

Certificate Course in Life Style Diseases and their Management

Organizing department: Biochemistry

Course Co-ordinator: Dr. Vinod B. S

Contact Hours: 30

Scheme and Syllabus

Objective: To create awareness among students about the various diseases arising from the day-to-day activities of people which could be prevented or managed by controlling the life style. The course also covers the general aspects of diagnosis, methods of prevention and pharmaceutical intervention.

Module I (3 hrs) Concept of lifestyle diseases- importance of lifestyle factors in preventing disease development: diet, exercise, smoking, alcohol etc

Module II (6 hrs) Diabetes- Type 1 and type2, characteristics, causes, diagnosis, prevention and management

Module III (6 hrs) Cancer: Characteristics, Causes, Diagnosis, Prevention, Management, basics of treatment modalities.

Module IV (6 hrs) Atherosclerosis and cardiovascular diseases- Myocardial infarction, congestive heart failure, ischemic diseases-Causes, diagnosis and management

Module V (6 hrs) Importance of diet and exercise in health- balanced diet, BMR, calorific value, reducing cholesterol and risk of heart attack through life style changes, use of medication to treat disorders

Module VI (3 hrs) Body mass index, determination and significance. Obesity- causes, prevention and management

Board of Studies

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