

Professional scientific sessions for art, architecture and urban planning Thursday evenings

Held in: Conference hall of Herampey Consulting Engineers

Date: 27.09.2018

Title: Lifestyle, healthy and simple.

Speakers and panel members: Mr. D. Farhoud and Mrs. S. Zokaie.

The first speaker was Mr. Farhoud. He said that talking about lifestyle we don't mean how and what to wear. He said that considering the problem, his approach is medical, trying to identify and present the diseases that affect the lifestyle of the people or the lifestyle is the reason of such diseases.

Mr. Farhoud reported what the world cardiology father said. In his opinion if somebody reaches the age of 79, it means that he has reached the right lifestyle, an assertion made about 40 years ago. Mr. Farhoud explained that of course there are some diseases that we carry when we are born, but most of the following diseases are in straight connection and relation with the lifestyle that we have adopted during our lifetime. He talked about his personal lifestyle, similar to the lifestyle of religious people, that is very regular and repetitive, and this is the reason of his longevity and healthy condition.

Talking about the reasons that cause most of the deceases, Mr. Farhoud explained that they are cardiovascular, cancer, diabetes and obesity. The people that want avoid the risk of such diseases, first of all must pay attention to their lifestyle, because a healthy lifestyle is the requirement for a healthy life. Mr. Farhoud also added the stresses that we are continuously subject to, are also an important source of the many of us suffer nowadays.

Mr. Farhoud talked also about the moral behavior and believe of the people, that has an important role in the healthiness of our lives. In his opinion, unfortunately in our country, many people consider and focus on their personal interests, ignoring the collective and social interest.

Regarding the cancer disease and its diffusion in Iran, Mr. Farhoud presented a meticulous list of different types of cancer that the Iranians suffer from. The successive disease that is much diffused between the Iranian patients is the obesity, that can be caused by different reasons, like from social or psychological problems. As it happens in many developed country, the diabetes is another disease that affects seriously the Iranian society, and during the past years the decreasing age of the patients is continuously and drastically increasing.

Mr. Farhour asserted that in many types of diseases, the genetic factor plays an important role, transferring problems from a generation to the next generation.

Talking about the wrong habits and behavior of the Iranians, Mr. Farhoud said that in Iran many people are convinced that when they have health problems, the first step is to assume many types of medicines, ignoring that in many case the exaggerated assumption of medicine, not only don't solve the problem, but is also source of new problems and diseases. Presenting his way of treatment, Mr. Farhoud explained that in his opinion and in base of his experience, the principal

attitude must be the identification of the disease, trying to find the solution and treatment, first of all in the correction of the lifestyle. Another important consideration in the treatment of the diseases is the way and quantity of the medicines that the patient assumes, because and obviously the same medicine that can have positive effects, can have terrible consequences if assumed in exaggerated doses.

The second speaker was Mrs. Zokaie. The subject of her speech was the prevention of diseases like cancer, diabetes, cardiovascular problems and obesity. She said that we often hear the question that is better to cure or prevent the disease. In her opinion, based on the experience of many experts it's better to prevent, avoiding many future problems and complications, permitting everyone to have a healthy lifestyle and a proficient life. In this context we can't ignore the economic aspect of diseases that are imposed not only to the family of the patient but also to the health structures of the country that must support the treatments.

Talking about the cancer disease Mrs. Zokaie reported the results of the studies realized by the American cancer society, that show that about 50% of the cancers can be cured if the diagnosis is made during the initial phases. At the same time it's very important to have lifestyle that includes correct feeding and physical trainings in a regular base.

Talking about the risks of cancer, Mrs. Zokaie explained that most types of cancer hit our digestive organs, because they are the first victims of our incorrect nutrition. Also in these cases the unhealthy lifestyle and incorrect nutrition can seriously contribute to the affection of such diseases.

In order to be more comprehensible Mrs. Zokaie gave practical advices, in order to introduce and apply new behaviors to reach a healthy lifestyle.

Continuing her speech Mrs. Zokaie talked about cardiovascular problems that can be caused by six categories that are: blood high pressure, smoking, obesity, familial records and cholesterol high level. In all the mentioned cases the easiest way to avoid and eliminate their negative impact, is to adopt a healthy lifestyle and introduce a 30 minutes daily physical exercise timetable.

Mrs. Zokaie talked about the importance of a sufficient sleeping regime that has immediate (positive or negative) impact on our health conditions. Many people ignoring this simple factor, look for the source of their diseases in other sources than sleeping.

Preventing diabetes that is one of the most diffused diseases in the modern era, is a prerogative for the health organizations and countries. In her speech Mrs. Zokaie presented and explained the different types of diabetes and the different categories of the people that are at risk, and the ways that they can avoid, cure or control the diabetes. Also in this case the easiest and cheapest way to overcome or at least control the diabetes is to exclude or limit the use of alcoholic drinks, the assumption of cigarettes, to a nutritional regime based on the necessity of variety and healthy aliments, introduce a daily and regular physical exercises regime. The above mentioned precautions cause automatically exclusion of the risk of obesity that is one of the principal problems that the patients that suffer from diabetes must face.

Concluding her speech Mrs. Zokaie once again reminded the principal and easy rules that in most of the case can reduce considerably the risk of the diseases that nowadays have become an

inseparable part of our live. The suggestion included have regular and daily physical training, stop smoking and consuming alcoholic beverages, sleep regularly and enough, catch out the stress from our lives, have a healthy, regular, repetitive and simple lifestyle.