

Happy Healthy Human

Specialist Recommendations for a Healthier Life

Compiled by 90+ International Medical Specialists



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SADEEPA PUBLISHING HOUSE (PVT) LTD

Happy Healthy Human

© Lilantha Wedisinghe

1st Edition : 2026

ISBN 978-624-200-148-7

HAPPY HEALTHY HUMAN

(Healthier Way of Living)

By

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(Compiled by 90 medical specialists from around the world)

Cover Design and Computer Editing

Jenul Palandagamage

Printed by

SADEEPA PRINTERS

412, Pahala Bomiriya, Yakala, Kaduwela, Sri Lanka.

Published by

SADEEPA PUBLISHING HOUSE (PVT) LTD.

1060, Maradana Road, Colombo 08, Sri Lanka,

Tel - (+94) 11- 2686114, 2694289, 2678043

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Dedication

To our beloved parents and respected teachers —
This work is built upon the foundation of their **wisdom, kindness,**
guidance and sacrifice.

Preface

Happy Healthy Human was compiled with contributions from specialist doctors around the world, united by a common purpose: to help people live happier, healthier and longer lives through disease prevention.

The principal aim of this book is to present reliable scientific evidence in simple language that can be easily understood by the general public, supported by engaging illustrations. Each topic has been designed to help you, your family and your community make better-informed decisions about health.

It is our sincere hope that this book will help you take even one small step towards a healthier future for yourself and your family.

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1

Introduction

HAPPY HEALTHY HUMAN

SMALL CHOICES CAN SHAPE A HEALTHIER LIFE

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Why this book?

Many of the diseases that cause illness, disability and premature death do not appear overnight.

They often develop gradually over many years.

The encouraging message is that there are things we can do throughout life to:

-  Protect our heart
-  Protect our brain and mental health
-  Protect our lungs
-  Protect our kidneys
-  Keep our bones strong
-  Reduce our risk of some cancers and infections

Prevention starts long before disease begins.

Your health is shaped every day

EAT WELL

Choose nutritious, minimally processed foods.

PREVENT & DETECT EARLY

Keep vaccinations and screenings up to date. Don't ignore important symptoms.

KNOW YOUR NUMBERS

Check your blood pressure, blood sugar and cholesterol when appropriate.

LOOK AFTER YOUR MIND

Manage stress, stay connected and seek help when needed.

BE ACTIVE

Move regularly and avoid sitting for too long.

DON'T SMOKE

One of the most powerful things you can do for your long-term health.

SLEEP WELL

Get enough, good-quality sleep.

MAINTAIN A HEALTHY WEIGHT

A healthy weight and waist can reduce the risk of many diseases.

Healthier people
Happier lives

One healthy choice can protect many parts of you



NOT SMOKING
protects your:

-  Heart
-  Lungs
-  Brain
-  Reduces risk of several cancers



PHYSICAL ACTIVITY
helps your:

-  Heart
-  Mind
-  Blood sugar
-  Weight
-  Bones



HEALTHY FOOD
supports your:

-  Heart
-  Diabetes risk
-  Weight
-  Kidneys
-  Some cancers

THE SAME HEALTHY HABITS PROTECT YOU FROM MANY DIFFERENT DISEASES.

Health is more than avoiding disease

A Happy Healthy Human also needs:

-  People who matter
-  Family and social connection
-  Purpose and meaning
-  Mental wellbeing
-  The ability to remain active and independent
-  A reason to look forward to tomorrow

*A healthier
today
A brighter
tomorrow*

**We are not simply trying to live longer.
We want to live healthier and happier for longer.**

How to use this book

1 UNDERSTAND



Learn what happens in your body.

2 RECOGNISE



Know important symptoms and risks.

3 PREVENT



Learn what you can do.

4 ACT



Make small changes that last.

5 SHARE



Pass what you learn to your family and community.



Key message

YOUR FUTURE HEALTH IS INFLUENCED BY WHAT YOU DO TODAY.

You cannot prevent every illness. But healthy food, regular physical activity, not smoking, good sleep, maintaining a healthy weight, looking after your mental health, vaccination, screening and appropriate medical care can greatly improve your chances of living a longer and healthier life.

You don't need to change everything today.

**START WITH ONE SMALL CHANGE.
Then another.**



*Small choices.
Healthier lives. Brighter futures.*



Knowledge today for a healthier tomorrow

2 Obesity

A GROWING PROBLEM, BUT CHANGE IS POSSIBLE

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What is obesity?

Obesity means having too much body fat, which can harm your health. It is usually measured using your Body Mass Index (BMI), but where fat is stored in your body also matters.

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m}^2\text{)}}$$

BMI categories for adults

Less than 18.5	Underweight
18.5 – 24.9	Healthy weight
25.0 – 29.9	Overweight
30.0 or more	Obesity



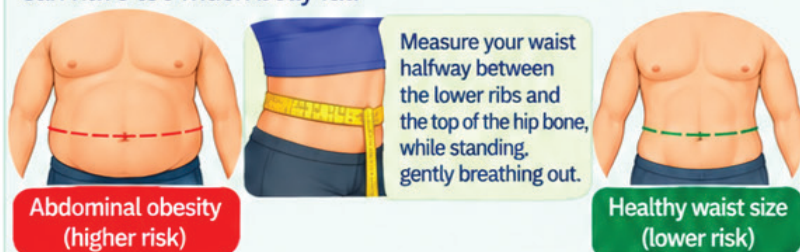
Why does obesity matter?

Obesity increases the risk of many serious health problems, including:



Where fat is stored also matters

Fat around the waist (abdominal obesity) is more harmful than fat around the hips. Even people with a “normal” BMI can have too much belly fat.



! Key message

Obesity is a major risk factor for many serious diseases, but it is preventable and treatable.

By choosing healthier food, being physically active and maintaining a healthy weight, you can live a longer, healthier and happier life.



Real life story



Saman, 48

Saman's weight was 78 kg and his height was 160 cm. His BMI was 30.5, but what worried his doctor most was his waist circumference of 102 cm, showing abdominal obesity.

With guidance, Saman improved his diet, started walking 30 minutes daily and reduced his waist to 80 cm over 8 months. He now has more energy and feels healthier.

“I didn't realise my waist size was a problem. Now I keep it below half my height.”

– Saman

A simple guide

Your waist should be less than half of your height.



As a general guide, keep your waist less than half of your height.

Small changes make a big difference



Knowledge today for a healthier tomorrow

2 Obesity

A GROWING PROBLEM, BUT CHANGE IS POSSIBLE

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What can you do to achieve and maintain a healthy weight?

These practical steps can help you lose weight, improve your health and keep the weight off.

1 Choose healthier food

Eat more vegetables, fruits, whole grains, beans, fish and lean meats. Limit sugary foods, refined grains and highly processed foods.



2 Be physically active

Aim for at least 150–300 minutes of moderate activity per week (e.g. brisk walking, cycling, swimming). Include strength exercises 2 or more days per week.



3 Manage portion sizes

Use smaller plates, be mindful of portion sizes and avoid going back for seconds.



4 Get enough sleep

Aim for 7–8 hours of quality sleep each night. Poor sleep can increase hunger hormones and lead to weight gain.



5 Manage stress

Long-term stress can lead to overeating. Try relaxation techniques such as deep breathing, meditation or spending time in nature.



6 Limit alcohol

Alcohol is high in calories and can increase appetite. If you drink, do so in moderation.



7 Seek support

Talk to your family, friends or a health professional. Support from others can help you stay motivated.



8 Set realistic goals

Aim for a gradual and sustainable weight loss of 5–10% of your body weight. Even a small amount of weight loss can significantly improve your health.



9 Monitor your progress

Keep track of your weight, healthy habits and how you feel. Celebrate your achievements along the way.



10 Get professional advice when needed

If you are struggling to lose weight or have health complications, seek advice from your doctor or a dietitian. There are effective treatments and programs available.



When to seek medical advice

Seek medical advice if you have:



Shortness of breath



Joint pain that limits activity



Persistent tiredness



High blood sugar or other health concerns



Key message

A healthier weight leads to a healthier, longer and happier life.

You don't have to be perfect. Small, consistent changes to your diet, physical activity, sleep and stress management can make a big difference. Seek support when needed and take the first step today – your future self will thank you.

*Healthier choices today,
a brighter tomorrow.*



Knowledge today for a healthier tomorrow

3

Heart Attack

EVERY MINUTE MATTERS

Happy Healthy Human

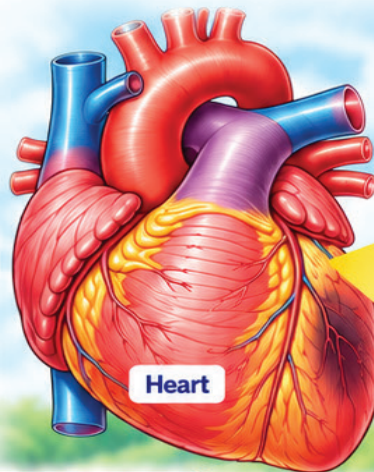
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What is a heart attack?

A heart attack happens when blood flow to part of the heart muscle is suddenly blocked.

Without enough blood and oxygen, the heart muscle begins to become damaged.

Urgent treatment can save heart muscle – and save your life.

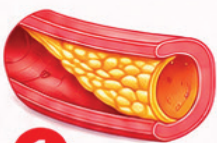


A healthy heart keeps you moving forward



Blocked artery in a heart attack

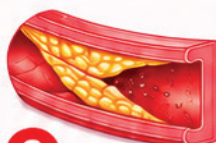
What happens inside your heart?



1

Plaque builds up

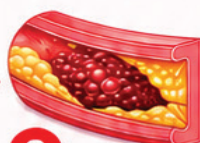
Fatty deposits gradually build up inside an artery supplying the heart.



2

The plaque ruptures

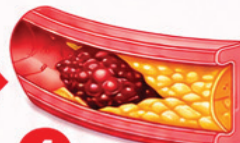
The surface of the plaque can suddenly break open.



3

A blood clot forms

A clot develops around the damaged plaque.



4

The artery becomes blocked

Blood and oxygen cannot reach part of the heart muscle.



5

Heart muscle dies

The affected part of the heart muscle begins to die.

Recognise the warning signs



Chest pain, pressure, tightness or heaviness



Pain or discomfort spreading to the arm(s), shoulder, neck, jaw or back



Shortness of breath



Cold sweating



Nausea or vomiting



Dizziness, weakness or feeling faint



Symptoms are not always typical.

Some people – particularly women, older adults and people with diabetes – may have less obvious symptoms.

What should you do?



Think HEART ATTACK → ACT FAST

Call your local emergency number immediately.

Do not wait to see whether the symptoms disappear.



FAST ACTION SAVES LIVES



**Key message
TIME IS HEART MUSCLE**

The sooner blood flow is restored, the more heart muscle can be saved.

Never delay seeking emergency help for a suspected heart attack.



Knowledge today for a healthier tomorrow

3

Heart Attack

PROTECT YOUR HEART

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What can you do to reduce your risk?

A heart attack may happen suddenly, but the disease that causes it often develops silently over many years. These steps can help protect your heart and keep you healthier for longer.

*Healthy choices
today, a brighter
tomorrow.* 

1 Eat for a healthy heart



Choose plenty of vegetables, fruits, whole grains, legumes, nuts and other healthy foods.

2 Be physically active



Aim for at least 150–300 minutes of moderate activity each week, or an appropriate equivalent.

3 Maintain a healthy weight



Keep your weight and waist circumference in a healthy range. This reduces cardiovascular risk.

4 Don't smoke



Smoking is a major preventable cause of heart disease.

5 Limit alcohol



Avoid excessive alcohol consumption. If you drink, do so in moderation.

6 Get enough sleep



Aim for 7–8 hours of good-quality sleep each night.

7 Know your blood pressure



High blood pressure can damage your arteries without causing symptoms.

8 Know your blood sugar



Prevent or control diabetes.

9 Know your cholesterol



High LDL cholesterol contributes to plaque formation in arteries. Have your cholesterol checked regularly.

10 Take prescribed medicines correctly



If you have high blood pressure, diabetes, high cholesterol or heart disease, take medicines as advised and attend regular medical reviews.

Know your numbers

Many important risk factors cause no symptoms.



Blood pressure

Blood sugar

Cholesterol

Weight & waist

Check regularly and discuss your results with a healthcare professional.



Key message

A heart attack can happen suddenly – but prevention starts years earlier.

Healthy food, regular physical activity, not smoking, maintaining a healthy weight and controlling blood pressure, blood sugar and cholesterol can substantially reduce your risk.

*A healthier heart
for a longer, brighter life.* 



Knowledge today for a healthier tomorrow

4

Type 2 Diabetes

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HIGH BLOOD SUGAR CAN SILENTLY DAMAGE YOUR BODY

What is type 2 diabetes?

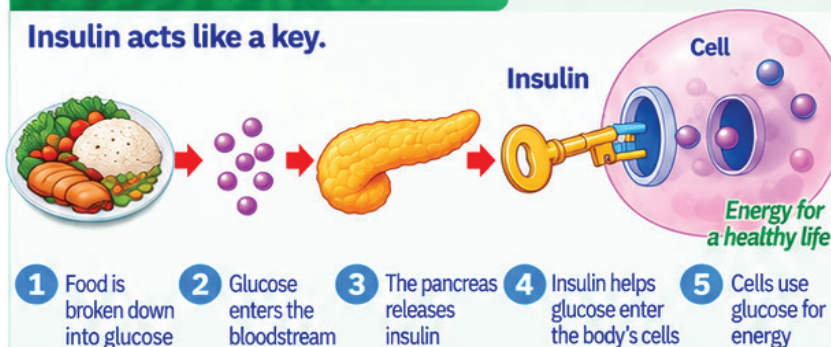
Type 2 diabetes is a long-term condition in which the level of glucose (sugar) in the blood becomes too high.

This usually happens because the body does not respond properly to insulin and, over time, may not make enough insulin to keep blood glucose within a healthy range.

Type 2 diabetes can develop slowly and you may feel well for many years.

What does insulin do?

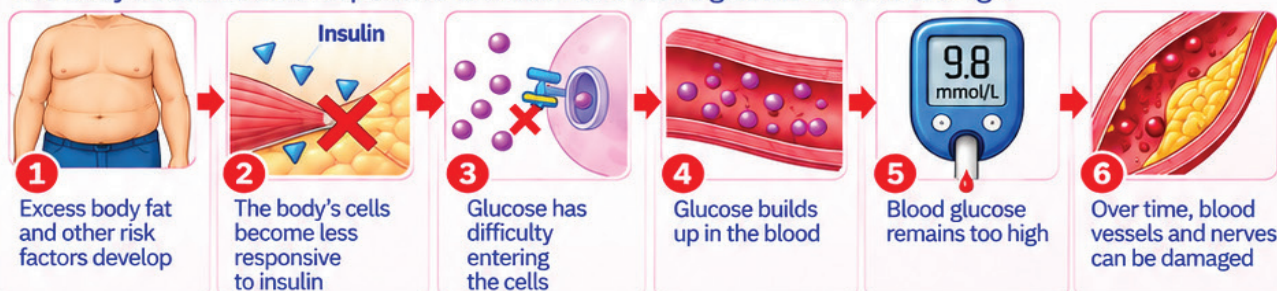
Insulin acts like a key.



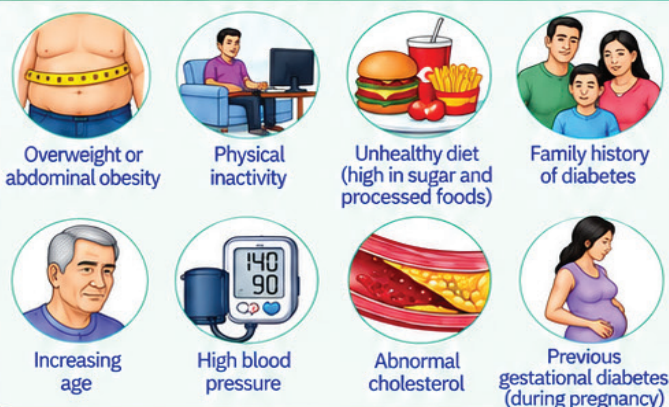
- 1 Food is broken down into glucose
- 2 Glucose enters the bloodstream
- 3 The pancreas releases insulin
- 4 Insulin helps glucose enter the body's cells
- 5 Cells use glucose for energy

What happens in type 2 diabetes?

The body becomes less responsive to insulin and blood glucose remains too high.



What increases your risk?



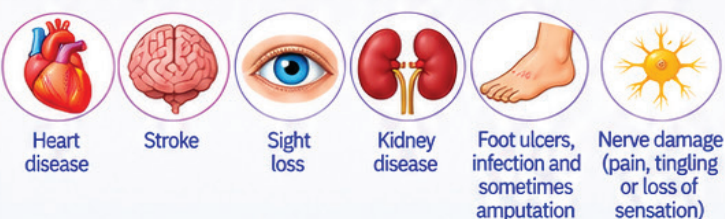
Symptoms to recognise

Type 2 diabetes can develop without obvious symptoms. When symptoms occur, they may include:



Why does diabetes matter?

Over time, high blood glucose can damage many parts of the body:



Key message

TYPE 2 DIABETES CAN DAMAGE YOUR BODY SILENTLY.

You may feel completely well while your blood glucose is high.

Know your risk. Get tested when appropriate. Act early.

Early action can protect your heart, brain, kidneys, eyes and feet.



Knowledge today for a healthier tomorrow

4

Type 2 Diabetes

PREVENT IT. CONTROL IT. PROTECT YOUR BODY.

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What can you do?

A healthy lifestyle can help prevent or delay type 2 diabetes and is also an important part of controlling diabetes once it develops. These steps can help you live a longer, healthier and happier life.

1 Choose healthier food



Eat plenty of vegetables, fruits, whole grains, legumes, nuts, fish and other minimally processed foods.

2 Be physically active



Aim for at least 150–300 minutes of moderate physical activity each week, or an appropriate equivalent.

3 Maintain a healthy weight and waist



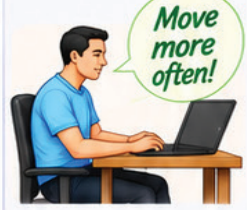
If you are overweight, even modest weight loss can improve blood glucose and reduce your risk.

4 Limit sugary drinks and processed foods



Choose water instead of sugary drinks and reduce foods high in added sugar and refined carbohydrates.

5 Sit less



Break up long periods of sitting and move regularly throughout the day.

6 Get enough sleep



Aim for 7–8 hours of good-quality sleep each night.

7 Don't smoke



Smoking substantially increases cardiovascular risk, which is already higher in people with diabetes.

8 Know your blood glucose



If you are at increased risk, ask your healthcare professional whether you should be tested.

9 Control blood pressure and cholesterol



Keeping your blood pressure and cholesterol in a healthy range protects your heart and blood vessels.

10 Take prescribed medicines correctly



If you have diabetes, take your medicines as advised and attend regular health reviews.



Real-life story



Priya, 52

Priya felt well and had no obvious symptoms. During a routine health check, tests showed that her blood glucose was high and she had type 2 diabetes.

She changed her diet, began walking every day, lost some excess weight and followed the treatment recommended by her doctor.

Over the following months, her blood glucose improved.

"Finding diabetes early gave me the opportunity to protect my future health."

– Priya

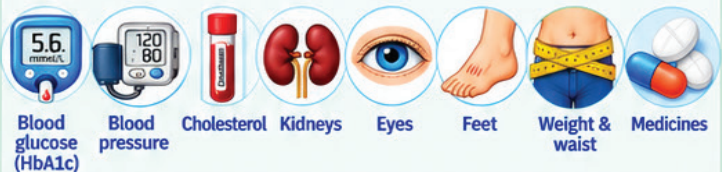


Seek medical advice

Seek medical advice if you have symptoms of diabetes, are at increased risk, or have concerns about your blood glucose. Early detection and treatment can prevent serious complications.

If you have diabetes – protect your whole body

Good diabetes care is about more than just lowering blood glucose. Keep check on the following:



Attend your regular reviews even when you feel well.



Key message

CONTROL DIABETES – PROTECT YOUR WHOLE BODY.

Healthy food, regular physical activity, maintaining a healthy weight, not smoking and controlling blood glucose, blood pressure and cholesterol can help protect your heart, brain, kidneys, eyes and feet.

Small choices today can prevent big complications tomorrow.



A healthier mind brighter tomorrows.



Knowledge today for a healthier tomorrow

5 Depression

MORE THAN JUST FEELING SAD

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What is depression?

Everyone feels sad or low sometimes.

Depression is different. It is a health condition in which persistent low mood and/or loss of interest or enjoyment lasts for at least two weeks and interferes with everyday life.

It can affect how you:



**Depression is treatable.
Recovery is possible.**



What can contribute to depression?

There is usually no single cause. Several factors may contribute:



Signs to recognise

Depression can look different in different people. Some common signs include:



Why does depression matter?

Without appropriate help, depression can affect many areas of life:



Depression can make it harder to enjoy life, achieve your goals and maintain good physical health. But with the right support, people can and do recover.



Key message

**DEPRESSION IS NOT A WEAKNESS.
IT IS A TREATABLE HEALTH CONDITION.**

If persistent sadness, loss of interest or other changes are affecting your everyday life:

- Talk to someone you trust.
- Seek professional help.
- You can feel better.

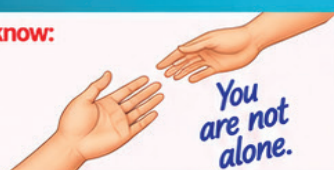


Early action can protect your future and improve your quality of life.

When to get urgent help

GET URGENT HELP if you or someone you know:

- Is thinking about suicide or self-harm
- Has made plans to end their life
- Has seriously harmed themselves
- Is in immediate danger



Stay with the person and seek emergency help immediately.

Call your local emergency service or crisis support service.



Knowledge today for a healthier tomorrow

5

Depression

SUPPORT YOUR MIND. SEEK HELP EARLY.

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What can help protect your mental health and support recovery?

These steps can help prevent depression and are also important if you are already experiencing depression.

1 Stay connected



Spend time with family, friends and people you trust.

2 Talk about how you feel



Sharing what you are experiencing can be an important first step.

3 Be physically active



Regular physical activity can support both physical and mental health.

4 Protect your sleep



Keep a regular sleep routine and aim for sufficient good-quality sleep.

5 Eat well



Choose a balanced, nutritious diet.

6 Manage stress



Try relaxation, mindfulness, meditation, time in nature or other activities that help you unwind.

7 Do things that matter to you



Music, reading, hobbies, creativity, volunteering and enjoyable activities can help maintain connection and purpose.

8 Avoid harmful coping strategies



Avoid smoking, drugs and excessive alcohol. These can make depression worse.

9 Seek professional help when needed



A doctor or mental health professional can assess your symptoms and discuss appropriate support and treatment.

10 Follow your treatment plan



Treatment may include psychological therapies, lifestyle support and, for some people, medicines.

Real-life story



Daniel, 28

Daniel had a demanding job and was going through difficulties in his personal life. Over several weeks, he became increasingly sad and exhausted. He stopped enjoying things he normally liked, slept poorly and began avoiding his friends.

Eventually, Daniel told a close friend how he was feeling. His friend encouraged him to seek professional help.

With appropriate treatment, healthier routines and support from family and friends, Daniel gradually began to feel like himself again.

"Asking for help was the first step towards feeling like myself again."

– Daniel

When to get urgent help

GET URGENT HELP if you or someone you know:

- Is thinking about suicide or self-harm
- Has made plans to end their life
- Has seriously harmed themselves
- Is in immediate danger



Stay with the person and seek emergency help immediately. Call your local emergency service or crisis support service.



Key message

YOU DON'T HAVE TO FACE DEPRESSION ALONE.

Depression can affect anyone.

Early recognition, human connection and appropriate treatment can make a real difference.

Asking for help is a sign of taking care of your health.

There is hope. Recovery is possible. ❤️

A healthier mind brighter tomorrows.



Knowledge today for a healthier tomorrow

6 Anxiety

WHEN WORRY STARTS TO TAKE OVER

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What is anxiety?

Feeling anxious or worried sometimes is a normal response to stress, uncertainty or danger.

But when anxiety becomes excessive, difficult to control, lasts for a long time or interferes with everyday life, it may be an anxiety disorder.

Anxiety is common and treatable.



*A calmer mind
a brighter tomorrow.*

Your body's alarm system

When your brain senses danger, it switches on your body's alarm system.

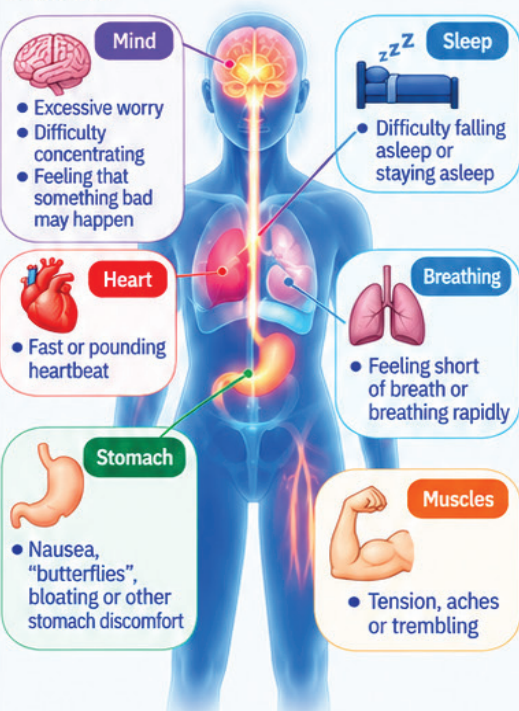
- 1 The brain detects a possible threat
- 2 Stress hormones are released
- 3 Your heart beats faster
- 4 Your breathing becomes faster
- 5 Your muscles tighten
- 6 Your body becomes ready to respond

This response can protect you when danger is real.

With anxiety, the alarm may remain switched on even when there is no immediate danger.

What can anxiety feel like?

Anxiety can affect many parts of your body and mind.



Other signs to recognise

- Feeling restless or on edge
- Constantly expecting something to go wrong
- Sweating
- Feeling dizzy or light-headed
- Avoiding situations because they make you anxious
- Feeling tired because worry interferes with sleep

When does normal worry become a problem?

Normal anxiety

- ✓ Usually linked to a situation
- ✓ Comes and goes
- ✓ Can help you prepare or respond
- ✓ Settles when the situation passes

Anxiety may need help when

- 1 Worry feels excessive
- 2 It is difficult to control
- 3 It persists
- 4 You avoid everyday situations
- 5 Sleep, school, work or relationships are affected

Why does anxiety matter?

If persistent or severe, anxiety can affect many areas of life:



Anxiety can make it harder to enjoy life and achieve your goals. But with the right support, people can and do recover.



Key message

ANXIETY IS COMMON – AND IT CAN BE TREATED.

Your body's alarm system is designed to protect you. But when worry becomes overwhelming or begins interfering with everyday life:

- **Talk to someone.**
- **Seek help early.**
- **With the right support, you can feel calm and in control again.**

*A calmer mind
is possible.*



Knowledge today for a healthier tomorrow

6 Anxiety

CALM YOUR MIND. TAKE BACK CONTROL.

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What can help?

These steps can help reduce anxiety, protect your mental health and support your recovery.

1 Slow your breathing  Breathe in for 4 seconds Hold for 2 seconds Breathe out for 6 seconds When anxiety rises, breathe slowly and gently. Repeat a few times.	2 Learn to relax  Try mindfulness, meditation, yoga or another relaxation technique that works for you.	3 Be physically active  Regular physical activity can reduce tension, lower stress hormones and improve your mental wellbeing.	4 Protect your sleep  Keep regular sleep and waking times and aim for sufficient good-quality sleep.	5 Stay connected  Spend time with family, friends and people you trust. You are not alone.
6 Talk about your worries  Sharing how you feel with someone you trust can make anxiety easier to manage.	7 Watch your caffeine  Large amounts of caffeine can make some people feel more anxious, restless or shaky.	8 Avoid harmful coping strategies  Avoid smoking, drugs and excessive alcohol. These can increase anxiety and make it harder to cope.	9 Face fears gradually  Repeatedly avoiding situations can keep anxiety going. With appropriate support, gradually facing feared situations can help reduce anxiety over time.	10 Seek professional help when needed  A doctor or mental health professional can assess your symptoms and discuss effective treatment, including psychological therapies and, when appropriate, medicines.

Real-life story

Maya, 23

Maya was a university student who constantly worried about her studies, examinations and future. Over time, she began having a racing heart, difficulty breathing, poor sleep and trouble concentrating. She started avoiding situations that made her anxious. Eventually, Maya sought professional help. She learned ways to manage her thoughts and breathing, became physically active and gradually faced situations she had been avoiding. With support from her friends and appropriate treatment, her anxiety became much easier to manage.

"I learned that anxiety didn't have to control my life." – Maya

When anxiety suddenly feels overwhelming

Try this now: STOP • BREATHE • GROUND

- 1 Pause** – take a moment.
- 2 Breathe slowly** – in through your nose, out through your mouth.
- 3 Notice what is around you** – look, listen, feel where you are.
- 4 Feel your feet on the ground.**
- 5 Remind yourself:** "This feeling will pass."

*Breathe
You are safe
This feeling will pass.*

When to get urgent help

Seek urgent help if you or someone you know:

- is thinking about suicide or self-harm
- has made plans to end their life
- has seriously harmed themselves
- is in immediate danger

Stay with the person and seek emergency help immediately. Call your local emergency service or crisis support service.

*Reach out.
Help is available.*

Key message

YOU CAN LEARN TO CONTROL ANXIETY — RATHER THAN LETTING ANXIETY CONTROL YOU.

Healthy routines, physical activity, good sleep, relaxation, social connection and appropriate support can all help.

Small steps can bring your mind and body back towards calm.

A healthier tomorrow starts today.



Knowledge today for a healthier tomorrow

SECTION - 11

7

Bowel Cancer

FIND IT EARLY – BEFORE IT BECOMES DANGEROUS

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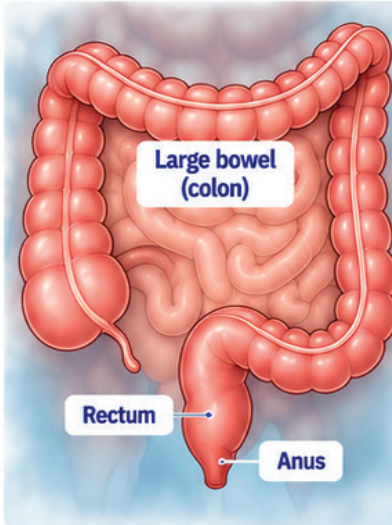
What is bowel cancer?

Bowel cancer develops when abnormal cells grow uncontrollably in the large bowel (colon) or rectum.

Many bowel cancers begin as a small growth called a polyp on the inner lining of the bowel.

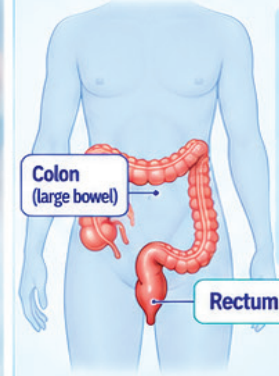
Most polyps do not become cancer, but some can gradually develop into cancer over time.

Bowel cancer is common, but it can often be prevented or treated successfully, especially when found early.



Where can bowel cancer develop?

Bowel cancer can develop in any part of the large bowel (colon) or rectum.

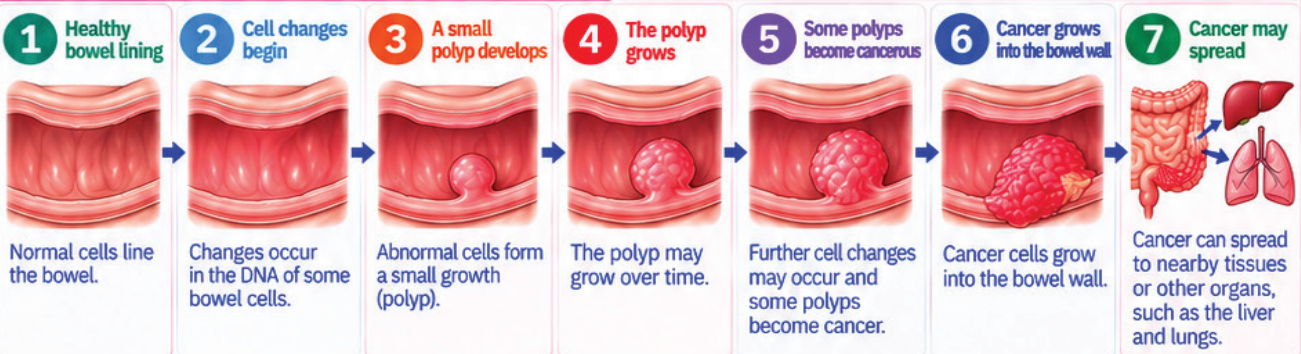


The large bowel absorbs water from food and forms stool.

Bowel cancer can develop in the colon or rectum.

How can bowel cancer develop?

Many bowel cancers develop slowly over several years.



What increases your risk?

- Increasing age (risk is higher from 50 years)
- Family history of bowel cancer or polyps
- Eating a lot of red and processed meat
- Physical inactivity (sedentary lifestyle)
- Overweight or abdominal obesity
- Smoking
- Excessive alcohol consumption

Signs to recognise

- Blood in your stool (looks red or dark)
- A persistent change in bowel habits (e.g. diarrhoea, constipation or narrower stools)
- Abdominal pain or discomfort
- Unusual tiredness (possible anaemia)
- Unexplained weight loss

EARLY BOWEL CANCER MAY CAUSE NO SYMPTOMS.
That's why screening is important even when you feel well.

Why does bowel cancer matter?

If not detected and treated, bowel cancer can cause:

- Bowel obstruction (blockage)
- Bleeding
- Anaemia (low blood count)
- Spread to other organs (e.g. liver, lungs)
- Serious illness and reduced quality of life
- Loss of life

Key message
BOWEL CANCER CAN GROW SILENTLY.
You do not need symptoms to have early bowel cancer.
Screening can find bowel cancer — or changes that may lead to cancer — before you feel unwell.
Early detection can save lives.



Knowledge today for a healthier tomorrow

7

Bowel Cancer

PREVENT IT. SCREEN FOR IT. FIND IT EARLY.

Happy Healthy Human

Specialist Recommendations
for a Healthier Life

What can you do to reduce your risk?

These steps can help prevent bowel cancer and support your overall health.

1 Eat plenty of fibre-rich foods



Choose vegetables, fruits, legumes and whole grains regularly.

2 Limit processed and red meat



Reduce processed meats and avoid eating excessive amounts of red meat.

3 Be physically active



Move regularly and reduce long periods of sitting.

4 Maintain a healthy weight and waist



A healthy body weight and waist size can reduce your risk of bowel cancer and many other diseases.

5 Don't smoke



Avoid smoking and tobacco exposure.

6 Limit alcohol



Avoid excessive alcohol consumption.

7 Choose nutritious whole foods



Build most meals around minimally processed foods.

8 Know what is normal for you



Do not ignore persistent changes in your bowel habits or blood in your stool.

9 Participate in bowel cancer screening



Screening can detect hidden blood or other early signs before symptoms appear. Follow the screening recommendations for your country, age and individual risk.

10 Know your family history



If close relatives have had bowel cancer or significant polyps, discuss your individual screening needs with a healthcare professional.

Real-life story



Raj, 54

Raj felt completely well. His father had developed bowel cancer at the age of 54, so Raj discussed his family history with his doctor.

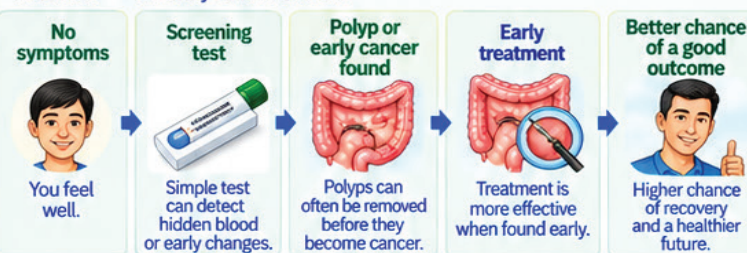
He was advised to have a colonoscopy. Several polyps were found and removed. Examination of one showed early abnormal changes.

Raj continued with the recommended follow-up.

"I had no symptoms. Getting checked early may have changed my future." – Raj

Why screening works

Screening can find bowel cancer — or changes that may lead to cancer — before you feel unwell.



When to seek medical advice

See a healthcare professional if you have:

- Blood in your stool (red or dark)
- A persistent change in bowel habits (e.g. diarrhoea, constipation or narrower stools)
- Persistent abdominal pain or discomfort
- Unexplained tiredness or anaemia
- Unexplained weight loss

Don't wait for your next screening test if you have symptoms.



Key message

DON'T WAIT FOR BOWEL CANCER TO CAUSE SYMPTOMS.

Healthy food, physical activity, maintaining a healthy weight, not smoking and limiting alcohol can help reduce your risk. But screening adds something lifestyle alone cannot: the opportunity to find disease before you know it is there.

SCREEN. DETECT. TREAT EARLY. Finding bowel cancer early can save a life.

A healthier tomorrow starts today.



Knowledge today for a healthier tomorrow

8

Osteoporosis

WEAK BONES CAN BREAK EASILY

Happy Healthy Human
Specialist Recommendations
for a Healthier Life

What is osteoporosis?

Osteoporosis is a condition in which bones become less dense and weaker, making them more likely to break.

Bone is living tissue. Throughout life, old bone is continuously removed and new bone is formed.

As we get older, we may begin to lose bone faster than we replace it. This can gradually weaken the skeleton.

Osteoporosis is common, especially in older people, and it can be prevented and treated.

Healthy bone vs Osteoporosis



Healthy bone

- ✓ Dense internal structure
- ✓ Stronger and more resilient
- ✓ Less likely to break

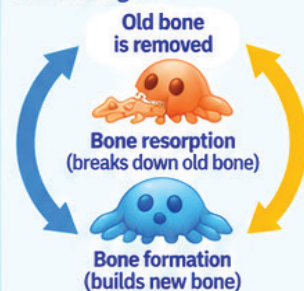


Osteoporosis

- ✗ Thinner, more porous structure
- ✗ Weaker and more fragile
- ✗ Breaks more easily

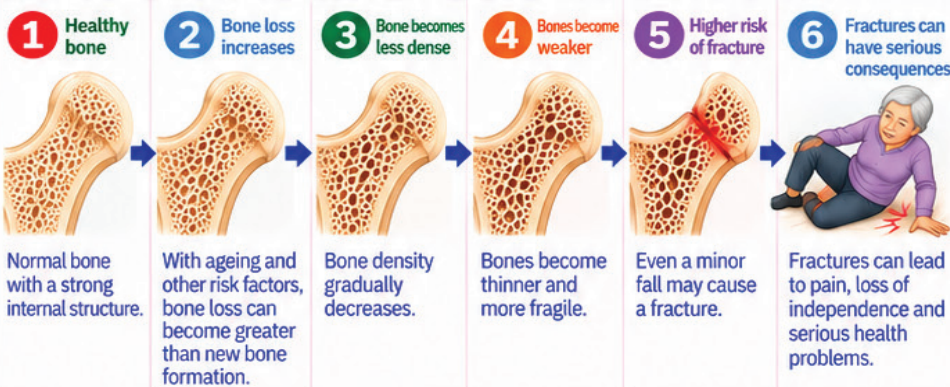
Bone is a living tissue

Old bone is continuously removed and new bone is formed in a process called **bone remodelling**.



Normally these processes remain balanced. In osteoporosis, bone loss becomes greater than new bone formation.

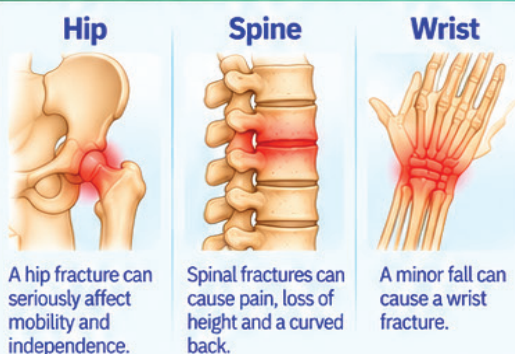
How can osteoporosis develop?



What increases your risk?

- Increasing age
- Menopause (lower oestrogen levels)
- Family history of osteoporosis or fractures
- Not getting enough calcium
- Low vitamin D
- Physical inactivity (sedentary lifestyle)
- Low body weight
- Smoking
- Excessive alcohol consumption
- Long-term use of certain medicines (e.g. steroids)

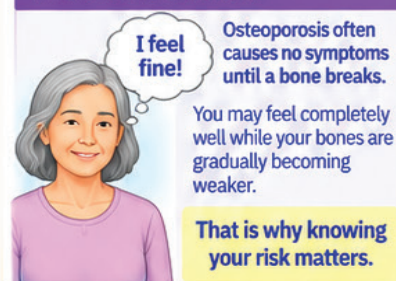
Where do fractures commonly occur?



What can osteoporosis lead to?

- Broken bones (fractures)
- Loss of height
- Stooped or curved posture
- Difficulty walking
- Loss of independence
- Serious health problems after major fractures
- Reduced quality of life and, in some cases, loss of life

The silent disease



Key message

OSTEOPOROSIS CAN DEVELOP SILENTLY.

You may not know your bones are becoming weaker until you have a fracture.

Build strong bones early. Protect them throughout life.

Know your risk and seek medical advice when appropriate.

*Strong bones
for a brighter
tomorrow.*



Knowledge today for a healthier tomorrow

8 Osteoporosis

BUILD STRONG BONES. PREVENT FALLS.

Happy Healthy Human
Specialist Recommendations
for a Healthier Life

What can you do to protect your bones?

These steps can help build and maintain strong bones and reduce your risk of fractures.

1 Get enough calcium  - Choose calcium-rich foods such as dairy products, leafy green vegetables, fish with bones, nuts and calcium-fortified alternatives. - Aim for adequate calcium in your daily diet.	2 Get enough vitamin D  - Vitamin D helps your body absorb calcium and keep your bones strong. - Get sensible sunlight exposure, eat vitamin D rich foods (e.g. oily fish, eggs) and take supplements if recommended.	3 Do weight-bearing exercise  - Activities such as walking, stair climbing, dancing and tennis help build and maintain bone strength. - Aim for at least 30 minutes on most days.	4 Strengthen your muscles  - Strength and resistance exercises improve muscle strength, balance and bone health. - Examples include weights, resistance bands or bodyweight exercises.	5 Maintain a healthy weight  - Being underweight increases the risk of osteoporosis. - Aim for a healthy body weight and waist size.
6 Don't smoke  - Smoking damages bone health and increases the risk of fractures. - Seek support to quit if needed.	7 Limit alcohol  - Excessive alcohol can weaken bones and increase the risk of falls and fractures. - Keep within low-risk guidelines.	8 Know your risk  Discuss your risk with a healthcare professional, especially if you are over 50, postmenopausal or have a family history of osteoporosis or fractures.	9 Get your bones assessed  - A bone density test (DEXA scan) can assess your bone health. - Your doctor can advise if and when you should be tested based on your age and risk factors.	10 Take prescribed treatment correctly  - If you have osteoporosis, medicines can help reduce your risk of fractures. - Take your treatment as prescribed and discuss any concerns with your doctor.



Real-life story



Maria, 67

Maria slipped and fell at home. It seemed like a minor fall, but she fractured her wrist. Further assessment showed that she had osteoporosis. With medical advice, Maria improved her calcium and vitamin D intake, started regular walking and strength exercises, and made changes around her home to reduce her risk of falling. Now she feels stronger and more confident, and continues to enjoy an active life.

"My fracture was a warning, Now I protect my bones every day." – Maria

Make your home safer to prevent falls

A safer home can reduce your risk of falling.



Wear safe, supportive footwear



Keep your home well lit



Remove trip hazards (e.g. loose rugs, clutter)



Use handrails and non-slip mats in the bathroom



Have your vision checked regularly



Take care on stairs (use handrails)



A fracture after a minor fall matters

Seek medical advice if you:

- Break a bone after a minor fall or relatively small injury
- Have unexplained back pain
- Notice loss of height
- Develop a stooped posture
- Have repeated fractures

Don't ignore fractures – get checked!



Key message

STRONG BONES + STRONG MUSCLES + FEWER FALLS = FEWER FRACTURES.

Healthy food, sufficient calcium and vitamin D, regular exercise, not smoking, limiting alcohol and reducing falls can help protect your bones. Your bones need looking after throughout life — not just when you get older.

Build them. Strengthen them. Protect them.

Healthy bones for a brighter tomorrow.



Knowledge today for a healthier tomorrow

9

Pneumonia

A LUNG INFECTION THAT CAN BECOME SERIOUS

Happy Healthy Human

Specialist Recommendations
for a Healthier Life

What is pneumonia?

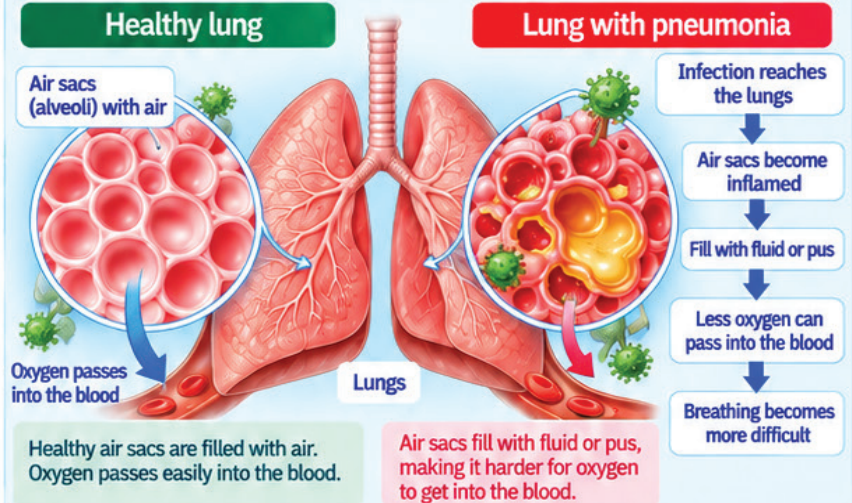
Pneumonia is an infection of the lungs. It causes inflammation in the tiny air sacs called alveoli, which may fill with fluid or pus.

This makes it harder for oxygen to move from the lungs into the blood.

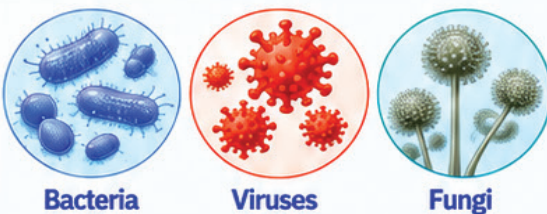
Pneumonia can affect anyone, but it can be particularly serious in young children, older adults and people with certain health conditions.

Pneumonia is common, but it can be serious, especially in young children, older adults and people at higher risk.

What happens inside your lungs?



What can cause pneumonia?



Different infections can cause pneumonia, and the appropriate treatment depends on the cause and the person affected.

Signs and symptoms to recognise

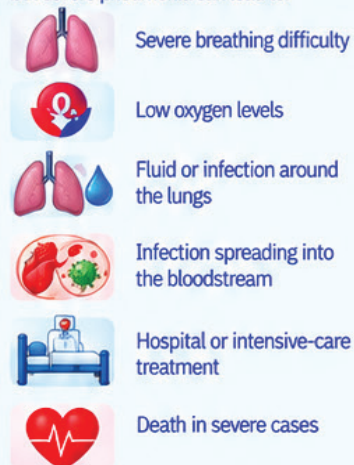


Who is more likely to become seriously unwell?



Why does pneumonia matter?

Most people recover with appropriate care, but severe pneumonia can lead to:



When to get urgent medical help

Seek urgent medical attention for:

- Severe difficulty breathing
- Blue or grey lips or skin
- New confusion or unusual drowsiness
- Severe or worsening chest pain
- Rapid deterioration or becoming seriously unwell



For children, seek urgent help if they have severe breathing difficulty, unusual sleepiness or difficulty waking.



Key message

PNEUMONIA CAN BECOME SERIOUS QUICKLY.

Recognise worsening breathing difficulty and other warning signs.

Seek medical care early – particularly for babies, older adults and people at higher risk.

Healthy lungs, healthier lives.



Knowledge today for a healthier tomorrow

9

Pneumonia

PROTECT YOUR LUNGS. PREVENT INFECTION.

Happy Healthy Human

Specialist Recommendations
for a Healthier Life

What can you do to reduce your risk?

These steps can help prevent pneumonia and support your overall health.

1 Keep vaccinations up to date



Recommended vaccines can protect against some important causes of pneumonia. Follow the recommendations for your age, health and country.

2 Wash your hands regularly



Wash your hands with soap and water, particularly after coughing, sneezing and being in public places.

3 Cover coughs and sneezes



Use a tissue or your elbow. Dispose of used tissues appropriately.

4 Don't smoke



Smoking damages the lungs' natural defences and increases the risk of pneumonia and other respiratory infections.

5 Reduce harmful smoke exposure



Avoid second-hand smoke and other harmful indoor smoke (e.g. cooking fuels) where possible.

6 Eat a balanced diet



Good nutrition supports your immune system and overall health.

7 Stay physically active



Regular physical activity helps keep your lungs and immune system healthy.

8 Get enough sleep



Good-quality sleep helps your body fight infections and recover when unwell.

9 Manage chronic diseases



Good control of diabetes, heart disease, lung disease (e.g. asthma, COPD) and other long-term conditions can reduce your risk of severe pneumonia.

10 Seek medical advice when needed



Don't ignore worsening fever, cough, breathing difficulty or significant deterioration. Early assessment and treatment can prevent serious complications.

Real-life story



Amina, 70

Amina developed a cough and fever and thought it was just a cold.

Over the next two days, she became increasingly tired and short of breath. Her daughter noticed that she seemed unusually confused and arranged urgent medical assessment.

Tests showed that she had pneumonia and low oxygen levels. She received appropriate treatment and recovered.

"I thought it was just a cough. I'm glad my family recognised it early and got me help."

— Amina

Vaccination can protect more than your lungs

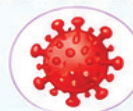
Depending on your age, health conditions and local recommendations, vaccination may protect against infections that can cause pneumonia, including:



Pneumococcal disease



Influenza (flu)



COVID-19



Other vaccine-preventable (e.g. measles, whooping cough)

Vaccination recommendations vary between countries.

Talk to your healthcare professional about which vaccines are right for you.

Protect people around you

If you have a respiratory infection:



Stay home when appropriate



Cover coughs and sneezes



Wash your hands



Improve ventilation where possible

Take extra care around babies, older people and those with chronic health conditions.

! Don't wait if breathing becomes difficult

Seek urgent help for:

- Severe or rapidly worsening breathlessness
- Blue or grey lips or skin
- New confusion or extreme drowsiness
- Severe chest pain
- Rapid deterioration or becoming seriously unwell



For children, seek urgent help if they have severe breathing difficulty, unusual sleepiness or difficulty waking.



Key message

PREVENT INFECTION. PROTECT YOUR LUNGS. ACT EARLY.

Vaccination, hand hygiene, avoiding smoking, good nutrition, regular exercise and managing chronic diseases can reduce your risk. When pneumonia occurs, recognising deterioration and seeking medical care early can save a life.

*Breathe well.
Live well.*



Knowledge today for a healthier tomorrow

What is chronic kidney disease?

Chronic kidney disease (CKD) is a long-term condition in which the kidneys become damaged and gradually lose their ability to work properly.

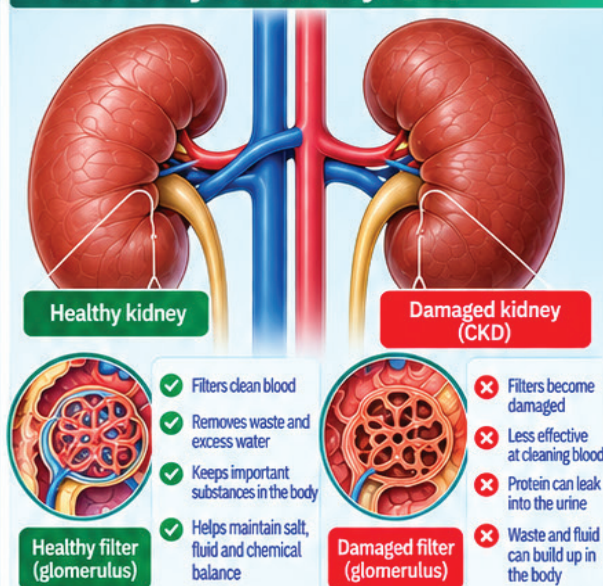
Your kidneys normally:

- filter your blood
- remove waste products
- remove excess water
- help maintain the body's fluid and chemical balance.

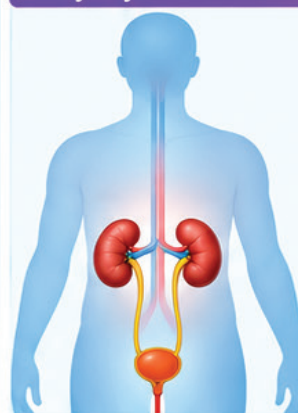
When kidney function declines, waste and excess fluid can build up in the body.

CKD can develop slowly over many years and often causes no symptoms in early stages.

What do your kidneys do?

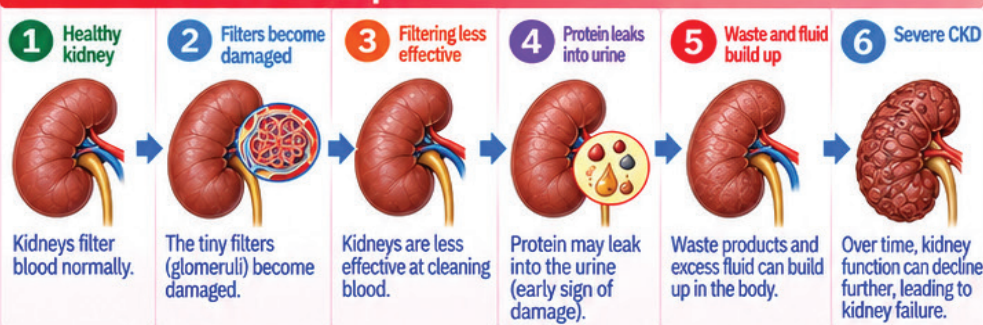


Your kidneys work hard every day

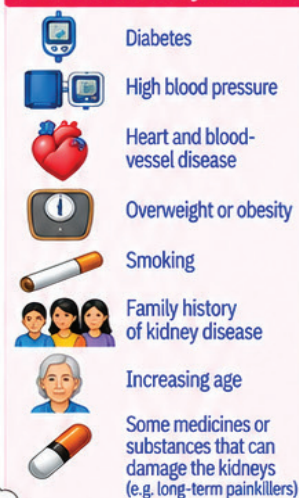


Each day, your kidneys filter about **150–200 litres** of blood, removing waste and excess water to make **1–2 litres** of urine.

How does CKD develop?



What increases your risk?

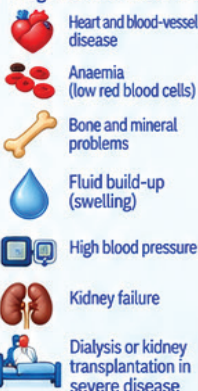


Symptoms can appear as CKD becomes more advanced



Why does CKD matter?

Progressive CKD can lead to:



The silent disease



Blood and urine tests can detect kidney problems before you feel unwell.

Early CKD often causes no symptoms. You can feel completely well while your kidneys are gradually becoming damaged.



Key message

DON'T WAIT FOR YOUR KIDNEYS TO CAUSE SYMPTOMS.

CKD can develop silently. If you have diabetes, high blood pressure or other important risk factors, ask whether your kidneys should be checked. Early detection can help protect kidney function for longer.

Protect your kidneys today – they work for you every day.



Chronic Kidney Disease (CKD)

PROTECT YOUR KIDNEYS. SLOW THE DAMAGE.

Happy Healthy Human
Specialist Recommendations
for a Healthier Life

What can you do to protect your kidneys?

These steps can help slow kidney damage and keep your kidneys working for longer.

1 Control your blood sugar



If you have diabetes, keeping your blood glucose within the target range can help protect your kidneys.

2 Control your blood pressure



High blood pressure can damage the tiny blood vessels in the kidneys. Keep your blood pressure within the target range.

3 Eat a healthy diet



Choose plenty of vegetables, fruits, whole grains and healthy proteins. Limit highly processed foods, saturated fats and sugary foods and drinks.

4 Don't eat too much salt



Too much salt can increase blood pressure and cause fluid build-up. Use less salt in cooking and avoid high-salt processed foods.

5 Be physically active



Regular physical activity helps maintain healthy blood pressure, blood sugar, body weight and overall health.

6 Maintain a healthy weight and waist



A healthy weight reduces the risk of diabetes, high blood pressure and kidney disease.

7 Don't smoke



Smoking damages blood vessels, including those in the kidneys, and increases the risk of kidney and heart disease.

8 Be careful with medicines



Some medicines (e.g. certain painkillers, herbal remedies and contrast dyes) can harm the kidneys, especially if used long-term or in high doses. Always use medicines as advised and ask your doctor if you are unsure.

9 Avoid dehydration



Drink enough fluid for your circumstances, especially during hot weather, exercise or when unwell. (If you have advanced kidney disease or heart failure, your doctor may give you individual advice about fluid intake).

10 Get your kidneys checked



If you are at increased risk (e.g. diabetes, high blood pressure, family history), ask your doctor whether you should have blood and urine tests to check your kidney health.

Two simple tests can tell us a lot

Kidney problems can often be detected before you feel unwell.

Blood test (eGFR)



Estimates how well your kidneys are filtering your blood.

Urine test (albumin / protein)



Can detect abnormal leakage of protein from damaged kidneys.

These tests are simple, and can help find kidney problems early.

Real-life story

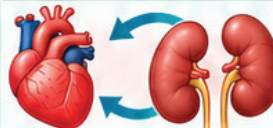


Samuel, 58

Samuel had type 2 diabetes and high blood pressure but felt completely well. During a routine health check, blood and urine tests showed that his kidneys were beginning to be affected. He worked with his healthcare team to improve his blood pressure and diabetes control, became more physically active, improved his diet and took his medicines regularly. Follow-up showed that his kidney function remained stable.

"I had no symptoms. Finding it early gave me the chance to protect my kidneys."
— Samuel

Your kidneys and heart are connected



- Diabetes
- High blood pressure
- Smoking
- Overweight or obesity

These factors can damage both your heart and kidneys.

Protecting your kidneys also helps protect your heart and blood vessels.

When to seek medical advice

Seek medical advice if you notice:

- New or increasing swelling (e.g. feet or ankles)
- Unexplained breathlessness
- Blood in the urine
- Major changes in urination
- Persistent nausea or poor appetite
- Severe tiredness or weakness



Don't wait for symptoms if you are at increased risk. Regular checks can detect problems early.



Key message

PROTECT YOUR KIDNEYS BEFORE YOU FEEL UNWELL.

Control your blood pressure and diabetes, don't smoke, maintain a healthy lifestyle and have your kidneys checked when appropriate. Early detection and good risk-factor control can slow kidney damage.

*Healthy kidneys.
Healthier life.*



11

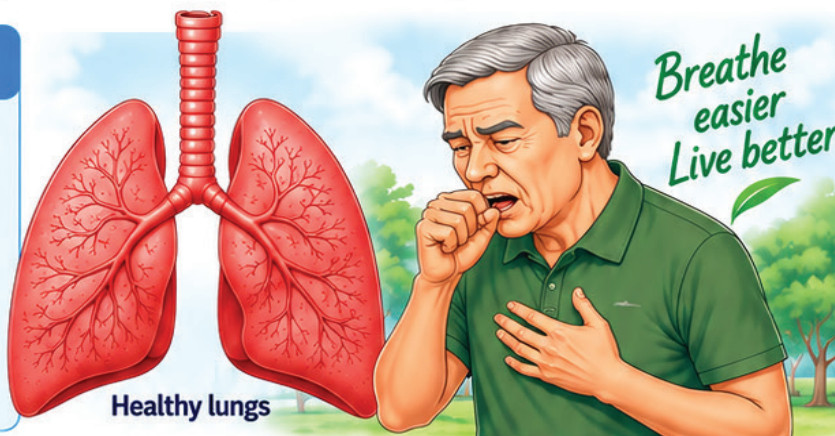
Chronic Obstructive Pulmonary Disease (COPD)

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Specialist Recommendations
for a Healthier Life

What is COPD?

COPD is a long-term lung disease in which damage to the lungs and airways makes it increasingly difficult for air to move in and out.

It usually develops slowly over many years.



What causes COPD?

Smoking is the leading cause.

Long-term exposure to these can also increase the risk:



Cigarette smoke



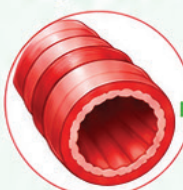
Second-hand smoke and air pollution



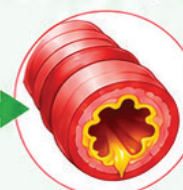
Workplace dust, fumes and chemicals

What happens inside your lungs?

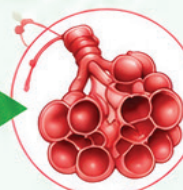
Smoke and harmful particles cause long-term inflammation and damage to the airways. The airways become narrower and produce more mucus, making it hard for air to flow.



Normal airway (healthy)



Inflamed and narrowed airway



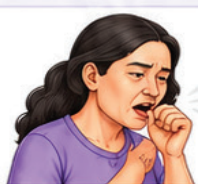
Damaged air sacs in the lungs

Symptoms to recognise

COPD often develops slowly. Common symptoms include:



Shortness of breath



Persistent cough



Frequent mucus or phlegm



Wheezing



Becoming breathless easily when walking or doing daily activities



Frequent chest infections

! Key message

A persistent cough and breathlessness are not a normal part of getting older.

If you have these symptoms – particularly if you smoke or have smoked in the past – **seek medical advice.**

Healthy lungs help you enjoy life



Knowledge today for a healthier tomorrow

11 Chronic Obstructive Pulmonary Disease (COPD)

Happy Healthy Human
Specialist Recommendations
for a Healthier Life

What can you do to prevent and control COPD?

These steps can help you keep your lungs healthier and slow down the progression of the disease.

1 Don't smoke

If you smoke, get help to quit.



2 Avoid smoke and pollution

Reduce exposure to second-hand smoke, air pollution and indoor smoke.



3 Protect yourself at work

Use appropriate protection from dust, fumes and chemicals.



4 Stay physically active

Regular activity helps you breathe better and stay stronger.



5 Eat a healthy diet

A balanced diet helps you stay well and keep your immune system strong.



6 Maintain a healthy weight

Being underweight or overweight can make breathing harder.



7 Keep vaccinations up to date

Vaccines (e.g. flu and pneumonia) can prevent serious lung infections.



8 Use prescribed medicines correctly

Take your inhalers as directed.



9 Attend pulmonary rehabilitation if advised

Special programs can help you breathe better and live a more active life.



10 Have regular medical reviews

See your doctor regularly, even if you feel well.



Real-life story



David, 64

David had smoked for many years. He often had a cough and brought up phlegm, but didn't think much of it. Over time he became increasingly breathless when walking. He sought medical advice and was diagnosed with COPD.

David stopped smoking, used his inhalers correctly and started being more active. He now feels much better and can enjoy time with his family again.

"Stopping smoking gave me back my breath and my life." — David



When is it an emergency?

Seek urgent medical care if you have:



Sudden, severe difficulty breathing



Blue lips or fingers



New confusion



So breathless that you cannot speak properly



Key message

The single most important thing you can do to protect your lungs is not to smoke.

Avoid smoke and dust, stay physically active, keep up to date with vaccinations, use your medicines correctly and have regular medical reviews. COPD can often be prevented — and if you have it, the impact on your life can be reduced.

Healthier lungs brighter tomorrows.



Knowledge today for a healthier tomorrow

What is dementia?

Dementia is a condition that causes a gradual loss of memory, thinking and everyday functioning.

It is not a normal part of ageing, but the risk increases as we get older.



Different memories, a different tomorrow

While there is no cure yet, there are many things we can do to reduce the risk, slow progression and support people living with dementia.

What causes dementia?

Dementia is caused by diseases that affect the brain. The most common type is Alzheimer's disease.

Other causes include:



Alzheimer's disease



Reduced blood flow to the brain (stroke)



Other brain diseases



Head injuries and other causes

What happens in the brain?

In dementia, brain cells are gradually damaged and stop working properly. The connections between brain cells are lost, which affects memory, thinking, behaviour and the ability to carry out daily activities.

Healthy brain



- ✓ Many healthy brain cells
- ✓ Good connections between brain cells
- ✓ Normal memory and thinking

Brain with dementia



- ✗ Loss of brain cells
- ✗ Fewer connections between brain cells
- ✗ Shrinkage of brain areas
- ✗ Memory and thinking affected

Common signs and symptoms

Symptoms usually develop slowly and may differ between individuals. Common signs include:



Memory problems (e.g. forgetting recent events)



Difficulty thinking or making decisions



Getting confused about time or place



Changes in mood or behaviour



Misplacing things and not being able to find them



Difficulty with everyday activities (e.g. cooking, shopping, managing money)

! Key message

Dementia is not a normal part of ageing.

If you notice memory problems or changes in thinking, behaviour or daily functioning – **seek medical advice early.**

A kinder community for people with dementia



What can you do to reduce your risk of dementia?

While dementia cannot always be prevented, these steps can help keep your brain healthy and may reduce your risk.

1 Keep your heart healthy

Control high blood pressure, diabetes and cholesterol. Look after your heart and blood vessels.



2 Be physically active

Aim for at least 30 minutes of activity most days.



3 Eat a healthy diet

Eat plenty of fruits, vegetables, whole grains, fish, nuts and healthy oils. Limit processed foods, salt and sugary foods.



4 Don't smoke

Smoking increases the risk of dementia and many other diseases.



5 Limit alcohol

Drink alcohol in moderation.



6 Keep your mind active

Read, learn new skills, solve puzzles, play music or try new hobbies.



7 Stay socially connected

Spend time with family and friends. Take part in community activities.



8 Look after your mental health

Seek help for depression, anxiety and stress.



9 Get enough sleep

Aim for 7–8 hours of good quality sleep each night.



10 Have regular medical reviews

Discuss your risk factors with your doctor, especially as you get older.



Real-life story



Grace, 72

Grace started to forget recent events and sometimes repeated the same questions. Her family noticed she was becoming confused and less interested in activities she used to enjoy.

She saw her doctor and was diagnosed with early dementia. With support, Grace and her family made changes to her lifestyle, joined local community groups and planned for the future.

Grace still enjoys spending time with her family, gardening and going for walks. She lives a happy and meaningful life.

*"I may forget some things,
but I still enjoy the things that matter."*

— Grace



When to seek medical advice

See your doctor if you or someone close to you notices:

- Increasing memory problems
- Repeatedly asking the same questions
- Difficulty thinking, planning or making decisions
- Becoming confused about time or place
- Changes in mood, personality or behaviour
- Difficulty managing usual daily activities



Early assessment can help identify the cause and provide the right support.



Key message

A healthy brain helps you live a longer, happier and more independent life.

While there is no cure yet, many things can reduce your risk, slow down progression and support people living with dementia. Look after your heart, stay active, keep your mind and social life active, and seek medical advice if you notice any concerns.

Healthy brains build brighter tomorrows



13

Stroke

EVERY MINUTE MATTERS — ACT FAST

Happy Healthy Human

Specialist Recommendations
for a Healthier Life

What is a stroke?

A stroke happens when part of the brain suddenly loses its blood supply (similar to a heart attack) hence it is also called a “brain attack”.

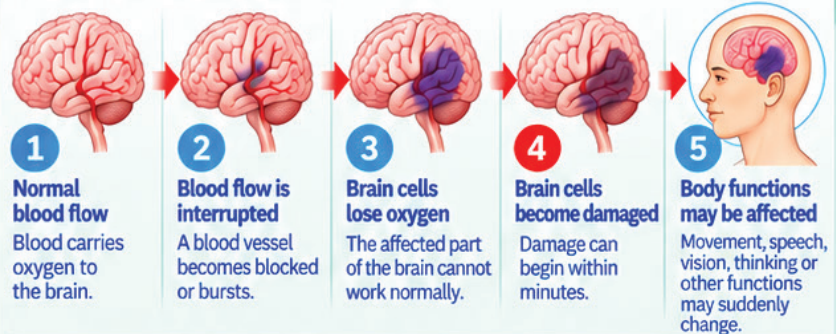
This is usually because:

- A blood vessel is blocked — ischaemic stroke
- or
- A blood vessel bursts and bleeds — haemorrhagic stroke

Without enough blood and oxygen, brain cells begin to die.

A stroke is a medical emergency.
Fast treatment can save brain function
— and save a life.

What happens in the brain?



TIME IS BRAIN — the sooner treatment begins, the more brain function may be saved.

Recognise the warning signs — THINK FAST

F FACE

Face drooping
Ask the person to smile.
Is one side of the face drooping?

A ARM

Arm weakness
Ask them to raise both arms.
Is one arm weak or drifting down?

S SPEECH

Speech difficulty
Is their speech slurred, confused or difficult to understand?

T TIME

Time to act
Call your local emergency number immediately.
Do not wait for the symptoms to improve.

Other sudden symptoms can include:

- Weakness or numbness on one side of the body
- Loss of vision or sudden visual disturbance
- Loss of balance, dizziness or difficulty walking
- Sudden severe headache, particularly if unusual

What increases your risk?



High blood pressure is one of the most important modifiable risk factors for stroke.

What can you do to reduce your risk?



Real-life story

Michael, 62
Michael was having breakfast when his wife noticed that one side of his face had suddenly drooped. His speech became unclear and he could not lift his right arm properly. She recognised the signs of stroke and called an ambulance immediately. Michael reached hospital quickly and received urgent treatment. His weakness and speech gradually improved, and with rehabilitation he returned to an active life.
“My wife recognised the signs and acted immediately. Those few minutes changed my future.” — Michael

Key message
STROKE CAN HAPPEN SUDDENLY.
RECOGNISE IT. ACT FAST.

FACE • ARM • SPEECH • TIME

If stroke symptoms appear suddenly, call your local emergency number immediately.
Do not drive yourself to hospital and do not wait to see if the symptoms disappear. Control your blood pressure. Don't smoke. Stay active. Look after your heart.

Protect your brain today for a healthier tomorrow.



"Different minds build a brighter world."



What are autism and ADHD?

Autism spectrum disorder (ASD) and attention-deficit/hyperactivity disorder (ADHD) are conditions associated with neurodivergence. This means that the brain develops, processes information and responds to the world in ways that differ from what is considered typical.



Autism (ASD)

Autism mainly affects social communication and interaction, patterns of behaviour and interests, and often sensory processing.



ADHD

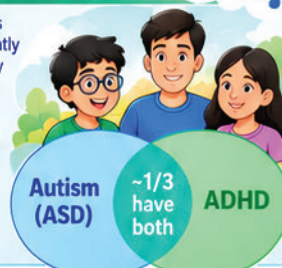
ADHD mainly affects attention, impulse control, listening skills, organisation and short term memory.

A spectrum — every person is different

Autism is called a spectrum disorder because its features, strengths and support needs vary greatly from person to person. ADHD also varies widely in its presentation and severity.

Some people have relatively subtle difficulties and live very independently. Others may require substantial support throughout life.

ASD and ADHD frequently overlap — around one-third of affected people may have features or diagnoses of both conditions.



AUTISM — FEATURES TO RECOGNISE

Features vary considerably between individuals and may include:



Communication differences

- Delayed or different development of speech and language
- Difficulty with back-and-forth conversation
- Taking language very literally
- Difficulty understanding humour, sarcasm or implied meaning
- Differences in eye contact, facial expression or gestures



Social interaction differences

- Difficulty recognising social cues
- Difficulty understanding what others may be thinking or feeling
- Finding friendships or group situations challenging
- Preferring solitary activities or interacting differently with others



Repetitive behaviours & need for predictability

- Repetitive movements, speech or behaviours
- Strong preference for routines
- Distress with unexpected change
- Repeating particular activities in a consistent way



Focused interests

- Very strong or highly focused interests
- Spending considerable time learning or talking about particular subjects



Sensory differences

Being unusually sensitive — or less sensitive — to: **Sound • Light • Touch • Smell • Taste • Temperature • Pain**
Busy, noisy or unpredictable environments may therefore become overwhelming.

ADHD — FEATURES TO RECOGNISE

ADHD features generally fall into inattention and/or hyperactivity-impulsivity.



Inattention

- Difficulty sustaining attention
- Easily distracted
- Appearing not to listen
- Difficulty completing tasks
- Frequently losing belongings
- Forgetfulness in everyday activities
- Difficulty following multi-step instructions



Organisation & executive functioning

- Difficulty planning and prioritising
- Poor time management
- Difficulty starting or completing tasks
- Frequently moving from one unfinished task to another



Hyperactivity

- Restlessness or fidgeting
- Difficulty remaining seated when expected
- Feeling a need to keep moving
- Talking excessively
- Difficulty engaging quietly in activities



Impulsivity

- Acting before thinking
- Interrupting others
- Difficulty waiting for a turn
- Making rapid decisions without considering consequences

ADHD does not always mean being visibly hyperactive. Some people — particularly those with predominantly inattentive features — may instead appear quiet, distracted, forgetful or disorganised.

AUTISM + ADHD CAN OCCUR TOGETHER

A person may have features of both conditions. For example, someone may:

- Need predictable routines but struggle to organise them
- Have intense interests but difficulty sustaining attention on other tasks
- Become overwhelmed by sensory input and be easily distracted
- Find social situations difficult and act impulsively within them



Different challenges. Shared strengths. Brighter futures.

Recognising both conditions can help ensure that support is tailored to the whole person.

EARLY RECOGNITION CAN MAKE A DIFFERENCE

Features usually begin in childhood, but some people are not recognised until adolescence or adulthood.

Consider assessment when persistent differences in communication, social interaction, attention, behaviour, learning or everyday functioning are affecting:

- Home
- School or university
- Work
- Relationships
- Emotional wellbeing

One behaviour alone does not establish a diagnosis. Professional assessment considers the person's development, strengths, difficulties and functioning across different settings.

CAN ASD OR ADHD BE PREVENTED?

Usually, no.

- There is currently no proven way to prevent autism or ADHD.
- They are not caused by poor parenting, lack of discipline or a person's character.
- Vaccines do not cause autism.

The emphasis should therefore be on early recognition, appropriate support and reducing the impact of difficulties on everyday life.

HOW CAN WE MINIMISE THE IMPACT?

1 Identify needs early



Early assessment can help the individual and family understand their needs and access appropriate support.

2 Build on strengths



Recognise abilities, interests, creativity, knowledge and individual ways of thinking — not only difficulties.

3 Adapt the environment



Use predictable routines, clear instructions, visual supports, sensory adjustments, movement breaks and reduced distractions when helpful.

4 Support communication, education and skills



Individualised educational, communication, behavioural and occupational supports can improve everyday functioning.

5 Support emotional wellbeing



Anxiety, depression, sleep difficulties, bullying, social isolation and low self-esteem should be recognised and addressed.

6 Treat ADHD when appropriate



Evidence-based ADHD management may include environmental and educational strategies, behavioural approaches and, when appropriate, medication.

7 Support families



Parents and carers benefit from reliable information, practical strategies and appropriate professional and community support.

8 Support transition into adulthood



Support may continue to be valuable for education, employment, relationships, healthcare, finances and independent living.



KEY MESSAGE

DIFFERENT BRAINS • DIFFERENT STRENGTHS • INDIVIDUAL NEEDS

Autism and ADHD are forms of neurodivergence — not failures of parenting, discipline or character.

We cannot currently prevent most cases. But we can recognise needs earlier, provide effective support, reduce avoidable difficulties and create environments in which people can flourish.

Understand the person • Support their needs • Build on their strengths

The goal is not to make everyone the same. It is to help every person reach their potential and live a healthy, fulfilling and meaningful life.



15

Preventing Premature Death

LIVE LONGER BY PREVENTING DISEASE EARLIER

Happy Healthy Human
Specialist Recommendations
for a Healthier Life

What is premature death?

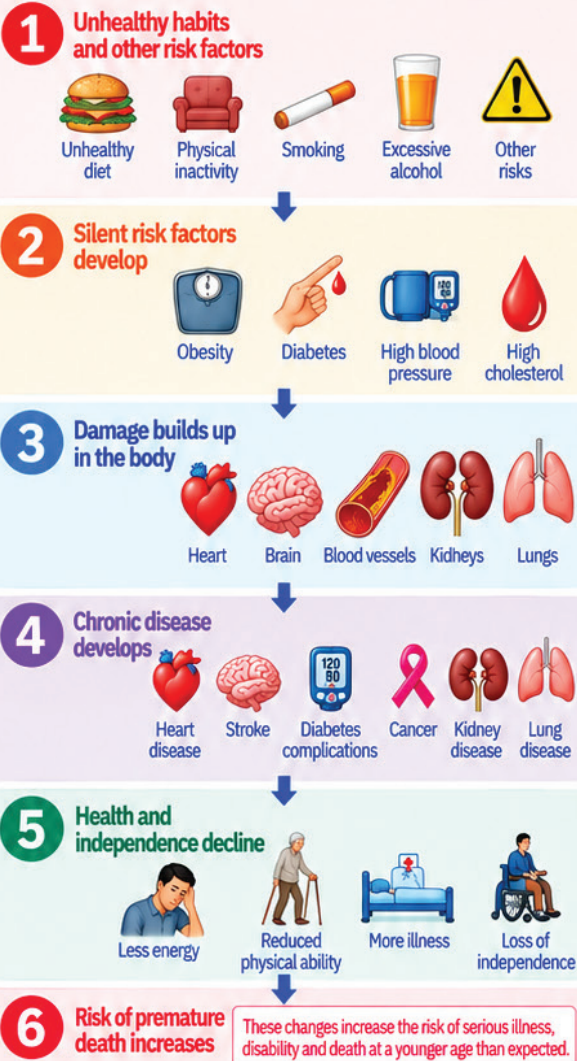
Premature death means dying earlier than expected.

Many premature deaths result from diseases that develop gradually over many years, including:

-  Heart disease and stroke
-  Diabetes and its complications
-  Cancer
-  Dementia
-  Chronic lung disease
-  Chronic kidney disease
-  Serious infections

Most people don't die simply from old age, but from diseases associated with ageing — and many of these can be prevented or delayed.

How can premature death develop?



But the path can be changed

-  **Eat well**
Choose nutritious, minimally processed foods.
-  **Be physically active**
Move regularly and reduce sitting time.
-  **Don't smoke**
Avoid tobacco and second-hand smoke.
-  **Maintain a healthy weight and waist**
Keep your weight in a healthy range.
-  **Sleep well**
Aim for regular, good-quality sleep.
-  **Look after your mental health**
Manage stress and seek help when needed.
-  **Control risk factors**
Keep your blood pressure, blood sugar and cholesterol in a healthy range.
-  **Keep vaccinations up to date**
Protect against serious infections.
-  **Participate in screening**
Detect problems early, when treatment is more effective.
-  **Get appropriate medical care**
Don't ignore important symptoms and seek advice.

Premature death affects more than one person



Key message

PREMATURE DEATH OFTEN BEGINS YEARS BEFORE IT HAPPENS.
Risk factors can develop silently.
Find them early. Control them early.
Prevent disease early.

**More healthy years.
More time with the people you love.**

*Healthier people.
Brighter tomorrows.*



*Live healthier today
for more tomorrows.*



16

Living Happily, Healthily for Longer HEALTH IS MORE THAN THE ABSENCE OF DISEASE

Happy Healthy Human
Specialist Recommendations
for a Healthier Life

What does healthy ageing really mean?

Living longer matters. But what most of us really want is to live longer while still being able to:

-  Move independently
-  Think and remember
-  Enjoy life
-  Spend time with people we love
-  Remain connected to our community
-  Have something meaningful to live for

The goal isn't simply more years of life. It is more life in those years.

The foundations of a longer, healthier and happier life



What can a purposeful life look like?

Purpose is about contributing to something meaningful using your values, abilities and passions.

-  Caring for your family
-  Teaching or mentoring someone
-  Helping other people
-  Serving your community
-  Creating something
-  Learning something new
-  Living according to your values or faith
-  Contributing to something bigger than yourself

Purpose doesn't have to be grand. A small reason to get up tomorrow can be just as meaningful as a lifelong mission.

How do you build a purposeful life?

- 1 Know what matters to you**

Identify your values and priorities.
- 2 Set meaningful goals**

Have both short-term and long-term goals.
- 3 Take small steps every day**

Purpose becomes real through action.
- 4 Stay connected daily**

Build and protect meaningful relationships.
- 5 Keep learning and growing**

Continue developing your knowledge, skills and interests.
- 6 Live with gratitude and awareness**

Notice the people, experience and opportunities that make life worthwhile.

A few final thoughts

- ✓ Focus on what you can control.
- ✓ Surround yourself with positive people.
- ✓ Be kind to yourself and others.
- ✓ Find meaning in everyday life.
- ✓ Make time for the things you enjoy.
- ✓ Keep a positive outlook.
- ✓ Your life can be healthier, happier and more meaningful at any age.



Key message
LOOK AFTER YOUR BODY.
PROTECT YOUR MIND.
LOVE YOUR PEOPLE.
LIVE WITH PURPOSE.

These are the building blocks of a longer, healthier and happier life.

*Live well.
Make it meaningful.*

How This Book Was Compiled

The content of this book was developed by combining the clinical experience of specialist doctors with scientific evidence obtained from reliable international sources.

These sources include: The National Health Service (NHS), United Kingdom, The Centers for Disease Control and Prevention (CDC), United States, The World Health Organization (WHO) and other national health institutions and organisations

PubMed was used to identify relevant medical and scientific literature. Generative artificial intelligence tools were used to assist in the development of illustrations. All content was adapted, structured, refined and reviewed by specialist doctors to ensure that it was accurate, clear and understandable to the general reader. Information was cross-checked against several reliable sources. Each topic was reviewed by at least 20 doctors.

All information sources consulted are listed in Table 1.

Table 1: Information Sources Consulted

	Name	Origin	Website
1	Centers for Disease Control and Prevention	USA	https://www.cdc.gov/
2	World Health Organization	CH	https://www.who.int/
3	Australian Institute of Health and Welfare	AU	https://www.aihw.gov.au/
4	Health Direct	AU	https://www.healthdirect.gov.au/
5	Mayo Clinic	USA	https://www.mayoclinic.org/
6	National Institute for Health Care Excellence	UK	https://www.nice.org.uk/
7	PubMed	USA	https://pubmed.ncbi.nlm.nih.gov/
8	Cleveland Clinic	USA	https://my.clevelandclinic.org/
9	South Australia Health Clinical Guidelines	AU	https://www.sahealth.sa.gov.au/
10	National Health Service	UK	https://www.nhs.uk/
11	Victorian Government Health Department	AU	https://www.vic.gov.au/
12	Cancer Council Australia	AU	https://www.cancer.org.au/
13	Better Health Channel	AU	https://www.betterhealth.vic.gov.au/
14	American College of Obstetrics and Gynecology	USA	https://www.acog.org/
15	Royal Australian College of General Practitioners	AU	https://www.racgp.org.au/

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Acknowledgements

We express our gratitude to the tens of thousands of researchers around the world, past and present, whose work has contributed to the scientific foundations of this book.

We extend our deepest appreciation to our contributors, families, colleagues, patients and institutions for their support throughout this journey.

Finally, we thank all readers—past, present and future—who use this knowledge to improve their own lives and the lives of others.