



A. QUIT IMMEDIATELY THE FOLLOWING & ENCOURAGE YOUR FAMILY & FRIENDS TO DO SO :

(i) Smoking in any form be it through using "TOBACCO" by WAY OF CIGARETTES, BIRI, CIGARS, HOOKAH, PIPES OR any other SUCH KIND OF products by whatsoever name called. You may ask your doctor about strategies for quitting smoking (ii) Using "Smokeless Tabacco" in any form be it KHAINI, ZARDA, GUTKHA, SNUFF OR by whatsoever name called (iii) Exposure to second hand smoke/passive smoking (quit by discouraging your friends and family to smoke) (iv) Using / Chewing Betelnut and similar other products (v) Drinking Alcohol (vi) Drinking beverages containing high sugar load like soft drinks, fruit-flavoured drinks of such kind (vii) Eating Junk Foods (viii) Eating Red Meat (ix) Taking excessive and unnecessary mental stress (x) Taking Medicines/carrying out scans or x-rays without doctor's prescription (xi) Consumption of products preserved in salt for a long time.

B. IMMEDIATELY START PRACTICING THE FOLLOWING :

(i) Sleep early at night and wake up early in the morning (ii) Get regular physical exercise and control BOTH over weight and under weight (iii) Eat healthy diet with whole grains, plenty of fruits and green vegetables (iv) Properly wash all fruits and vegetables before using the same (v) Limit food with high fat content (vi) Cut down excessive consumption of salt (vii) Cut down on refined sugar (viii) Check Blood Pressure and Sugar Levels atleast once a year if you are above 40 years of age. You need to get these tested more frequently as per your doctor's advice if you have abnormal blood pressure or blood sugar (ix) Treat your Sleep disturbances immediately with consultation of doctors. Sound Sleep may contribute to the body's ability to fight diseases (x) Since Gallstones and inflammation of the gallbladder (cholecystitis) can be risk factors for gallbladder cancer, treat the same as per advice of the doctor (xi) Practice recommended safety measures at your work place and/or at places subject to exposure of cancer causing substances like asbestos, certain carcinogenic chemicals / radiations etc (xii) Get vaccinated against Hepatitis A and B Virus as per advice of the doctor if you have not received the vaccine yet. Since no vaccination is available to prevent Hepatitis C at present, follow the advice of your doctor regarding regular health check ups which may be useful for early detection of indications of the said disease (xiii) As regards physical relationship, be honest and stick to your Spouse only (xiv) Breast feed children at least for the period of time as prescribed by the doctor (xv) As far as possible, opting for preventive measures against pollution (xvi) To take care of regular genital hygiene both by males and females.

C. CONSULT YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING :

(i) An ulcer or wound on the skin or mouth not healing promptly (ii) Presence of blood in urine or stools or abnormal bleeding from other parts of the body. (iii) A lump in your breast or bloody nipple discharge (iv) Any lump in the body that has appeared recently and/or growing fast (v) Difficulty in swallowing food and drinks (vi) Irregular menstrual bleeding in women or bleeding after menopause (vii) A sore or unhealing red or white patch in your mouth, tongue and/or lips (viii) obvious change in wart or mole (ix) Changes in bowel or bladder habits (x) Nagging cough or hoarseness of voice.

D. TAKE THE FOLLOWING PRECAUTIONS AS WELL :

(i) Every woman after the age of 30 years should have cervical cancer screening once in 5 years EVEN IF SHE DOES NOT HAVE ANY RELATED SYMPTOM. There are different methods for cervical screening. Please consult your doctor to find out more (ii) Every woman after 50 years of age should have a breast check up done by a competent doctor once every three years. Please consult your doctor to find out more (iii) If you smoke or use tobacco in any form or drink alcohol regularly please get your general check-up / mouth checked once every year by a dentist or any other competent physician (iv) Delay in marriage or birth of first child by a female beyond her applicable normal age, may cause health complications (v) Every male with age of 50 years or more should carry out every year, tests relating to Prostate Cancer (generally PSA Test), as per advice of the doctor.

* For more details and terms and conditions visit www.swasthyajagriti.org.