



PLEASE SCAN FOR  
THE LOCATION

**Aster**  
**HOSPITAL**  
We'll Treat You Well

Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 [asterhospitals.com](http://asterhospitals.com) 📱 [f](#) [t](#) [@](#) [📺](#) [asterhospital](#)

## DEPARTMENTS

Accident & Emergency • Anesthesiology • Cardiology • Clinical Nutrition  
Dental Centre • Dermatology • ENT • General Surgery • Insurance  
Internal Medicine • Laboratory Services • Neurosurgery • Ophthalmology  
Obstetrics & Gynaecology • Orthopedics • Patient Affairs



# LIFE STYLE DISORDERS

**Aster**  
**HOSPITAL**  
We'll Treat You Well



DIGITAL VERSION

## WHAT ARE LIFESTYLE DISEASES?

Lifestyle diseases are diseases that are a result of the way we lead our lives on a daily basis. More work and no play make a lot of us prone to a host of diseases, physical ailments, and emotional problems. These are the diseases that develop as a result of

- The type of work we do
- Environmental factors that affect our living conditions
- Work environments
- The food we eat
- Our exercise habits
- Stress

## LIST OF LIFESTYLE DISEASES

Lifestyle diseases account for a majority of the diseases that are common around the world today. Below is a list of some of the common lifestyle diseases.

- Obesity
- Diabetes
- Arteriosclerosis
- Heart disease
- Stroke
- Hypertension
- Liver cirrhosis
- Nephritis
- Cancer
- Chronic obstructive pulmonary disease (COPD)
- Allergies
- Hearing problems

- Heat shock
- Cold shock
- Depression
- Anxiety disorders
- Chronic backache

## CAUSES

Since lifestyle diseases are diseases that are a result of the lifestyle choices that we make, contributing factors are closely related.

- Bad diet options
- Lack of adequate exercise
- Poor posture
- Disruption in biological clock
- Poor lifestyle choices
- Environmental conditions - occupational lifestyle diseases

## PREVENTING

The good thing about lifestyle diseases is that if we do something about them, it is possible to reverse the condition. Listed below are some things that you can do to prevent lifestyle diseases.

- Eat a healthy diet
- Engage in moderate exercise (30 minutes every day)
- Sit and stand in the right postures
- Avoid fast food and foods that are high in fats, salt, sugar and refined products.
- Safe alcohol consumption
- Smoking cessation

While our lifestyles have become

more convenient, there certainly is nothing classy about lifestyle diseases. We pay a high price for our press-of-a-button lifestyles.

Eventually, we may need to take a step back and relearn how to lead physically active lives, and, in turn, disease free lives

