

وقاية
لحياة صحية

Weqaya
For a Healthy Life



Health Authority-Abu Dhabi
Reliable Excellence in Healthcare



هيئة الصحة، أبوظبي
تميز في الرعاية الصحية



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Healthy Living

Cardiovascular Disease (CVD) is the leading cause of death in the UAE. CVD is the class of diseases that involve the heart or blood vessels (arteries and veins). It is caused by thickening of blood vessel walls due to the build-up of fatty materials, and results in many diseases including heart disease and stroke.

The evidence consistently shows there are high rates of cardiovascular risk factors in the population, including diabetes, high blood pressure, obesity and high cholesterol in the blood. In many of those affected, these risk factors are asymptomatic, i.e. do not cause any noticeable health problems, but uncontrolled risk factors lead to more than 90% of premature cardiovascular disease such as heart attacks and strokes. Fortunately, the risk factors can be controlled, thus delaying the onset of serious health problems.

In general, healthy living is the key for reducing the risk of heart disease and diabetes. Healthy living includes:

- 1. Healthy eating**
- 2. Physical activity**
- 3. Not smoking**

Obesity and Being Overweight

Being overweight can increase the risk of developing heart disease and stroke, diabetes, high blood pressure and cholesterol. Additionally, an ideal healthy weight gives you more confidence and energy. The chart below shows your healthy weight range. It's simple to calculate your ideal weight range. First, find out your body weight and your height. Then map your weight and height on the chart to calculate your Body Mass Index (BMI).

You can use the following equation:

$$\text{BMI} = (\text{weight in kg}) / (\text{height in m})^2$$

Your ideal BMI should be between 18.5- 25.

Weight gain is a result of eating more calories than your body is burning.

Weight / kgs	45.4	47.6	49.9	52.2	54.4	56.7	59.0	61.2	63.5	65.8	68.0	70.3	72.6	74.8	77.1	79.4	81.6	83.9	86.2	88.5	90.7	93.0	95.3	97.5
Height / cm	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
152.4	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
157.5	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39	
160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
162.6	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
170.2	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
175.3	14	15	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
182.9	13	14	14	15	16	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29	29
185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
188.0	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26

■ Underweight
 ■ Ideal
 ■ Overweight
 ■ Obese
 ■ Morbidly obese

- If your BMI is less than 18.5, your result is in the underweight BMI range
- If your BMI is between 18.5 and 24.9, your result falls into a healthy BMI range.
- If your BMI is between 25 and 29.9, your result falls into the overweight BMI range.
- If your BMI is between 30 and 40, your result falls into an obese BMI range.
- If your BMI is 40 or above, your results falls into a morbidly obese range, and you need to urgently see a doctor and will need specialist intervention to lose weight.

Body Shape and Risk of Cardiovascular Disease

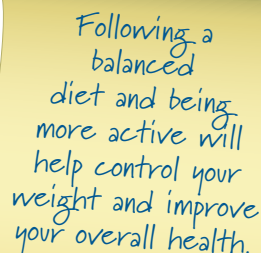
Your health risks are determined not only by the amount of body fat you have, but also by where the fat is stored, and your BMI is a good indicator of overall body fat. Central obesity - where fat is stored excessively around the abdominal area - is more strongly linked with a risk of cardiovascular disease than BMI.

Central obesity can be measured simply by measuring waist circumference (measure your waist just above your navel) or by measuring the waist-to-hip ratio. A recommended waist circumference is less than 90 cm for men and less than 80 cm for women. If your waist circumference is very high - more than 102 cm in men and more than 90 cm in women - your risk of diabetes is more than 5 times higher than someone with a lower waist size.

How to Maintain Healthy Weight and a Healthy Shape

Following a balanced diet and being more active will help control your weight and improve your overall health. Healthy eating is not about avoiding your favorite foods, but rather eating them as a balanced diet that contains all the vital nutrients such as carbohydrates, proteins, fats, minerals, vitamins and water.

- In order to maintain healthy weight, it is important to achieve a balance between your food intake and energy expenditure through exercise.
- Adopt a balanced diet including plenty of fruits and vegetables, whole grain products, low fat products (taking calories into account), fish and lean meat.
- Restrict sugar intake, sweets and junk food.
- Eat more fibre such as cereals, vegetables and fruits.
- Most people are recommended to spend at least 30 minutes per day, 5 days a week of exercising at moderate intensity i.e. a level that makes you breathless.



Following a balanced diet and being more active will help control your weight and improve your overall health.

Remember: People over the age of 40 and unaccustomed to exercise, as well as those with pre-existing conditions should consult their doctor prior to commencing an exercise programme.

Physical Activity

The benefits of exercise are numerous. Exercising is good for your heart, bones, arteries and muscles, in addition to improving your overall mental health. All forms of exercise count including walking, cycling, swimming and even climbing stairs. Physical activity makes your body burn more calories, not just while you are exercising, but throughout the day. So if you exercise regularly and follow a healthy diet, you will find it easier to manage your weight and strengthen your muscles. If you have a medical problem you should discuss your exercise and diet programme with your physician beforehand.

The health benefits of physical activity include

- Prevention of heart disease and stroke
- Reducing blood pressure
- Weight loss
- Improvement of mental health, decreased depression and improvement in relaxation and sleep
- Improvement of bone health and prevention of osteoporosis (thinning of the bones)
- Improvement in cholesterol profile with an increase in HDL (good cholesterol) and decrease in LDL (bad cholesterol)

Exercise Tips

- Aim for at least 30 minutes per day of continuous exercise such as brisk walking, bicycling, jogging, and swimming. The intensity of the exercise should make you breathless.
- Make your goals realistic; start off slow and build up your exercise regime over weeks. People over the age of 40 or those with pre-existing medical conditions should consult their doctor before starting.
- Park your car further away from your destination and walk.
- Regularly use the stairs instead of the lift.
- Many people are more likely to maintain their exercise regime with the support of friends or family; find an exercise partner to come for a walk, run or go to the gym with you.

Remember: Any increase in the activity that you are doing now will help you to lose weight.

Eat more fiber like cereals, vegetables and fruits.

Diabetes

What is Diabetes?

Diabetes is a permanent change in your internal chemistry, which results in having too much glucose in your blood.

There are two types of diabetes:

- Type 1 or Early Onset Diabetes that commonly starts at a very young age
- Type 2 or Adult Onset Diabetes that starts in adults at a later age (the most common type of diabetes)

Symptoms of diabetes include:

- Weight loss
- Passing more urine
- Thirst
- Feeling tired

Risk Factors that cause Diabetes

The most common risk factor for diabetes is being overweight or obese, and other causes include hereditary predisposition and infections. Diabetes can be diagnosed by a simple urine or blood test.

Prevention and Early Detection

The primary methods of preventing diabetes are:

- Maintaining a healthy weight (BMI 18.5 -25) and a waist circumference that is less than 90 cm for men and less than 80 cm for women.
- Eating a healthy diet
- Regular exercise
- Annual blood tests for individuals over the age of 40 to rule out diabetes

If you have diabetes, you should:

- Eat regularly
- Limit your intake of sugars and sugary foods
- Include some starchy food and carbohydrates with each meal, choosing high fibre versions when possible
- Reduce your fat intake
- Avoid alcohol and smoking
- Seek medical advice before you start an exercise programme
- Stock up on extra carbohydrates if you are planning strenuous exercise to prevent getting hypoglycemia later

Remember:

- Aim to maintain your ideal body weight
- Exercise regularly
- Watch the type of fat you are consuming
- If you have symptoms of diabetes or are over 40 and have not had a sugar test, consult your doctor

High Blood Pressure

What is Blood Pressure?

- Blood pressure is the pressure exerted by the blood against the walls of the blood vessels.
- The pressure of the blood circulating through the body's vessel can be heard and measured using a cuff and stethoscope.
- Blood pressure is expressed in two numbers. The top number- measured when the heart contracts - is called the systolic blood pressure. The lower number, measured when the heart relaxes, is called the diastolic blood pressure.
- Normal blood pressure ranges between a systolic blood pressure of 100 to 140 and a diastolic blood pressure of 60 to 90 mmHg (millimeters of mercury). Blood pressure of 140/90 or greater should be dealt with by a doctor and may require medical treatment.

High blood pressure increases the risk of heart disease, stroke and kidney failure.

Why Should High Blood Pressure be Controlled?

High blood pressure increases the risk of heart disease, stroke and kidney failure. It is often referred to as the 'silent killer' and the only way to find out if your blood pressure is high is to have it measured by a professional.

High blood pressure may occur due to hereditary factors, ageing, obesity, excessive alcohol, lack of exercise and smoking. In adults, high blood pressure may also occur along with other diseases such as diabetes, gout and kidney disease. Women over 40 who have a family history of cardiovascular diseases should consult a doctor before using oral contraceptives.

How to Control Your Blood Pressure

- Stop smoking
- Maintain healthy body weight
- Eat a balanced diet
- Exercise regularly
- Minimise your intake of salt

High Cholesterol

Cholesterol is a fat that is transmitted through blood into our bodies. To work effectively, our bodies require the right amount of these kinds of fats. However, cholesterol levels in the blood that are over the normal limit cause hardening of the arteries, which becomes a primary risk factor for heart disease and stroke.

What are HDLs and LDLs?

HDL is short for 'high density lipoprotein', and is a type of cholesterol (fat) that is cardio-protective, which means it is good for your heart. HDLs can help to clean up blood vessels and protect against heart disease. Low levels of HDL are associated with an increased risk of heart attacks and strokes.

LDL is short for 'low density lipoprotein', and is a type of cholesterol that is bad for you. LDLs can accumulate in the blood vessels and lead to their narrowing. High levels of LDL are associated with an increased risk of heart attacks and strokes.

People with high blood pressure are urged to stop smoking.

How to control your blood cholesterol levels:

- Choose skinless chicken and fish
- Choose lean meat (round and loins) and remove any visible fat
- Use low fat milk, yogurt, laban, labaneh, and cheese
- Use spices, lemon, garlic and vinegar to season vegetables instead of butter, ghee, cream sauces or mayonnaise
- Use healthier cooking methods such as steaming, boiling, grilling and baking instead of deep frying and adding extra fat
- Avoid eating saturated fats such as ghee, butter and animal fats
- Use unsaturated fats and oils such as sunflower, corn and olive
- Limit chocolate, cakes, doughnuts and Arabic sweets they are very high in fat as well as sugar

Remember:

- Your diet is the cornerstone of reducing cholesterol levels
- Regular exercise, even just 30 minutes a day such as a brisk walk or a jog, will help reduce cholesterol levels

Smoking

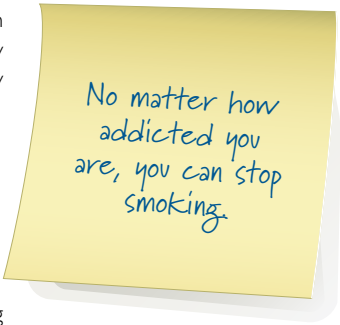
Smoking has been shown to lead to several health problems such as heart attacks, strokes, respiratory disease, cancers (especially lung) and many other health conditions. In addition to causing early death, the symptoms caused by these smoking-related diseases can cause a large amount of distress and worsen your quality of life from a young age.

As well as affecting your health, smoking affects your skin appearance, making you look older than you are. In addition, it affects the taste of food, and can cause impotence in men. Even if you do not care about your own health and wellbeing, smoking exposes those around you to secondhand smoke.

Secondhand smoke is the inhalation of smoke from tobacco products used by others. If you continue to smoke, you are increasing the risk of your friends and family developing several types of cancer, as well as heart and lung diseases. Smoking also affects children- as well as increasing their chance of medical conditions such as glue ear and asthma, children of smokers are 3 times as likely to smoke as children of non-smokers.

Benefits of stopping smoking:

Stopping smoking isn't easy, but when you see the drastic improvements to your life and health, you'll want to stop those around you from smoking as well.



No matter how addicted you are, you can stop smoking.

How will my health benefit?

- You will reduce your risk of developing illness, disability or death caused by cancer, heart, lung disease, or circulatory problems (such as amputation).
- You will protect the health of those around you by not exposing them to secondhand smoke.
- You will improve your fertility levels and your chance of a healthy pregnancy and baby.
- You will improve your breathing and general fitness.
- You will enjoy the taste of food more.
- Your skin appearance will improve

How will my lifestyle improve?

- You will no longer smell of stale tobacco.
- You will save money
- The appearance of your skin and teeth will improve.
- You will feel more confident in social situations - you won't be worrying about the secondhand smoke you create anymore.
- Your home will smell fresh and you will no longer be staining your walls with tobacco.
- You will reduce the risk of fire in your home

Getting Ready to Quit

Many people succeed at quitting smoking, and some find it helpful to use medications to stop smoking such as nicotine replacement therapy or non-nicotine replacement therapy (varenicline or bupropion), which should only be taken under medical supervision. Talk to your doctor about getting help to quit or make an appointment at one of the smoking cessation clinics below:

New Medical Centre, Abu Dhabi- (02) 6179620

American Centre of Psychiatry and Neurology, Abu Dhabi (02)-6664866

Remember:

- You are probably addicted to nicotine and it can take time to break away from nicotine addiction.
- It may take more than one attempt to quit for good
- You may smoke when you are stressed, bored or angry, so try not to expose yourself to such conditions
- Try and stay away from social situations where people are smoking as this may weaken your resolve
- No matter how addicted you are, you can stop smoking
- The key is to stay firm in your decision and stick to it

The key to quitting is to stay firm in your decision and stick to it.

Clinics for Diabetes and CVD

Although support to manage your cardiovascular risk factors can be provided by any healthcare facility in the Emirate of Abu Dhabi, the ones mentioned below are participating actively in the Weqaya Follow Up Programme.

Abu Dhabi City

SEHA Providers

Khalifa A Clinic
Tel: 02 556 1695

Samha Clinic
Tel: 02 562 0048

Bain Al Jisrain
Tel: 02 558 4611

Musaffah
Tel: 02 555 9054

Private Providers included in Daman Network

Lifeline Hospital
Tel: 800 225 537

Ahalia Hospital
Tel: 02 626 2666 (Ext. 111)

NMC Specialty Hospital
Tel: 02 617 9200

Al Mazroui Hospital
Tel: 02 672 3232

AL Noor Hospital Airport Road
Tel: 050 682 7322/ 02 494 4493

Gulf Diagnostic Centre
Tel: 02 417 7200

Al Ain

SEHA Providers

Al Zakher PHC
Tel: 03 782 8042

Al Khazna PHC
Tel: 02 566 1350

Al Qua PHC
Tel: 03 735 6115

Al Maqam PHC
Tel: 03 768 4380

Al Yahar PHC
Tel: 03 782 6772

Al Mezayed PHC
Tel: 03 782 1918

Al Hili PHC
Tel: 03 784 5328

Al Neyadat PHC
Tel: 03 768 6050

Al Muwaiji PHC
Tel: 03 767 8385 / 03 767 8864

Private Providers included in Daman Network

Al Noor Hospital
Tel: 03 706 0375