

WHERE ARE YOU IN THE HEALTH-DISEASE CONTINUUM?



SHS is a physical state between health and disease.¹

SHS is also commonly referred to as medically unexplained symptoms (MUS) or functional somatic syndrome.^{2,3} The occurrence of these conditions are prevalent:



1 in 2
SHS^{4,5}



1 in 4
MUS²



1 in 10
functional somatic syndrome²

HEALTH

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” (WHO, 1946)⁶

Physical well-being leads to¹:

- Better sleep quality
- Improved energy level
- Strong muscles and bones
- Healthy growth and development

Mental well-being leads to¹:

- Improved quality of life
- Improved productivity
- Better coping mechanisms

Social well-being leads to¹:

- Healthy relationships
- Improved motivation
- Reduced cognitive decline

DISEASE

Unhealthy lifestyle could tip the balance in favour of disease.⁷⁻⁹

Raised blood pressure

Overweight/obesity

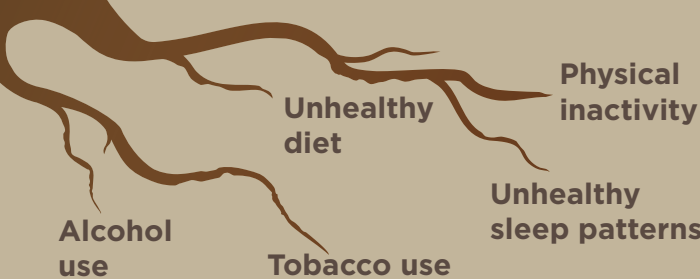
Hyperglycaemia and hyperlipidaemia

Depression

HEALTHY ROOTS, HEALTHY TREES.



UNHEALTHY LIFESTYLE LEADS TO HEALTH PROBLEMS.



Tip the balance with healthy lifestyle behaviours and holistic interventions.

SHS, suboptimal health status.

References: 1. Wang W, Yan Y. *Clin Transl Med* 2012;1:28. 2. Hilderink PH, et al. *Ageing Res Rev* 2013;12:151-156. 3. Henningsen P, et al. *Lancet* 2007;369:946-955. 4. Chen J, et al. *Int J Environ Res Public Health* 2017;14:240. 5. Wu S, et al. *Int J Environ Res Public Health* 2016;13:339. 6. Preamble to the Constitution of the World Health Organisation. Geneva: World Health Organisation; 1946. 7. Bi J, et al. *BMJ Open* 2014;4:e005156. 8. Chen CC, et al. *Medicine* 2017;96:6. 9. Shi Y, Zhi S. *Curr Opin Biotechnol* 2014;0:134-142.