

2026

February
Edition

Community
Health News

★★★★★

**WORLD'S
BEST
HOSPITALS**
2025

Newsweek

POWERED BY
statista



**Sehat
ki baat**

ADVANCING
CANCER CARE
WITH PRECISION
RADIOTHERAPY

CANCER
MYTHS VS FACTS

AIR POLLUTION
AND LUNG CANCER



Season's Message



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From The Editor's Desk

Dear Reader,

This edition of Sehat Ki Baat focuses on empowering you with reliable, easy-to-understand information across key health areas.

In this issue, we begin with health education essentials, knowing when a low heart rate needs attention, and learning how to detect chronic kidney disease (CKD) early. As part of World Cancer Day Special Edition, we address common cancer myths vs facts, explore advancements in precision radiotherapy, and highlight the growing concern of air pollution and lung cancer.

This edition also features Roshni, Medanta's dedicated cancer newsletter, highlighting ongoing efforts in cancer awareness, patient education, and support.

We hope this edition helps you ask the right questions, recognise early warning signs, and make informed health decisions—because awareness is the first step toward better care.

Dr. Sushila Kataria

Vice Chairman,
Internal Medicine



Do You Know Your Vitamin ABCs?

5 Vitamins You May Need to More of, and Where to Get Them

Vitamin C

Immunity and Skin

Helps in collagen formation
(Oranges, amla, guava and lemons)

Vitamin B12

Energy and Nerves

Helps prevent fatigue
(Milk, curd, eggs and fish)

Vitamin A

Vision and Immunity

Supports immune function
(Carrots, sweet potatoes and spinach)

Vitamin E

Skin and Cell Protection

Supports skin and heart health
(Nuts, seeds, vegetable oils and spinach)

Vitamin D

Bones and Muscles

Essential for bone health
(Sunlight, eggs and cheese)



Dr. Manish Bansal

Senior Director,
Clinical & Preventive Cardiology



Dr. Shyam Bihari Bansal

Vice Chairman,
Kidney Transplant



Advanced Angioplasty For Complex Heart Blockages

Protected Angioplasty, also called protected PCI, is an advanced heart procedure used for patients with severe heart weakness. In a routine angioplasty, blocked heart arteries are opened using balloons or stents.

In Protected PCI, special support devices like IABP or Impella are used during angioplasty. These devices help maintain blood flow and reduce stress on the heart while the doctor treats complex blockages.

Who needs Protected PCI?

- Patients with multiple or severe artery blockages
- Patients with weak heart pumping function
- Patients with low blood pressure
- Very sick patients or those with other organ problems

Benefits of Protected PCI:

- Safer option for high-risk heart patients
- Allows complete treatment in one procedure
- Improves heart function and heart failure symptoms
- Reduces complications like kidney injury
- Shorter hospital stay and better recovery

How to Detect Chronic Kidney Disease Early?

Chronic kidney disease (CKD) affects 10–13% of the global population, about 850 million people worldwide, with 140 million affected in India. Each year, 2–2.5 lakh people in India develop kidney failure, where kidney function falls below 15%, requiring dialysis or kidney transplantation for survival. However, only 50,000–60,000 receive dialysis and 10,000–15,000 undergo kidney transplantation, the best treatment option. This gap is due to limited facilities, financial constraints, and lack of public awareness.

Causes of CKD:

The most common causes of CKD are diabetes and hypertension. About 40% of kidney failure is due to diabetes, while poorly controlled blood pressure also damages the kidneys. Other causes include chronic glomerulonephritis, kidney stones, chronic kidney infections, and genetic disorders such as polycystic kidney disease. Risk factors include family history, smoking, obesity, old age, and heart disease.

How to detect early:

High-risk individuals, those with diabetes, hypertension, family history, heart disease, or the elderly should undergo annual urine tests (UACR) and blood tests for serum creatinine.

WORLD CANCER DAY

4TH FEB 2026

CANCER: Myths Vs Facts



Dr. Ashok Vaid
Chairman,
Medical Oncology



✘ Cancer is contagious



Cancer cannot spread from one person to another through casual contact like touching, hugging, or sharing food. Only certain viruses that can lead to cancer (like HPV or hepatitis viruses) are contagious.

✘ Cancer is always very painful



Early-stage cancer may not cause pain at all. Pain usually appears only in advanced stages or due to specific tumor pressure. Effective pain management can cure.

✘ Radiation therapy makes you radioactive



Radiation treatment uses targeted beams to kill cancer cells — it does not make the patient radioactive.

✘ People with cancer can not do their normal activities



Many cancer patients continue work, hobbies, family life, and social activity during treatment, depending on type and stage.

✘ Herbal products or supplements cure cancer



No herbal product has been scientifically proven to cure cancer. Some may help with side effects, but using them without medical guidance can be risky.

✘ Cell phones and power lines cause cancer



Current evidence does not link normal cell phone use or power-line exposure to cancer. The low-frequency energy they emit doesn't damage DNA like known carcinogens do.

✘ Sugar feeds tumors



While cancer cells use glucose like all body cells, consuming sugar does not make cancer grow faster. But a healthy diet helps reduce overall risk.

WORLD CANCER DAY

4TH FEB 2026

Advancing Cancer Care with Precision Radiotherapy

Cancer treatment has seen noteworthy advancements in recent years, with innovations in radiation therapy and radiosurgery significantly improving patient outcomes. Radiation therapy uses high-energy rays to destroy cancer cells, traditionally delivered in multiple sessions.

Among the most innovative solutions in this field is Varian's EDGE, a cutting-edge radiosurgery system that exemplifies the future of cancer care. It delivers non-invasive, highly focused radiation to tumours anywhere in the body—without surgery, cuts, or blood loss. Powered by advanced 3-D imaging and SBRT, it targets tumours accurately while protecting healthy tissues.

Effective for brain, lung, prostate, pancreas, and metastatic cancers, this technology is now available at Medanta Gurugram, making it the first hospital in Eastern India to offer Varian Edge with Hyper Arc, reinforcing its commitment to safer, faster, and more precise cancer care.

Key Benefits:



Shorter treatment courses:

Just 3–5 sessions for select cancers



Ultra-fast delivery:

Treatment sessions as brief as one minute



Improved patient comfort:

Minimal or no immobilization masks



Enhanced safety:

Reduced side-effects with superior clinical accuracy



Dr. Tejinder Kataria

Chairperson,
Radiation Oncology



Air Pollution and Lung Cancer: A Hidden Health Crisis

Air pollution contains numerous carcinogens similar to those in cigarette smoke, and this is one of the reasons why lung cancer is rising among non-smokers, women, and younger adults. With air quality frequently reaches “very poor” levels, with tiny particles (PM2.5) carrying toxic substances deep into the lungs and bloodstream, damaging tissues and contributing to cancer development.

Understanding the link between air pollution and lung cancer is essential. Early awareness and lifestyle changes can help protect your health in a polluted world.

Why This Matters?



Lung cancer is no longer only a smoker's disease



Many cases are diagnosed at advanced stages, reducing the chance of successful treatment.



Children, the elderly and people with chronic illnesses are particularly vulnerable.



Dr. Arvind Kumar

Chairman,
Institute of Chest Surgery



Season's Message



Dr. Shradha Chaudhari

Associate Director,
Gynaecology and GynaeOncology



Dr. Neelam Mohan

Senior Director,
Paediatric Gastroenterology



Why Ovarian Cancer Often Called the 'Silent Cancer'

Ovarian cancer begins in the ovaries, which are part of a woman's reproductive system. It is often referred to as a "silent cancer" because its early symptoms are subtle and easily mistaken for common digestive or hormonal problems. As a result, many women are diagnosed at a later stage, when treatment becomes more complex.

Common Symptoms to Watch For:

- Persistent abdominal bloating or swelling
- Pelvic or lower abdominal pain
- Feeling full quickly or difficulty eating
- Changes in bowel habits such as constipation
- Frequent or urgent need to urinate
- Unexplained fatigue or weight changes

Why Early Detection Matters?

When ovarian cancer is detected early, treatment is more effective and survival rates are significantly higher. Unfortunately, because symptoms are vague, many women delay seeking care. Paying attention to ongoing symptoms and consulting a specialist early can make a life-saving difference.

Persistent abdominal or pelvic symptoms should never be ignored. Early consultation, timely diagnosis, and access to modern treatment options can greatly improve outcomes.

Stomach aches in Kids: 5 Things Parents Should Know

"My tummy hurts!" is a common complaint in children. Most stomach aches are mild and settle with time, but knowing the cause helps parents respond better.

Here are five things every parent should know:

Viral gastroenteritis:

Often causes tummy pain with vomiting, diarrhoea, and fever. Prevent dehydration by offering plenty of fluids and WHO-recommended ORS in small, frequent sips. Most children recover in a few days with rest and hydration.

Reflux or acid irritation:

Can lead to upper belly pain, burping, sour taste, or vomiting. Simple dietary changes usually help.

Constipation:

Hard stools and infrequent bowel movements can cause discomfort. Adequate water and fibre are key.

Dehydration:

Not drinking enough fluids can worsen abdominal pain. Avoid sugary drinks, which may aggravate symptoms.

When to seek help:

Consult a pediatrician if your child has severe or persistent pain, pain in the lower right abdomen, repeated vomiting, inability to drink fluids, blood in vomit or stool, high fever, unusual drowsiness, or symptoms lasting more than 3-5 days.

Patient Testimonial



Dr. Abhilasha Agarwal

A strong and determined woman who was diagnosed with jaw cancer

Her journey has been tough, but she wanted to share her story to inspire others going through a similar struggle

PLAY



SCAN TO WATCH THE PATIENT SUCCESS STORY

From diagnosis to recovery— a story of resilience, guided by expert treatment under Dr. Deepak Sarin and his team.

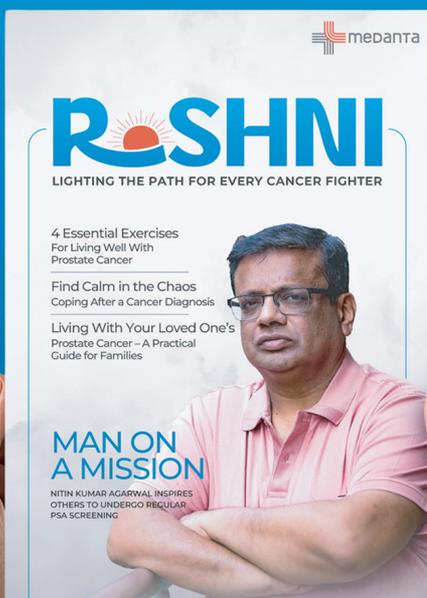


Dr. Deepak Sarin

Chairman,
Head & Neck Oncology



What's New in Medanta



An Exclusive Cancer Focused Newsletter

SCAN TO READ



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 