

2026

APRIL
EDITION

Community
Health News

★★★★★

**WORLD'S
BEST
HOSPITALS**
2026

Newsweek

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Sehat ki baat

ADVANCED
**PARKINSON'S
THERAPY**

TAKE CARE
OF YOUR
LIVER



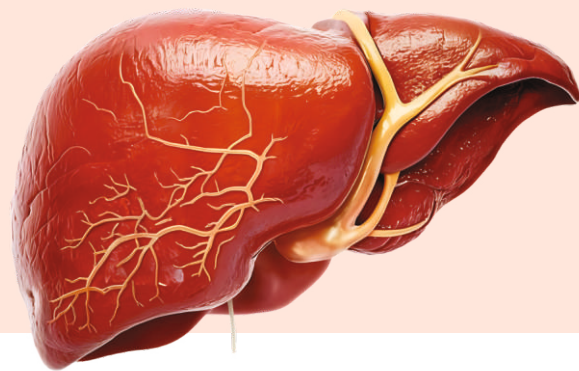


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What's New In Medanta

From The Editor's Desk

Dear Reader,

This edition of **Sehat Ki Baat** highlights important health topics with a special focus on awareness days. With World Liver Day, we bring you key signs your liver may be in trouble along with simple habits to keep it healthy. We also mark Parkinson's Day by raising awareness about early symptoms and the importance of timely care.

In addition, this issue covers heart health, the safety of weight loss medicines, oral cancer myths, blood in cough, and advances like robotic surgery for hernia.

As lifestyle diseases rise, timely awareness and early action remain the keys to better health.

Dr. Girish Chandra Vaishnava
Director, Internal Medicine



Fact or Fiction

Are Weight Loss Medicines Unsafe?

Mild side effects possible



Require medical screening



Safe when doctor-prescribed

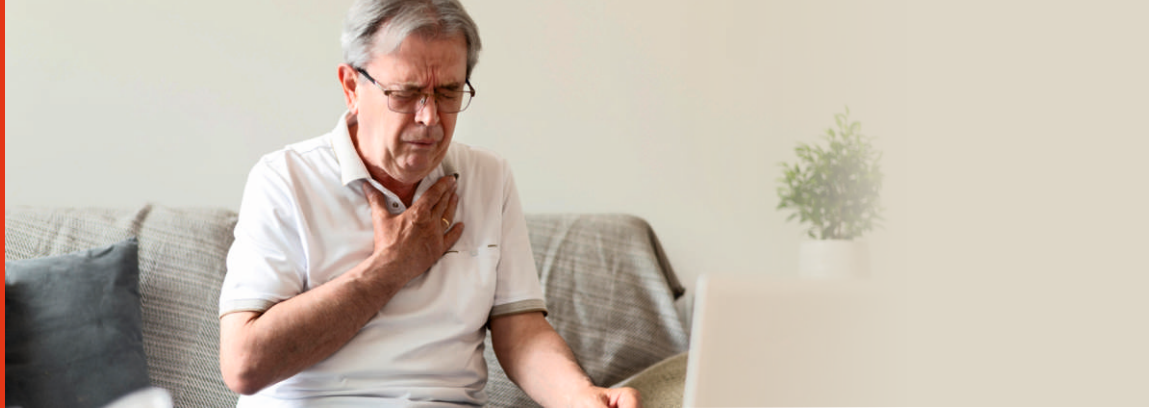


Results vary by individual



Work with lifestyle changes





Dr. Amit Chaudhary

Director
Cardiac Surgery



Dr. Nishant Tyagi

Director
Interventional Surgery



5 Common Signs of Heart Failure You Should Not Ignore

Heart failure does not mean the heart has stopped working. It means the heart is not pumping blood as effectively as it should. In India, rising rates of high BP, diabetes, obesity, smoking, stress, and sedentary lifestyle are making heart failure more common, even in younger adults. Recognising early signs can help prevent serious complications.

- **Shortness of breath**

If you feel breathless while walking, climbing stairs, lying flat, or bending forward, it may be more than just tiredness. This can happen when fluid starts building up in the lungs.

- **Swelling in feet, ankles or abdomen**

Persistent swelling, especially by evening, is often ignored as “water retention.” But it may signal fluid buildup due to a weak heart.

- **Sudden weight gain**

Gaining 2–3 kilos in a few days without changes in diet may point to fluid retention rather than actual weight gain.

- **Extreme tiredness or weakness**

If everyday tasks leave you unusually exhausted, your heart may not be supplying enough oxygen-rich blood to the body.

- **Dizziness or mental fog**

Reduced blood flow can sometimes affect the brain too, causing dizziness, poor concentration, or confusion.

If you have BP, diabetes, previous heart disease, or kidney issues, don't ignore these signs. Early diagnosis and timely treatment can protect your heart and improve quality of life.

Can You Have a Heart Attack Without Blocked Arteries?

When most people in India think of a heart attack, they imagine a blocked artery caused by cholesterol buildup. But doctors now know that this is not always the case. A person can still suffer a heart attack even when angiography does not show a major blockage. This condition is known as **MINOCA** — Myocardial Infarction with Non-Obstructive Coronary Arteries.

Though less common, it is an important condition that can affect **younger adults, women, and even people without a long history of heart disease**. In India, where heart problems are increasingly being seen at a younger age due to **stress, diabetes, smoking, high BP, poor sleep, and sedentary lifestyle**, this is especially relevant.

The symptoms are often the same as a typical heart attack — **chest pain, heaviness, sweating, breathlessness, nausea, pain in the arm or jaw, or sudden uneasiness**. Because the arteries may look “normal” on initial testing, many people may wrongly assume there is no serious issue.

That is why any warning sign should never be ignored. Even without blocked arteries, a heart attack can still damage the heart. **Timely evaluation, proper diagnosis, and follow-up with a cardiologist are essential.**

Your heart doesn't always give the same warning in the same way — but it should always be taken seriously.

Health Education



Dr. Ajay Bhalla
Director,
Gastroenterology



World Liver Day



19 APRIL 2026

SOLID HABITS, STRONG LIVER

5 Signs Your Liver Is in Trouble

Your liver works silently to remove toxins and keep your body healthy, but when it starts to fail, the warning signs are often missed.

- **Swelling in the Abdomen or Legs**

Fluid retention can cause bloating in the stomach or swelling in the legs and feet.

- **Yellowing of the Skin or Eyes**

Jaundice is a common sign of liver dysfunction caused by toxin build-up in the body.

- **Unusual Bleeding**

Blood in vomit or stool may occur when the liver is unable to make enough clotting factors.

- **Confusion or Memory Problems**

Toxin build-up due to poor liver function can affect the brain and lead to confusion or forgetfulness.

- **Persistent Fatigue or Weakness**

Feeling unusually tired, low on energy, or weak for a prolonged period can also be a sign of underlying liver dysfunction.

Don't Ignore the Signs

Early diagnosis and timely treatment can help prevent serious liver complications.



BALANCED DIET

Eat smart with protein, fruits, vegetables and whole grains



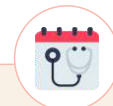
PHYSICAL ACTIVITY

Daily exercise boosts liver health



ELIMINATE ALCOHOL

Stop alcohol intake to prevent liver damage



GET TESTED

Regular check-ups for early detection



Dr. Sudhir Sharma

Director
Robotics, MIS & General Surgery



Dr. Tarun Kumar

Associate Director
Robotics, MIS & General Surgery



Dr. Alok Thakkar

Director,
ENT, Head and Neck Surgery



Dr. Vimmi Gautam

Associate Consultant,
ENT, Head and Neck Surgery



Robotic Hernia Repair: What Patients Should Know

A hernia occurs when an internal organ or tissue pushes through a weak spot in the muscle or abdominal wall, often appearing as a bulge with pain or discomfort during coughing, lifting, or prolonged standing. When surgery is needed, robotic hernia repair is one of the advanced options available for selected patients.

What is robotic hernia repair?

It is a minimally invasive procedure performed through a few small incisions using robotic-assisted instruments controlled entirely by the surgeon.

How is it different from open surgery?

Unlike open surgery, this approach does not require a large cut. This often means less pain, smaller scars, reduced blood loss, and faster recovery.

What are the benefits?

Less post-surgery discomfort, smaller incisions, shorter hospital stay, and faster return to routine activities.

Is it suitable for everyone?

Not always. The right treatment depends on the type, size, and location of the hernia, as well as the patient's overall health.

A proper surgical evaluation is important to decide the most suitable treatment approach.

Oral Cancer: Myths vs Facts

Myth: Oral cancer happens only to tobacco users

Fact: Tobacco increases risk, but non-users can also develop oral cancer due to alcohol, HPV infection, or poor oral hygiene

Myth: Oral cancer is always painful

Fact: Early-stage oral cancer is often painless and may appear as a small ulcer or patch that doesn't heal

Myth: Young people are not at risk

Fact: Oral cancer is increasingly seen in younger individuals as well

Myth: Mouth ulcers are always harmless

Fact: Any ulcer lasting more than 2 weeks should be checked by a doctor

Myth: Oral cancer is rare

Fact: It is one of the most common cancers in India

Early detection can save lives. Don't ignore the signs-consult a specialist in time.



Dr. Belal Bin Asaf
Director,
Chest Surgery & Lung Transplant



Dr. Kapil Singhal
Director,
Neurology



Blood in Cough: When Should You Worry?

Seeing blood while coughing can be frightening, but it should never be ignored. In medical terms, this is called **haemoptysis**, and it can happen for several reasons - some mild, others more serious.

Sometimes, a small streak of blood may appear due to a throat infection, severe coughing, or irritation in the airways. However, blood in cough can also be linked to conditions such as **lung infections, tuberculosis, bronchitis, pneumonia, bronchiectasis**, or in some cases, **lung cancer**.

The amount of blood matters, but even a small quantity deserves medical attention—especially if it happens more than once.

When should you see a doctor immediately?

- Repeated episodes of coughing blood
- Fever, night sweats, or weight loss
- Chest pain or breathlessness
- Long-standing cough
- History of smoking or lung disease

In India, tuberculosis remains an important cause of blood in cough, which is why timely evaluation is essential. A doctor may advise tests such as a **chest X-ray, CT scan, sputum test, or bronchoscopy** depending on the symptoms.

The key message is simple: **blood in cough is not a symptom to self-treat or ignore**. Early diagnosis can help identify the cause quickly and start the right treatment before complications develop.

Advanced Parkinson's Therapy

When symptoms of Parkinson's disease are no longer well-controlled with regular medications, advanced therapies may be considered.

Deep Brain Stimulation (DBS)

- A surgical procedure where electrodes are placed in the brain
- Helps control tremors, stiffness, and movement issues
- Reduces dependency on medications

Levodopa-Carbidopa Intestinal Gel (LCIG)

- Continuous delivery of medication through a tube into the intestine
- Provides more stable symptom control
- Useful for patients with fluctuating symptoms

Continuous Infusion Therapies

- Medications delivered via pump (like apomorphine infusion)
- Helps manage “off” periods and sudden symptom worsening

Focused Ultrasound Therapy

- A non-invasive procedure
- Uses targeted sound waves to reduce tremors
- Suitable for selected patients

These therapies are recommended based on individual symptoms, age, and overall health. A neurologist evaluation is essential to choose the right option.

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