



## **AM I AT RISK.....**

**If the answer to 2 or more of the following is yes, you need to consult your DOCTOR for further evaluation:**

- ❖ Do you take Tobacco in any form (Smoke, Zarda, Gutka, Gul Manjan, Betel, Khaini)
- ❖ Do your blood reports show High Blood Cholesterol (Total Cholesterol >200 md/dl) or LDL >100 mg/dl)
- ❖ Do you have High Blood Pressure (>135/85)
- ❖ Do you exercise less than 3 times a week for <30 minutes.
- ❖ Are you overweight (refer to ideal body weight & Waist and Hip ratio tools)
- ❖ Are you a diabetic (refer to the Know your health parameters tool)
- ❖ Do you have a stressful life style
- ❖ Do you drink alcohol more than once a week
- ❖ Are you >45 years (male) & >55 years (female)