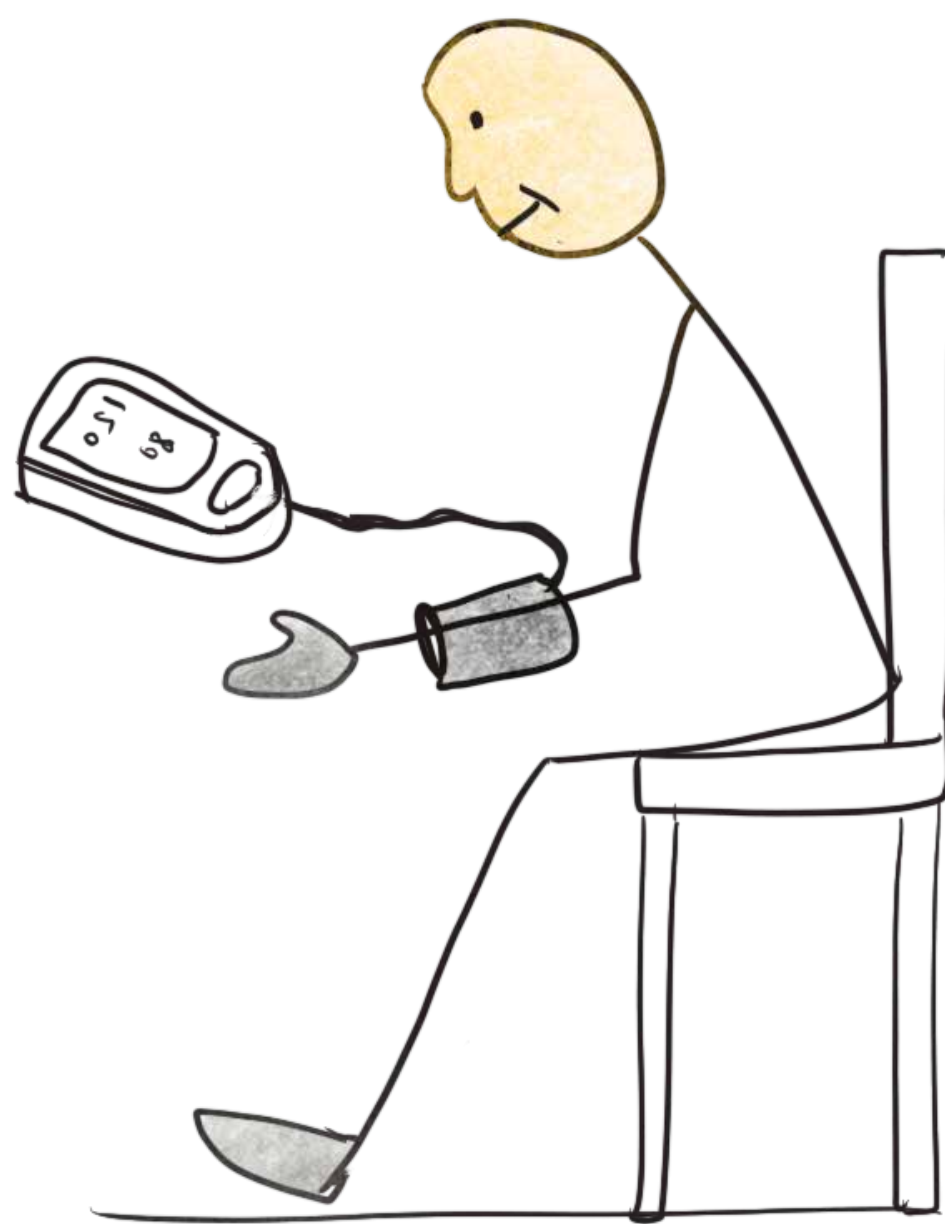


# Physical Health Monitoring

Regular assessment and charting of important physical parameters by the doctor at fixed intervals is called physical health monitoring.

It includes simple physical tests and investigations.



# Why should we do regular physical health monitoring?

- ▶ Early detection of physical problems leads to their effective management.
- ▶ It can prevent development of full-blown metabolic disorders such as diabetes, mellitus, hypertension etc, if corrected early.
- ▶ It motivates lifestyle modifications at the earliest, which also helps in the improvement of physical health.
- ▶ Side effects of medicines can be detected early and tackled.

It is important to get these regular health check-ups and all tests done as per doctor's advice.

Following should be measured at the start of treatment and then once every week or month (or as per your doctor's advice):

- » Blood pressure
- » Pulse
- » Weight
- » Waist circumference
- » Body mass index

Patients and caregivers can maintain a small diary and note these. If there are any rapid changes, please talk to the doctor in your next visit.

There is a chart in the workbook where you can note down the above on your every visit to the doctor.

Following investigations should be done at start of treatment and later once every 3 to 6 months (or as per your doctor's advice):

- » Blood sugar
- » Lipid profile
- » ECG
- » Complete Hemogram

There is space in your workbook for all these parameters and reports. Please add your reports to the same. Carry these reports with you for your follow up visits to the doctor.