

## Liver



### Hepatitis, Cirrhosis, Liver cancer

Hepatitis virus infection  
Alcohol consumption  
Drugs  
Natural toxins from food e.g. aflatoxin



#### High risk factors

Hepatitis B vaccination  
No alcohol  
No drug abuse  
Not taking drugs without doctor's prescription  
Don't eat moldy peanuts



#### Preventive measures

## Stomach



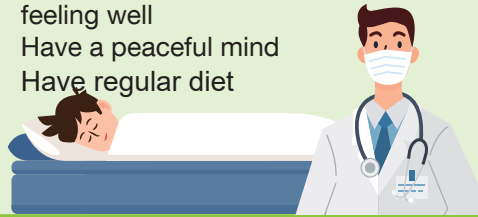
### Gastritis, Gastric ulcer

Helicobacter pylori infection  
Alcohol consumption  
Drugs  
Chronic stress



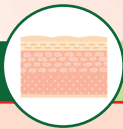
#### High risk factors

No alcohol  
Don't take drugs without doctor's prescription  
Seek medical advice if not feeling well  
Have a peaceful mind  
Have regular diet



#### Preventive measures

## Skin



### Sunburn, Skin cancer

Over-exposure to sunlight



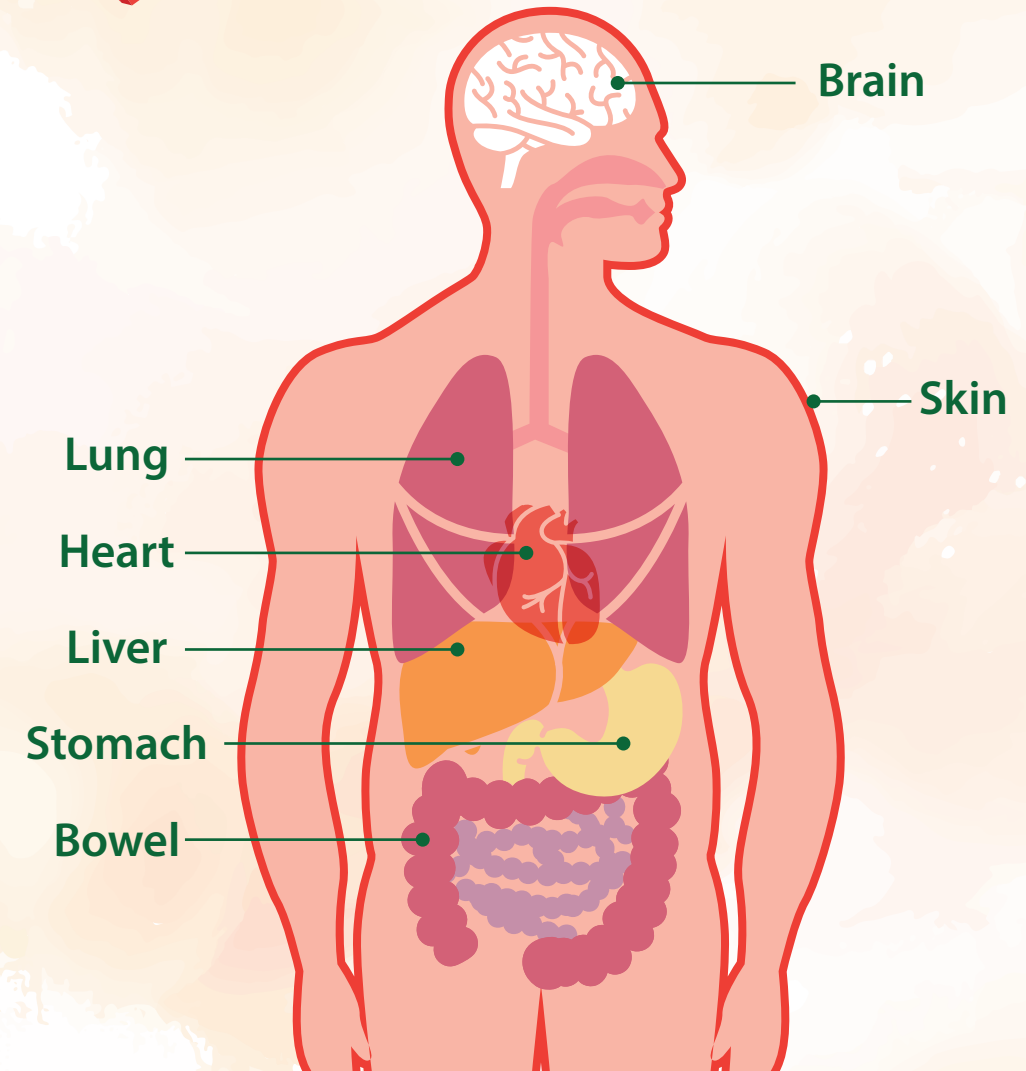
#### High risk factors

Wear broad brim hat  
Use umbrella  
Use sunblock  
Stay in the shade



#### Preventive measures

# A Little Encyclopedia of the Body



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Human body is composed of many organs, including the brain, lung, heart, colon, stomach, etc. If we want to stay healthy, we have to take good care of our organs. Some lifestyle and high risk factors (e.g. smoking, alcohol consumption and obesity) are related to diseases of various organs. It will be beneficial to our health if the unhealthy habits are corrected. Let's take a look at some common diseases of our organs, their risk factors and preventive measures.

## Brain



### Stroke

Smoking  
Alcohol consumption  
Obesity  
High blood cholesterol  
High blood pressure  
Diabetes mellitus  
Lack of exercise



High risk factors

Quit smoking and alcohol  
Do adequate exercise  
Have balanced diet  
Maintain a healthy body weight



Preventive measures

## Heart



### Coronary heart disease

Smoking  
Obesity  
Chronic stress  
High blood cholesterol  
High blood pressure  
Diabetes mellitus  
Lack of exercise



High risk factors

Quit smoking  
Maintain a healthy body weight  
Eat low fat food  
Do adequate exercise  
Stay relaxed



Preventive measures

## Bowel



### Bowel cancer

Lack of dietary fibre  
Smoking  
Alcohol consumption  
High fat food intake  
Obesity  
High red meat and processed food consumption



High risk factors

Eat more fruits and vegetables  
Reduce red meat and processed food intake  
Quit smoking and alcohol  
Do adequate exercise  
Maintain a healthy body weight



Preventive measures

## Lung



### Chronic respiratory disease, Lung cancer

Smoking  
Second-hand smoking  
Air pollution  
Chemicals e.g. asbestos



High risk factors

Quit smoking  
Create a smoke-free environment  
Breathe fresh air



Preventive measures