



Sehat ki baat

HOW MEN CAN
GET FIT AFTER 50?

WHY IS MY CHILD
NOT GAINING WEIGHT?

MORNING SICKNESS
AT NIGHT DURING
PREGNANCY



**WORLD
HEART
DAY** 29 SEP

Season's Message



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Taalo Mat Pehchaano

From The Editor's Desk

Dear Reader,

This September edition of Sehat Ki Baat brings practical guidance to help you make informed health decisions. We highlight Medanta's Taalo Mat, Pehchaano campaign, encouraging awareness of oral cancer warning signs and timely screening.

Marking World Heart Day, we also emphasise recognising cardiac warning signs, understanding risk factors and adopting heart-healthy habits. Our experts address chest pain after exercise, lipid testing and staying fit after 50. The edition also offers guidance on women's health, morning sickness during pregnancy, children's protein requirements, kidney health and the importance of cancer screening even without symptoms.

I hope these insights encourage you and your family to recognise changes early, seek timely advice and make preventive care part of everyday life.

Dr. Sushila Kataria

Vice Chairman,
Internal Medicine



Changing Weather, Changing Health Needs

A change in weather doesn't just affect the temperature—it can also affect our health. Shifts in temperature, humidity and air quality may increase the risk of colds, allergies, breathing problems and infections.

<u>Maintain hygiene</u>	<u>Eat well</u>	<u>Stay hydrated</u>
Wash your hands regularly to help prevent infections.	Choose fresh, nutritious and balanced meals.	Drink enough water throughout the day
<u>Don't ignore symptoms</u>	<u>Stay active</u>	<u>Dress appropriately</u>
Persistent cough, breathing difficulty, high fever or unusual symptoms should be evaluated by a doctor.	Continue regular physical activity, keeping the weather in mind.	Protect yourself from sudden changes in temperature.

World Heart Day



Dr. Gagandeep S Wander

Cardiac Care,
Interventional Cardiology



Dr. Himanshu Dabral

Associate Director,
Clinical & Preventive Cardiology



Can You Have A Heart Attack With Normal Cholesterol?

A normal cholesterol report is reassuring, but it does not mean that your risk of a heart attack is zero. Cholesterol is only one part of the overall heart-health picture. Heart disease can develop due to several other medical, genetic and lifestyle-related factors.

What else can increase heart risk?



Blood pressure

High blood pressure: It can damage blood vessels and place additional strain on the heart.

Diabetes

High blood sugar can affect the arteries and increase cardiovascular risk.

Smoking

Tobacco use damages blood vessels and may accelerate plaque formation.

Family history

A tendency towards early heart disease can sometimes be inherited.

Lifestyle

Physical inactivity, excess weight, an unhealthy diet, inadequate sleep and chronic stress may affect heart health.

A lipid profile provides important cholesterol information, but your overall heart risk also depends on factors such as age, blood pressure, blood sugar, lifestyle and family history.

The takeaway: Normal cholesterol does not always mean zero heart risk. Regular check-ups and a complete risk assessment can help identify concerns early.

Chest Pain After Exercise: Should You Be Concerned?

Exercise supports heart health, but chest pain during or after physical activity should not be ignored. It may have a minor cause, but it can also indicate a condition requiring medical attention.

What could cause it?

Chest discomfort after exercise may be linked to:

- Muscle strain or injury
- Acid reflux or indigestion
- Breathing difficulties
- Reduced blood flow to the heart



When should you be concerned?

Pay particular attention if the discomfort:

- Occurs repeatedly during physical activity
- Appears with increasing intensity
- Improves with rest but returns when you exercise
- Is accompanied by unusual tiredness or breathlessness

Know the warning signs



*Seek immediate medical attention if the pain is severe or persistent, or occurs with **breathlessness, sweating, dizziness, nausea, fainting, or pain spreading to the arm, back, neck or jaw.***

The takeaway: Do not try to push through unexplained chest pain. Stop exercising and seek medical advice, particularly if the symptom returns or you have risk factors for heart disease.

Health Education



Dr. Gagan Gautam

Chairman,
Urology



How Men Can Get Fit After 50 — And Stay That Way

Turning 50 doesn't mean slowing down. It's a great time to focus on strength, mobility, heart health and overall fitness. The key is to start gradually and make healthy habits part of your daily routine.

5 Ways to Stay Fit After 50

Make movement a daily habit

Aim for regular activity such as brisk walking, cycling, swimming or any activity you enjoy. Consistency matters more than intensity.

Don't skip strength training

Muscle mass naturally declines with age. Resistance exercises, body-weight movements and light weights can help maintain strength and support healthy bones.

Eat for strength

Include adequate protein, whole grains, vegetables, fruits and healthy fats in your daily meals. A balanced diet can support muscle health, energy and recovery.

Stay well hydrated

Don't wait until you feel thirsty to drink water. Staying hydrated supports energy, physical performance and overall well-being.

Focus on balance and flexibility

Include stretching, yoga or simple balance exercises to maintain mobility and help reduce the risk of falls and injuries.

Remember

Fitness after 50 isn't about turning back the clock — it's about staying strong, active and independent for the years ahead.



Dr. Sabhyata Gupta

Chairperson,
Gynaecology and Gynaecology



Your Periods May Be Changing For A Reason: Understanding The 3 Stages Of Menopause

Changes in your periods don't always happen suddenly. As the body moves toward menopause, hormonal shifts can bring changes that are easy to overlook or mistake for everyday stress.

3 stages to know

1

Perimenopause

This transition can begin years before the final period. Cycles may become irregular, and symptoms such as hot flashes, sleep changes and mood swings may appear.

2

Menopause

Menopause is reached when you have gone 12 consecutive months without a period. It marks the end of menstrual cycles and natural fertility.

3

Postmenopause

The years that follow are called postmenopause. Some symptoms may continue or change, while falling oestrogen levels can also affect bone and heart health.

When should you seek advice?

Talk to your doctor if periods become unusually heavy, last longer than expected, occur very frequently or if you experience any bleeding after menopause.

Understanding these stages can help you recognise what your body is going through and seek the right care when needed.

Menopause is a natural transition—not an illness—but it deserves informed care.

Women and Kids



Dr. Preeti Rastogi

Senior Director and HOD,
Obstetrics and Gynaecology



Can You Get Morning Sickness At Night During Pregnancy?

Despite its name, morning sickness is not limited to mornings. Nausea and vomiting can occur at any time during pregnancy, including the evening or at night. Hormonal changes are a major factor, while tiredness, an empty stomach, certain foods, strong smells or acidity can sometimes make nausea more noticeable later in the day.

What may help?

Eat smaller meals : Choose smaller, frequent meals instead of leaving long gaps.

Keep a light snack handy: A bland snack may help if an empty stomach triggers nausea.

Stay hydrated: Sip water and other suitable fluids regularly throughout the day.

Identify triggers: Notice and avoid foods or smells that make nausea worse.

Get enough rest: Fatigue can sometimes make nausea harder to manage.

When should you call your doctor?

Seek medical advice if you:

- Cannot keep food or fluids down
- Pass very little or dark urine
- Feel unusually weak, dizzy or faint
- Lose weight because of repeated vomiting



The takeaway

Pregnancy symptoms do not always follow the clock. Whether nausea happens in the morning or at midnight, pay attention to its severity and make sure you are staying hydrated and nourished.



Dr. Rajiv Uttam

Director,
Paediatric Pulmonology



Protein For Growing Kids: How Much Is Enough?

Protein is essential for growing children—but more is not always better. There is no one-size-fits-all answer. Protein requirements change with age, body size, activity level and overall health. For most healthy children, a well-balanced diet provides adequate protein without the need for specialised protein products.

Keep protein simple



Think food first: Choose dal, beans, chana, rajma, soy, eggs, milk, curd and paneer.



Add variety: Nuts, seeds, fish and lean meats can also contribute protein, depending on dietary preferences.



Serve age-appropriate portions: More food does not necessarily mean more growth.



Avoid long-term reliance on supplements: Protein powders should not replace nutritious meals or be started without professional advice.

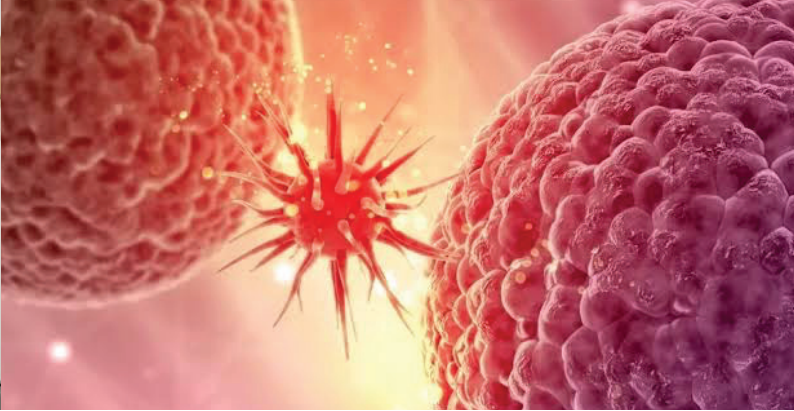


Look at the whole plate: Children also need carbohydrates, healthy fats, vitamins, minerals and fibre for healthy development.

When should parents seek advice?

If your child is not growing as expected, has a very limited diet, has a medical condition, or you are concerned about unusually high protein intake, speak with a paediatrician or qualified dietitian.

Takeaway: Healthy growth is about a balanced plate—not a protein race. The goal is the right protein, in the right amount, at the right stage of growth.



Dr. Debabrata Mukherjee

Senior Director,
Nephrology



A Nephrologist's Guide To Protecting The Heart In Kidney Disease

Kidney disease can affect more than the kidneys. People with kidney problems may also have a higher risk of heart disease, making heart protection an important part of kidney care.

Simple Ways to Protect Your Heart

Reduce salt: Limit added salt and salty foods to help prevent fluid retention and support healthy blood pressure.

Manage cholesterol: Keep cholesterol at a healthy level through suitable food choices, lifestyle changes and medicines if prescribed.

Control blood pressure: Check your blood pressure regularly and follow your doctor's treatment plan.

Manage blood sugar: If you have diabetes, keeping blood sugar controlled can help protect your blood vessels and organs.

Maintain a healthy weight: A healthy weight can make blood pressure, blood sugar and heart health easier to manage.

Quit smoking: Stopping smoking helps protect your blood vessels and lowers the strain on your heart.

Heart-Friendly Foods and Habits

Eat fresh fruits and vegetables: Choose fresh foods where suitable, but follow your kidney specialist's advice about potassium and other nutrients.

Include omega-3 fatty acids: Suitable sources of omega-3 fats can be part of a heart-friendly diet.

Stay active: Regular walking or other suitable exercise can support heart health, weight and blood pressure.

Have regular check-ups: Monitoring kidney function, blood pressure, sugar and cholesterol helps detect problems early.



Dr. Priya Tiwari

Director,
Cancer Care



Can Cancer Happen Without Symptoms?

Cancer does not always cause noticeable symptoms, especially in the early stages. A person can feel perfectly well while cancer cells are developing in the body. Some cancers may not cause pain, a lump, or other clear warning signs until they grow larger or begin affecting nearby organs. This is why recommended cancer screening is important—even when you feel healthy—because it can sometimes detect cancer before symptoms appear.

Detects cancer early

Finds certain cancers before noticeable symptoms appear.

Improves treatment success:

Cancer found at an earlier stage is often easier to treat.

Reduces risk of spread

Early detection may help prevent cancer from reaching other parts of the body.

Being free from symptoms does not always mean that there is no cancer. Regular screening can help detect certain cancers early, when treatment may be more successful. However, screening is different for each type of cancer and is not suitable for everyone. If you notice unusual changes that continue for several weeks, it is better to get them checked rather than ignore them.

Even A Small Change In Your Mouth Could Be A Sign

Not every mouth ulcer or unusual change is cancer. But when something persists or doesn't heal, it shouldn't be ignored.

In India, around 60,000–70,000 new cases of mouth cancer are diagnosed every year. What makes early detection challenging is that early changes can often be painless and easy to overlook.

Know the Signs

- A mouth ulcer that lasts for more than 2 weeks
- White, red or mixed-colour patches inside the mouth
- Persistent pain, burning or numbness
- Difficulty chewing, swallowing or moving the tongue
- A lump, swelling or unusual growth in the mouth or neck

TAALO MAT PEHCHAANO



Protect your oral health with the
S.M.I.L.E Check

Who Should Be More Alert?



Tobacco



Gutka/Areca Nut



Alcohol



HPV infection



Age above 40



Family history
of cancer



Scan the QR code
to check your risk

Why Does Early Detection Matter?

When oral cancer is identified early, treatment may be less extensive, with better opportunities to preserve speech, swallowing, oral function and quality of life.

Notice a change? Don't wait. Get it

If something in your mouth looks or feels different and doesn't go away, get it checked by a healthcare professional.

Online Learning Sessions

Tune in monthly on YouTube and Facebook to watch Medanta Experts discuss important health topics and answer your questions LIVE.



Brain Health

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

5TH 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

7TH 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.

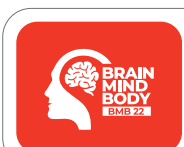


Women Health

8TH 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

22ND 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

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 🖱️