



DBD Centre

Scientific centre for preclinical disease
detection and preventive medicine

124 Baker Street
London, W1U 6TY
United Kingdom
Tel.+44 7731597186
e-mail: info@dbdcentre.com
www.dbdcentre.com

“What to do not to get ill and to stay healthy?”

Just 50% of human's health depends on such factors as heredity, quality of medical care and ecology. The remaining 50% are directly dependent on the person's lifestyle and their attitude to their own health. To preserve good health until old age one must take care of one's health from early childhood. Health care is a life-long everyday work.

In order to be healthy and to stay healthy, one must constantly monitor risk factors that affect health significantly. This can considerably reduce or even minimise the chance of disease development.



So, what are the risk factors?

Excessive weight



More than 3 million people worldwide die every year from diseases associated with obesity. Being overweight significantly affects the quality of human life, is a cosmetic issue and the cause of the extensive list of diseases. Major risk factors of obesity are: diabetes type 2, hypertension and coronary heart disease.

To get rid of excess weight or maintain normal weight, stick to the basic rules of healthy nutrition and physical activity.

Diet

To maintain healthy weight, one must take into account the composition and the amount of food consumed, as well as eating pattern. Disregard of any of these 3 components is fraught with serious consequences for health.



✓ **Vegetables and fruits:** the necessary minimum for human health is 5 portions of fruits

and vegetables a day. One handful of fruits and vegetables is considered to be one individual portion. On average, one adult portion is for example: 2 mandarines, one half of a large grapefruit, a few mushrooms, a banana, a few strawberries, a medium carrot, a piece of watermelon, a few prunes, a glass of 100% natural juice, 3 heaped tablespoonfuls of canned corn or peas... Considered are fruits and vegetables consumed in any form: fresh, cooked, canned, dried and in the form of 100% natural juice. Five average adult portions weight equivalent amounts to about 400 - 500 g of vegetables, fruits and berries a day, which corresponds to the WHO recommendations. Variety is an important part of the concept, because it provides the intake of optimal quantity and combination of nutrients from vegetables and fruits. Therefore, every single individual type of products makes only one portion, no matter how much of it one has eaten.

- ✓ **Fish:** weekly consumption rate for fish is 200g. It is desirable that at least half of the eaten fish are of fatty species, rich in omega-3 acids (salmon, trout, herring, mackerel and tuna).
- ✓ **Meat:** not more than 2 portions per week.
- ✓ Nuts, legumes, seeds: at least 4 portions per week.
- ✓ **Wholegrain** and **wholemeal** products: daily diet should contain whole grain products (not less than 85 g): brown rice, whole-grain porridge and whole-grain bread, durum wheat pasta, whole grains, oatmeal.
- ✓ **Salt:** the amount of salt consumed daily should not exceed 5 g (one teaspoon). Two rules to follow for the best of cardiovascular diseases prevention: never add salt to ready meals and leave savoury delights for festive seasons only.
- ✓ **Sugar:** daily maximum amount of sugar is 6 teaspoons for women and 9 teaspoons for men.

In case of average physical activity, daily calories intake is 1,800 – 2,000 kcal for women and 2,600 – 3,000 kcal for men. Of course, these are just general rules and they apply to those who have no weight issues. If one needs losing weight, then a professional consultation is strongly advised; a nutritionist will calculate how many calories a day one needs, taking into consideration one's age, height, weight, lifestyle and level of physical activity. The general rule is to avoid overeating. Learn to leave the table with a slight sense of hunger, and excessive weight issue will never come about.

What eating pattern is the best? Some nutritionists believe that it is better to have 5 – 6 small food intakes a day. Others recommend two meals daily. Taking into account that in the day-time people are normally busy at work, most of us have three meals a day. Most important is having regular meals, as irregular food intake leads to digestive system failure. Breakfast should be the most plentiful meal of the day. However, currently people often ignore breakfast; that is a kind of bad habit. Breakfast is the basis of the day, as all the calories obtained from breakfast are spent during the day. Absolutely any products and with almost no restrictions can be consumed for breakfast. Lunch also is a plentiful meal in the middle of the day. However, many nutritionists recommend Hay diet for lunch. This rule should be mandatory for those with tendency to overweight. Dinner must be light. It is not any good having meals very late; better not to eat after 7:00 pm or later than 2 hours before bedtime.

Physical activity



Hypodynamia (lack of movement) not only affects physical form and lowers human body tone, but also promotes the emergence of various diseases: atherosclerosis, hypertension, ischemic heart disease, increased blood sugar, spine and joints issues, obesity and others. Physical activity is one of the main health factors. It is established that white-collar workers more often suffer from heart diseases than those who are engaged with physical labour. For example, in blue-collar, myocardial infarction is observed two-three times less than in white-collar.

The minimum standard of physical activity for an adult is 150 minutes a week. This figure includes any physical activity – from a brisk walk to participating in sports. It may seem surprising that a huge part of cardiovascular system abnormalities is not due to its unnecessary overloading, but due to its chronic, permanent UNDERloading. However, it is surprising only at first sight. Everyone knows that muscles weaken for lack of exercise. Human heart is a muscle, and exercise stress is as useful to it, as to all other muscles in human body. Of course, we are talking about a healthy heart. Moreover, there is muscular tissue in blood vessels and these also need exercise.



Neuro-mental stress



Recently, most people, especially city-dwellers, experience excessively increased nervous and mental strain. To a considerable degree, this is due to the amount of information that comes to us every day through television, newspapers, Internet and other media. Taking into account the fact that a fair part of this information gives us distinctly negative emotions, it becomes clear how overloaded the human nervous system is. Decrease in amount and intensity of nervous and psychological strain is a powerful preventive tool for many diseases and, above all, the cardiovascular ones.

Strangely enough, but the most «explosive» place – from neuro-psychic point of view – is home. While at work or with strangers we look to suppress negative emotions demonstration, at home we generously splash out all the irritation accumulated during a day. And we often get the same in response. This creates mutual resentment, tension and... diseases. We ought to realise that if we do not do everything possible for peace and happiness of our loved ones, then nobody will do it. So, doctors advise to be friendly towards ourselves and others, not to keep in mind resentment and learn to forgive.

For normal activity a human needs positive emotions. Good books, good movies, socialising with friends, active and a happy sexual life with a beloved and loving partner, - all these have a

powerful preventive effect on mental overstrain.

A huge role in sustaining mental health belongs to proper rest. Normal night sleep is to be 8 – 10 hours, even better when there is a chance to relax during the day.

Smoking and alcohol

It is impossible to overestimate the devastating impact of bad habits, especially smoking and alcohol, on human health. Smoking and alcohol produce such dangerous diseases, as cancer, diabetes mellitus, ischemic heart disease, hypertension, cause abnormalities in sexual and reproductive functions, the destruction of the nervous system, etc...



Quit smoking as soon as possible; if you do not smoke, then never try. There are no «safe» or «light» cigarettes; any smoking is harmful.



Totally refrain from alcohol or limit its consumption to the maximum permissible level. Maximum permissible dose of alcohol consumption is 30 ml of ethanol per day for men and 20 ml of ethanol for women. Any excess of the dose causes harm to human body.

The permissible level of alcohol consumption:

Men: daily: 75 ml of vodka (40%) or 200 ml of wine (15%) or 500 ml of beer (6%).
weekly: 525 ml of vodka (40%), or 1400 ml of wine (15%) or 3500 ml of beer (6%), including at least 2 alcohol free days a week.

Women: daily: 50 ml of vodka (40%) or 130 ml of wine (15%) or 330 ml of beer (6%).
weekly: 350 ml of vodka (40%) or 930 ml of wine (15%) or 2300 ml of beer (6%), including at least 2 alcohol free days a week.

Cold, flu and infectious diseases prophylaxis

Humans have been followed by infectious diseases since they appeared on Earth. Infectious organisms develop and change together with a human. Some infectious diseases are replacing others, bringing new issues of treatment and prevention. The incidence of many infectious diseases remains very high. For example, during epidemics of influenza, the situation can be characterised as a natural disaster when up to 20% of the population have caught it and such instances have occurred in areas of Europe and America in recent years.

The main direction in the fight against infectious diseases is their prevention and not the development of new methods of treatment. Successful protection against infectious diseases (as well as against any other diseases) is impossible until population is not aware of medico-social activities and is not aimed at a healthy lifestyle. In other words, no one is able to prevent an illness from developing not investing one's knowledge and efforts into it.

What do we need to do to not get sick with infectious diseases? These are general maxims:



Wash your hands often.

Wash vegetables and fruits you have bought.



Avoid contact with infected individuals; if this is impossible and you have one at home, protect yourself by wearing a mask, using disposable paper towels, allotting separate dishes to the sick for meals.



Wash nose and throat with sea water regularly; it is available at any pharmacy. This will protect you against colds.



Never eat while on public transport. It is not hygienic and can result in gastrointestinal tract disturbances (such as diarrhoea, gastroenteritis) and serious communicable diseases (for example hepatitis A, etc).



Never rub your eyes with dirty hands, especially while on public transport. This can cause conjunctivitis, and you will be unable to read, write, watch TV for several months, and, finally, will have to miss work or school.



Professional check-up of your health condition



You do not smoke and do not drink alcohol; your diet and your lifestyle are healthy. Is that enough to live long and not to get sick? The answer is unequivocal: NO! To all these you must add annual visit to the doctor, the importance of which currently has changed radically.

Nowadays, thanks to new technologies, a doctor can «see» body's malfunctioning in the absence of any clinical disease symptoms and far before their onset. These alterations are not a disease yet, these are pre-disease. But unless appropriate actions are taken, these alterations will transform to a real disease with all the relevant symptoms. Well if you use your doctor's advice at once, then the disease can be debar from emergence, in other words, the disease can be prevented!

Steve Jobs, Patrick Swayze, Bob Marley, George Harrison – these and many other outstanding people had good health condition; they exercised and had healthy diet; unfortunately, they could not use biomarkers preclinical disease diagnostics, and if they could, perhaps, they would be amongst us now, pleasing us with their talents.

What is necessary in order not to miss a life-threatening disease and prevent its emergence? Sounds strange, but what is needed is just 0.5 ml of blood 1 - 2 times a year for a special test – Eli-test that will check virtually all organs and detect even minor alterations in them.



And this is not the whole story yet. Today, in most cases, a doctor has means to impact these alterations up to their complete disappearance. This is achieved by short-term prescription of medicines and implementation of simple medical procedures that are easily tolerated by patients. And what are patients receiving in return? In return they get good health and freedom from diseases.

It is obvious that the longevity issue cannot be solved only by treating existing diseases. And the "DBD Centre" is one of a very few medical institutions which invoke implementing not just "the medicine of repair" means but all the potential of medical science to resolve the human health issue. Looking to prevent diseases instead of treating them is probably the best pathway to your personal longevity!



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Tel. 07731597186
www.dbdcentre.com
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