

# The CEO Checklist

Here's an anatomy-alert on all the things that could be wrong with the person inside that glitzy Armani suit.

## The CEO Body (Fat)

We'd love to take some names here, but won't. Several Indian CEOs we know are plump. And some are downright fat. Hypertension, heart attacks, diabetes, coronary heart diseases, strokes, even cancer—this is where they all begin. Dude, lose that paunch.



## The CEO Head

Nothing to worry about here—there's nothing to link a brain tumour, even brain fever to work or lifestyle. However, recent studies show that headaches (or tension headaches as doctors refer to them) may be caused by a bad posture, stress, depression, and anxiety.

## The CEO Stomach

From harmless flatulence (embarrassing, but not killing) to painful ulcers, CEO stomachs are prone to ills. Blame it on irregular eating habits, constant travelling, and work-related drinking (hey, that's a new one).



## The CEO Heart

Stress, arteriosclerosis, obesity, smoking, alcohol, and the lack of exercise could cause heart attacks. Remember, it is no longer fashionable for CEOs to have a bypass or two. That went out with the nineties.

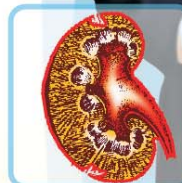
## The CEO Back

If Atlas shrugs, who will bear the globe? From muscle strains to spasms to osteoarthritis to sciatica to fibromyalgia, a bad back can turn a CEO into a bundle of frayed nerves. Worse, it could physically get in the way of work. Jokes apart, there's little you can accomplish lying on your back.



## The CEO Kidney

You may think we're pulling a fast one, but fact is (like many of the other ills mentioned here), kidney cancer, a potentially killing ailment can be caused by smoking, obesity and hypertension.

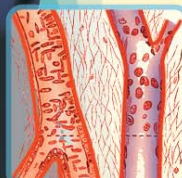


## The CEO Pancreas

Pancreatic cancer is a quiet killer. Smoking, being overweight, a sedentary lifestyle, and a diet skewed towards animal fat can cause this. You probably don't even know where your pancreas is, but better believe us, you don't want to find out this way.

## The CEO Prostate

Made famous by Intel's Andy Grove (who fought it successfully), prostate cancer is the second most significant cause of cancer deaths in the US. Lifestyle doesn't have much to do with this, but research shows that a high fat diet increases the risk of PC.



## The CEO Bloodvessel

Smoking (not restricted to CEOs alone), stress, which is a corner-room requisite, the lack of regular exercise (where's the time, buddy), and all that eating out (not to mention the social drinking) can cause arteriosclerosis or the thickening of artery-walls thanks to fatty deposits. This could cause an aneurysm, a bulge in the wall of the artery. If it pops, you go. Alternatively, it could cause coronary artery disease, the gradual accumulation of predominantly fatty deposits in blood vessels that feed the heart. Then, there's high blood pressure (hypertension), brought about by some, or all of the aforementioned causes.

## The CEO's Muscles

CEOs have to work hard. Ergo, their muscles need to be conditioned. Poor conditioning could leave muscles weak. Then you can wave goodbye to that 16 hour day.

