



COMMUNITY NEWSLETTER



Sehat ki baat

GUIDE FOR
**SELF-BREAST
EXAMINATION**

BENEFITS OF
**ADVANCED
CARDIAC
IMAGING**



EARLY WARNING SIGNS OF DENGUE

Season's Message

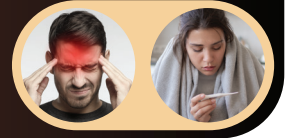


Table of Contents



Early warning Signs Of Dengue



Advanced Cardiac Imaging and Its Benefits



Why You Pee When You Sneeze?



Signs of Breast Cancer & Guide for Self Breast Examination



Breastfeeding: Nature's First Vaccine



Why Your Child's Snoring Could Be A Red Flag



Eat Well, Live Well Recipe: Healthy Tofu Tikka Masala

From The Editor's Desk

Dear Reader,

This month marks a special milestone for Sehat Ki Baat — one year of bringing you health insights, seasonal wellness tips, and expert-backed guidance from Medanta.

What started as a small step to connect with our community has grown into a trusted monthly resource, thanks to you. Your consistent readership, thoughtful feedback, and willingness to share this newsletter with others has made this journey truly meaningful.

Over the past year, we've covered everything from everyday health concerns to critical awareness topics — and we're just getting started. As we enter our second year, expect even more relevant content, from preventive care & seasonal health alerts to practical tips for daily well-being.

Here's to healthier choices, stronger communities, and many more editions of Sehat Ki Baat to come.

Dr. Sushila Kataria

Vice Chairperson
Internal Medicine



Spot the Sting:

Early Warning Signs of Dengue You Shouldn't Ignore

Dengue is a viral infection transmitted by mosquitoes, causing flu-like symptoms that can sometimes escalate into severe complications.



Persistent fever beyond 5 days



Severe abdominal pain



Bleeding from gums, urine or stool



Rising Haemoglobin



Nausea and vomiting



Altered sensorium

Early recognition of dengue symptoms is key to timely care and preventing complications.



Health Education



Beyond Blockages: How Advanced Imaging Can Spot Heart Diseases Before Signs Appear?

Heart disease is the leading cause of death in India, accounting for nearly 30% of all deaths. The real challenge? Detecting it before symptoms appear. Fortunately, advanced cardiac imaging techniques are now making that possible—helping identify silent threats much earlier than traditional methods.

Innovation in Cardiac Imaging

Coronary CT Angiography (CCTA)

A 3D scan that spots early plaque buildup—even before major blockages develop. It offers a non-invasive, highly detailed look at coronary arteries.

Calcium Score Test (CAC)

A quick and painless scan that detects calcium deposits in the arteries. It's especially useful for people with diabetes, high BP, or a family history of heart disease.

Cardiac MRI

Offers a comprehensive view of the heart's structure and function—key to identifying hidden or complex conditions like myocarditis, cardiomyopathies, or congenital anomalies.

Stress Echo & Nuclear Imaging

These tests reveal how well blood flows to the heart muscle during physical stress or medication-induced strain. They're particularly useful in patients with subtle, confusing, or atypical symptoms.

Together, these advanced tools help doctors detect disease early, personalize treatment plans, and shift the focus from crisis management to prevention—potentially saving lives before the first symptom even appears.

Why You Pee When You Sneeze and How To Stop It?

If you pee when you sneeze, cough or laugh, the most likely cause is urinary incontinence, which means a loss of bladder control. This happens when your pelvic floor muscles are too weak, usually due to childbirth & hormonal changes in menopause, they can't properly support your bladder & urethra.

What to do about it?

Healthy lifestyle changes: Quitting smoking, losing excess weight or treating an ongoing cough

Kegels: A regular regimen of pelvic floor exercises, commonly called Kegels, could be your solution for stopping leaks.

Bladder training

Vaginal pessary can help at times

Urethral bulking agents: Bulking agents are injected into your urethra and act like a filler by plumping up the walls of your urethra. Thicker walls help you stop the flow of urine but still allow you to urinate normally.

Surgery: Today's minimally invasive procedures have you home the same day

You may not want to talk about urinary leakage, but remember: Your healthcare provider has heard it all before. So don't be afraid to bring it up to your doctor.



Dr. Rajneesh Kapoor

Chairman
Interventional Cardiology

Dr. Sabhyata Gupta

Chairperson
Gynaecology & GynaeOncology



Breast Cancer – Fighting Together

Breast Cancer is the most common cancer in women in India. It is the abnormal growth of cells in breast tissue. It usually begins in ducts or lobules and can be hormone-driven, genetic, or sporadic. Though most common in women, it can affect men too.

DID YOU KNOW?

Early detection increases survival rates by over 90%

Breast Cancer: Key Risk Factors

Age – Common age is 40-55 years however, it can occur at any age even in 20s and 30s.

Sex – More common in females

Genetics – BRCA1/2 mutations and family history of breast cancer

Reproductive History – Early periods, late menopause, first child after 30

Dense Breasts – Harder to detect tumors

Lifestyle – Alcohol, inactivity, obesity, hormone therapy, poor diet and not breastfeeding adds to the risk

Early Signs of Breast Cancer

Lump or thickening
in breast, chest,
or armpit

Change in breast
shape/size

Nipple changes:
inversion, discharge

Swelling near
armpit or collarbone

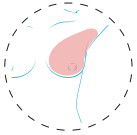


Jaanta_{hai}
Medanta

Breast Self-Examination



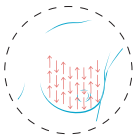
Once A Month
2-3 Days After Periods



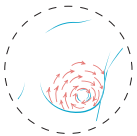
Examine Breast and
Armpit with Raised Arm



Use three fingers
with light pressure



Up and Down motion



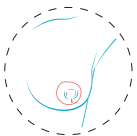
Circular motion



Examine Breast in
the mirror for Lumps
or Skin Dimpling



Change in Skin Color
or Texture



Nipple Deformation
Color Change or leaks
of any Fluid

Dr. Kanchan Kaur
Senior Director
Breast Surgery





Health Education

Breastfeeding: Nature's First Vaccine and a Lifelong Gift

Observed every year from August 1 to 7, **World Breastfeeding Week** is a global campaign to raise awareness about the importance of breastfeeding for both mother and child.

Breastfeeding is more than nourishment—it's a powerful start to life. The World Health Organization recommends exclusive breastfeeding for the first 6 months, followed by continued breastfeeding alongside complementary foods up to 2 years or more.

For babies, breast milk provides complete nutrition and vital antibodies that protect against infections, allergies, and even chronic conditions like diabetes later in life.

For mothers, it aids postpartum recovery, lowers the risk of breast and ovarian cancers, and strengthens the emotional bond with the child.

Despite its many benefits, breastfeeding can come with challenges. Common issues include sore nipples, often caused by improper latching or frequent feeding; low milk supply, which may result from infrequent nursing, stress, or hormonal imbalances; and latching difficulties, which can stem from the baby's positioning, tongue-tie, or inverted nipples.

These problems are usually due to minor, easily correctable factors. Seeking early support from a lactation consultant or healthcare provider can help mothers address these issues and continue breastfeeding confidently.

This Breastfeeding Week, let's support and empower mothers to give their babies the healthiest start in life—through the natural power of breastfeeding.

Why Your Child's Snoring Could Be a Red Flag?

Sleep-disordered breathing (SDB) is a general term for breathing difficulties during sleep. SDB can range from frequent loud breathing to obstructive sleep apnea (OSA), a condition where part, or all, of the airway is blocked repeatedly during sleep. Reduced airflow can cause oxygen levels in blood to drop.

What signs and symptoms you can pick in your child ?

Irregular teeth or Crowding of teeth

Bruxism or grinding of teeth at night

Loud breathing or snoring at night during sleep

Restless sleep or roams around in bed or wakes up multiple times at night.

Does not wake up fresh in the morning may wake up with a headache in the morning.

Daytime fatigue or sleepiness

Child can be a picky eater

Child may suffer from frequent episodes of cold and cough

Hyperactive child with short attention span or poor performance in school.

Don't ignore the signs—early dental evaluation can help your child breathe and sleep better. If your child has any of these problems, consult a doctor immediately.



Dr. Preeti Rastogi

Director
Obstetrics

Dr. Amrita Gogia

Associate Director
Dental Surgery



Healing Moments



Glimpses of *Canvas & Coffee* with Breast Cancer patients & survivors



Creators Meet

For Head and Neck Cancer Awareness



Healthy Tofu Tikka Masala

A vegetarian spin on the classic favourite, offering all the creamy, smoky richness without the heaviness of meat or cream. High in protein and full of bold Indian spices, it's a wholesome dinner that's both indulgent and guilt-free.

Recipe

- Marinate tofu cubes in a mix of yoghurt, turmeric, garam masala, red chilli powder, and lemon juice for 30 minutes.
- Bake or pan-fry the tofu until lightly browned.
- In a pan, sauté onions, garlic, ginger, and tomatoes with spices like cumin, coriander, and paprika, and then add a delicious tomato sauce to create a rich and flavorful dish.
- Add a splash of coconut milk or cashew cream, then stir in the tofu.
- Simmer until everything is rich and well combined.

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