

“Hypo-Kinetic Diseases”



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WHAT IS HYPO-KINETIC DISEASE?

Hypo-kinetic diseases are also called life style diseases. This are defined as lazy men's disease linked with the way people live their life. This is commonly caused by lack of physical activity, unhealthy eating etc. even though life style diseases are dangerous, they are preventable in nature and can be lowered with alterations in diet and lifestyles.

The following are top ordered from lifestyle diseases.

1. Atherosclerosis
2. Osteoporosis
3. Hypertension
4. Obesity
5. Diabetes
6. Stroke

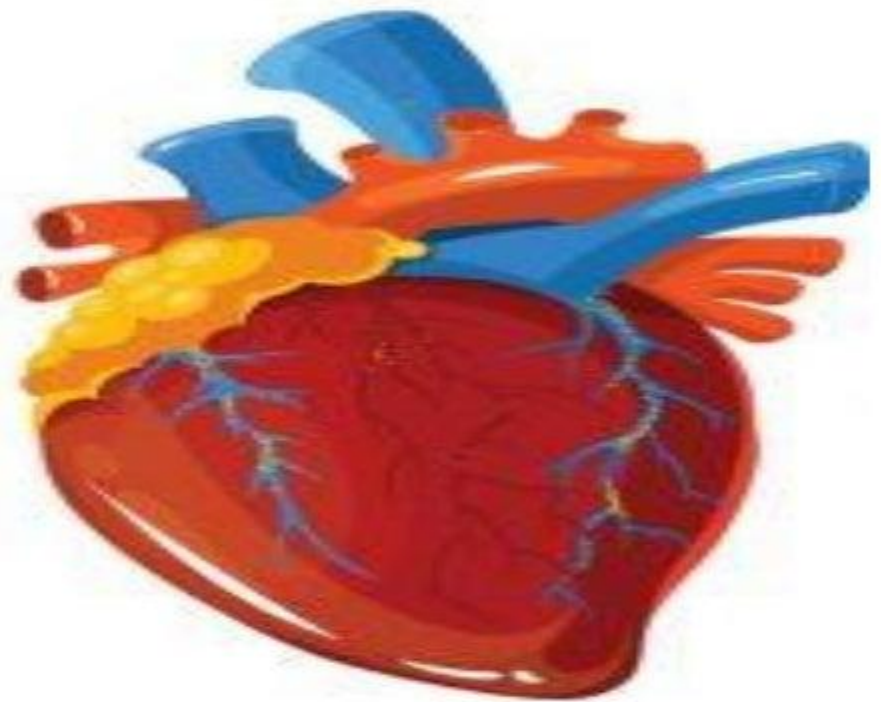
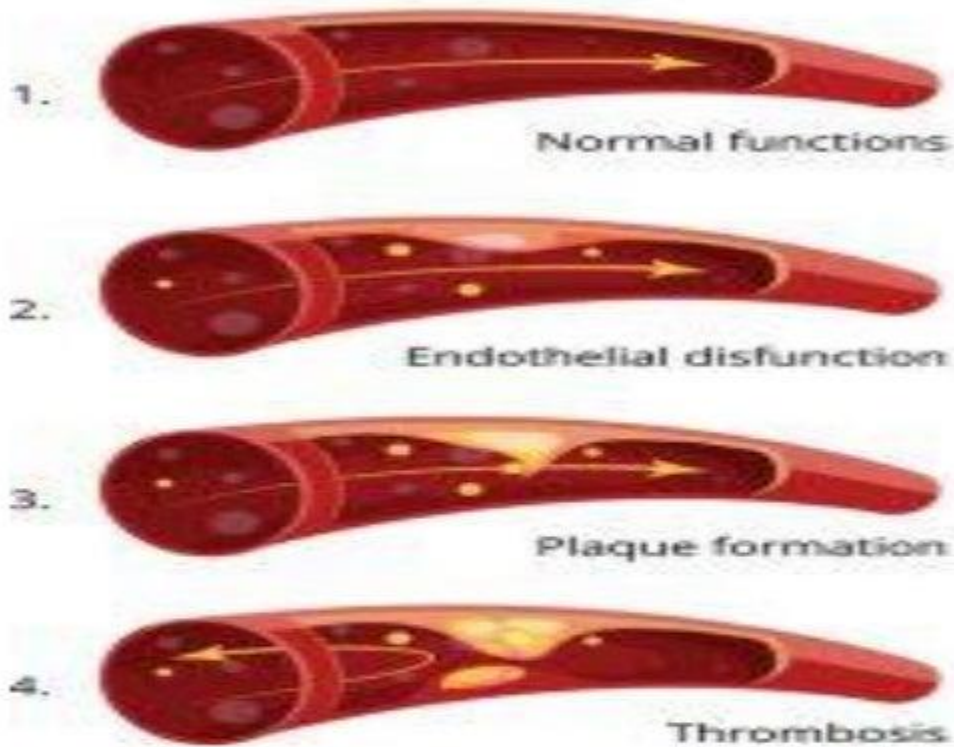


Atherosclerosis


It is a disease in which plaque are developing inside our arteries because of the accumulation of fat contents. It narrows the arteries and disrupts the flow of blood around the body, causing serious cardiovascular complications.

ATHEROSCLEROSIS

PROGRESSING OF AN ILLNESS



Osteoporosis



It is a health condition where the density of the bone is decreased. It may be due to the absence of vitamin D and vitamin C. the risk factor increases with age.

STOP OSTEOPOROSIS



Healthy, strong bones



Osteoporosis, brittle bones



Hypertension

Hypertension is a health condition in which the blood pressure in the arteries is elevated above the normality.






Obesity

It is a body condition where abnormal or excessive fats are accumulated. Overweight and obesity have major risk factor for a number of chronic diseases like diabetes, cardiovascular diseases etc.

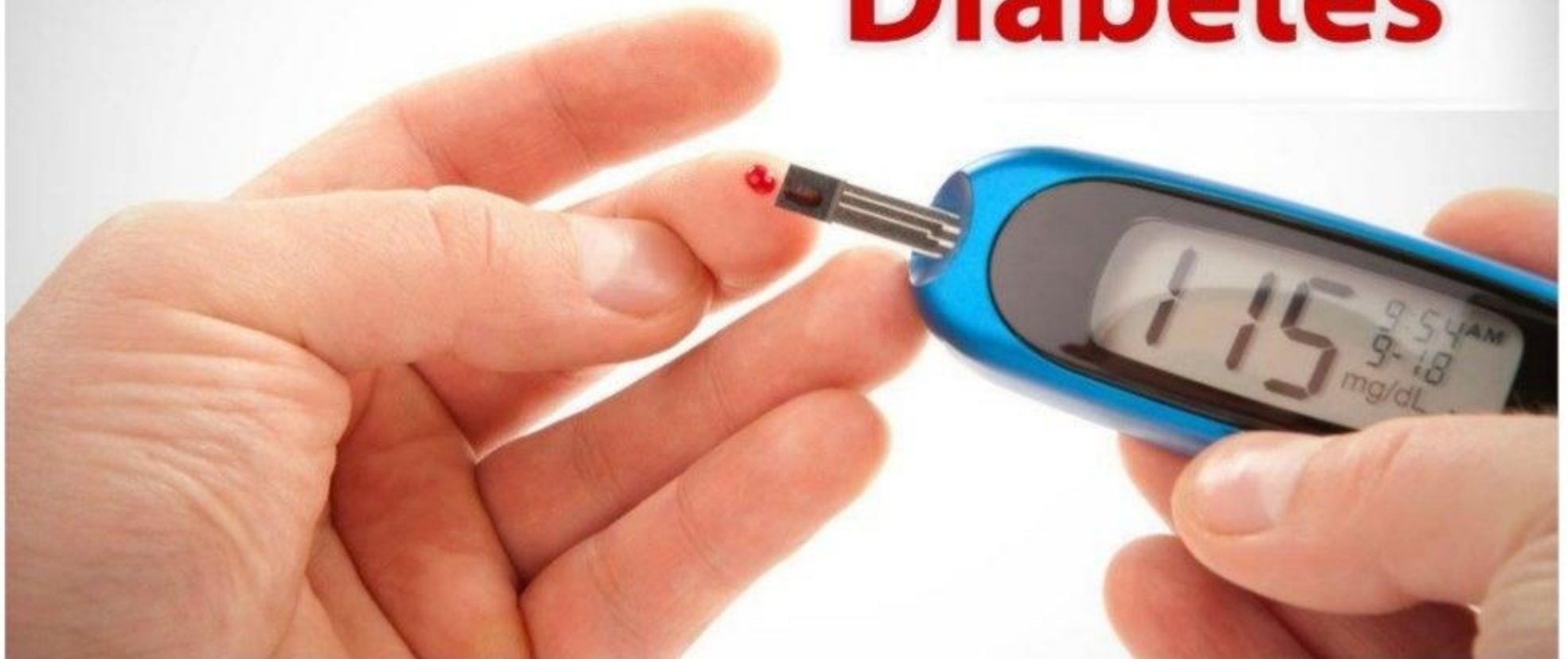




Diabetes

It is a commonly named as the metabolic diseases associated with high blood sugar levels over a long period.

Diabetes




There are Diabetes mellitus are generally two types

1

Type 1: it is also called insulin dependent or juvenile diabetes. It occurs because of the failure of pancreas to produce insulin.

2

Type 2: it is a commonly condition in which cells are not able to act with insulin.



Stroke

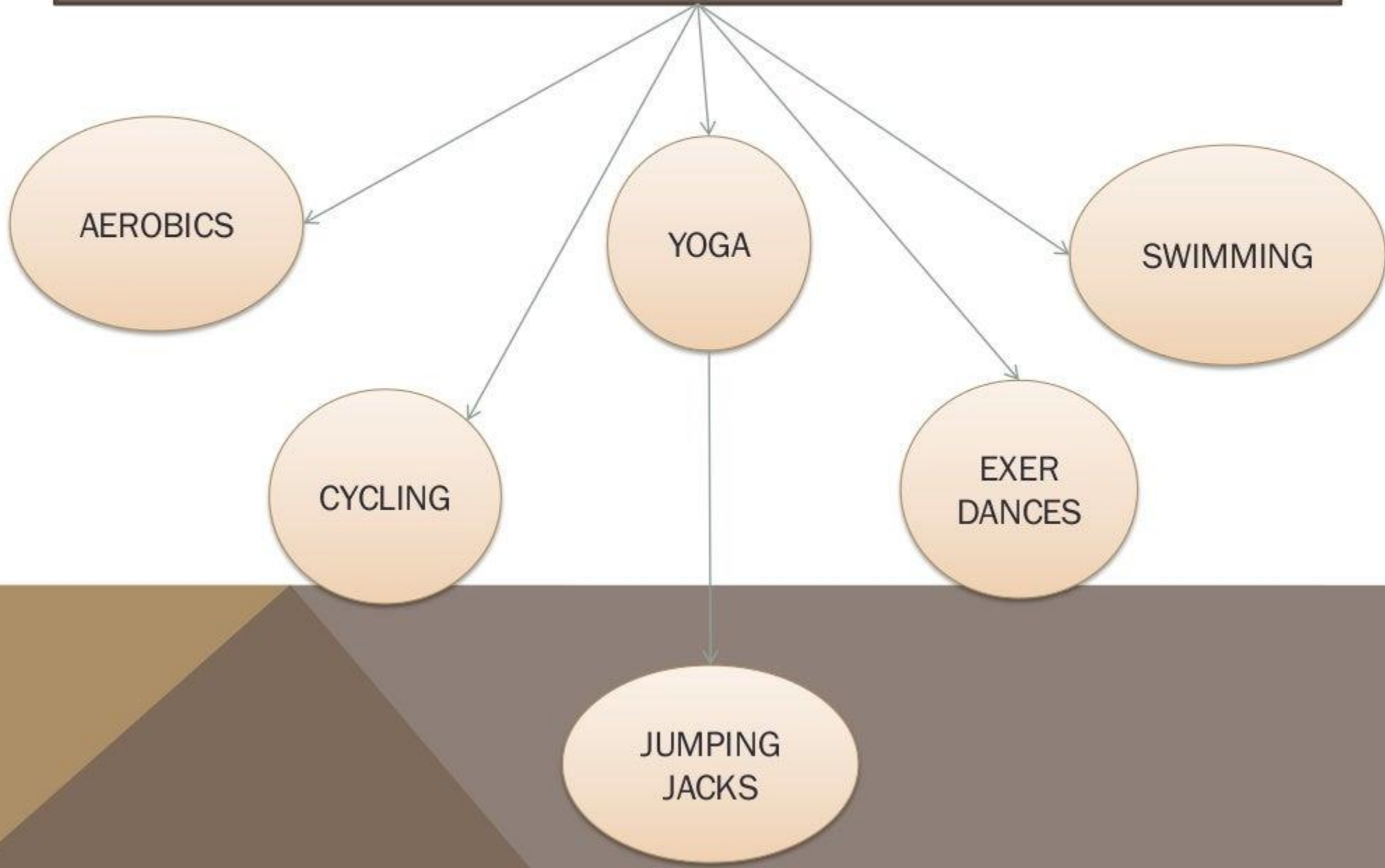
Stroke is a medical condition which happens due to lack of oxygen supply to brain. It is directly connected with health problems like high blood pressure, heart disorders, diabetes mellitus, lack of exercise, over body weight etc.



PREVENTION OF HYPO-KINETIC DISEASES

1. Regular exercises improves the physical fitness of individuals and thereby improves the resistance capacity to prevent diseases.
2. Aerobic types of exercise modalities help to increases energy expenditure.
3. Exercise also helps to reduce the risk factor of illnesses like obesity, stroke etc.
4. Exercise control the body weight and it builds and maintains strong and healthy bones and muscles.

RECOMMENDED EXERCISE FOR PREVENTING HYPO-KINETIC DISEASES



AEROBICS



SWIMMING



JUMPING- JACKS



YOGA



CYCLING



EXER-DANCES



THANK YOU