

Bios 0132: Modern Lifestyle Diseases

1. Necessities and requirements in the recently adopted lifestyle with special emphasis on stresses, availability of fast food, micro family concept and dual income families.
2. Physiological stress from these lifestyle patterns, mechanism of developing ailments.
3. The risk factors in relation to some common diseases: diabetes, obesity, stress syndrome, ischemic heart disease, cancer, AIDS, Asthma; a brief overview and changes in different physiological parameters in relation to them.
4. Awareness and necessary life style changes: different components of lifestyle such as food style, work pattern, environmental conditions, addiction and their possible modifications.

Management of stress and social issues related to modern lifestyle ailments: discussion on dietary changes, dealing with stress and psychological alleviation