



HEALTH EFFECTED BY LIFE STYLE

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Abstract

Lifestyle describes a complex behavioural strategies and routines, attitudes and values, norms assumed in order to individual or group to score as convenient in a social context. The importance of medical education in terms of healthy lifestyle is very well recognized nowadays. Lifestyle medicine offers important information about nutrition, physical activity, stress control and social support systems. Lifestyle can be treated as an indicator of social attitudes and of the ideologies that are functioning in the social space. In aboriginal tribes, eating behaviors had a strong religious imprint referring directly to obtain favours from the gods as health, wealth, healing and long life. Even if blatant promotion of a lifestyle can produce civilization, modelling behaviours, yet strongly promoting a lifestyle can become a subtle tool of manipulation and control. Following a healthy lifestyle, regardless of age, will have numerous health benefits, being proven that it reduces the risk of cardiovascular disease, decreases incidence of obesity and diabetes, the risk of malignancy, psychiatric disorders and cognitive dysfunction. The actual guidelines in preventive cardiovascular medicine provide the most important rules for physical training and healthy diet.



Keywords: lifestyle, health, body, nutrition, physical activity

Introduction

Lifestyle is a way used by people, groups and nations and is formed in specific geographical, economic, political, cultural and religious text. Life-style is referred to the characteristics of inhabit-ants of a region in special time and place. It includes day to day behaviors and functions of individuals in job, activities, fun and diet. According to WHO, 60% of related factors to individual health and quality of life are correlated to lifestyle . Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardiovascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly considered. Today, wide changes have occurred in life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy life style that they are used as dominant form of lifestyle. Be-sides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology. Therefore, according to the existing studies, it can be said that: lifestyle has a significant influence on physical and mental health of human being. There are different forms of such influences. Consanguinity in some ethnicity is a dominant form of life style that it leads to the genetic disorders. Reformation of this unhealthy life style is a preventing factor for decreasing the rate of genetic diseases . In some countries, the



overuse of drugs is a major unhealthy life style. Iran is one of the 20 countries using the most medications. They prefer medication to other intervention. Furthermore, in 15-40% of cases they use medications about with-out prescription. Pain relievers, eye drops and antibiotics have the most usage in Iran. While self-medications such as antibiotics have a negative effect on the immune system, if the individual would be affected by infection, antibiotics will not be effective in treatment. Overall, 10 percent of those who are self-medicated will experience severe complications such as drug resistance. Sometimes drug allergy is so severe that it can cause death.

Lifestyle – relevance of the concept in modern society

Concept launched at the beginning of the twentieth century, the lifestyle has been made a career in medical, sociological field and beyond. It is considered both an indicator of social integration, quality of life, satisfaction level in the population, social status or consumer needs . In fact, making lifestyle describes a complex behavioural strategies and routines, attitudes and values, norms assumed in order to individual or group to score as convenient in a social context. Although lifestyle is used as a modern term, the extraordinary importance of behavioural habits, such as type and quality of food in Medicine was highlighted even in the time of Hippocrates. Nowadays the importance of medical education in terms of healthy lifestyle was recognized and, in 2010, Lianov and Johnson strongly recommended in the Journal of the American Medical Association physician education and training in lifestyle medicine: “Physician educators at both the undergraduate and graduate medical education levels should consider incorporating the relevant lifestyle medicine competencies into education and training program today, diet and physical exercise must be understood not only as aspects of wellbeing but, more important, as instruments for building health. Health should be viewed in a much broader perspective, not only medical but also social. According to World Health Organization (W.H.O.), definition of health is very ambitious and far-reaching: “health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Healthy lifestyle – a socio-anthropological and spiritual approach

Lifestyle can be treated as an indicator of social attitudes and of the ideologies that are functioning in the social space. Difficulty debated and disputed, today lifestyles make careers in fields different from those in which it arose (the sociological and anthropological). Commercial advertising abound with tips for healthy living, products on the market are designed to ensure the same, medical networks are accompanied by guidelines for a healthy lifestyle, service and technology come to support a healthy lifestyle and all what is around us likely make part of a wider scenario of a lifestyle that ensures a carefree life, perfect health and eternal youth. Medical research contains guidelines announced by lifestyle issues, in fact, a change of perspective on health. It is not just a purely biological fact but also a socio-human approach

Healthy lifestyle – importance in preventive and curative medicine



Lifestyle is particularly important at any age, but it is built during childhood and adolescence. National and international discussions and publications are trying to define the components of lifestyle (Quality of life magazine, Social Psychology magazine, Annals of sociology and social work, etc.) and highlight the particularities of age. More broadly, lifestyle is the way a person or a wider group of people choose to live, this being referred to their economic, occupational level and type of activities they practice during leisure. Lifestyle can be healthy or unhealthy, in terms of diet, level of exercise, some habits and mode of activity alternating with periods of relaxation. A healthy lifestyle is correlated with good health and a high perception of well-being, while an unhealthy lifestyle leads to depression and isolation. Unhealthy behaviours such as smoking, alcohol abuse, overeating, in combination with high levels of stress, lead short and long term to many diseases.

Medicine could better individualize the lifestyle programs for some diseases and for different age categories: women, children and teenagers, elderly. For example, a subject now under debates is weight loss in elderly people. In this age category, an excess of adipose tissue, but also a very rapidly weight loss could contribute to physical frailty syndrome. In general terms, weight loss is not dangerous when is slow and supervised, and resulted from diet associated with physical exercises.

Women health and lifestyle importance is very much related to some life periods like pregnancy and menopause. Although older studies underlined some beneficial effects of estrogens for vascular system, these positive actions have been challenged by the results of the Women's Health Initiative trial and the Million Women Study, which demonstrated an increase in cardiovascular risk and related adverse events. Evaluation, treatment and changing in lifestyle are needed for controlling the important co morbidities associated with menopause: hypertension, dyslipidemia, obesity, diabetes mellitus and metabolic syndrome, sleeping disorders, depression, osteoporosis.

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medicated will experience severe complications such as drug resistance. Some-times drug allergy is so severe that it can cause death

Healthy lifestyle – modern guideline

The guidelines recommended also a brief evaluation of psychosocial risk factors that can contribute to increase the cardiovascular and metabolic risk: low socio-economic status, lack of social support, stress at work and in family life, depression, anxiety, hostility, and the type D personality. “These factors act as barriers to treatment adherence and efforts to improve lifestyle, as well as to promoting health and wellbeing in patients and populations” In addition, the psychobiological mechanisms have been identified to interfere with inflammation and endothelial dysfunction to promote pathogenesis of cardiovascular disease.

The guidelines offer precise recommendations about the level of physical activity that should be encouraged and the principles of nutrition. “In healthy subjects, growing levels of both physical activity and cardio-respiratory fitness were associated with a significant reduction (20–30%) in risk of all-cause and cardiovascular mortality”

For nutrition, are presented some key messages:

- energy intake should be limited to the amount of energy needed to maintain (or obtain) a healthy weight (body mass index 25 kg/m^2)
- if a person follow the rules for a healthy diet, no dietary supplements are needed
- the main characteristics of a healthy diet are: saturated fatty acids should be replaced by polyunsaturated fatty acids, salt is reduced to $< 5 \text{ g/day}$, are recommended 200 g fruit, 200 g vegetables and 30-45 g of fibre per day, consumption of alcohol should be limited at 20 g/day for men and 10g/day for women

Conclusion

Preventive medicine has gained new achievements in recent years and was organized to formulate comprehensive guidelines on population and particular disease categories. Extension to social is becoming more evident and there were individualized social risk factors that interact with those medical traditional. Health population programs must be more extensive but it is important to target specific groups such as postmenopausal women, the elderly and adolescents. Healthy lifestyle have to be learned in childhood and must include all components related to diet, dietary supplements, rest and relaxation, stress management, physical activity. Personalized lifestyle medicine will become the future of medicine in order to effectively prevent and treat disease, including using of modern technological advances.

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