



Sehat ki baat



**"I'M TOO YOUNG
FOR HEART
DISEASE"**

—THINK AGAIN

**STAY HEALTHY
THIS MONSOON**

PREVENTING
SEASONAL
INFECTIONS

**KEEPING CHILDREN
HEALTHY**

DURING THE
RAINY SEASON

Season's Message



Table Of Contents

- 01** Stay Healthy This Monsoon
Preventing Seasonal Infections
- 02** "I'm Too Young for Heart Disease"
—Think Again
Dengue Fever Vs Other Viral Fever:
Know the Warning Signs
- 03** Why Hydration Still Matters During
the Monsoon for People with
Kidney Disease
Persistent Cough When Should
You Get It Checked
- 04** PMOS Beyond Weight Gain: Symptoms
Every Woman Should Know
Keeping Children Healthy
During the Rainy Season
- 05** Immunity-Boosting Foods for
the Monsoon Season
Internet De-Addiction
- 06** Does Every Fever Need Antibiotics?
Soya Peanut Chaat

From The Editor's Desk

Dear Reader,

Welcome to the August edition of Sehat Ki Baat, your trusted source for reliable, expert-led health information designed to help you make informed choices for a healthier life.

As the monsoon continues, so do the health challenges it brings. In this edition, we focus on helping you stay one step ahead with practical advice on preventing seasonal infections, understanding the difference between dengue and viral fever, staying well-hydrated despite the rainy weather, and strengthening your immunity through healthy food choices.

At Sehat Ki Baat, our commitment remains the same to provide evidence-based, easy-to-understand health information that empowers you and your family to take proactive steps toward better health.

Happy Reading!

Dr. Sushila Kataria

Vice Chairman,
Internal Medicine



**Stay Healthy
This Monsoon** 
**Preventing Seasonal
Infections**



Wash your hands frequently and maintain good personal hygiene.



Keep yourself dry and change out of wet clothes promptly.



Drink clean, boiled or filtered water and avoid contaminated food.



Eat fresh, nutritious food to strengthen your immunity.

Seek medical advice early if fever, cough, diarrhoea, or other symptoms persist.

Season's Message



Dr. Nagendra Singh Chouhan
Vice Chairman,
Interventional Cardiology



"I'm Too Young for Heart Disease"—Think Again

Heart disease is no longer just a concern for older adults. Increasingly, people in their 20s, 30s, and 40s are developing cardiovascular problems due to unhealthy lifestyles and untreated risk factors.

Common contributors include:



Smoking
or vaping



Unhealthy diet
and obesity



Physical
inactivity



Chronic stress
and poor sleep



High BP
and diabetes



Family history
of heart disease

Don't ignore these warning signs:

- Chest pain or discomfort
- Shortness of breath
- Unexplained fatigue
- Palpitations or irregular heartbeat
- Dizziness or fainting



The good news? Most heart disease is preventable. Stay active, eat a balanced diet, avoid tobacco, manage stress, and get your blood pressure, blood sugar, and cholesterol checked regularly—even if you feel healthy. Early detection and healthy habits today can protect your heart for years to come. Your age does not make you immune, your lifestyle makes the difference.



Dr. Prabhat Kumar Jha
Director,
Internal Medicine



Dengue Fever Vs Other Viral Fever: Know the Warning Signs

Monsoon brings a rise in both dengue fever and other viral fever, but knowing the difference can help you seek timely treatment.

Dengue Fever	VS	Viral Fever
• High fever with severe headache • Intense muscle and joint pain ("breakbone fever") • Pain behind the eyes • Skin rash may appear after a few days • Low platelet count and bleeding (nose, gums, or bruising) can occur in severe cases		• Mild to moderate fever • Sore throat, cough, runny nose, or body ache • Usually improves within 3–5 days with rest and hydration • Platelet count generally remains normal or mildly low

Warning Signs: Seek Medical Care Immediately

- Persistent high fever
- Severe abdominal pain or repeated vomiting
- Bleeding from gums or nose
- Extreme weakness and dizziness
- Reduced urine output or unusual drowsiness
- Breathing difficulty

Avoid self-medicating with painkillers like ibuprofen or aspirin if dengue is suspected. Stay hydrated, monitor symptoms, and consult a doctor promptly for the right diagnosis and treatment. Early intervention can prevent serious complications.



Dr. Shyam Bihari Bansal

Vice Chairman,
Nephrology



Why Hydration Still Matters During the Monsoon for People with Kidney Disease

Many people drink less water during the monsoon because the weather feels cooler but this can be risky, especially for those with kidney disease. Your kidneys need adequate fluids to filter waste, maintain electrolyte balance, and support healthy blood flow.

Even in the rainy season, dehydration can occur due to fever, diarrhoea, vomiting, humidity, or reduced thirst. In people with chronic kidney disease (CKD), dehydration may worsen kidney function and increase the risk of urinary tract infections and kidney stones.

However, hydration is not one-size-fits-all. Some patients with advanced CKD or those on dialysis may need to restrict fluid intake as advised by their nephrologist. Drinking excessive water in such cases can lead to swelling, breathlessness, and fluid overload.

Quick Recommendations:



Watch for signs of dehydration: dark urine, dizziness, dry mouth, fatigue



Watch for signs of fluid overload: swelling in legs/face, breathlessness



Stay extra alert during fever, vomiting, or diarrhoea, when fluid needs can change quickly



Get regular check-ups if you have CKD, to keep your fluid plan on track through the season

Staying appropriately hydrated is an important part of protecting your kidneys throughout the year, including the monsoon.



Dr. Arvind Kumar

Chairman,
Lung Transplant



Persistent Cough When Should You Get It Checked

A cough is your body's natural way of clearing the airways, but if it doesn't go away, it could signal an underlying health problem.

Most coughs caused by viral infections improve within 2–3 weeks.

However, you should consult a doctor if your cough:

- Lasts more than 3 weeks
- Produces blood or thick, foul-smelling mucus
- Is accompanied by fever, unexplained weight loss, chest pain, or shortness of breath
- Keeps returning or interferes with your sleep and daily activities



A persistent cough may be linked to asthma, allergies, acid reflux, chronic bronchitis, pneumonia, tuberculosis, or, in rare cases, lung cancer. Early evaluation helps identify the cause and ensures timely treatment.

Avoid self-medicating with antibiotics unless prescribed. Stay hydrated, avoid smoking and second-hand smoke, and seek medical attention if your symptoms worsen. Don't ignore a cough that lingers early diagnosis can make a significant difference to your health.

Women and Kids



Dr. Priyanka Batra

Director,
Gynaecology and GynaeOncology



PMOS Beyond Weight Gain: Symptoms Every Woman Should Know

Polyendocrine metabolic ovarian syndrome (PMOS) is more than just weight gain. It is a common hormonal disorder that can affect women of reproductive age—even those with a

Watch out for these symptoms:



Irregular, infrequent, or missed periods



Acne that persists beyond the teenage years



Excess facial or body hair, or thinning hair on the scalp



Darkened skin patches, especially around the neck or underarms



Difficulty losing weight, fatigue, or mood changes



Trouble conceiving due to irregular ovulation

PMOS can also increase the risk of type 2 diabetes, high blood pressure, and heart disease if left unmanaged. Early diagnosis, a balanced diet, regular physical activity, stress management, and timely medical care can help control symptoms and reduce long-term complications.

If you're experiencing persistent menstrual irregularities or other symptoms, don't ignore them. Consult a gynaecologist for an evaluation and personalised treatment.



Dr. Rajiv Uttam

Director,
Paediatric Pulmonology



Keeping Children Healthy During the Rainy Season

The rainy season brings relief from the heat but also increases the risk of infections in children. A few simple precautions can help keep them healthy and active.

Encourage frequent hand washing with soap, especially before meals and after playing outdoors.

- Ensure children drink safe, clean water and eat freshly prepared, home-cooked food.
- Keep them dry by changing wet clothes and shoes promptly to prevent fungal infections and colds.
- Protect against mosquito bites by using repellents, full-sleeved clothing, and eliminating stagnant water around the home.
- Serve a balanced diet rich in fruits, vegetables, and protein to support immunity.
- Keep vaccinations up to date and watch for symptoms such as persistent fever, cough, diarrhoea, or unusual tiredness.



If your child develops a high fever, difficulty breathing, persistent vomiting, or shows signs of dehydration, seek medical attention without delay. A little extra care during the monsoon can go a long way in keeping your child safe and healthy.



Dr. Pawan Rawal

Senior Director,
Gastroenterology



Immunity-Boosting Foods for the Monsoon Season

The monsoon season increases the risk of infections, making good nutrition more important than ever. Eating a balanced, nutrient-rich diet can help support your immune system and overall health.

Include these immunity-friendly foods in your daily meals:



Vitamin C-rich fruits like oranges, guava, kiwi, and amla to support immune function.



Leafy green vegetables and colourful vegetables for essential vitamins, minerals, and antioxidants.



Nuts and seeds for healthy fats, vitamin E, and zinc.



Yoghurt and other probiotic foods to promote a healthy gut, which plays a key role in immunity.



Garlic, ginger, and turmeric for their natural anti-inflammatory and antioxidant properties.



Stay well hydrated with safe drinking water, soups, and fresh homemade beverages.

Avoid raw street food, stale leftovers, and unhygienic foods during the rainy season, as they can increase the risk of food- and water-borne illnesses. Pair healthy eating with adequate sleep, regular exercise, and good hygiene for stronger immunity.



Dr. Saurabh Mehrotra

Director,
Mental Health



Internet De-Addiction

The internet keeps us connected, but excessive screen time can affect mental health, sleep, productivity, and relationships. If you find yourself constantly checking your phone or struggling to disconnect, it may be time to build healthier digital habits.

Signs of unhealthy internet use include:

- Feeling anxious or restless when offline
- Staying up late scrolling, leading to poor sleep
- Neglecting work, studies, or personal relationships
- Difficulty concentrating without checking notifications
- Using the internet to escape stress or negative emotions

Simple steps to regain balance:

- 1 Set daily screen-time limits.
- 2 Keep phones away during meals and before bedtime.
- 3 Turn off non-essential notifications.
- 4 Spend time on hobbies, exercise, and face-to-face interactions.
- 5 Seek professional help if excessive internet use is affecting your daily life or emotional well-being.

Technology should support your life, not control it. Small, consistent changes can help you build a healthier relationship with the digital world.

Does Every Fever Need Antibiotics?

A fever is your body's natural response to infection, but not every fever needs antibiotics. Many fevers are caused by viral infections such as the common cold, influenza, or dengue, and antibiotics are not effective against viruses.

Taking antibiotics without medical advice can do more harm than good. It increases the risk of antibiotic resistance, making bacteria harder to treat in the future. It may also cause side effects such as diarrhoea, allergic reactions, and disruption of healthy gut bacteria.

What to do, if you have a fever:

- Get plenty of rest.
- Stay well hydrated.
- Take medicines only as prescribed by your doctor.



A few simple precautions can help you and your family enjoy a safer, healthier monsoon season.

Medanta Fever Clinic

Comprehensive care evaluation for fever and seasonal illnesses- all under one roof.

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Preventive Health & Wellness Centre,
2nd Floor, Medanta – The Medicity



AN TO KNOW MORE

Protein-Rich Monsoon Snack Ideas

(Calories: ~190 kcal | Protein: ~18 g)

Soya Peanut Chaat

Ingredients

½ cup boiled soya chunks | 2 tbsp roasted peanuts
Onion, tomato, coriander, lemon



1

Chop boiled soya chunks into bite-sized pieces.

2

Mix with peanuts, onion, tomato, and coriander.

3

Add lemon juice and chaat masala toss and serve.

Online Learning Sessions

Tune in monthly on YouTube and Facebook to watch Medanta Experts discuss important health topics and answer your questions LIVE.



Brain Health

1ST SUNDAY
EVERY MONTH | 10 AM

Every conversation about brain health has the power to change lives.

With Neuro Samvaad by Medanta, hear directly from leading Neurosurgery experts as they discuss brain and spine health, early warning signs, advanced treatments, and practical steps to help you and your loved ones stay informed and healthy.



Maternal Care

5TH EVERY
MONTH | 5 PM

Pregnancy is a beautiful journey, but it also comes with many questions and concerns.

With Bump & Baby Live by Medanta, expectant and new moms get expert guidance from top doctors on pregnancy care, postpartum health, and baby well-being — helping you embrace motherhood with confidence and care.



Cancer Care

7TH EVERY
MONTH | 7 PM

Cancer care begins with awareness — and every conversation can save a life.

Through 7 Tareekh 7 Baje, Medanta brings monthly live sessions with cancer specialists to share real stories, expert insights, and guidance on prevention, early detection, and advanced treatment options available — helping you stay informed and empowered against cancer.

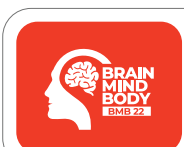


Women Health

8TH EVERY
MONTH | 6 PM

Every phase of a woman's life tells a new story — of strength, change, and self-care.

With “Womanhood Matters” – a Live show by Medanta, our experts guide women on important health issues, helping them understand their bodies better and prioritise their health at every age.



Brain Health

22ND EVERY
MONTH | 5 PM

Every thought, every move, every emotion — it all begins in the brain.

In the Brain, Mind & Body live show, Medanta experts help you explore the deep connection between your brain and overall well-being — decoding neurological disorders, early warning signs, and tips to keep your mind active, focused, and healthy.



Weight Management

4TH WEDNESDAY
EVERY MONTH | 4 PM

Trying to lose weight but not seeing results?

In the Weight No More live show, Medanta experts will break down the science of weight management, helping you understand how your metabolism, hormones, lifestyle, and daily habits shape your health.

To Book an Appointment with Medanta Experts:

📞 88-0000-1068

www.medanta.org 🖱️