



Sehat ki baat

**"I'M TOO YOUNG
FOR HEART
DISEASE"**

THINK AGAIN

**DENGUE VS
VIRAL FEVER**

KNOW THE
WARNING
SIGNS

**VACCINATION DURING
THE RAINY SEASON:**

IS YOUR CHILD
PROTECTED?

Season's Message



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The Greatest Freedom
is Living Without
Health Worries.

From The Editor's Desk

Dear Readers,

As the monsoon brings welcome relief from the summer heat, it also brings unique health challenges that deserve our attention & timely care.

In this edition, we focus on practical health information that empowers you to recognize warning signs and take timely action. Learn to tell dengue apart from viral fever, and why heart disease can no longer be dismissed as an "older person's" concern.

For women and children, we look beyond the obvious signs of PCOS and explain why timely vaccination protects children through the rainy season.

We are also proud to spotlight our advanced robotic-assisted surgery programme at Medanta Noida. With smaller incisions, less pain, minimal scarring, and faster recovery, robotic surgery is redefining complex procedures - delivered with precision and compassion.

This monsoon, stay informed, stay prepared, and remember that prevention and early diagnosis remain the strongest tools for a healthier tomorrow.

Happy Reading!

Dr. G.C. Vaishnava

Director,
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

Cover Story



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Dengue vs Viral Fever: Know the Warning Signs

Monsoon fevers often confuse patients - dengue and viral fever can look similar at first, but knowing the difference helps you seek the right care in time.

Viral fever typically starts with mild-to-moderate fever, body aches, sore throat, cough, or a runny nose. It usually resolves within 3–5 days with rest, fluids, and symptomatic treatment.

Dengue often begins more abruptly - with a high fever, severe headache, pain behind the eyes, intense joint and muscle pain, and sometimes a skin rash.

DENGUE SYMPTOMS



Fever lasting more than 2–3 days without improvement



Severe abdominal pain or persistent vomiting



Bleeding from gums or nose, or blood in stool/vomit



Unusual bruising or skin rash with red spots

Don't self-medicate with aspirin or ibuprofen if dengue is suspected, as these can increase bleeding risk. Get a CBC and platelet count checked if fever persists beyond 2 days. Stay well-hydrated, and monitor for warning signs closely, especially between 3–7 days of illness.

When in doubt, don't wait - early testing and monitoring make all the difference in dengue outcomes.

Why Hydration Still Matters During Monsoon

Cooler weather and frequent rain often make us forget to drink water but staying hydrated is just as important in monsoon as it is in peak summer.

The monsoon hydration trap

When it's rainy and cool, we sweat less and feel less thirsty, so we naturally drink less water. But our bodies still need the same amount of fluids to work properly, especially to keep the kidneys healthy and fight off seasonal infections.

Watch for these warning signs



Dark yellow urine



Fatigue or headaches



Reduced urine output



Dry mouth despite cooler weather

SIMPLE HABITS THAT HELP

- Drink water even if you don't feel thirsty
- Choose boiled or filtered water to avoid waterborne infections
- Include soups, herbal teas, and water-rich fruits in your diet
- Limit excessive caffeine, which can be dehydrating. Monitor urine color as a simple hydration indicator

Monsoon may feel refreshing, but your hydration needs don't take a break. Prioritizing water intake protects not just your kidneys, but your overall health this season.

Heart Health



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I'm Too Young for Heart Disease? Think Again

Heart disease is no longer just an older person's problem. Cardiologists are seeing a significant rise in heart attacks among people in their 20s and 30s - and most never saw it coming.

Why the Risk Is Rising Younger

Sedentary desk jobs, poor diets high in sugar and processed food, chronic work stress, smoking, and untreated high blood pressure or cholesterol are silently raising risk at a much younger age. Family history can bring that risk forward by decades, regardless of how old you feel or how fit you look.

Warning Signs Young Adults Often Ignore

Fatigue or breathlessness gets brushed off as being "out of shape." Chest discomfort is written off as acidity or gas. Palpitations get blamed on too much coffee, and dizziness or cold sweats on a skipped meal.

What You Should Actually Do

Anyone between 25 and 30 should get their blood pressure, cholesterol, and blood sugar checked annually, and earlier if there's a family history of heart disease. Even 30 minutes of daily activity, along with managing stress and avoiding smoking, makes a real difference.

The earlier you know your numbers, the more control you have over your future.



Stay Healthy This Monsoon: The Power of Preventive Health Screenings

The monsoon cools things down, but it also brings a spike in infections. This makes preventive health screenings especially valuable during this season.

Contaminated food and water lead to typhoid, cholera, and gastroenteritis, marked by diarrhoea, vomiting, and cramps. Humidity also raises the risk of colds, flu, and fungal skin infections. For individuals with existing heart conditions, these infections can place additional stress on the body, making timely screening and early detection even more critical.

Your Monsoon Health Checklist

-  **Stop Mosquito Breeding:** Empty stagnant water from pots, coolers, and buckets; use repellents and nets.
-  **Eat and Drink Safely:** Stick to boiled or filtered water; avoid street food, raw cut fruit, and ice from unreliable sources.
-  **Boost Immunity:** Eat vitamin C-rich foods, drink warm fluids, and get enough sleep.
-  **Don't Skip Screenings:** Routine blood tests, fever panels, and cardiac check-ups can help detect problems early.

Most monsoon illnesses are preventable with basic hygiene, vigilance, and timely screening. A little caution now along with proactive health checks, can keep your whole family, and your heart, safe through the season.

Women and Kids Health



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PMOS Beyond Weight Gain: Symptoms Every Woman Should Know

Women's health often takes a backseat amid the demands of daily life, with many symptoms brushed aside as "normal" until they become serious. From irregular periods dismissed as stress to the growing awareness around HPV and its link to cervical cancer, gynaecological health deserves far more attention than it typically receives. Polyendocrine Metabolic Ovarian Syndrome (PMOS) is no exception - commonly associated only with weight gain, this hormonal condition affects far more than the scale, and many women miss the early signs.

WHAT YOU CAN DO?

- ➔ Track your menstrual cycle for irregularities
- ➔ Get hormonal and metabolic screening if symptoms persist
- ➔ Manage stress, which can worsen hormonal imbalance
- ➔ Consult a gynaecologist early rather than waiting for visible symptoms



Why early recognition matters

PMOS is a hormonal imbalance that can affect ovulation, metabolism, and long-term health. Left unmanaged, it may increase the risk of insulin resistance, type 2 diabetes, high blood pressure, and infertility.

Staying attentive to your body's signals and seeking timely medical advice can make all the difference in managing PMOS effectively.

Vaccination During the Rainy Season: Is Your Child Protected?

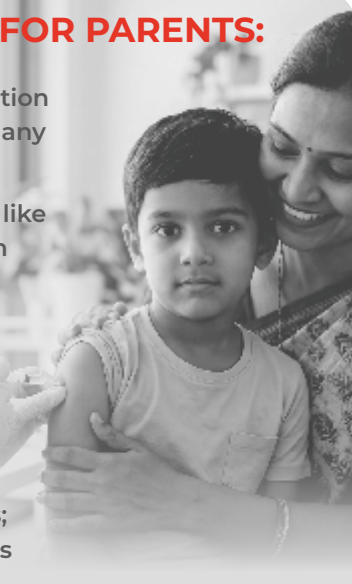
The monsoon brings joy for children but also a rise in infections like Dengue, typhoid, hepatitis A, influenza, and diarrheal diseases. With immune systems still developing, children are especially vulnerable during this season—making timely immunization one of the most effective ways to protect them.

Why vaccination matters more in monsoon

Waterlogging and humidity create ideal conditions for bacteria and viruses to thrive. Vaccines like typhoid, Hepatitis A, and seasonal influenza offer targeted protection against illnesses that spike during the rainy months, reducing the severity of infection even if exposure occurs.

SIMPLE STEPS FOR PARENTS:

- ➔ Check your child's vaccination schedule and catch up on any missed doses
- ➔ Discuss seasonal vaccines like influenza and typhoid with your paediatrician
- ➔ Maintain hygiene - handwashing and safe drinking water reduce infection risk alongside vaccination
- ➔ Don't skip follow-up doses; partial immunization offers incomplete protection



Vaccination remains one of the simplest, most powerful tools to keep children safe this monsoon. A quick check-in with your paediatrician can ensure your child stays protected through the season.

Health Education



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Monsoon Knee Pain: How Modern Treatments Are Changing Joint Care

As the monsoon sets in, there is a rise in patients complaining of knee stiffness, swelling, and aching joints. This is not a coincidence. Falling barometric pressure, dampness, and cooler temperatures thicken the fluid that lubricates the joints and can heighten sensitivity in already worn cartilage, particularly in those with osteoarthritis or previous knee injuries.

Managing Mild Discomfort at Home

Mild, occasional stiffness can usually be managed at home with warm compresses, gentle stretching, staying active indoors, and keeping joints dry and warm. Foods rich in omega-3, adequate calcium and Vitamin D, and good hydration also help maintain joint health through the damp months.

Certain signs should prompt a visit to a specialist:

- Persistent pain lasting more than a fortnight
- Swelling that does not settle with rest
- Redness or warmth around the joint
- Pain that is limiting daily activities



Monsoon should not be a season of quiet suffering for your knees. Seeking help early, rather than waiting for the rains to pass, is what truly protects long-term joint health. A little care today can mean many more comfortable, pain-free monsoons ahead.

Blood Disorders: When Should You See a Specialist?

Blood disorders range from common and easily treatable conditions to complex, life-threatening diseases. Recognizing where your symptoms fall on this spectrum can help you seek the right care at the right time.

Fatigue, pale skin, frequent infections, unexplained bruising, or prolonged bleeding are often dismissed as minor issues - but they can signal underlying blood disorders that need specialist evaluation.

When to consult a specialist:

- Persistent fatigue despite rest
- Unexplained weight loss or night sweats
- Frequent infections or slow-healing wounds
- Unusual bruising or prolonged bleeding
- Swollen lymph nodes lasting more than 2 weeks



Not all blood disorders are alike - some are simple to correct, while others require specialized, timely care. Don't ignore persistent symptoms; early evaluation can make all the difference



When Every Second Matters: Neurosurgical Emergencies You Should Never Ignore

One sentence I hear far too often is, "Doctor, we thought it would settle on its own." Unfortunately, when it comes to the brain and spine, waiting can be the biggest mistake. In neurological emergencies, time lost is function lost.

Don't Ignore the Warning Signs

A stroke may present with sudden facial drooping, weakness in an arm or leg, slurred speech, confusion, or loss of balance. A head injury after a fall or road accident may seem minor but can hide a serious brain bleed.

Repeated vomiting, excessive drowsiness, seizures, or loss of consciousness should never be ignored.

A sudden, severe headache, unexplained paralysis or numbness, or severe neck or back pain after an injury also needs urgent medical evaluation. Early diagnosis and timely treatment can make a significant difference to recovery.

Timely Care Makes the Difference

The best outcomes are achieved when emergency physicians, neurologists, neurosurgeons, critical care specialists, and rehabilitation teams work together to provide coordinated care from diagnosis to recovery.

Prevention is Better Than Treatment

Simple steps such as wearing a helmet and seat belt, controlling blood pressure, diabetes and cholesterol, avoiding tobacco, and staying physically active can reduce the risk of many neurological emergencies.

If you or a loved one experiences any of these warning signs, don't wait. Seeking immediate medical attention can save both life and brain function.



Dr. Manish Vaish

Director & Head,
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