

2026

January
Edition

Community
Health News

★★★★★

**WORLD'S
BEST
HOSPITALS**
2025

Newsweek

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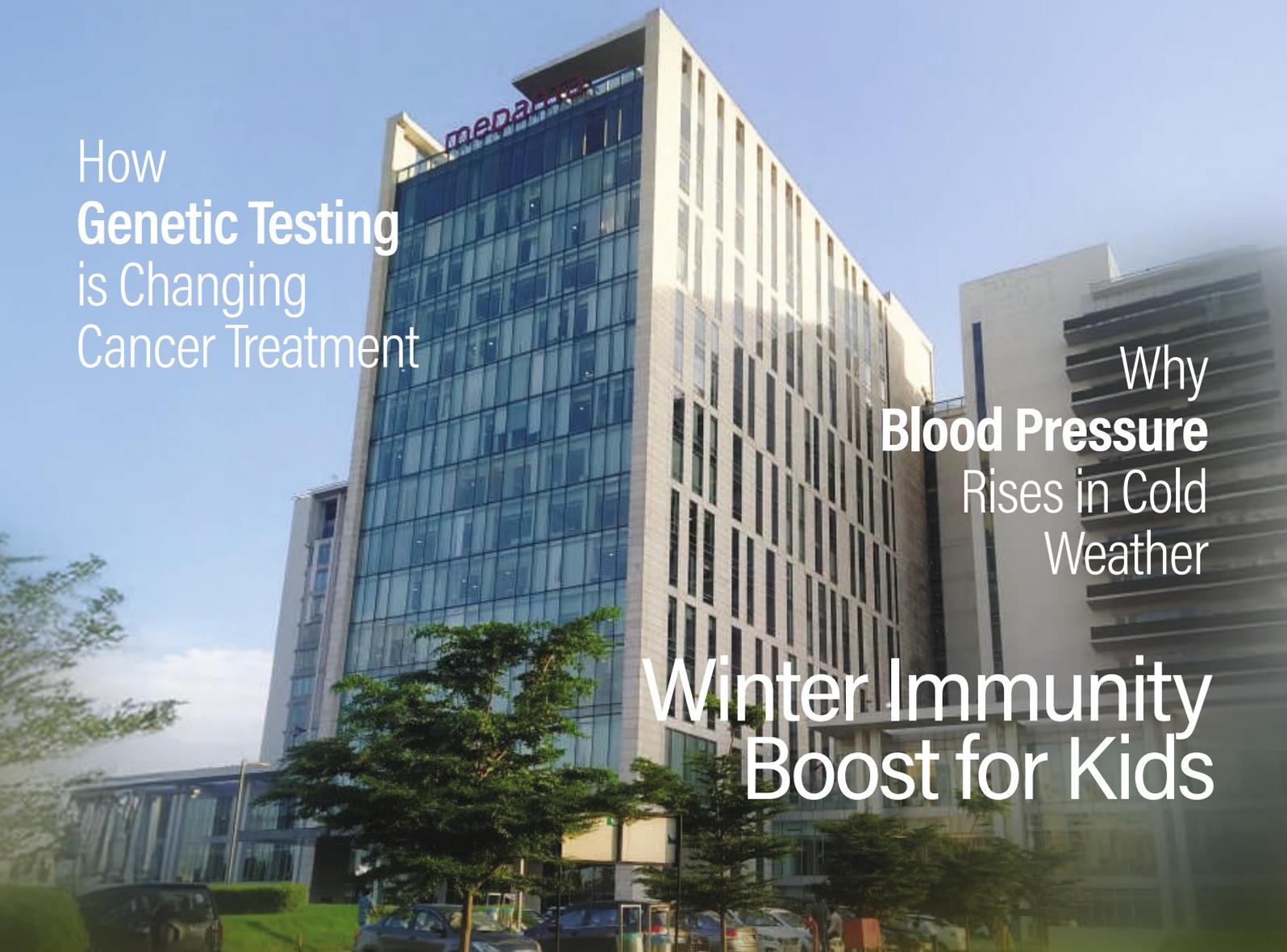


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How
Genetic Testing
is Changing
Cancer Treatment

Why
Blood Pressure
Rises in Cold
Weather

Winter Immunity
Boost for Kids



Season's Message



2026 HEALTH RESOLUTION



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From The Editor's Desk

Dear Reader,

As we step into the New Year, winter offers the perfect opportunity to pause, reset, and make small lifestyle changes that can lead to lasting health benefits. With cold weather impacting immunity, heart health, bones, and respiratory well-being, this edition of Sehat Ki Baat is designed to help you begin the year informed, aware, and proactive.

Inside, you'll find insights on small lifestyle changes for a healthier year, why blood pressure rises in cold weather, how to manage cold sensitivity during chemotherapy, and the importance of bone health when sunlight exposure is low. We also cover when a chronic cough needs attention, clear common cholesterol myths, and share easy tips to boost children's immunity this winter.

Start the year informed, prepared, and proactive—one healthy choice at a time.

Dr. Sushila Kataria

Vice Chairman,
Internal Medicine



New Year Health Reset: Small Lifestyle Changes That Make a Big Difference

• Move your body daily, even small efforts count

• Refresh your sleep routine for better rest and recovery

• Schedule your annual health checkups early

• Revisit your food choices and aim for balanced meals

• Practice mindfulness to manage stress and improve focus

A new year doesn't require a new you—just a consistent one. Health is built one choice at a time, and starting now puts you ahead well before 2026.

Season's Message



Dr. Praveen Chandra
Chairman,
Interventional Cardiology



Dr. Ashok Kumar Vaid
Chairman,
Medical Oncology



January Heart Check: Why Blood Pressure Rises in Cold Weather

Winter can be challenging for heart health—especially in January, when cold temperatures are at their peak. Many people notice higher blood pressure readings during this time, even if their BP is usually well controlled.

Why does this happen?

Cold weather causes blood vessels to constrict, making it harder for blood to flow. As a result, the heart has to pump with more force, leading to a rise in blood pressure. Reduced physical activity, heavier diets, and higher stress levels during winter can add to the risk

Who needs to be extra cautious?

- People with high blood pressure
- Those with heart disease or diabetes
- Elderly individuals
- Smokers or those with high cholesterol

Simple steps to protect your heart this winter:

- Monitor your blood pressure regularly
- Stay warm and avoid sudden exposure to cold
- Stay active indoors
- Follow a heart-healthy, low-salt diet
- Do not skip prescribed medications

How Genetic Testing Is Changing Cancer Treatment

Tumour genetic testing is a modern diagnostic approach that helps doctors understand the genetic changes within cancer cells. Rather than focusing only on where the cancer is located, this test looks at what is driving the tumour at a molecular level.

What is tumour genetic testing?

It analyses the DNA of cancer cells to identify mutations that may be responsible for tumour growth. These mutations can influence how a cancer behaves and how it responds to treatment.

Why is this testing important?

Different cancers, even of the same type can behave very differently. Genetic testing helps doctors:

- Identify actionable mutations
- Select targeted therapies or immunotherapy
- Avoid treatments that may not be effective

Does every cancer patient need it?

Not always. The decision depends on cancer type, stage, and clinical context. An oncologist determines whether genetic testing will add value to treatment planning.

By enabling more personalised and precise treatment decisions, tumour genetic testing is playing an increasingly important role in modern cancer care - helping align therapy with the unique biology of each patient's tumour.

Winter Vaccination Guide



Dr. Attique Vasdev

Vice Chairman,
Orthopaedics



Bone Health in winter: Is Low Sunlight Putting You at Risk?

During winter, shorter days and weak sunlight reduce the body's ability to make vitamin D, which is essential for strong bones. Low vitamin D can lead to poor calcium absorption, causing bone pain, muscle weakness, and a higher risk of fractures, especially in older adults and people who stay indoors most of the day.

If you are not getting enough sunlight, take extra care. Include calcium- and vitamin D-rich foods like milk, curd, paneer, eggs, fish, and fortified cereals. Doctors may also suggest vitamin D supplements if levels are low.

Simple exercises like:

- Walking at home
- Chair exercises
- Light stretching
- Yoga
- Resistance exercises using body weight help keep bones strong

Regular movement also improves balance and reduces the risk of falls.

With the right diet, supplements if needed, and regular indoor exercise, you can protect your bone health even during winter months.



Dr. Randeep Guleria

Chairman,
Respiratory & Sleep Medicine



Chronic Cough for More Than 3 Weeks: When it's More Than Just a Cold

A cough is common during a cold or flu and usually settles within a week or two. But if your cough lasts more than 3 weeks, it is called a chronic cough and should not be ignored.

A prolonged cough can be caused by conditions like asthma, allergies, acid reflux (GERD), post-nasal drip, smoking, air pollution, or lung infections. In some cases, it may also be an early sign of tuberculosis, chronic bronchitis, or other lung problems.

Warning signs that need medical attention:

- Persistent dry or wet cough
- Coughing at night
- Breathlessness
- Chest pain or fever
- Blood in sputum
- Unexplained weight loss

Ignoring a chronic cough may delay diagnosis and treatment. Early evaluation helps identify the cause and prevents complications.

If your cough is not improving even after basic treatment, consult a doctor. Timely care can help you breathe easier and protect your lung health.



Dr. Sanjay Mittal

Vice Chairman,
Clinical & Preventive Cardiology



Dr. Rajiv Uttam

Director,
Paediatric Care



Medical Myths: All about cholesterol

Myth 1: I have no symptoms so no need to check cholesterol.

Fact: Your body needs cholesterol for hormones and cell function. It's the high LDL (bad cholesterol) that increases heart risk.

Myth 2: Only overweight people have high cholesterol

Fact: Even slim people can have high cholesterol due to genetics, diet, or lack of exercise.

Myth 3: If cholesterol is normal once, it stays normal

Fact: Cholesterol levels can change with age, lifestyle, stress, and diet. Regular testing is important.

Myth 4: If I take medications regularly, dietary control is not that important to control cholesterol.

Fact: Medicines help, but healthy eating, exercise, and weight control are equally important.

Myth 5: Young people don't need cholesterol checks

Fact: High cholesterol can start early and cause silent damage. Early screening helps prevent future heart disease.

Winter Immunity Boost for Kids: Simple Ways to Keep Children Healthy

Winter brings cold weather along with frequent coughs, colds, and infections in children. A strong immune system helps kids fight these seasonal illnesses and stay active and healthy.

Balanced Diet:

Include fruits like oranges, guava, and kiwi for vitamin C, along with vegetables, nuts, eggs, and milk for essential nutrients. Warm, home-cooked meals and soups are easier to digest and nourishing in winter.

Ensure children get adequate sleep:

As proper rest strengthens immunity. Regular physical activity, even indoor play or light exercises, keeps their body active and improves resistance to infections.

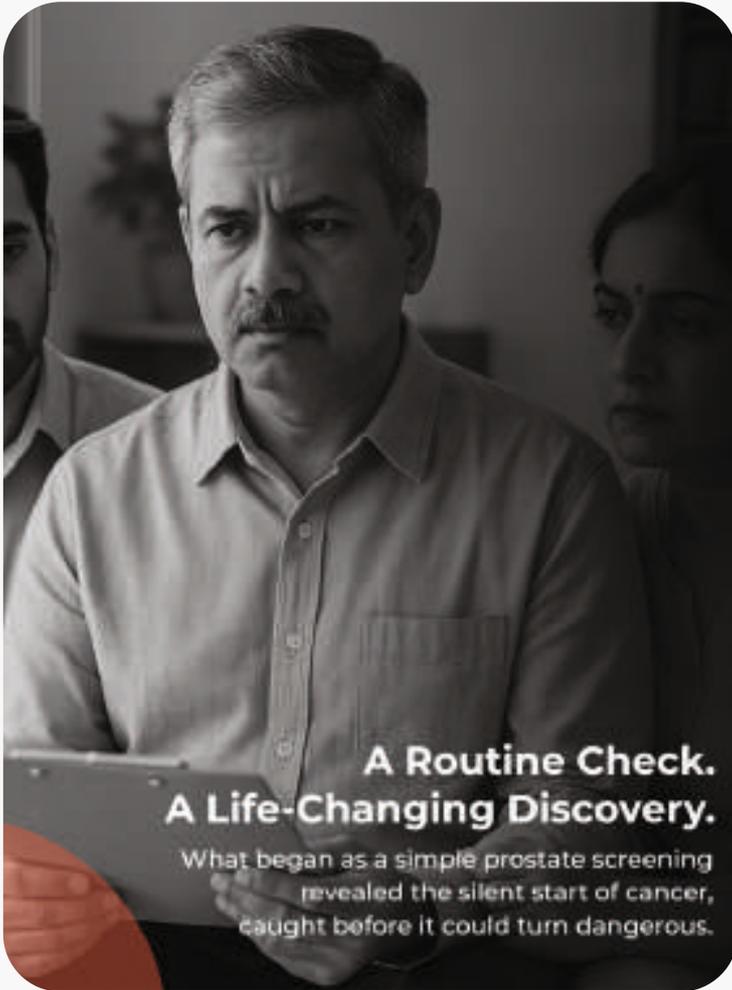
Maintain good hygiene habits:

Regular hand washing, covering the mouth while coughing or sneezing, and avoiding close contact with sick individuals. Keep children well-hydrated, even if they feel less thirsty in winter.

Timely vaccinations and regular health check-ups play a key role in protecting children during the winter months.

Small daily habits can go a long way in keeping your child healthy this winter.

Patient Testimonial



A simple check-up can rewrite a family's future. A 57-year-old man, who had already seen prostate cancer impact generations before him, chose vigilance over uncertainty. With routine screenings, his family made early detection a habit and that habit changed everything. A small rise in PSA levels was the first sign. A quiet signal that led to timely action, expert care, and a life saved before the disease could advance. The surgery was performed by Dr. Puneet Ahluwalia, Senior Director & Head – Uro Oncology and Robotic Surgery, ensuring precise and timely intervention.

**Let this be a reminder to everyone:
Don't wait for symptoms. Routine screening
can make all the difference.**

Cancer ki mushkil ladai ko aapke saath milkar

#ProstateCancerAwareness



Dr. Puneet Ahluwalia

Senior Director & Head,
UroOncology & Robotic Surgery



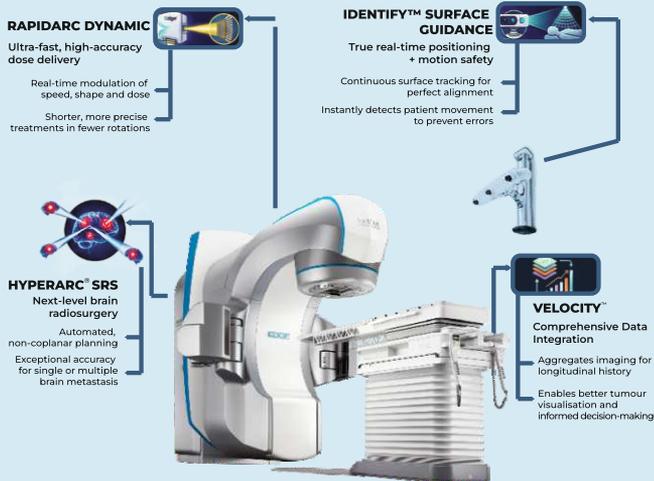
**SOCHO MAT,
BAAT KARO.**

**The 1-Minute
Prostate Check**

A quick 3-question assessment that helps you understand your risk of prostate cancer.

Whats New in Medanta?

Introducing
India's First Varian Edge
with RapidArc Dynamic, Identify™ & HyperArc®
A New Benchmark In High-Precision Radiotherapy



Key Benefits To Patients

- Minimal or no masks**
Ideal for claustrophobic patients
- Sessions as short as 1 mins**
reducing time on the table
- Ideal for moving tumours**
or multiple brain lesions
- Reduced side-effects with greater precision**
protecting healthy organs
- Just 3-5 sessions needed**
for select cancers

Medanta Mediclinic,
Defence Colony

Brings India's First

4D+

FEMTO LASER CATARACT SURGERY

A breakthrough in vision care where adaptive fluidics & robotic control combine to deliver unmatched precision, safety, and speed.



ENHANCED SAFETY



GENTLE PROCEDURE



SUPERIOR PRECISION



FASTER RECOVERY

88 0000 1068

Kashmiri Kahwa (Winter Special)

Keeps you warm, boosts immunity, aids digestion, and is rich in antioxidants—perfect for winters. [35-40 kcal]

Ingredients

- Water – 200 ml
- Green tea leaves – 2 g
- Cinnamon – 1 g
- Cardamom – 1 g
- Almonds (crushed) – 5 g
- Saffron – a pinch (0.1 g)
- Honey – 5 g (optional)

Method:

Boil water with spices, add tea leaves & saffron. Simmer 2-3 mins. Strain, add almonds & honey.



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 🖱️