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5 Lifestyle Diseases That Can Make You Look Much Older Than Your Age

Our Friends · Saturday, May 17th, 2025

Irrespective of gender, there are plenty of lifestyle diseases like chronic illness, hyperparathyroidism, hypertension and obesity that can lead to premature ageing.

To reverse this case and for the sake of your longevity, it is important to maintain a healthy routine supplemented by regular check-ups at your nearest healthcare facility.

If you don't pay attention to your health, here are a few lifestyle diseases you might have to worry about.

1. Hyperparathyroidism

When your parathyroid glands produce more parathyroid hormone, it leads to hyperthyroidism. Each cell in your body needs the thyroid hormone to function better, whether it be skin, nails or even hair. A disruption in the balance of this hormone produced by the body can drastically change your physical appearance.

Hyperparathyroidism causes hair loss, makes skin rough and scaly, and produces thin and brittle nails. Untreated hyperparathyroidism also leads to muscle aches and poor memory.

Remember, all these symptoms can be reversed with better lifestyle choices!

2. Heart Diseases

Unhealthy habits can contribute to the premature aging of the heart. With its valves, vessels, muscles, and electric pathways, the heart is a significant organ in the human body.

Therefore, developing a lifestyle disease related to the heart must be avoided at all costs. Else, you might have to prepare yourself for *arrhythmias*, *cardiomyopathy*, *coronary artery disease* or a *heart valve disease*.

All of these conditions affect the appearance of the body, wearing it over time. It is mandatory to have **access to quality healthcare** if you find yourself succumbing to heart disease.

But why let it happen in the first place, when you can bring changes to your everyday life that prevent it?

3. Obesity

Did you know that the past decade has recorded an obesity **obesity treatment boom**?

If this has left you wondering why, let us help you walk through how this lifestyle disease paves the way for chronic illnesses.

Obesity is a condition caused by unhealthy eating habits that reduce the quality of the body's muscle mass. It leads to inflammation and DNA damage, which contribute towards epigenetic changes and eventually premature aging.

If left untreated, it can lead to heart disease and even certain cancers.

So wake up! Obesity was never just a cosmetic concern.

4. Diabetes

A severe reduction in physical activity and unhealthy diets lead to a spike in your blood sugar level.

The result?

Diabetes.

While scientists have taken to **using behavioural nudges** to treat diabetes, the lifestyle factors that are the immediate causes of it must be worked upon so that the body can keep up with the production of insulin.

If the body fails to regulate the sugar in blood, it will lead to fatigue, blurry vision, weight loss and the like – all symptoms of aging.

So make sure to exercise consistently for weight loss and follow healthy food habits!

5. Chronic Obstructive Pulmonary Disease (COPD)

COPD is one of the commonly found lifestyle diseases among adults. This disease, caused by active and passive smoking, damages an individual's lungs. It is considered to accelerate cellular aging, and this process is called *immunosenesence*.

This progressive degeneration of the tissues affects the structure and function of the human body.

Primarily, it targets the lungs and leads to breathing difficulties.

The most important step one could take to stop the progression of COPD in the body would be to *quit* smoking.

Conclusion

When it comes to lifestyle diseases, prevention is better than a cure!

From hyperparathyroidism to chronic obstructive pulmonary disease, there are several diseases

caused by unhealthy habits that you need to be aware of.

If you do not lead a healthy life, these diseases can make you look older than you are.

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