



Sehat ki baat

**IMPORTANCE
OF HEART
CHECK
FOR FAMILY
MEMBERS**

**UTIs AND
KIDNEY
INFECTIONS**

**WORLD
HEPATITIS DAY**

KNOW THE SILENT
LIVER DISEASE

Season's Message



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From The Editor's Desk

Dear Reader,

Welcome to the July edition of Sehat Ki Baat, your trusted companion for clear, practical, and expert-backed health guidance.

As the monsoon season sets in, we bring you essential insights to help you stay healthy and protected. Discover effective ways to safeguard yourself from common monsoon-related infections, understand the critical role of family history in heart health, recognise the early warning signs of brain tumours and hepatitis, and learn how simple lifestyle changes can play a powerful role in cancer prevention.

This month, we also shine a light on health matters close to home from fertility challenges associated with endometriosis and practical back-to-school health tips for children, to managing common skin concerns during humid weather.

At Sehat Ki Baat, our mission remains unchanged: to deliver reliable, evidence-based information that empowers you to make informed decisions for your well-being and that of your loved ones.

Stay informed. Stay proactive. Make your health a priority this monsoon and beyond.

Happy Reading!

Dr. Sushila Kataria

Vice Chairman,
Internal Medicine



DO NOT LET THE RAIN MAKE YOU SICK

Rainy weather brings an increased risk of viral infections, flu, pneumonia, and other respiratory illnesses.

Stay alert and seek medical advice if symptoms persist.



High grade fever with eye pain



Decreased oral intake and urine output

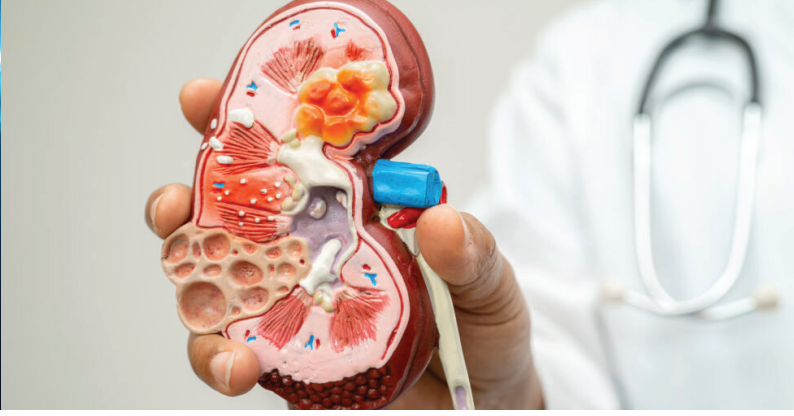


Loose stools with vomiting



Skin rashes and bleeding

Season's Message



Dr. Sanjay Mittal

Vice Chairman,
Clinical & Preventive Cardiology



Do Not Ignore Your Heart Health If You Have A Family History Of Heart Disease

Family history is one of the strongest predictors of heart disease, yet it's also one of the most overlooked. If a parent or sibling (first-degree relative) has had a heart attack, stroke, or been diagnosed with high blood pressure, high cholesterol, or diabetes at a relatively young age, your own risk is meaningfully higher even though you may feel completely healthy. Heart disease often develops silently for years before the first symptom appears, and by then it may already be advanced.

Who should consider a heart check up?

- One or more first-degree relatives have had heart disease.
- There is a history of sudden cardiac death in the family.
- A family member developed heart disease at a relatively young age.
- You have additional risk factors such as diabetes, high blood pressure, obesity, smoking, or high cholesterol.

Can Genetic Testing Help?

Where there is a strong family history of premature heart disease, sudden cardiac death, or inherited conditions like familial hypercholesterolemia or cardiomyopathies, genetic testing can help identify specific inherited risks and guide more personalized prevention and treatment strategies.

Knowing your family history and sharing it with your doctor is not just useful information; it's a call to action. A simple check-up today could prevent a life-threatening event tomorrow.



Dr. Prasun Ghosh

Chairman,
Urology



UTIs and Kidney Infections: Why They Rise During Monsoon

The monsoon season brings welcome relief from the heat, but it also creates conditions that increase the risk of urinary tract infections (UTIs). High humidity increases sweating in covered areas of the body, creating a favourable environment for bacterial growth. While reduced water intake due to cooler weather can lead to concentrated urine, making it easier for bacteria to multiply in the urinary tract.

Women are more prone to UTIs because of their shorter urethra, but men, children, older adults, and people with diabetes or weakened immunity are also at risk. If left untreated, a simple UTI can spread to the kidneys, causing a more serious infection.

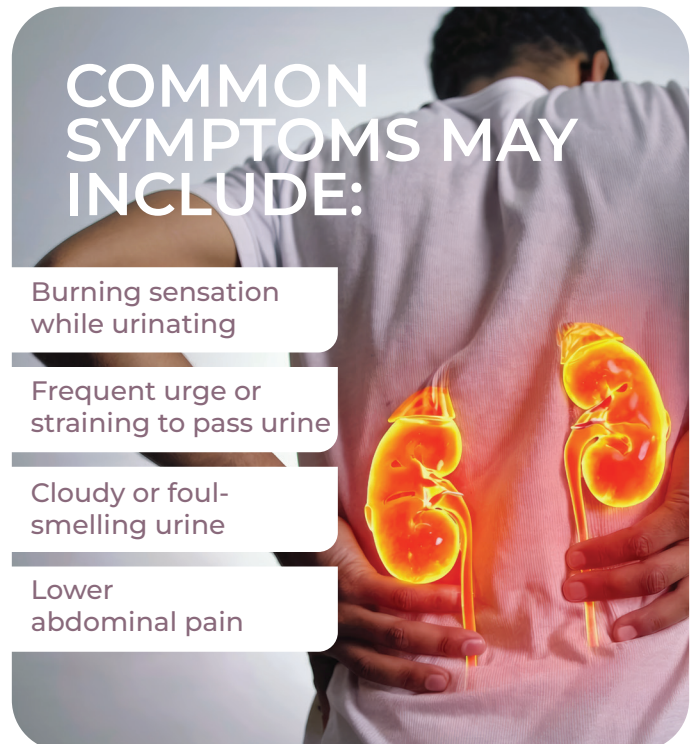
COMMON SYMPTOMS MAY INCLUDE:

Burning sensation while urinating

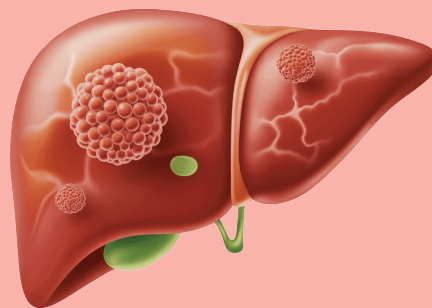
Frequent urge or straining to pass urine

Cloudy or foul-smelling urine

Lower abdominal pain



Staying well-hydrated, maintaining good personal hygiene, avoiding holding urine for long periods, and wearing clean, breathable clothing can help reduce the risk.



Dr. Vinay Goyal

Chairman,
Neurology



Persistent Headaches? Do Not Ignore Your Brain's Warning Signs

A headache is not always "**just a headache.**" While most headaches are harmless, persistent or unusual symptoms may sometimes signal a brain tumour. Early diagnosis can make a significant difference in treatment and recovery.

WARNING SIGNS

TO WATCH FOR INCLUDE HEADACHES THAT BECOME MORE FREQUENT OR SEVERE ESPECIALLY IN THE MORNING:

Blurred or double vision

Seizures

Balance problems

Weakness or numbness in the arms or legs

Unexplained nausea or vomiting

Memory loss, or difficulty speaking.

It's important to remember that these symptoms do not always mean you have a brain tumour. However, if they are persistent, worsening, or occur along with other neurological symptoms, consult a doctor without delay.

Modern imaging techniques such as CT scans and MRI help diagnose brain tumours accurately, allowing specialists to plan the most appropriate treatment. Depending on the type and location of the tumour, treatment may include surgery,



Dr. Neeraj Saraf

Senior Director,
Gastroenterology



World Hepatitis Day: Know The Silent Liver Disease

Hepatitis is an inflammation of the liver that often develops silently, with many people experiencing no symptoms until significant liver damage has occurred. Viral hepatitis especially Hepatitis B, C and E, can lead to chronic liver disease, cirrhosis, and even liver cancer if left untreated.

Watch out for these warning signs:



Persistent fatigue or weakness



Yellowing of the skin or eyes (jaundice)



Dark-coloured urine



Abdominal pain or swelling



Loss of appetite, nausea, or vomiting

The good news is that many cases of hepatitis can be prevented or effectively managed. Vaccination protects against Hepatitis A and Hepatitis B, while early screening helps detect Hepatitis B and C before complications develop. Practising good hygiene, avoiding unsafe injections, and ensuring safe blood transfusions also reduce the risk.

This World Hepatitis Day, do not wait for symptoms. If you are at risk or have concerns about your liver health, consult your doctor. Early diagnosis and timely treatment can protect your liver and save lives.



Dr. Praveen Khilnani

Chairman,
General Paediatrics



Back-To-School Health Checklist For Parents

As children return to school, a little preparation can go a long way in keeping them healthy, active, and ready to learn. Along with school supplies, make your child's health a priority.

BACK TO SCHOOL CHECKLIST

- ✓ Ensure your child's vaccinations are up to date.
- ✓ Pack a nutritious lunch and a refillable water bottle.
- ✓ Encourage regular hand-washing and good personal hygiene.
- ✓ Make sure your child gets 8-10 hours of sleep every night.
- ✓ Limit screen time and encourage daily physical activity
- ✓ Keep an eye on vision, hearing, and dental health.
- ✓ Teach your child to stay home if they have fever or contagious symptoms.

Regular health check-ups help detect vision problems, nutritional deficiencies, and other health concerns that may affect your child's growth and academic performance.



Dr. Shradha Chaudhari

Associate Director,
Gynaecology and GynaeOncology



Navigating Fertility With Endometriosis

Being diagnosed with endometriosis does not mean you can not become pregnant. While the condition can make conception more challenging for some women, many with endometriosis conceive naturally or with appropriate fertility treatment.

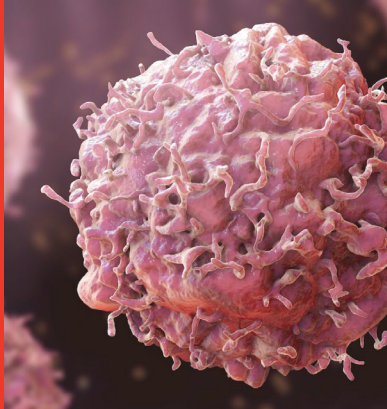
Endometriosis occurs when tissue similar to the lining of the uterus grows outside the uterus, which may affect the ovaries, fallopian tubes, or surrounding tissues. This can interfere with ovulation, fertilisation, or embryo implantation.

WHAT YOU SHOULD KNOW:

- Pregnancy is still possible for many women with endometriosis.
- Early diagnosis improves treatment and fertility planning.
- Treatment options may include medication, minimally invasive surgery, or assisted reproductive techniques such as IVF, depending on the severity of the condition.
- A healthy lifestyle and timely consultation with a fertility specialist can improve outcomes.

If you have been trying to conceive for several months and experience painful periods, pelvic pain, or other symptoms of endometriosis, don't delay seeking medical advice. Early evaluation and personalised care can help you make informed decisions and improve your chances of achieving pregnancy.

Cancer Prevention



Dr. Deepak Sarin

Chairman,
Cancer Care



Dr. Kunjahari Medhi

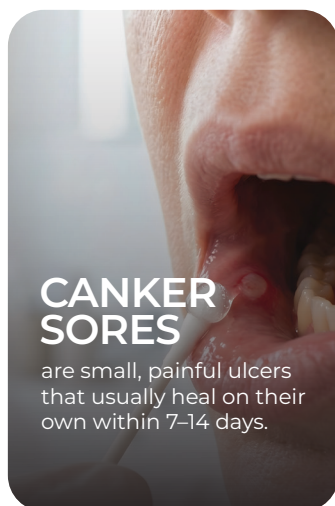
Vice Chairman,
Cancer Care



Is It A Canker Sore Or Cancer? Look For These Signs

A mouth sore is usually harmless and heals within one to two weeks. However, if a sore persists, recurs frequently, or does not heal, it could be a warning sign that needs medical attention.

Know the Difference



When to See a Doctor

- Persistent mouth sore lasting more than 2 weeks
- Difficulty chewing, swallowing, or speaking
- Unexplained bleeding from the mouth
- A lump in the mouth or neck
- Numbness or persistent pain in the mouth

While most mouth sores are not cancerous, early evaluation is important if symptoms persist. Regular dental check-ups, avoiding tobacco and excessive alcohol, and maintaining good oral hygiene can help reduce the risk of oral cancer.

If you are unsure whether it is a simple canker sore or something more serious, do not ignore it. Early diagnosis can make all the difference.

Cancer Prevention Starts Earlier Than You Think

Many people believe cancer is caused only by age or genetics, but healthy choices made early in life can significantly reduce the risk of several types of cancer. In fact, experts estimate that many cancers are preventable through lifestyle changes and regular screening.

Take these simple steps to lower your risk:



Avoid tobacco in all forms.



Eat a balanced diet rich in fruits, vegetables, and whole grains.



Stay physically active and maintain a healthy weight.



Limit alcohol consumption.



Protect your skin from excessive sun exposure.



Get vaccinated against HPV and Hepatitis B, when recommended.



Do not skip age-appropriate cancer screening tests.

Regular health check-ups and paying attention to unusual changes in your body can help detect cancer at an early, more treatable stage.

Cancer prevention does not begin after a diagnosis. It starts with the choices you make every day. Small, healthy habits today can make a lasting difference to your future health.

When Humidity Affects Your Skin

Monsoon humidity may feel refreshing, but it can be tough on your skin. Excess moisture, sweat, and clogged pores create the perfect environment for bacterial and fungal growth, leading to common skin problems such as acne, rashes, itching, fungal infections, and irritation.

If you notice persistent itching, redness, painful rashes, or a skin infection that does not improve, consult a dermatologist without delay. Early treatment can prevent complications and keep your skin healthy throughout the rainy season.



Dr. Sheilly Kapoor

Associate Director,
Dermatology



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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:

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