

减少风险：健康生活

以下一些因素增加您患癌症、心血管疾病和 2 型糖尿病的风险：

- 我的年龄在 45 岁以上
- 我是男性
- 我患有心脏病，或曾经心脏病发作，或者父母、兄弟或姐妹患有心脏病
- 我患有糖尿病，或者父母、兄弟或姐妹患有糖尿病
- 我在怀孕时患有糖尿病（只适用于妇女）
- 我超重*
- 我有高血压
- 我的胆固醇较高

* 超重意味着男人腰围超过 90cm (36") 或女人腰围超过 80cm (32")

但是，对您的生活方式作出以下的积极改变将帮助您降低风险。这些将帮助降低您的腰围、高血压和高胆固醇水平。

您可以作出哪些积极的改变呢？

- 每天吃蔬菜和水果
- 减少饮酒量
- 做更多锻炼
- 停止抽烟
- 出外到有阳光的地方时，戴帽子、涂防晒霜及戴太阳眼镜

记住

如果您认为您可能有患上慢性疾病的风险，请去见您的医生



Reduce Risk: Live Well

These are some factors that increase your risk of cancer, cardiovascular disease and type 2 diabetes:

- I am over 45 years of age
- I am male
- I have heart disease, or have had a heart attack, or have a parent, a brother or sister who has had heart disease
- I have diabetes, or have a parent, brother or sister with diabetes
- I had diabetes when I was pregnant (women only)
- I am overweight*
- I have high blood pressure
- I have high cholesterol

* Overweight means your waist measurement is more than 90cm (36") for men or 80cm (32") for women

However, making the following positive changes to your lifestyle will help you lower your risk. These will help decrease your waist measurement, high blood pressure and high cholesterol level.

What positive changes can you make?

- Eat fruit and vegetables everyday
- Drink less alcohol
- Do more physical activity
- Stop smoking
- Go out into the sun wearing a hat, sunscreen and sunglasses

Remember

See your doctor if you think you might be at risk of developing a chronic condition

