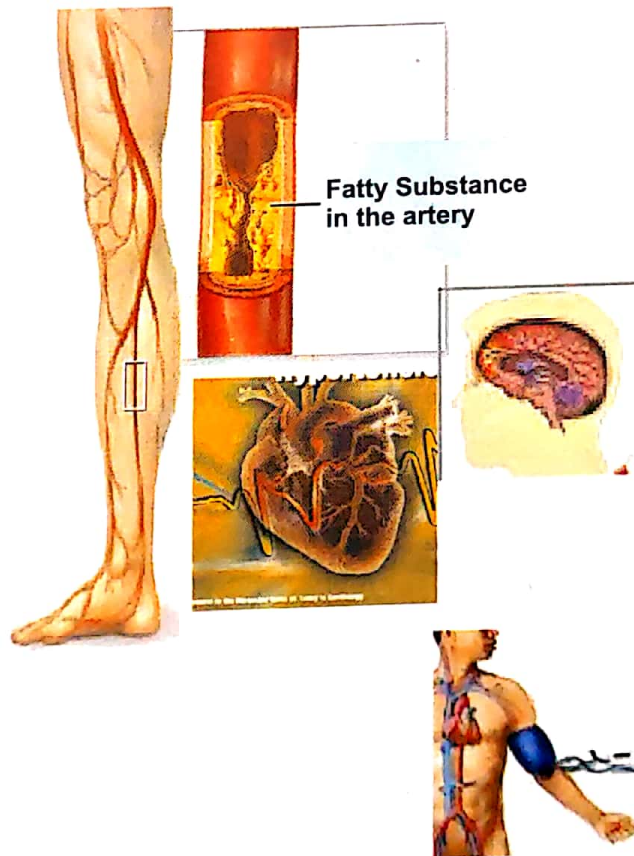


LifeChange



SMOKING

HYPERLIPIDEMIA



Diabetes Mellitus

HYPERTENSION

LifeChange

A program of Risk factor Modification to
reduce Vascular, Cardiac & Cerebral Events

The Components of the program :

1. "SmokeStopper" program, includes :



- a) **Counseling** - for tobacco consumers / patients and their families with audio & visual support. They would be counseled about various ill effects, diseases & disadvantages caused by smoking. We will help you to quit smoking, explain why & give you few tips on how to do it. You would be explained the benefits of quitting & some leaflets will be given with useful advice.



- b) **Treatment** - with drugs like bupropion & NRT (Nicotine replacement therapy) available in the form of chewing gums are prescribed to the individuals, accordingly.

2. **Hypertension** : patients will be advised about the importance of controlling blood pressures, ill effects of



poorly controlled blood pressure. Their primary doctor will be responsible for their drug therapy.

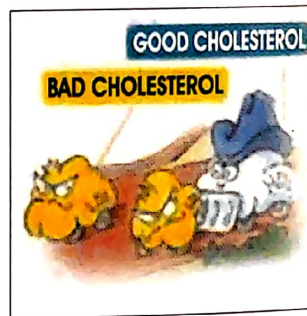
3. **Diabetes Mellitus** : Similar to above, patients and their families will be counseled about the importance of optimizing diabetes control. The



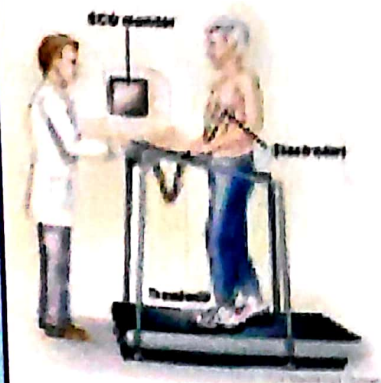
therapy will be again left to the referring doctor and any recommendation made by us will be

directly communicated to the doctor. These patients will also be counseled about diabetic foot care.

4. **Hyperlipidemia** : Evaluation and appropriate therapy for the patients with increased blood cholesterol levels. The benefits of cholesterol reducing drugs in the decreasing the vascular, cardiac & cerebral events, including diet & exercise will be explained to the patients & their family.



5. **Structured Exercise Program** : For selected patients with peripheral vascular disease with claudication (pain in the legs on walking) to improve the walking distance.



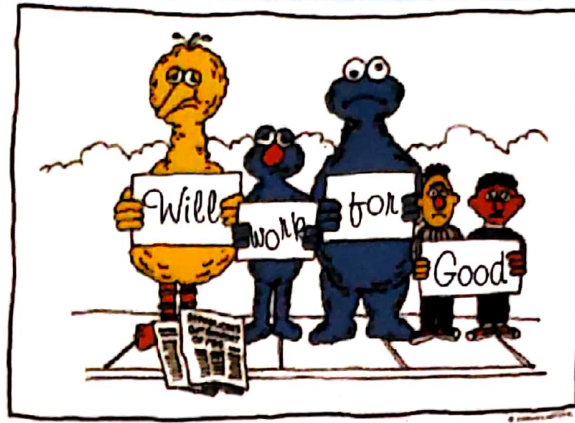
The program will be affordable to the patients. Education materials and records will be provided to all patients.

The laboratory and other tests will be performed separately as needed. Following tests are recommended, if not recently performed :

1. Fasting and post-prandial (after food) blood sugar, glycosylated hemoglobin in diabetic patients.
2. Baseline laboratory data - Hemoglobin, creatinine, blood urea, urinalysis.
3. Lipid profile which includes cholesterol and various other components.
4. Exercise "stress test" on treadmill for patients with claudication (leg pain on walking)
5. ABI/Vascular testing - ABI (Ankle-brachial index) which is ratio of blood pressure of legs to arms, a very important risk factor indicator, is recommended in most of the patients.



Complete vascular evaluation, which is more extensive testing, will be performed on selected patients with vascular disease.



TIPS FOR GOOD HEALTH

1. Life change - Life Style Modification a program of risk factors modification to reduce vascular, cardiac and cerebral events.
2. An early diagnosis of PAD and life style modification decreases / stabilizes the progression of Peripheral arterial disease and can prevent amputation, stroke and heart problems.
3. Simple changes in your diet, start exercising, quit smoking and monitor your blood cholesterol levels, blood pressure and blood sugars will be able to avoid peripheral arterial disease, the progress of the disease and will be able to avoid bypass surgery of blood vessel of limbs and heart.
4. Stop smoking / Tobacco consumption. Nicotine Replacement Therapy and medication for Tobacco deaddiction.
5. Exercise helps prevent obesity and helps people with diabetes, control their blood sugars and have less blood pressure problems and less peripheral arterial disease and heart disease than peoples who do not exercise. Exercises regularly within your capabilities.
6. Abnormal ABI identifies high risk population needs Life Style Modification
7. Structured exercise training programmed for selected patients with claudication pain (pain in the leg on walking).

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