COMMUNITY HEALTH NEWS

2026
NOVEMBER
EDITION

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Sehat ki baat

THIS DIWALI,

Choose Health, Light Up Life

Celebrate with joy, not just with lights but with healthy choices for a brighter tomorrow

- Healthy food happy heart
- Less stress more joy
- Healthy you healthier family



Season's Message



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From The Editor's Desk

Dear Reader,

As we welcome the festive season, let's make health a part of our Diwali celebrations. With changing weather and rising pollution, taking care of our heart and lungs becomes especially important.

In this edition of Sehat Ki Baat, our experts share practical advice on winter wellness, recognising early signs of lung cancer and stroke, managing diabetes, caring for premature babies, and using antibiotics responsibly.

This Diwali, celebrate with joy while making mindful choices for your health and the well-being of your loved ones. Remember, *the best gift you can give your family is good health.*

Wishing you and your family a happy, healthy, and safe Diwali!

Dr. Sushila Kataria

Vice Chairperson, Internal Medicine



5 Essential Health Reminders for a Healthier Winter

Every Minute Matters in Stroke – Learn to identify sudden facial drooping, arm weakness or speech difficulty and seek emergency care immediately.

Cold Weather, Extra Care for Your Heart – Know how winter can affect blood pressure and heart health, and when to seek medical attention.

Stay on Track With Your Treatment – Follow prescribed medicines, attend regular check-ups and consult your doctor before making changes to your treatment plan.

Know Your Risk Before Symptoms Appear – Understand how diabetes, high blood pressure and smoking can increase your risk of heart disease and stroke.

Don't Ignore Breathlessness or Chest Discomfort – Recognise potential warning signs of heart problems and understand why timely evaluation matters.

Seasonal Health







Dr. Nagendra Singh Chouhan
Vice Chairman,
Interventional Cardiology



Winter and Your Heart: Small Precautions, Big Protection*

As temperatures fall and air pollution rises across Delhi-NCR, winter calls for extra attention to heart health. Cold weather can constrict blood vessels, raise blood pressure and make the heart work harder. Combined with poor air quality, this can increase cardiovascular risks, particularly for older adults and those with existing heart conditions.

A few simple precautions can make a meaningful difference:

1. **Stay warm:** Dress in layers and avoid sudden exposure to cold, especially early mornings and late evenings.
2. **Exercise wisely:** Check the daily AQI before exercising outdoors. When pollution levels are poor, choose indoor walking, yoga or stretching instead. Avoid sudden strenuous activity in cold weather.
3. **Eat heart-healthy:** Include seasonal vegetables, fruits, whole grains, pulses and nuts. Enjoy winter favourites such as sarson ka saag, but limit excess ghee, butter, salt, fried foods and sweets.
4. **Stay hydrated and follow your routine:** Drink adequate fluids and continue prescribed medicines for blood pressure, diabetes, cholesterol and heart disease. Do not stop medications without medical advice.
5. **Recognise warning signs:** Chest discomfort, unusual breathlessness, sweating, nausea, fainting or sudden weakness require prompt medical attention.

A special word for people at higher risk : Older adults and people with heart disease, hypertension, diabetes or previous stroke should take extra precautions and maintain regular follow-ups.

Protecting your heart this winter is not about big changes, but small, consistent habits every day.



Dr. Gagandeep S Wander
Director,
Interventional Cardiology



Pollution, Breathing and Your Heart

You may not notice the effect of polluted air immediately, but your body can still be responding to it. While coughing and breathlessness often get attention, the impact of air pollution on your heart is just as important to understand.

What Happens Inside Your Body?

When you breathe polluted air, tiny particles can travel deep into your lungs and trigger inflammation. These particles can also affect blood vessels, increase blood pressure and make the heart work harder. Over time, repeated exposure may increase the risk of heart attack and stroke. Even when you feel fine, regular exposure to polluted air may affect your heart and blood vessels over time.

What Can You Do Differently?

Rethink your morning walk: Check the local Air Quality Index (AQI) before exercising outdoors. On highly polluted days, choose indoor activity instead.

Pay attention to your surroundings: Busy roads, construction areas and smoke-filled spaces can increase your exposure to polluted air.

Make indoor air count: Avoid smoking indoors, burning waste and using poorly ventilated combustion appliances.

Know when to seek help: New or worsening breathlessness, chest discomfort or unusual fatigue deserves medical attention. Sudden chest pain or severe breathing difficulty requires emergency care.

Conclusion

You cannot control every breath you take, but you can make informed choices about the air you breathe. Protecting your lungs also means caring for your heart. Small changes in your daily routine can help reduce exposure and support better long-term health.

Lung Cancer Awareness







Dr. Arvind Kumar
Chairman,
Institute of Chest Surgery

Lung Cancer Awareness: Know the Signs, Act Early

A cough that lingers for weeks, unexplained weight loss or breathlessness that feels unusual may seem easy to overlook. While these symptoms can have many causes, knowing when they need medical attention can make a difference in detecting lung cancer early.

What Changes Should You Pay Attention To?

Lung cancer does not always cause noticeable symptoms in its early stages. As the condition progresses, some people may experience:

- A persistent cough that does not improve or keeps getting worse
- Blood in the cough, even in small amounts
- Chest pain that worsens with deep breathing or coughing
- Breathlessness or recurring chest infections
- Unexplained weight loss, loss of appetite or ongoing fatigue

Is Smoking the Only Risk Factor?

No. Smoking is a major risk factor, but lung cancer can also affect people who have never smoked.

When Should You Seek Medical Advice?

Do not wait for symptoms to become severe. If a cough persists for several weeks, you cough up blood or notice unexplained changes in your breathing, consult a doctor. People at increased risk may also benefit from discussing whether lung cancer screening is appropriate for them.

Conclusion

Awareness is not about assuming the worst; it is about recognising when your body needs attention. Paying attention to persistent symptoms, understanding your risk factors and seeking timely medical advice can help you take informed steps towards better lung health.



Dr. Randeep Guleria
Chairman,
Respiratory & Sleep Medicine

A Cough That Gets Worse Should Be Checked

Most coughs improve with time. But when a cough becomes more frequent, lasts longer than expected or starts affecting your sleep, it may be your body's way of telling you that something needs attention.

What Could Be Behind a Persistent Cough?

A cough can develop due to a viral infection, allergies, asthma, acid reflux or exposure to dust and pollution. Sometimes, it may be linked to a condition that requires specific treatment. The key is to notice how your cough changes rather than simply waiting for it to disappear.

Small Changes Worth Noticing

Ask yourself:

- Has your cough lasted for three weeks or longer?
- Is it becoming more frequent or disturbing your sleep?
- Are you experiencing wheezing, chest discomfort or breathlessness?
- Have you noticed blood in your cough or unexplained weight loss?

These signs do not automatically mean something serious, but they deserve medical evaluation.

When Should You Seek Help?

If your cough persists, worsens or keeps returning, consult a doctor to identify the cause. Coughing up blood requires prompt medical assessment. If you experience severe breathing difficulty or sudden, severe chest pain, seek emergency care.

Conclusion

A cough is common, but ignoring a cough that keeps changing may delay the care you need. Pay attention to how long it lasts, what makes it worse and whether other symptoms appear.

The goal is not to worry about every cough, but to recognise when it is time to get it checked.

Mental Health







Dr. Harmandeep Kaur Gill

Associate Director,
Endocrinology & Diabetes

Know Your Risk. Act Early.

Diabetes can develop quietly, without obvious warning signs. You may feel perfectly well while your blood sugar levels are already higher than normal. Understanding your risk and getting tested at the right time can help you take control of your health before complications develop.

Could You Be at Risk Without Knowing It?

Diabetes occurs when the body cannot produce enough insulin or use it effectively, causing blood sugar levels to rise. Family history, excess weight, limited physical activity and a history of gestational diabetes can increase your risk.

Watch for possible warning signs such as:

- Feeling unusually thirsty or hungry
- Passing urine more frequently than usual
- Feeling tired despite adequate rest
- Blurred vision
- Cuts or wounds that take longer to heal

Conclusion

Diabetes prevention and management begin with awareness, not fear. Recognising your risk, getting tested when recommended and building healthier habits can make a meaningful difference.

Know your numbers today. Small steps now can support better health for years to come.



Dr. T J Antony

Director,
Neonatology

Babies Born Too Soon: Care and Family Support

When a baby arrives earlier than expected, families may face an unfamiliar journey filled with questions, emotions and extra care. Babies born before 37 weeks of pregnancy are considered premature, and the right support can help them grow and develop.

Why Do Premature Babies Need Special Care?

Premature babies may have difficulty breathing, feeding or maintaining their body temperature. Depending on their needs, they may require specialised monitoring in a Neonatal Intensive Care Unit (NICU).

How Can Parents Support Their Baby?

Try skin-to-skin contact: Kangaroo Mother Care, when guided by the healthcare team, helps keep babies warm and strengthens bonding.

Focus on feeding: Breast milk provides valuable nutrition. Healthcare professionals can guide parents when a baby needs help with feeding.

Keep up with follow-ups: Regular visits help monitor growth, hearing, vision and developmental progress.

Create a safe environment: Keep the baby away from smoke and sick visitors, and follow safe-sleep advice from the medical team.

What About the Parents?

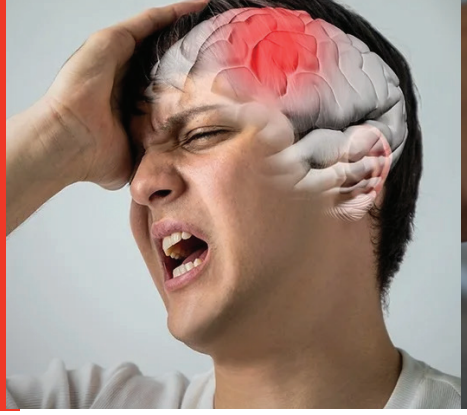
A NICU stay can be emotionally challenging. Sharing responsibilities, asking doctors questions and seeking support from loved ones can help parents manage stress and feel more confident.

Conclusion

Every premature baby develops at their own pace and may need different levels of care. With specialised medical support, regular check-ups and family involvement, parents can play an important role in their baby's journey.

Sometimes, the smallest steps forward are the biggest milestones for a growing baby.

Health Education







Dr. Jyoti Sehgal

Director,
Neurology

Cold Weather, Stroke Risk: Protect Your Brain This Winter

Winter brings chilly mornings and cozy evenings, but colder temperatures can also affect your heart and brain health. Understanding the risks and taking a few simple precautions can help you stay safe throughout the season.

How Can Cold Weather Increase Stroke Risk?

During winter, blood vessels may narrow to conserve body heat, causing blood pressure to rise. Cold weather can also contribute to changes in blood circulation, which may increase the risk of stroke, particularly in people with existing health conditions.

Who Should Be More Careful?

People with high blood pressure, diabetes, heart disease, or a previous stroke should take extra precautions during colder months.

Simple Ways to Protect Your Brain This Winter

Stay warm: Wear appropriate layers, especially during early mornings and late evenings.

Monitor blood pressure: Check it regularly and take prescribed medicines as advised.

Stay active: Continue gentle indoor exercises or walks when the weather permits.

Eat balanced meals: Choose nutritious foods and limit excess salt.

Stay hydrated: Drink enough water, even when you feel less thirsty.

Avoid sudden exposure to cold: Dress warmly before stepping outdoors.

Conclusion

Cold weather does not mean a stroke is inevitable. Staying warm, managing existing health conditions, and recognising warning signs can help protect your brain this winter. Small, consistent steps can make a meaningful



Dr. Vikas Deswal

Principal Consultant,
Internal Medicine

Antibiotics Work Best When Used Correctly

A sore throat, fever or cough may tempt you to reach for antibiotics. But these medicines do not treat every infection. Knowing when and how to use them helps you recover safely and protects their effectiveness for the future.

Do Antibiotics Treat Every Infection?

No. Antibiotics treat bacterial infections, not viral illnesses such as the common cold or flu. Taking them unnecessarily will not speed up recovery and may cause side effects.

Are You Using Antibiotics Correctly?

Take them only when prescribed: Let your doctor decide whether they are needed.

Follow instructions: Take the prescribed dose at the recommended times and for the specified duration.

Never share medicines: An antibiotic suitable for someone else may not be right for you.

Avoid self-medication: Do not use leftover antibiotics for a new illness.

Report side effects: Seek emergency help for severe allergic reactions, including breathing difficulty or swelling of the face or throat.

Why Does Responsible Use Matter?

Misusing antibiotics contributes to antimicrobial resistance, which occurs when bacteria become resistant to medicines that once treated them effectively. This can make infections harder to cure.

Conclusion

Antibiotics are valuable when used appropriately. Never self-medicate, and follow your healthcare professional's advice. Using antibiotics responsibly helps protect your health and keeps these medicines effective for those who need them.

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Brain Health

Neuro Samvaad – Medanta ke saath

1ST SUNDAY EVERY MONTH | 10 AM

Every conversation about brain health has the power to change lives.

With Neuro Samvaad by Medanta, hear directly from leading Neurosurgery experts as they discuss brain and spine health, early warning signs, advanced treatments, and practical steps to help you and your loved ones stay informed and healthy.

Maternal Care

Bump & Baby

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 Tareekh 7 Baje

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

Womanhood Matters

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

Brain Mind Body BMB 22

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

Weight No More – Every Fourth Wednesday

4TH WEDNESDAY EVERY MONTH | 4 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

*Disclaimer: This newsletter is for informational purposes only and is not intended to substitute professional medical advice, diagnosis, or treatment. Always seek advice from your physician or other qualified health provider.