

**2025**

July  
Edition

Community  
**Health News**

★★★★★  
**WORLD'S  
BEST  
HOSPITALS**  
2025

**Newsweek**

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# Sehat ki baat

**RISK OF  
LUNG CANCER**  
AFTER QUITTING  
SMOKING

**COVID-19**  
2025

**MONSOON  
SKIN AND  
HAIR CARE**

**TREATING  
KNEE ARTHRITIS**  
WITHOUT SURGERY



# Season's Message



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## Letter from the Editor

Dear Readers,

This month, we bring you timely updates & practical insights to help you stay ahead in your health journey.

We begin with the emergence of a new COVID-19 variant in 2025, along with steps you can take to stay protected.

If you've quit smoking, we discuss why it's still important to monitor your lung health. And for those dealing with chronic joint pain, we explore non-surgical options for arthritis relief that can improve quality of life.

With the monsoon settling in, we've also included tips on gut health and skin care—two areas that often take a hit during this season.

Clear, practical, and season-ready—this issue is your quick guide to smarter health choices.

Dr. Sushila Kataria

Senior Director, Internal Medicine,  
Medanta, Gurugram



## New COVID Variant 2025

Though it's 2025 and COVID-19 has become a part of our daily lives, like many viruses, it continues to evolve. With each new change in its form, we see rises in flu-like symptoms & infections reminding us to stay cautious, not anxious.

**The symptoms are mostly mild but easily confused with seasonal flu or allergies. Watch out for:**

Fatigue and mild headache



Gastro symptoms like nausea, appetite loss, or diarrhea



Muscle aches and body pain



Low-grade fever or chills



Severe sore throat or throat irritation



Runny or blocked nose







## What's My Risk of Lung Cancer After Quitting Smoking?

**Quitting smoking lowers your risk but screening may still be important.**

**Quitting is a huge health win**

Your risk of lung cancer drops once you quit smoking, along with your risk for many other diseases. However, it never drops to the level of someone who has never smoked.

**Can I still get lung cancer after quitting smoking?**

Yes. The younger you are when you start smoking, the heavier and the longer someone smokes, the greater their risk is of getting lung cancer. If you're concerned about your risk for lung cancer, consult a doctor for your risk assessment.

**You may still need screening –**

**Lung cancer screening is recommended**

- You're 50 to 80 years old
- You have smoked for more than 10 years
- You quit smoking within the last 15 years

**Have symptoms? Get checked.**

**Screening may be advised if you experience:**

- Persistent or new cough
- Coughing up blood
- Chest pain or shortness of breath
- Unexplained weight loss

Even after quitting, you may still be at risk—lung cancer screening can catch it early, when it's most treatable.



**Dr. Arvind Kumar**

Chairman  
Chest Surgery & Lung Transplant

## Beyond Surgery: Interventional Radiology for Knee Arthritis Relief

Interventional Radiology (IR) offers advanced, image-guided, non-surgical treatments for knee arthritis like:

**Joint Injections**

- Corticosteroids reduce inflammation & pain
- Hyaluronic acid lubricates the joint for smoother movement

**Platelet-Rich Plasma (PRP):**

- Uses your own platelets to promote joint healing
- A natural option to reduce pain and improve function

**Genicular Artery Embolization (GAE):**

- Minimally invasive procedure for moderate-to-severe arthritis
- Blocks inflamed arteries to reduce pain and improve mobility

**Radiofrequency Ablation (RFA):**

- Deactivates nerves carrying pain signals from the knee
- Cooled RFA can provide 6–12 months of relief for chronic pain

**Joint Aspiration:**

- Removes excess fluid from swollen knees
- Relieves pressure, swelling, and improves comfort

**What are the Benefits?**

Minimally invasive, same-day procedure that precisely targets pain, with quick recovery and the potential to delay or avoid knee surgery.

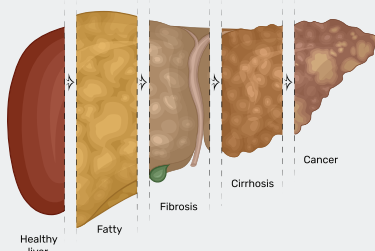
Talk to your doctor today to see if it is an option for you.

**Dr. Sanjay Saran Bajjal**

Chairman  
Interventional Radiology & Imaging



## Stages of liver damage



## Hepatitis and Liver Cancer: What You Should Know

Chronic hepatitis infections are more than just liver problems — they are major causes of liver cancer worldwide. This World Hepatitis Day, let's talk about a link many people still don't know.

Hepatitis B and C viruses can cause long-term inflammation in the liver. Over time, this silent damage can lead to fibrosis, cirrhosis, and eventually hepatocellular carcinoma (HCC) — the most common type of liver cancer.

What's worrying is that many people have no symptoms until it's too late. In fact, Hepatitis B and C often go undetected for years.

### Who should be screened?

- Anyone with a family history of hepatitis or liver disease
- People with past blood transfusions or dialysis
- Healthcare workers
- Those with diabetes or HIV
- Anyone who hasn't been vaccinated for Hepatitis B

### The good news?

- Hepatitis B is preventable with vaccine & curable with oral medication
- Hepatitis C is now curable with oral medication
- Regular monitoring (blood tests, ultrasounds) can detect changes early and save lives

If you or a loved one has chronic hepatitis, don't wait for symptoms. See your doctor, get tested, and start treatment early.

Early detection is the best protection against viral hepatitis & liver cancer. Let's break the silence around hepatitis.



**Dr. Neeraj Saraf**

Senior Director  
Clinical and Transplant Hepatology

## Water-Wise Habits: Prevent Waterborne Infections This Rainy Season

Monsoon brings relief from heat — but also a spike in waterborne infections like typhoid, hepatitis A, and diarrhea. Here are simple precautions you can take:

### Safe Drinking Water Practices

Boil water before use to kill germs. Use purifiers or filters to remove contaminants. While traveling or in areas with uncertain water quality, always choose bottled or treated water.

### Proper Hygiene and Sanitation

Wash hands regularly with soap, especially before eating and after using the toilet. Keep living spaces clean to prevent the build-up of bacteria and other pathogens.

### Avoiding High-Risk Foods

Avoid raw or undercooked foods during the rainy season. Contaminated water can affect fruits and vegetables—wash them thoroughly and prefer home-cooked meals.

### Personal Hygiene

Bathe regularly and practise good personal hygiene to reduce the risk of infection. Avoid sharing towels or personal items, and wear protective footwear to stay safe in waterlogged areas.

Stay alert, stay safe — and if symptoms like vomiting, loose stools, fever appear, don't delay, consult your doctor right away.

**Dr. Hitesh Panchal**

Associate consultant  
Gastroenterology





## Lasting Impact: The Long-Term Effects of Childhood Obesity

Obesity doesn't just bring immediate health concerns for children with excess body fat. It brings worries for the future, too. Obese kids are more at risk of developing medical conditions as they grow up such as **Risk of Heart Disease, Fatty Liver, Diabetes, Various cancers, Mental Health Issues.**

### How to reverse the childhood obesity trend?

#### Eating healthier

Fruits and veggies instead of fast food

#### Moving more

Children aged 6 to 17 need at least an hour of daily activity

#### Catching ZZZs

Children who don't get enough sleep are more apt to gain weight.

#### Limiting screen time

Turn off those tablets & phones to encourage more activity.

#### Involving the whole family

It'll be easier for kids to adopt the suggestions if they see others doing the same thing. Parents should be their role models.

Avoid blaming or shaming language or focusing too hard on weight numbers. Address obesity from a health standpoint, consult a specialist if needed.



**Dr. Neelam Mohan**

Senior Director and HOD  
Gastroenterology

## What Does a Heart Attack Feel Like? Is It Different For Women?

We all remember the dramatic heart attack scenes in Hindi movies—clutching chests, collapsing in pain.

**But real heart attacks are usually much subtler, with less obvious symptoms like:**

#### Chest pressure or tightness

Heart attacks feel more like pressure or tightness—not sharp or pin-prick pain.

#### Heartburn-like discomfort

It's quite common for heart attacks to feel like acid reflux. In fact, the symptoms can be nearly identical.

#### Shortness of breath

Some heart attacks don't cause pain at all. These "silent heart attacks" are most common in people with diabetes and older adults.

#### Pain on the left side

Heart attack pain can spread to the jaw, back, or arms—usually the left, but sometimes the right.

#### Nausea and sweating

Sweating, when present along with any chest discomfort or breathlessness, should always raise suspicion of a heart attack.

### Can symptoms differ between men & women?

While many are similar, about a third of women may feel fatigue, breathlessness, nausea, or pain in the back, neck, or abdomen—often without chest pain.

When in doubt, don't wait get help immediately.

**Dr. Manish Bansal**

Senior Director  
Clinical & Preventive Cardiology







## Common Pregnancy Discomforts and How to Relieve Them

Pregnancy is a beautiful journey, but it comes with its fair share of discomforts. Here are some of the most common ones we see in patients and how you can manage them safely:

### Acidity & Heartburn

As the uterus expands, it pushes the stomach upwards.

**Relief:** Eat small, frequent meals, avoid spicy/fried foods, and don't lie down immediately after eating.

### Constipation

Hormonal changes slow down digestion.

**Relief:** Drink plenty of water, eat high-fibre foods (fruits, vegetables, whole grains), and stay active.

### Leg Cramps

Often occur at night, especially in the second and third trimester.

**Relief:** Stretch your legs before bed, stay hydrated, and ensure adequate calcium and magnesium intake.

### Swollen Feet (Edema)

Due to fluid retention and reduced circulation.

**Relief:** Elevate your feet when sitting, avoid long periods of standing, and wear comfortable shoes.

These discomforts are common and manageable with simple lifestyle changes. However, if anything feels abnormal — like severe pain, bleeding, dizziness, or swelling — don't ignore it. Consult your doctor immediately.



**Dr. Preeti Rastogi**

Director & HOD  
Obstetrics

## Skin & Hair Care During Monsoon

After the soaring temperatures of May & June, July showers bring with them the much-needed sigh of relief. Unfortunately, rainy season is ridden by wetness & excessive humidity & leads to skin problems.

### Skin Care

Fungal infections mainly affect feet, toes & other body parts. Ringworm and yeast infections are the two key types of fungal infections that happen due to humidity. Acne and eczema are also prevalent.

### Tips

- If soiled with muddy/ rainy water, clean with lukewarm water as soon as you return from outdoors.
- Wear Open footwear & loose cotton clothes
- Do not allow moisture to stay on body for long
- Use soap free cleansers so that skin doesn't get dry and use scrub twice a week
- Do not use heavy makeup.
- Avoid liquid eyeliners and mascaras they tend to smudge and enter your eyes.

### Hair Care

Rain water may be contaminated with innumerable chemicals and dust due to which hair can be dry, frizzy and lose its strength leading to hairfall & dandruff.

### Tips

- Hair should not be allowed to wet in rain
- Use mild shampoo and avoid hair treatments as they make hair porous

**Dr. Sheilly Kapoor**

Visiting Consultant  
Dermatology



## Personal Wellness



## Falling: Are You Or A Loved One At Risk?

As we age, our reflexes are no longer lightening-quick. Our bones become more fragile. Our eyes just might be playing tricks on us. These factors can lead to the likelihood of a serious tumble. And falls can cost us — not only in terms of treatment, but in terms of independence and even our lives.

People over the age of 65, with dizziness, arthritis, weakness, balance issues and vision problems are more at risk for falls.

### How to reduce your risk?

See the eye doctor annually. A yearly eye exam will reveal whether your prescription — or your glasses — needs adjusting. Don't delay having your cataracts removed.

### Outfit those feet

Look for non-skid footwear, including slipper socks with non-skid treads on the bottom

### Work out

Incorporate exercises that make your legs stronger and work on your balance.

### Lean on me

Better to use a cane or walker than to lose your balance. Put pride aside so that you can get around safely.

### A family affair

Having friends and family around means fewer falls. If you're feeling isolated, reach out. Maybe someone is waiting to hear from you!

It's important to know whether or not you or a loved one might be at risk of falls and take the necessary precautions.



**Dr. Bhriгу Jain**

Attending Consultant  
Geriatric medicine

## Eat Well, Live Well Recipe



### Masala Omelette Cups

#### Ingredients

- 4 eggs
- ¼ cup each chopped onions & tomatoes
- 1 chopped green chili (adjust to taste)
- 2 tbsp chopped cilantro
- ¼ tsp turmeric
- ¼ tsp red chili powder (optional)
- Salt to taste

#### Instructions:

1. Whisk eggs until frothy; mix in veggies, spices, and salt.
2. Pour into lightly greased ramekins or silicone cups (¾ full).
3. Air fry / bake at 350°F (180°C) for 8–10 mins until set and golden.
4. Garnish with cilantro or cheese (optional).

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## Online Learning Sessions

Tune in monthly on You tube and facebook to watch Medanta Experts discuss important health topics & answer your questions LIVE.

 <b>Pump &amp; Baby</b>	Maternal Care 5 <sup>th</sup> every month   5:00 pm
 <b>TAREEKH 7 BAJE</b>	Cancer Care 7 <sup>th</sup> every month   7:00 pm
 <b>Womanhood Matters</b>	Women's Health 8 <sup>th</sup> every month   6:00 pm
 <b>Saans ki Baat</b>	Lung Diseases 11 <sup>th</sup> every month   5:00 pm
 <b>HEART 2 HEART</b>	Heart Health 15 <sup>th</sup> every month   4:00 pm
 <b>BRAIN MIND BODY BMB 22</b>	Brain Health 22 <sup>nd</sup> every month   5:00 pm

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