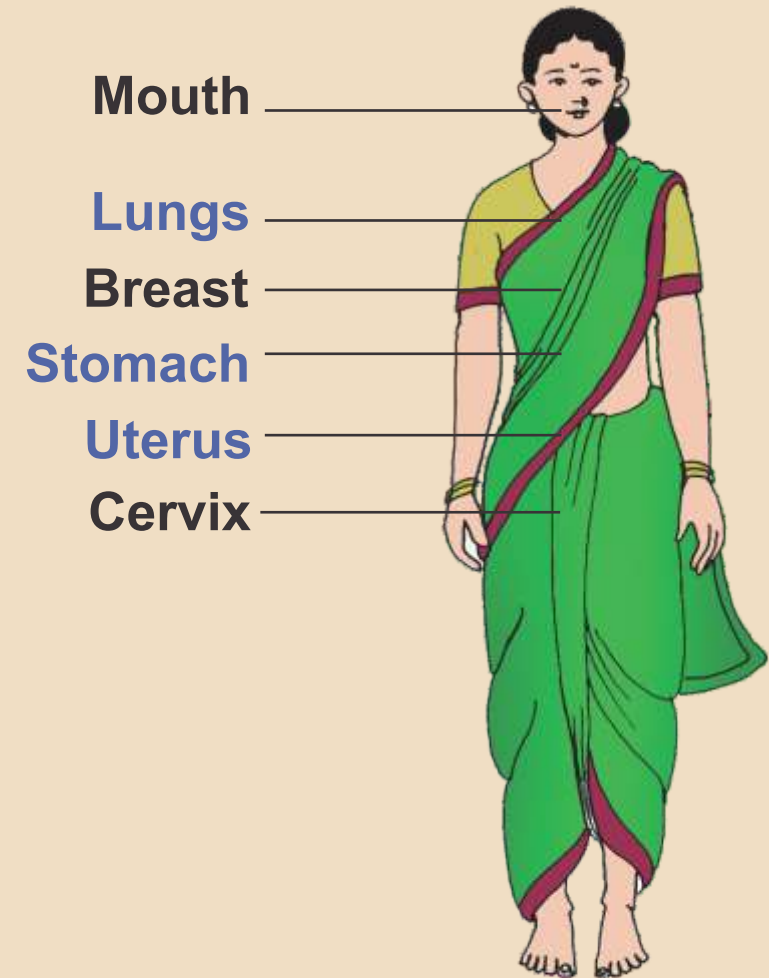
Mouth

Lungs

Stomach

Liver

Prostrate gland



Mouth

Lungs

Breast

Stomach

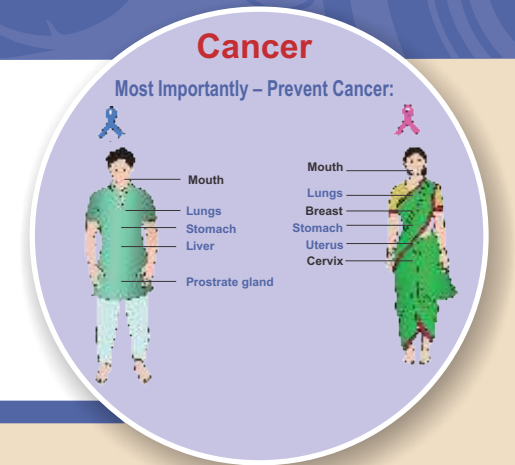
Uterus

Cervix

Cancer

Most Importantly - Prevent Cancer

Tobacco is most important risk factor for Cancer



Cancer is uncontrolled division of cells or abnormal increase in the number of cells. This destroys the normal function and division of cells

Types of Cancer:

- **Common Cancers in males:** Mouth, lungs, oesophagus and stomach
- **Common Cancers in Females:** Cervix, breast, Mouth

Consuming Tobacco - Invitation to cancer/ Marching towards Cancer



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Consuming Tobacco-
Invitation to cancer/
Marching towards Cancer



Tobacco attacks Lungs/ arteries/oral cavity/ heart.

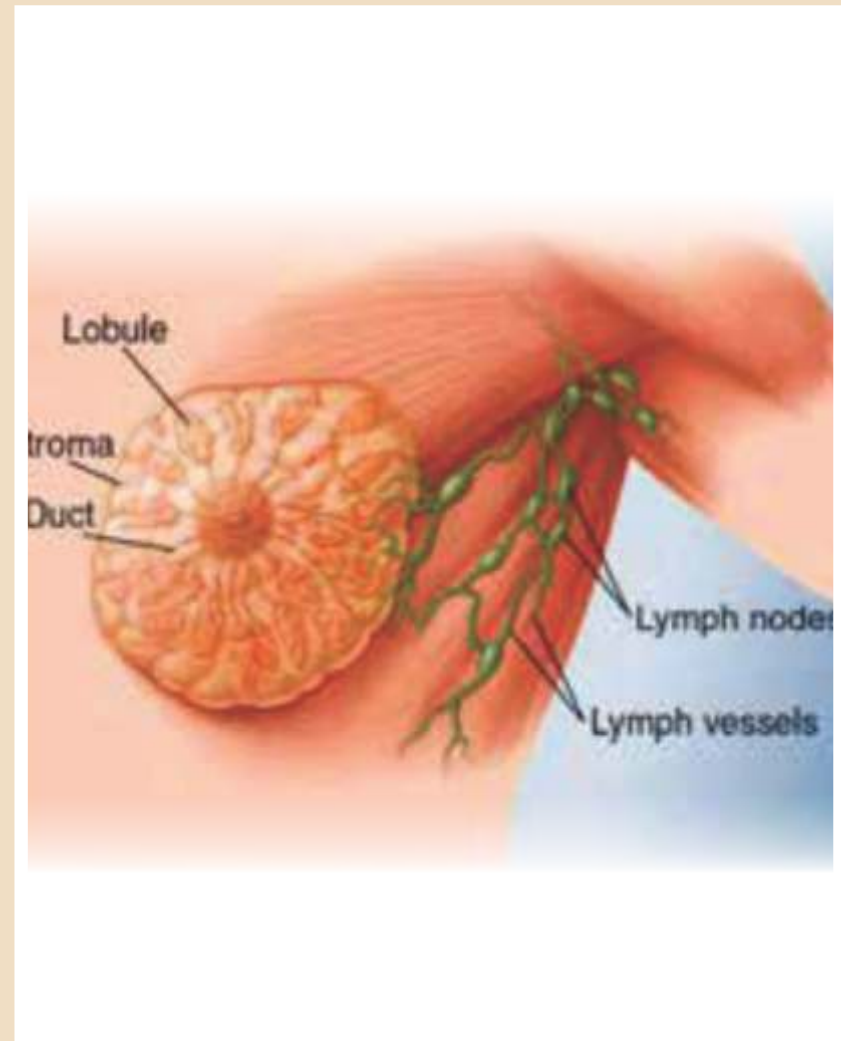
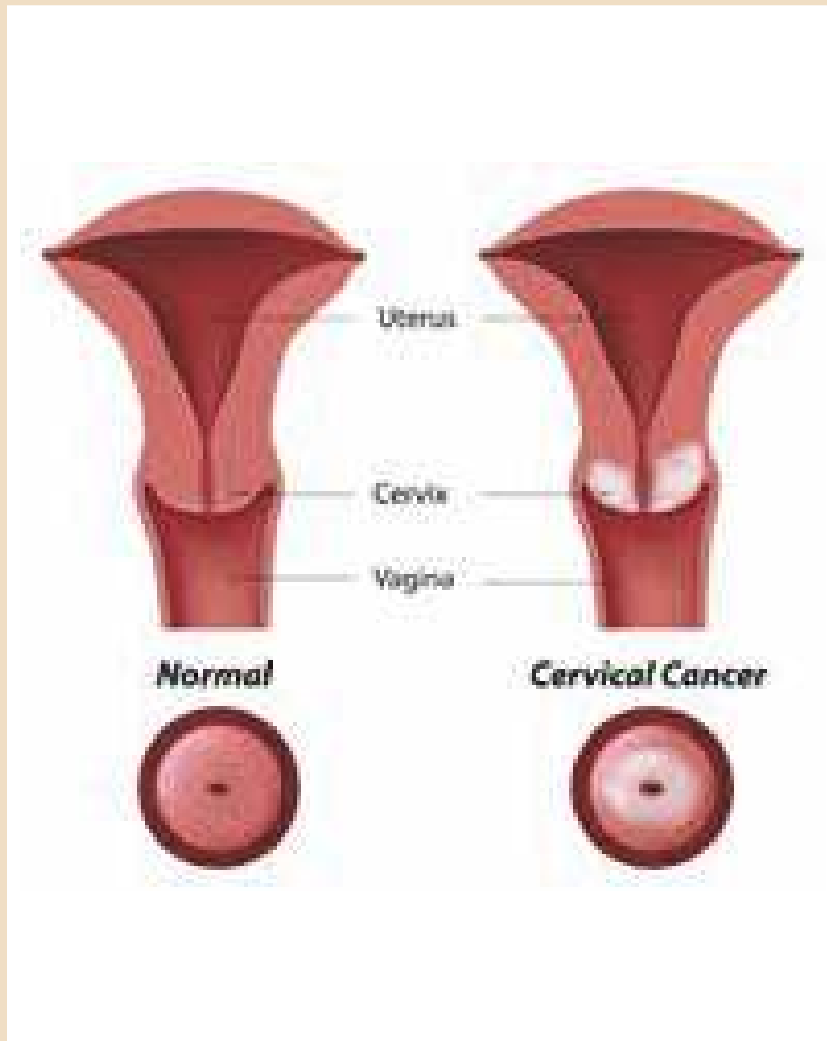
Root cause of more than 75% of oral cancer is due to consumption of tobacco.

Oral Cancer

Common Symptoms of oral (Mouth) cancer:

- 1) Ulcer patch growth in mouth that has not healed in two week
- 2) Difficulty in tolerating spicy foods
- 3) Difficulty in opening the mouth
- 4) Change in voice (nasal voice)
- 5) Difficulty in chewing / swallowing / speaking

Common Symptoms of Breast Cancer/Cervix Cancer



Common Symptoms of Breast Cancer/Cervix Cancer

Common Symptoms of Breast Cancer/Cervix Cancer



Common Symptoms of Breast Cancer

- 1) Lump in the breast
- 2) A rash on or around the nipple
- 3) Discharge from one or both nipples
- 4) Constant pain in the breast or armpit

Common Symptoms of Cervix Cancer

- 1) Bleeding after menopause
- 2) Bleeding after intercourse
- 3) Bleeding between periods
- 4) Foul smelling vaginal discharge

Simple Solutions to Stay Healthy and Prevent common NCDs

Balance for healthy life



Simple Solutions to stay healthy and Prevent common NCDs



The problem is Big, but the solution is simple.

Why wait for tomorrow - Take a first step towards healthy lifestyle today

Say NO to bidis, cigarettes and tobacco

Get screened regularly.

Balanced diet is the key to healthy lifestyle

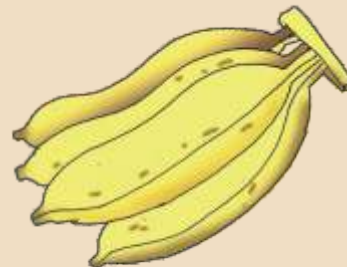
Green

Eat frequently



Yellow

Eat in moderation



Red

Say NO to



Balanced diet is the key to healthy lifestyle

Balanced diet is the key to healthy lifestyle



Green

Eat frequently

Green leafy vegetables, cauliflower, salad, cabbage, bitter gourd, *tinda*, *torai*

Idly/coriender chutney/sprouts/puffed rice mixture/apple/orange/gauva/buttermilk/Mix atta

Yellow

Eat in moderation

Dal Rice, banana, *upma*, *litchi*, *cheeku*, mango, grapes

Groundnut, Dosa, Potato, *Arbi*, *Jimikand*, *Makki ka atta*

Red

Say NO to

Namkeens, *chutneys* with high salt or fat, sweets with high sugar and fat

Fried momos, *chole bhature*, cold drink, fried papad, pickles, jalebi, kheer, Puri

