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Edition

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Health News

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**WORLD'S
BEST
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2025

Newsweek

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Sehat ki baat

Noida

**Stay Protected,
Stay Healthy:**

**The Importance
of Adult Vaccination**

**Myths and Facts
About Diabetes**

**How To Manage
Winter Asthma?**



Season's Message



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From The Editor's Desk

Dear Readers,

As winter begins to unfold, it brings along colder temperatures, respiratory sensitivities, and a greater need to safeguard our health. This December edition of Sehat Ki Baat is thoughtfully curated to help you stay protected, informed, and prepared throughout the winter season.

In this issue, we highlight the importance of adult vaccination, a crucial step in preventing winter-related infections. You will also find practical cold weather precautions for individuals with heart disease, along with expert guidance on managing winter asthma to ensure smooth breathing during harsh weather.

We bring you the latest advances in cancer diagnosis and treatment and simple, essential tips to keep your kidneys healthy. This edition further explores how Medanta Noida blends heart, mind, and technology to enhance brain health, and sheds light on why every second counts during a stroke.

To support your overall wellness, we conclude with a clear, easy-to-understand feature on myths and facts about diabetes, helping dispel common misconceptions.

Our goal remains the same — to empower you with knowledge that inspires healthier choices. Let's embrace this winter with warmth, awareness, and a renewed focus on well-being.

Dr. Girish Chandra Vaishnava
Director
Internal Medicine
Medanta Noida



Stay Protected, Stay Healthy: The Importance of Adult Vaccination

Vaccines aren't just for children - adults need them too. As we age, immunity from childhood vaccines can wear off, and new health risks emerge. Staying up to date with adult vaccinations is one of the simplest ways to prevent serious illness and hospitalisation.

**Key
Vaccines
for
Adults**

Flu shot: Every year

Tetanus-diphtheria-pertussis (Tdap): Once in adulthood, then Td booster every 10 years

Hepatitis B: Especially for healthcare workers and those with liver issues

HPV vaccine: Up to age 45 (for both men and women)

Pneumococcal & Shingles vaccines: Recommended for adults 50+

Vaccination is protection — for you, your family, and your community. Consult your doctor to check which vaccines you need today.

Season's Message



Dr Parneesh Arora

Director,
Interventional Cardiology



5 Cold Weather Precautions for People With Heart Disease

If you have heart disease, staying healthy during cold weather presents special challenges.

For those with coronary artery disease (CAD), cold temperatures can trigger episodes of cardiac ischemia (when the heart muscle doesn't get enough oxygen). This can cause episodes of angina, when the heart doesn't receive enough blood flow, or even heart attacks.

Follow these five tips to stay healthy in the cold weather:

- Limit your cold exposure. If you go out, dress warmly in several layers.
- Don't exert yourself too much. Engage in light indoor exercise.
- Avoid sudden temperature shifts. Sitting close to a heater or warmer and then stepping out into the cold can stress your heart. Try to maintain a steady, comfortable temperature and avoid getting overheated indoors before going outside.
- Get your flu and pneumonia vaccines. Winter increases the risk of flu and pneumonia. Adding these vaccines provides extra protection, especially for adults and those with chronic heart conditions.
- Don't drink alcohol. It expands blood vessels in the skin, making you feel warmer while actually drawing heat away from your vital organs

If you have heart disease, cold temperatures can be dangerous or even life-threatening. Make sure you take the common-sense precautions that can reduce your risk if you are in a cold environment.



Dr Manu Madan

Senior Consultant,
Respiratory & Sleep Medicine, Medanta Noida



How To Manage Winter Asthma?

Winter doesn't have to mean more asthma attacks. Here are seven simple ways to reduce cold-weather asthma symptoms and breathe easier.

Limit Exposure to Cold Air: If cold air triggers coughing or wheezing, reduce outdoor time. Stay indoors as much as possible, especially on very cold or windy days.

Stick to Medications: Cover your mouth and nose with a mask or warm scarf, to prevent polluted air from going inside and make the air you breathe warmer and less dry.

Bundle Up: Cover your mouth and nose with a mask or warm scarf, to prevent polluted air from going inside and make the air you breathe warmer and less dry.

Add Moisture: Use a humidifier to increase humidity indoors and keep nasal passages hydrated. Clean the humidifier regularly to prevent mold, which can worsen asthma. Saline nasal sprays can also help ease dryness.

Avoid Illness: Cold and flu viruses can worsen asthma symptoms. Practice frequent handwashing and avoid close contact with sick individuals.

Modify Activities: Cold air can trigger exercise-induced asthma. Limit strenuous activities outdoors and opt for indoor exercises on frigid days. Practice steam inhalation and saline gargles frequently.

If asthma symptoms worsen or you're unsure about managing them, consult your doctor. They can adjust treatment and provide reassurance for a healthier winter

Health Education



Dr Sajjan Rajpurohit
Director & Head,
Medical Oncology



New Advances in Cancer Diagnosis and Treatment

Cancer care has made incredible progress, using new technologies and therapies to improve treatment results. Here are some of the latest advancements explained simply:

High tech CT Scans: Modern CT scans give very clear and detailed images, helping doctors find cancer earlier and more accurately. These scans also use less radiation, making them safer for patients.

Immunotherapy: Immunotherapy boosts the body's natural ability to fight cancer. It uses special medicines to help the immune system recognize and attack cancer cells. This is especially helpful for cancers that don't respond well to regular treatments.

CAR-T Cell Therapy: This is a cutting-edge treatment where doctors take a patient's immune cells, change them in a lab to better fight cancer, and then put them back into the body. It has shown great success in treating certain blood cancers.

AI-Driven Cancer Treatment: At Medanta, advanced computer systems (AI) create personalized treatment plans for each patient. This approach, called precision medicine, ensures that treatments are safer and work better for individual patients.

Targeted Treatments: Medanta also uses special therapies like antibody-drug conjugates (ADCs) that deliver cancer-killing medicine directly to the cancer cells. Another method, called theranostics, combines diagnosis and treatment for more focused care.

These innovations are making cancer treatments more effective, safer, and personalized, giving patients a better chance at recovery.



Dr Manoj Kumar Singhal
Director,
Nephrology, Medanta Noida



5 Secrets to Keeping Your Kidneys Healthy

Kidney disease can affect people of all ages. Keep your kidneys healthy by doing these things:

- **Manage other health conditions:** The most common causes of kidney disease is diabetes and hypertension. Managing and preventing these will help keep kidneys in good condition.
- **Eat healthy foods:** Follow healthy eating habits to control weight and blood pressure.
- **Exercise regularly:** Like eating a well-balanced diet, regular physical activity can stave off weight gain and high blood pressure. Do not overdo it.
- **Lifestyle Modifications:** Quit smoking, alcohol, self-medication and unnecessary pain killers.
- **Get regular kidney function screening:** If you have diabetes, high blood pressure or cardiovascular disease, you should get screened for kidney dysfunction regularly. See Nephrologist immediately if tests are abnormal.

The most important thing you can do to keep your kidneys safe is to take care of your body to reduce your chances of developing diseases that put a strain on your kidneys.



Dr. Girish Rajpal

Director
Neuro-Intervention & Stroke Medanta Noida



Dr. Manish Kumar Marda

Director – Neuro-Anesthesia &
Critical Care Medanta Noida



Blending Heart, Mind, and Technology for Better Brain Health at Medanta Noida

Most people think strokes happen suddenly and without warning. In reality, the body often gives small signals before a major stroke — we just don't recognize them.

Sometimes, a person may feel brief weakness or numbness on one side of the body, slurred speech, momentary loss of vision, or sudden dizziness. These may last only a few minutes and are often dismissed as tiredness, low sugar, or stress. But these short episodes — called mini-strokes or transient attacks — are actually warning signs that blood flow to the brain is getting interrupted.

As an interventional neurologist, I can anticipate how outcomes can change when help is provided on-time. The good news is that with today's technology, many strokes can be treated early using minimally invasive procedures — without the need for open surgery (in most of the cases).

At Medanta Hospital, Noida, we now have one of the most advanced tools for such treatment — the Artis Icono Biplane Cath Lab. This AI-powered system brings the following benefits –

- Due to its two X-ray detectors working simultaneously, it allows high-resolution views from multiple angles in one shot, giving operators a clearer 3-D picture quickly.
- This dual-plane capability means less contrast dye (especially important for patients with kidney issues) and reduced radiation exposure.
- The system is designed to streamline workflows resulting in reduced procedure time — meaning faster treatment, which is critical for vascular brain disease(s).

In practical terms this translates to safer, faster interventions for stroke prevention or neurovascular repair — reducing risk of complications and improving recovery.

If you or any near/dear ones experience any of the warning symptoms — even if they resolve — please seek immediate evaluation by a neurologist or a neuro-interventional specialist.

Early detection and technology-enabled intervention can protect your brain and safeguard your quality of life.

Every Second Counts: The Steady Hands Behind Stroke Care

A stroke can strike without warning — altering lives in seconds. But at Medanta Noida, every second after that is utilized with a purpose. The moment a patient comes to emergency with signs of stroke — weakness on one side, slurred speech, or sudden loss of balance — our specialized "Code Brain Rescue" team is activated.

This rapid-response protocol brings together experts from Neurology, Neurosurgery, Neuro-Anesthesia, Critical Care & Radiology — a coordinated network working seamlessly to protect the brain. While neurologists diagnose and intervene, and neurosurgeons operate when required, the Neuro-Anesthesia and Critical Care teams ensure the most vital element — the brain's safety and stability — is never compromised.

As neuro-anesthesiologists, our role begins even before surgery. We stabilize blood pressure, oxygen levels, and other parameters that are critical for the brain's survival. During complex procedures like clot removal or life-saving decompression surgeries, we use advanced monitoring to track brain oxygenation and blood flow in real time. Every adjustment in anesthesia is made with precision — to preserve brain function and minimize damage.

After the procedure, the journey continues in the Neuro Critical Care Unit, where every heartbeat, every breath, and each neurological response is closely observed. Here, the team works tirelessly to prevent complications, manage brain swelling, and guide patients toward recovery.

Beyond these fancy machines and monitors, there's always a human connection — calming anxious families, offering clarity, and instilling hope. At Medanta Noida, we believe that stroke recovery is not just a medical process, but a deeply humane one.

Every recovery is the quiet coordination of science, skill, and heart. That's what Code Brain Rescue represents — not just quick action, but complete, compassionate care.



Dr. Saurav Shishir Agrawal

Senior Consultant
Endocrinology & Diabetes, Medanta Noida



Dr. Dushyant Nadar

Director,
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Myths and Facts About Diabetes

Myth : Eating too Much Sugar Causes Diabetes

Fact: Eating sugar does not directly cause diabetes. However, consuming a sugary diet can lead to overweight and obesity, which are risk factors for type 2 diabetes.

However, since Indian diet usually has excess carbohydrates, it would be beneficial to cut down daily consumption of sugar.

Myth: Only People with Very Severe Diabetes Need to Take Insulin

Fact: Insulin is actually a very safe and effective way to keep blood sugars under control and protect your body from uncontrolled diabetes. However, with many new oral medicine options on the market, you may not have to take insulin initially. Your doctor will decide for you if insulin treatment is necessary. In fact, doctors prescribe insulin treatment only when it is necessary.

Myth: Insulin injections are very painful and I can't travel if I start insulin

Fact: Newer available insulin injections devices have needles as small as 4 mm, which is not painful and are very convenient to use. You can easily travel with your insulin pen in your handbag or it kept in a thermos flask filled with cold water.

Myth: Diabetes medication can damage my kidneys in long run

Fact: It's not the diabetes medicines, rather the uncontrolled sugars lead to end organ damage to kidneys, eyes, nerves or hearts. Diabetes medications are safe to use in all patients for long term, but need dose adjustment from time to time depending on our kidney and liver function test

Prostate Cancer in India Is Rising — Why Screening After 50 Matters More Than Ever

Recent data inspired by the Global Burden of Disease Study show a clear trend: prostate cancer cases are steadily increasing across India, and the rise is visible in almost every state. What was once considered uncommon is now becoming a significant health concern for Indian men, especially as life expectancy increases.

But here's the part most people don't realise:

Early prostate cancer often has no symptoms at all. That means many men feel absolutely fine and still miss the window where the disease is easiest to treat.

Why Screening Is the Game-Changer

Doctors worldwide now recommend that men above 50—and those with a family history even earlier—should consider simple screening tests like:

- PSA blood test (Prostate-Specific Antigen)
- Digital rectal exam (DRE)
- Ultrasound or MRI (only when needed)

These tests are quick, widely available, and can catch the disease years before symptoms appear.

The Silent Shift in India

The latest data also show that more Indian men are being diagnosed at later stages, when treatment becomes more complex and outcomes may not be as good. This pattern is not because the disease behaves differently in India — it is mainly because many men delay check-ups or avoid screening altogether.

The Takeaway for Every Indian Man

If you're 50 or older, prostate screening should be treated the same way as routine blood tests or annual heart check-ups. Detecting prostate cancer early can make treatment simpler, less invasive, and far more effective.

A small blood test and a urology consultation today could make a huge difference tomorrow.

What's New at Medanta Noida?

Medanta's New Initiative on Prostate Cancer Awareness

Socho mat, Baat Karo.

Your health matters. Prostate cancer may be silent, but you shouldn't be.



Aimed at encouraging men to openly discuss prostate health and break the silence around early symptoms. Prostate cancer is one of the most common cancers in men, yet fear, hesitation, and lack of awareness often delay diagnosis.

Through this initiative, Medanta empowers individuals with accurate information on risk factors, symptoms, screening tests, and advanced treatment options. The campaign encourages timely conversations with doctors, early screening, and proactive health decisions—because early detection can save lives.

Scan To Explore Complete
Prostate Cancer Care Services



Bajra (Pearl Millet) Soup

Portion: 1 cup (200 ml)

Health Benefit: Keeps you warm & boosts digestion in winter.

Bajra flour – 2 tbsp., Cloves – 4–5, Cinnamon sticks – 2 small
Ajwain – 1 tsp, Black pepper – ½ tsp, Dry ginger powder – ½ tsp
Jaggery – 2 small pieces, Ghee – 1 tsp, Water – 2 glasses (400–450 ml)

Method:

1. Heat ghee; add cloves, cinnamon, ajwain, black pepper.
2. Mix bajra flour in little water to avoid lumps; add to pan.
3. Pour remaining water, add dry ginger & jaggery.
4. Simmer 8–10 minutes until slightly thick and Serve hot





Online Learning Session

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



Monthly series where leading Neuroscience Experts decode complex brain and nerve conditions in a simple, engaging way

To Book an Appointment with Medanta Experts:

☎ 88-0000-1068

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