

**HEALTHY LIVING AND LIFESTYLE  
MODIFICATIONS @ NJI 5<sup>TH</sup> APRIL  
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**BY**

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# WHY MAGISTARIAL EXCELLENCE/PRODUCTIVITY ?

- Democracy: More seek Judicial interpretation
- First recipient: All forms of civil disputes .
- High work load/ pressure:
- These cases are time bound for judgement.
- Judicial excellence and Good health can coexist

# WORK RELATED STRESS CHALLENGES

- Disrespectful and poorly prepared counsels .
- Unsolicited advice with high profile cases
- Judgement: Capital punishment, child custody
- Maintenance of Multiple Homes
- BP rise +complications as they ascend bench.
- Productivity assessment! NJC ! EFCC! DSS!!

# OBESITY: Gateway to Diseases.



# HEALTHY LIVING

- Existing /Living in a well and vigorous condition. Practice of enhancing optimal well-being.
- Implies the physical, mental and spiritual capacity to make health choices.
- Deliberate and consistent lifelong project that prolongs life! Focuses on nurturing the mind, emotions, diet, exercise, sleep, sexual behavior etc.
- Benefits: Healthy weight, risk reduction for Heart disease and cancers, promote overall health.

# CLUES OF UNHEALTHY LIVING

- Under weight, overweight and Obesity
- Abnormal Parameters: BP, FBG, B/cholesterol, Anemia, aches and pains
- Emotional issues: Anxiety, Anger, Bitterness
- Frequent hospitalization, high medical bills, emergency visits, lack of medical check ups
- Indulgence: Alcohol, smoking, gluttony
- Sudden and premature deaths



# Cardiovascular Health Screening

## Unmodifiable factors

- Age >40 years
- Gender M=Post menopause
- Race : Negroid
- History of Calamities

## Modifiable Factors

- Hypertension
- Diabetes
- High blood cholesterol
- Obesity
- Insufficient Exercise
- Alcohol
- Tobacco
- Stress



# Management of Blood pressure

- BP >120/80-139/89mmHg, start investigation
- Conservative care : ideal weight, diet, exercise

BP>140/90 on 3 events , alarm symptoms etc.

- BP treatment early: Avoid costly complications
- BP control priority over glucose control.
- Treatment target: 110/60-119/79mmHg.

# Lifestyle Modifications

- Deliberate and consistent changes over a long term in our habits i.e. eating, or physical activity or behavior therapy and maintaining the new behavior for years
- Can be used to Prevent ( genetically predisposed) and treat a range of diseases i.e. Obesity, Hypertension, Diabetes, etc.
- Focuses on what we eat or drink, physical activities, weight reduction, smoking and stress

# Holy books and Diet:



# Diet and Productivity

- Eat to live to be healthy, fit and productive!
- Customized diet plan to address challenges
- Sufficiency: Vegetables, salads, fruits, beans, nuts, whole grains,
- Salt reduction! Potassium enhancement !!
- Fasting: Intentional and consistently
- Limitations : sugar, fats, alcohol, tobacco, late diner
- Choose water as a drink
- Need for safe productivity guided supplements.

# Good Posture.



# CHECK LIST FOR PRODUCTIVITY

- Passion for the Job:
- Emotional Mastery:
- Defeat Hypertension, Diabetes, Overweight
- Attention to posture, visual and hearing issues
- Promptness, Prevention and Proactive checks
- Balance: Family, work, spiritual, health, friends

# Fitness and Productivity.



# Personalized Care?

- Know yourself. Be true to self. Respect self!
- Frequent hospitalization/ High medical bills?
- BP:>140/90 and FBG > 10mmol/l
- Ravaged by aches/pains
- Presence of multiple diseases:
- Productivity issues : At work! At Home!!



# The Reward



# THANKS FOR LISTENING

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