

2025

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Edition

Community  
**Health News**

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**WORLD'S  
BEST  
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2025

**Newsweek**

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# Sehat ki baat

Flu, Pneumonia  
& Beyond: Must-Have  
Vaccinations  
before Winter  
Hits

Is Your  
Immunity  
Winter-Ready?

Does  
Cold Weather  
Really Increase  
the Risk of  
Heart Attack?



# Season's Message



## Table Of Contents

01

Is Your Immunity Winter-Ready?

Does Cold Weather Really Increase The Risk Of Heart Attack?

02

Is Winter Eczema Real? Why Does It Flare Up?

03

The Role Of Vaccination In Preventing Lungs Infection

Flu, Pneumonia and Beyond: Must-Have Vaccinations Before Winter Hits

04

Vaping In Teenagers: Why It's More Dangerous Than You Think

Endometriosis: Myths Vs Fact

05

Does Cracking Knuckles Cause Arthritis?

Silent Signs Of Prostate Trouble You Should Never Ignore

06

Know What's New In Medanta?

Eat Well Live Well Recipe

## From The Editor's Desk

Dear Reader,

As winter settles in, it brings with a season of calm, reflection, and the need for a little extra care. With colder days, rising pollution, and seasonal infections on the rise, this edition of Sehat Ki Baat focuses on helping you to stay healthy, protected, and well-prepared.

In this month's, you will find guidance on strengthening your immunity, understanding how cold weather affects heart health, and managing common winter skin concerns. We also bring you expert insights on lung protection through vaccination, the growing concern of vaping among teenagers, and clearer understanding of women's health issues like Endometriosis and PCOS.

Our Health Education section covers everyday questions — from whether knuckle cracking causes arthritis to identifying early prostate health concerns. We also highlight important updates from Medanta and share a simple, nourishing winter recipe to support your well-being.

As always, our aim is to empower you with knowledge that helps you make mindful choices. Let's welcome this season with warmth, awareness, and a renewed commitment to staying healthy.

**Dr. Sushila Kataria**

Vice Chairman,  
Internal Medicine



## Is Your Immunity Winter-Ready?

As temperature drops, your body becomes more vulnerable to infections. Strengthening your immunity now can help you to stay healthy throughout the certain season.

- Get 7–8 hours of good sleep to support immune repair.
- Stay hydrated, even if you do not feel thirsty in winter.
- Get vaccinated for flu and other recommended seasonal infections to stay protected.
- Keep yourself warm by layering and maintain hygiene to reduce infection risks.
- Eat leafy greens, immunity-boosting foods, fruits and include spices like turmeric and ginger.

# Season's Message



**Dr. Nagendra Singh Chouhan**

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**Dr. Sheilly Kapoor**

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## Does Cold Weather Really Increase The Risk Of Heart Attack?

Cold weather makes your heart work harder by constricting blood vessels, raising blood pressure, and increasing the risk of clots. If you have heart concerns, extra caution is essential.

### Why winter can stress the heart?

- **Tightened blood vessels** raise blood pressure
- **Heart works harder** to maintain warmth
- **Blood becomes thicker**, increasing clot risk
- **Sudden exertion** (like heavy chores) adds unexpected strain
- **Seasonal infections** such as flu can trigger cardiac events

### Who should be extra careful?

- People with heart disease, high BP, or high cholesterol
- Those with diabetes or past stroke
- Older adults or smokers
- Anyone not used to strenuous activity

### 6 essential tips for safety:

- **Layer Up:** Wear a hat, gloves, scarf, and a warm coat.
- **Warm up First:** Stretch indoors before any outdoor activity.
- **Take it slow** and avoid sudden heavy exertion.
- **Stay Hydrated:** Drink water or warm tea.
- **Stick to Your Routine:** Do not skip prescribed heart or blood pressure medications.
- **Get a Flu Shot:** Protect yourself from illnesses that stress the heart.

## Is Winter Eczema Real? Why Does It Flare Up?

When winter arrives, many people notice their skin becoming itchy, flaky, and irritated. For those who already have eczema, the cold weather can make symptoms significantly worse.

### Why does eczema flare up in winter?

- **Dry air & low humidity:** Cold air holds less moisture. When you step outside, the dry winter air quickly pulls moisture from your skin, making it dry, tight, and more prone to eczema flare-ups.
- **Indoor heating:** Heaters and blowers reduce indoor humidity even more, leaving your skin dehydrated. This dryness weakens the skin barrier and increases itching.
- **Hot showers:** Hot water feels comforting in winter, but it strips away natural oils from your skin—triggering redness and inflammation.
- **Woollen clothes:** Thick winter fabrics like wool can irritate sensitive skin, causing friction and worsening eczema patches.

### How to prevent eczema in winter?

- **Moisturise frequently:** Use a thick, fragrance-free moisturiser cream multiple times a day, especially after bathing.
- **Switch to lukewarm showers:** Avoid very hot water; instead, use lukewarm water and limit showers to 7–10 minutes.
- **Wear soft, breathable clothing:** Opt for cotton layers and avoid wool directly on the skin.
- **Stay hydrated:** Drink enough water even if you don't feel thirsty in winter.
- **Follow your prescribed treatment:** Use medicated creams (like steroid or calcineurin inhibitors) as advised by your dermatologist during active flare-ups.

# Winter Vaccination Guide



**Dr. Bornali Datta**

Director,  
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**Dr. Vikas Deswal**

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## The Role Of Vaccination In Preventing Lung Infections

Winter brings a rise in infections like flu, pneumonia, and other respiratory illnesses. For children, older adults, and people with chronic conditions such as asthma, COPD, diabetes, or heart disease, these infections can become serious. This is where vaccination plays a vital protective role.

Vaccines help your body build immunity against harmful viruses and bacteria, reducing your chances of falling severely ill. Even if you do get infected, being vaccinated can make the illness much milder and prevent complications that affect lung health.

### Why vaccination matters this season?

- Prevents serious infections like influenza and pneumococcal pneumonia
- Reduces hospitalisation risk, especially in those with weak lungs
- Protects vulnerable groups, including the elderly and immunocompromised
- Helps control flare-ups in asthma and COPD caused by winter infections
- Boosts community immunity, reducing the spread of illness

Vaccines are a simple yet powerful way to stay healthy during winter. If you're unsure which vaccines are right for you, speak with your doctor—they can guide you based on your age, health condition, and medical history.

## Flu, Pneumonia & Beyond: Must-Have Vaccinations Before Winter Hits

As temperature drops, the body's natural defences also slow down, making it easier for seasonal infections to take hold. Winter brings a surge in flu, respiratory illnesses, and lung infections that can escalate quickly—especially for those with existing health like Diabetes, High BP, heart disease, asthma, COPD, or weak immunity.

Timely vaccination can act as a protective shield, reducing the risk of severe symptoms, hospital visits, and complications.

### Key vaccines to consider this winter:

#### Influenza (flu shot)

A yearly protection that helps prevent high fever, body aches, and serious respiratory discomfort during peak flu season.

#### Pneumococcal vaccine

Offers strong protection against pneumonia (caused by *Streptococcus pneumoniae*), whose incidence increases during winter.

#### Covid-19 booster

Helps maintain immunity and reduce the chances of severe illness.

#### Shingles vaccine

Reduces the risk of painful rashes and long-term nerve discomfort that can flare up when immunity dips.

**DON'T WAIT.  
VACCINATE.**



HPV



Flu  
Influenza



Shingles



Pneumonia

Complimentary Pre- Vaccine Doctor Consult

Health Kiosk - UG Floor  
Medanta - The Medicity, Gurugram

Scan to  
Request  
A Call Back



# Health Education



**Dr. Anand Jaiswal**

Senior Director,  
Respiratory & Sleep Medicine



**Dr. Sabhyata Gupta**

Chairperson,  
Gynaecology and GynaecOncology



## Vaping In Teenagers: Why It's More Dangerous Than You Think

Vaping may look harmless because it doesn't produce smoke like a cigarette, but it can be much more harmful—especially for teenagers. Many young people start vaping thinking it's "safe" or "just flavoured," but the reality is very different.

### 5 important truths about vaping:

#### Not harmless, even if less toxic

- Vaping may expose you to fewer toxic chemicals than traditional cigarettes, but it's still unsafe.
- There have been serious lung injuries (EVALI) linked to vaping, especially with modified or illicit vape products.

#### Lung and heart risks are real

- Nicotine raises your blood pressure and heart rate, increasing risk for heart problems.
- Studies suggest vaping is linked with chronic lung disease, asthma, and other respiratory issues.

#### Highly addictive

- E-cigarettes deliver nicotine just like regular cigarettes.
- Some devices or cartridges have very high nicotine levels, making addiction stronger.

#### Hooking the next generation

- Vaping is especially popular among young people who may never have smoked cigarettes.
- Flavoured vapes, ease of access, and misconceptions about safety can lead to early nicotine addiction.

Vaping is not risk-free. Even though it might seem "safer" than smoking, it comes with real risks for your lungs, heart, and long-term health.

## Endometriosis: Myths Vs Facts

**Myth 1:** "It's just heavy period pain - nothing serious."

**Fact:** Endometriosis is far more than a "bad period." Tissue similar to the uterine lining grows outside the uterus, thickens, and bleeds each cycle - but with no outlet to drain, it causes inflammation, pain, and scarring.

**Myth 2:** "Endometriosis only affects the pelvic area."

**Fact:** Though most common in the pelvis (uterus surface, fallopian tubes, ovaries, bladder), endometriosis can occasionally appear in distant organs, including the diaphragm, bowel, and even lungs.

**Myth 3:** "If there's no pain, you don't have Endometriosis."

**Fact:** Not everyone with endometriosis experiences pain. Many are diagnosed only during evaluation for infertility. Lack of pain does not rule out the disease.

**Myth 4:** "Lifestyle changes can prevent Endometriosis."

**Fact:** Healthy habits can ease symptoms, but they cannot prevent endometriosis. The condition is influenced by hormonal, genetic, and immune factors beyond lifestyle alone.

**Myth 5:** "Endometriosis disappears completely after menopause."

**Fact:** While many experience relief post-menopause, symptoms don't always vanish. Small amounts of estrogen produced by the ovaries - and from peripheral sources - can keep lesions active in some individuals.

Endometriosis is complex and highly individual. Early recognition, evidence-based evaluation, and open discussion with a specialist are essential to effective management.

# Health Education



**Dr. Vivek Dahiya**

Senior Director,  
Orthopaedics



## Does Cracking Knuckles Cause Arthritis?

Many people crack their knuckles out of habit, stress, or simply because it feels relieving. But one question always comes up — does it lead to arthritis? The good news is no. Research shows that cracking knuckles **does not cause arthritis**. However, that doesn't mean the habit is completely harmless.

### What actually happens when you crack your knuckles?

The popping sound comes from gas bubbles collapsing in the joint fluid — not from bones rubbing together.

### Why it feels good?

Cracking temporarily stretches the joint, which can give a brief sense of release or comfort.

### Possible side effects:

While it doesn't cause arthritis, frequent knuckle cracking may lead to:

- Mild swelling
- Temporary decrease in grip strength
- Irritation for people around you!

### When to be concerned?

If you notice pain, stiffness, or swelling without cracking, consult a doctor. These symptoms may indicate an underlying joint issue unrelated to the habit.



**Dr. Sanjay Gogoi**

Chairman,  
Urology



## Silent Signs Of Prostate Trouble You Should Never Ignore

Prostate problems often develop slowly, and many men may not notice symptoms until the condition becomes more advanced. Recognising the early, subtle signs can help you seek timely care and prevent complications.

**Blood in urine:** If your urine is pink or red, you should see a primary care doctor or urologist.

**Difficulty urinating:** Urinary retention is when you have difficulty urinating or completely emptying your bladder.

**Pelvic pain:** Pain or a sensation in the pelvis can be a sign of advanced prostate cancer.

**Frequent urination:** You may wake up several times during the night to use the bathroom or go more often during the day.

**Bone pain:** Pain in your bones and joints can be an indication that the prostate cancer has metastasized, or spread, to your bones.

**Difficulty holding back urine:** This happens when you unintentionally pass urine.

These symptoms can be caused by an enlarged prostate, infection, or—in some cases—early prostate cancer. Not all signs are obvious, which is why regular prostate check-ups and PSA testing are important, especially for men above 50 or those with a family history.

If you notice any of these subtle changes, don't ignore them. An evaluation can make treatment easier and more effective.

# What's New in Medanta?

## Medanta's New Initiative on Prostate Cancer Awareness

### Socho mat, Baat Karo.

Your health matters. Prostate cancer  
may be silent, but you shouldn't be.



Aimed at encouraging men to openly discuss prostate health and break the silence around early symptoms. Prostate cancer is one of the most common cancers in men, yet fear, hesitation, and lack of awareness often delay diagnosis.

Through this initiative, Medanta empowers individuals with accurate information on risk factors, symptoms, screening tests, and advanced treatment options. The campaign encourages timely conversations with doctors, early screening, and proactive health decisions—because early detection can save lives.

Scan To Explore Complete  
Prostate Cancer Care Services



## Bajra (Pearl Millet) Soup

Portion: 1 cup (200 ml)

**Health Benefit:** Keeps you warm & boosts digestion in winter.

Bajra flour – 2 tbsp., Cloves – 4–5, Cinnamon sticks – 2 small  
Ajwain – 1 tsp, Black pepper – ½ tsp, Dry ginger powder – ½ tsp  
Jaggery – 2 small pieces, Ghee – 1 tsp, Water – 2 glasses (400–450 ml)

### Method:

1. Heat ghee; add cloves, cinnamon, ajwain, black pepper.
2. Mix bajra flour in little water to avoid lumps; add to pan.
3. Pour remaining water, add dry ginger & jaggery.
4. Simmer 8–10 minutes until slightly thick and Serve hot



## Online Learning Sessions

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



Maternal Care  
**5** 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  
**7** 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  
**8** 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  
**22** 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  
**4** WEDNESDAY EVERY MONTH | 5 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](http://www.medanta.org) 