

Patient Health Record

**The Nation
Cares About Your Numbers**

Your awareness of your health and commitment to tracking your vital signs is the foundation for maintaining a healthy life



Through "
Sehhaty"
App



#Know_Your_Numbers



Waist Circumference



Blood Pressure



Body Mass Index



Diabetes

Awareness Guide

Diabetes



Body Mass Index



Waist Circumference



Monitoring via the
"Sehhaty" App



Blood Pressure



Why You Should Know Your Four Key Indicators?



These vital metrics provide an overall picture of your health, such as:



Helping manage chronic conditions and prevent complications



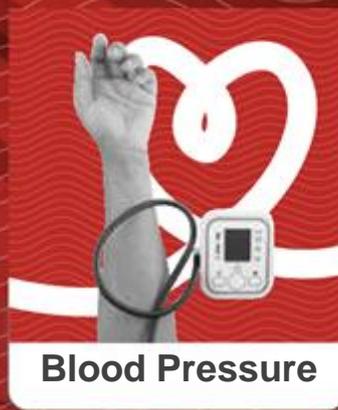
Alerting you to potential risks of chronic diseases



Assisting in setting lifestyle health goals



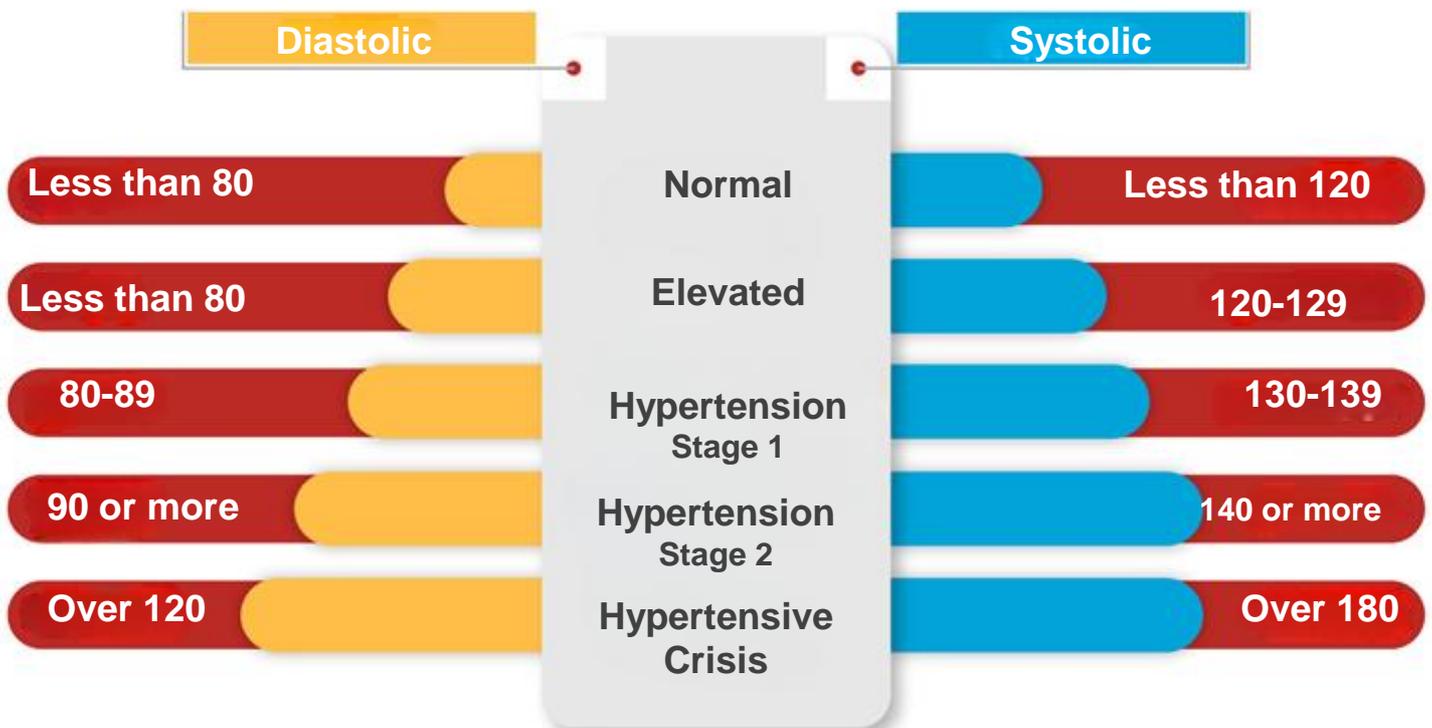
Revealing hidden health issues **only detectable** through these metrics

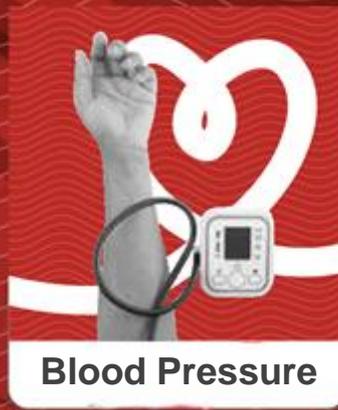


What is Hypertension?

It is the increased force of blood pushing through the blood vessels, which puts extra strain on the heart. It is known as the "silent killer."

What are the normal blood pressure readings?





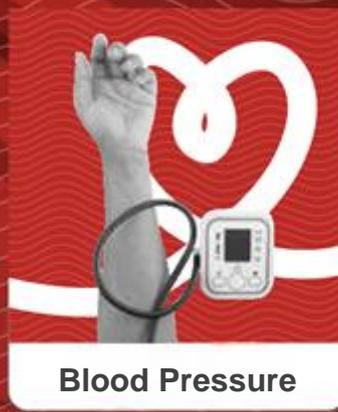
What is the impact of high blood pressure?

- It affects vital organs such as the heart, brain, and kidneys, potentially causing heart attacks and strokes.
- Individuals with diabetes, high blood pressure, or both are at greater risk of developing chronic kidney disease.

How is high blood pressure detected?

There are no symptoms. The only way to know if you have high blood pressure is through screening





How to Measure Blood Pressure at Home Using a Home Monitor?

Ensure the device is accurate.

1



Measure blood pressure twice a day.

2



3

- Avoid measuring immediately after waking up
- Avoid eating or consuming caffeinated drinks like coffee, or smoking, for 30 minutes before measurement.
- Sit in an upright and proper position for 5 minutes before measuring, and avoid crossing your legs while seated.

4

5

Make sure your arm is in the correct position.

6

The cuff should be placed directly on the skin, not over clothing.

7

Take multiple readings and record them in a logbook

8



Learn How to Measure Your Blood Pressure



Click Here to Watch





What is Diabetes?

A disorder where the pancreas fails to produce sufficient insulin (the hormone regulating blood sugar absorption), causing abnormal glucose fluctuations.

Normal Diabetes Ranges

	Normal Range	Prediabetes	Diabetic
Fasting	Below 100 mg/dL	100–125 mg/dL	More than 125 mg/dL
2 Hours After Meal	Below 140 mg/dL	140–199 mg/dL	200 mg/dL or higher
HbA1c Level	Below 5.7	5.7-6.4	6.5% or higher

Why is it important to know your blood sugar numbers?

For someone with diabetes: Knowing your levels improves your health and helps you manage the disease effectively to prevent complications.



For a healthy person: Knowing your numbers helps detect the disease early, even if there are no symptoms.





What Are the Effects of High/Low Blood Sugar?

Diabetes can lead to serious health complications, including:



Nerve damage



Kidney disease



Blindness



Heart disease



Strokes

Individuals with obesity are at higher risk of developing type 2 diabetes.



How to Measure Blood Sugar?

Using a Home Glucose Monitor:

The method may vary depending on the brand and model of the device, but some general steps include:

Ensure hands are clean by washing them with soap and water.

1



Insert the strip into the designated slot on the device.

2



Prick the fingertip to obtain a drop of blood for testing.

3

Place the blood on a test strip inserted into the device.

4

Record readings displayed on the device in your logbook

5

Dispose of the needle and test strip in a designated sharps container, as they are biohazardous waste and may cause injury if placed in a regular trash bin

6





What is the HbA1c Test (Glycated Hemoglobin)?

It is a test that measures the average blood sugar level over the past two to three months. It is used for diagnosing new cases and monitoring chronic diabetes conditions as well.



No specific food intake is required before the test



Fasting is not required

Normal Range

Prediabetes

Diabetic

HbA1c Level



Below 5.7

5.7 – 6.4



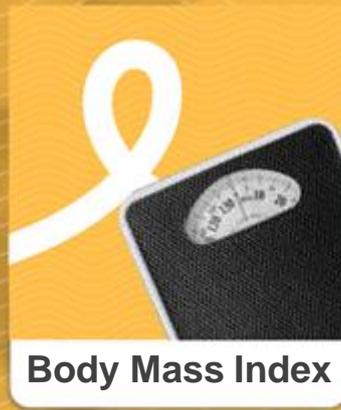
6.5% or higher

Learn how to measure your blood sugar level



Click here to watch





Body Mass Index

What is Body Mass Index (BMI)?

It is a number that reflects the relationship between an adult's weight and height, used to assess their general health status.

What are the normal BMI ranges?

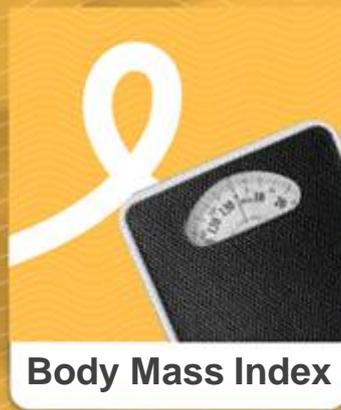
A BMI is considered within the normal range if it is between 18.5 and 24.9.

Why is it important to know your BMI?

BMI is important for understanding the likelihood of developing obesity and the chronic diseases associated with it.

What is the impact of high or low BMI?

Adult Weight Classification	BMI (kg/m ²)	Risk of Obesity-Related Diseases
Underweight	▼ Less than 18.5 kg/m ²	-
Normal weight	18.5 – 24.9 kg/m ²	-
Overweight	▲ 25 – 29.9 kg/m ²	▲ Increased risk
Obesity Class I	▲ 30 – 34.9 kg/m ²	▲ Moderate risk
Obesity Class II	▲ 35 – 39.9 kg/m ²	▲ High risk
Obesity Class III	▲ 40 kg/m ² or more	▲ Very high risk



What are the complications of obesity?

-  Type 2 diabetes
-  Elevated cholesterol or triglyceride levels
-  High blood pressure (hypertension)
-  Heart disease and cardiovascular problems
-  Sleep apnea
-  Chronic kidney disease
-  Psychological issues such as low self-esteem, lack of confidence, social isolation, and depression
-  Cancer (e.g., colon and rectal cancer, breast cancer, uterine cancer, pancreatic cancer, prostate cancer, esophageal cancer, liver cancer, and kidney cancer)



How is Body Mass Index (BMI) calculated for adults?

It is calculated by dividing body weight in kilograms by the square of height in meters.

BMI is not accurate for certain groups, such as:



Athletes



Teenagers



Children



**Pregnant and
breastfeeding
women**

What are the main recommendations for weight loss and avoiding obesity?

Reduce the intake of high-energy foods, such as:

1. Sugary drinks and fast food
2. Decrease portion sizes and eat slowly.
3. Consume five servings of vegetables and fruits daily.
4. Eat foods rich in fiber.
5. Get enough sleep and go to bed early.
6. Monitor your weight weekly.
7. Drink an adequate amount of water daily.

Learn How to Measure Your Body Mass Index



Click here to watch





Waist Circumference

What is Waist Circumference?

It is an indicator used to measure the amount of fat in the abdominal area in overweight or class 1 obese adults.

What are the normal waist circumference measurements?

 Men: Less than **94** cm

 Women: Less than **80** cm

Why is knowing your waist circumference important?

It is an indicator of the risk of developing chronic diseases associated with obesity, such as:

- Type 2 diabetes
- Cardiovascular diseases
- High blood pressure

What is the impact of increased waist circumference?

An increased waist circumference raises the risk of obesity-related diseases.

	Moderate Risk	Moderate Risk
Male	 94–102 cm	 More than 102 cm
Female	 80–88 cm	 More than 88 cm



Waist Circumference

What are the steps to measure waist circumference using a metric tape measure?

-  Remove clothing from the waist area.
-  Stand up straight with shoulders aligned with the feet.
-  Locate the top of the hip bone at the side of the waist.
-  Wrap the tape around the waist at the top of the hip bone, keeping it parallel to the ground.
-  Take two deep breaths, and after the second exhale, measure around the navel without tightening or loosening the tape.
-  Measure the waist twice; the difference between the two measurements should not exceed 1 cm.
-  Record the measurement and follow up weekly or biweekly, along with weighing.



A decrease of 1 cm in waist circumference indicates a loss of approximately 1 kg of fat.



Waist circumference measurement may not be accurate in some cases:

Waist circumference measurement may not be accurate in some cases:



Athletes



Pregnant women



Adults with a BMI less than 25 or over 35



Medical conditions that cause abdominal distension, such as hernias or abdominal tumors

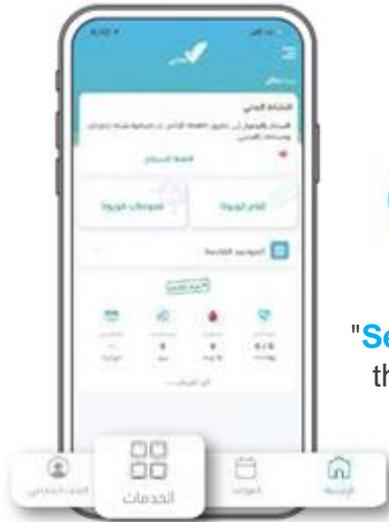


Learn how to measure your waist circumference

Click here to watch



Steps to Enter and Monitor Your Vital Signs



2

Tap on "Services" in the menu.



1

Download the **Sehthy app** and log in or create a new account.



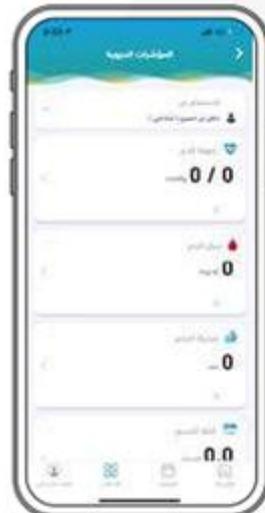
4

Answer the questions, then click "Next"



3

Select "Vital Signs"



5

Enter your four vital signs and track them regularly

#Know_Your_Numbers



عشرة بصحة

@LiveWellMOH

Did you like this file?

You can find more here

