

2026

Jan
Edition

Community
Health News

★★★★★

**WORLD'S
BEST
HOSPITALS**
2025

Newsweek

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statista



Sehat ki baat

Noida

20 26

medanta

मेदांता

**Robotic Colorectal
Surgery**

**What To Know if
You're Flying With
Heart Problems**

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To Improve Your Heart
Health**

Season's Message



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HAPPY NEW YEAR!

As we welcome 2026, we are excited to continue supporting your health and well-being. Embracing a new year offers a fresh opportunity to focus on maintaining and enhancing our physical and mental health.

Celebrating a Healthy Start to 2026 with 10 simple tips



1 hour of exercise daily



2 litres of water intake



3 Balanced meals per day on time



4 Short or long breaks every year



5 Close friends to share everything with



6 Monthly visit to the doctor



7 Hours of uninterrupted sleep



Dinner by 8 PM



Switch off screens by 9 pm



Minimum 10 thousand steps daily



Dr. Girish Chandra Vaishnava

Director, Internal Medicine
Medanta Noida



Season's Message



Dr Amit Malik
Director,
Interventional Cardiology



4 New Year's Resolutions To Improve Your Heart Health

1. Schedule a "Heart-to-Heart" Checkup

Annual physicals aren't just routine—they're a chance to catch hidden heart risks like high blood pressure or cholesterol before they become major issues.

2. Stress Less, Live More

Chronic stress wreaks havoc on your heart. Try daily doses of calm through meditation, nature walks, or even a tech detox to reset your mind and body.

3. Make Sleep Your Superpower

Lack of sleep raises your blood pressure and hunger hormones. Create a bedtime ritual—ditch the screens, cool the room, and treat sleep like the essential repair time it is.

4. Quit Smoking, Win Big

Smoking and drinking alcohol doubles your heart risk. Restricting alcohol and quitting smoking can really make a difference

If you resolve to make yourself healthier this year, talk to a healthcare provider about your goals. They can provide guidance, resources and support to get you headed in the right direction and help you follow through on your New Year's resolutions.



Dr Parneesh Arora
Director,
Interventional Cardiology



What To Know if You are Flying With Heart Problems

Air travel can be uncomfortable and for some of us, scary - even under the best of circumstances. It can be even more intimidating when you're living with (or recovering from) heart disease.

Certain heart conditions need extra caution while flying.

Air travel may place added stress on the heart, especially in conditions such as angina, coronary artery disease, heart failure, congenital or valvular heart disease, arrhythmias, hypertension, and those with devices like pacemakers or ICDs.

Consult your doctor before travelling

Always check with your cardiologist, especially if you've had recent symptoms.

Be aware of flight-related stress on the heart

Low cabin oxygen, dehydration, long sitting hours, and travel stress can strain the heart.

Carry medicines and medical details

Keep all your medications in your hand baggage, along with prescriptions and emergency contact information.

Prevent clots and dehydration

Stay hydrated, avoid alcohol, move your legs regularly, and consider compression stockings on long flights.

Report symptoms immediately

Chest pain, breathlessness, dizziness, or palpitations during a flight should be reported to cabin crew at once.

Having heart disease doesn't mean your adventuring days are over. It just means you have to do some extra planning. If you can't seem to check your worries at the departure gate, reach out to your provider. They can help you lay the groundwork for a safe and healthy flight.

Cancer care today



Dr Sajjan Rajpurohit
Director & Head,
Medical Oncology



Dr Deepak Govil
Director,
GI Surgery & GI Oncology



Dr Vivek Tandon
Director,
GI Surgery & GI Oncology



Myths and Facts About Cancer Detection and Screening

Cancer is often feared, and unfortunately, many myths around cancer detection and screening prevent people from getting timely care. As an oncologist, I see daily how early detection can change outcomes—and how myths can delay life-saving diagnosis.

Myth 1: If I feel fine, I don't need screening

Fact: Many cancers do not cause symptoms in the early stages. Screening helps detect cancer before symptoms appear, when treatment is simpler and more effective.

Myth 2: Cancer screening is painful and risky

Fact: Most screening tests, such as mammography, Pap smear, oral examination, or stool tests, are safe and cause minimal discomfort. The benefits far outweigh temporary unease.

Myth 3: Cancer screening always means cancer will be found

Fact: Screening is done to rule out disease or catch it early. Most people screened do not have cancer, but screening gives reassurance and peace of mind.

Myth 4: Only people with family history need screening

Fact: While family history increases risk, many cancers occur in people with no family history. Age, lifestyle, and environmental factors also play a major role.

Myth 5: If cancer is found, nothing can be done

Fact: When detected early, many cancers are highly treatable and even curable. Early detection saves lives.

Cancer screening is not about fear—it is about awareness, prevention, and timely action. Regular screening, healthy habits, and listening to your body are powerful tools in the fight against cancer. The earlier we detect cancer, the better the chances of successful treatment and long-term survival.

Robotic Colorectal Surgery

1. What is Robotic Colorectal Surgery?

- It is a modern form of minimally invasive surgery.
- We use the da Vinci Robotic System — a machine controlled entirely by the surgeon.

2. Robotic colorectal surgery may be advised for:

- Colorectal cancers (colon or rectum)
- Rectal prolapse
- Inflammatory bowel disease (IBD) like Crohn's disease or ulcerative colitis
- Diverticular disease
- Large benign growths or polyps not removable by colonoscopy

3. Benefits of Robotic Surgery

- Smaller incisions → less pain
- Less blood loss, Lower risk of wound infection
- Better precision in the deep pelvis → especially important for rectal surgery
- Better chance of preserving nerves that control bladder and sexual function
- Reduces the need for a permanent stoma and able to preserve normal passage even in low rectal cancers, a temporary stoma may be required in majority patients which can be reversed to normal passage after some interval
- Return to normal activity in 2–3 weeks (open surgery may take 4–6 weeks)

4. Key Take-Home

- Robotic colorectal surgery is safe, precise, and minimally invasive.
- It offers better recovery and outcomes, especially in rectal surgery.

Senior Care



Dr Sanjay Gupta
Director,
Orthopaedics and
Joint Replacement



Struggling With Knee Pain? Here's How Robotic Knee Surgery Is Changing Recovery

Robotic knee transplant surgery is revolutionizing the way knee replacements are performed, offering precision and better outcomes for patients. Here's why it's making headlines:

- **Unmatched Precision:**

Using advanced robotic systems, surgeons can create a 3D model of the knee, allowing for accurate planning and precise implant placement. This improves joint function and ensures a natural fit.

- **Customised Treatment:**

Every knee is unique, and robotic surgery tailors the procedure to match the patient's specific anatomy, ensuring the best possible results.

- **Minimally Invasive:**

With smaller incisions and less tissue damage, patients experience less pain, reduced scarring, and faster recovery times compared to traditional surgery.

- **Faster Recovery:**

With smaller incisions and less tissue damage, patients experience less pain, reduced scarring, and faster recovery times compared to traditional surgery.

- **Durable Results:**

Better alignment means improved mobility and longer-lasting implants, reducing the need for future surgeries.

- **Expert-Led Surgery:**

While robots enhance precision, the expertise of the surgeon is key to the procedure's success, ensuring it's tailored to each patient's needs.

Robotic knee transplants offer a cutting-edge solution for those struggling with severe knee pain or arthritis. Speak to your doctor to see if this advanced procedure is right for you.



Dr Manish Vaish
Director and Head,
Neurosciences



Winter and Your Nervous System: Small Changes, Big Effects

Winter is a season wherein certain health problems tend to re-surface more often. Most of us experience new aches, unusual headaches, or a dip in overall energy.

The most common complaint is an increase in headaches, usually due to sudden temperature drops, poor hydration, irregular sleep, and worsening neck stiffness in the cold.

Another common issue during winter is back pain. Reduced flexibility and muscle tightness due to cold weather discourage movement, leading to increased pain, especially in the lower back and neck region.

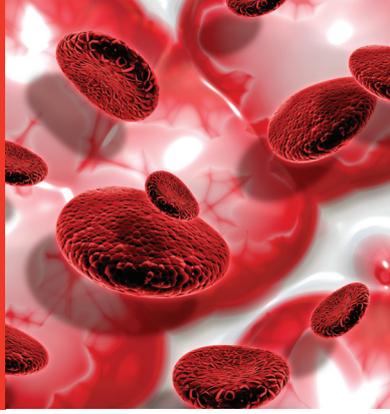
The risk of stroke is also higher during winter, particularly in older adults and people with high blood pressure. Cold weather causes blood vessels to shrink, increasing strain and raising blood pressure. Urgent medical help should be sought if warning signs (FAST) appear:

- Facial drooping
- Arm or limb weakness
- Speech difficulty
- Time to call help

Key take home message –

- Stay active by doing regular exercise & stretching
- Proper Hydration
- Layer clothes to keep yourself warm
- Regular Monitoring of your vitals such as Blood Pressure, blood sugar etc.
- Do not ignore any new or worsening symptoms.

A little care today can help you stay safe, active, and pain-free throughout the season. Ultimately, winter health is about awareness and prevention.



Dr Esha Kaul

Director,
Haemato Oncology and
Bone Marrow Transplant



Anaemia: When It's More Than Just Low Iron

Anaemia is often assumed to be a simple nutritional problem caused by low iron. While this is true in many cases, anaemia can sometimes indicate a more serious underlying issue, especially related to blood disorders and bone marrow function. Understanding when anaemia needs deeper evaluation is essential for timely diagnosis and treatment.

- **Anaemia can originate from the bone marrow:**

When the bone marrow does not produce healthy red blood cells, anaemia can develop even if iron levels are normal.

- **Blood cancers and disorders may be the cause:**

Conditions such as leukemia, lymphoma, myeloma, and myelodysplastic syndromes can interfere with normal blood formation, leading to persistent anaemia.

- **Symptoms may appear more severe:**

Extreme fatigue, breathlessness, frequent infections, easy bruising, or unexplained weight loss alongside anaemia require urgent attention.

- **Iron treatment alone may be misleading:**

Taking iron supplements without identifying the cause can delay the diagnosis of serious blood-related conditions.

- **Specialised evaluation is important:**

Detailed blood tests help determine the exact reason for anaemia and guide appropriate treatment.

Anaemia is not always just about low iron. When it is persistent, unexplained, or associated with other symptoms, it may point to an underlying blood disorder or cancer. Early evaluation by a haemato-oncology specialist allows accurate diagnosis and timely, effective care.



Dr Priya Bansal

Senior Consultant,
Gynaecology and GynaeOncology



5 Vague Cancer Signs You Should Never Ignore

As a doctor, I often see women delay consultations because their symptoms feel “minor” or easy to dismiss. Ovarian and cervical cancers, in particular, can present with vague signs that closely resemble common, non-serious conditions. However, some symptoms should never be ignored and always deserve medical evaluation.

1. Vaginal bleeding after menopause

Any bleeding after menopause is abnormal. While it is often due to benign causes, it can be an early sign of endometrial or cervical cancer and must be investigated promptly.

2. Abnormal bleeding before menopause

Bleeding that is heavier than usual, irregular, between periods, or after intercourse should raise concern and needs evaluation.

3. Persistent pelvic or abdominal pain

Ongoing discomfort, bloating, pressure, or cramps—especially when unexplained—can sometimes indicate ovarian cancer.

4. Unexplained weight gain or weight loss

Sudden weight changes without changes in diet or activity may occur due to tumour growth or fluid accumulation.

5. Loss of appetite or early fullness

A noticeable decrease in appetite or feeling full quickly can be linked to ovarian cancer affecting metabolism.

Many of these symptoms may turn out to be harmless, but ignoring them can delay diagnosis. Early evaluation allows timely treatment—and in cancer care, early action can make a critical difference.

What's New at Medanta Noida?



Session on Winter Health: Protect you joints and heart

With

Dr Sanjay Gupta

Director,
Orthopaedics &
Joint Replacement

Dr Waseem Farooqui

Consultant,
Interventional
Cardiology



**SOCHO MAT,
BAAT KARO.**



**The 1-Minute
Prostate Check**

A quick 3-question
assessment that helps
you understand your
risk of prostate cancer.



Healthy Vegetable Soup

Ingredients:

Mixed vegetables (carrot, cabbage, beans, peas, capsicum) – 2 cups, chopped,
Onion – ½ cup, finely chopped, Garlic – 1–2 cloves, minced (optional)
Water or vegetable stock – 4 cups, Salt – to taste, Black pepper – to taste
Spring onions or fresh coriander – for garnish

Short Steps:

1. Heat a deep pot on medium flame and add a little water.
2. Add onion and garlic; sauté for 2–3 minutes and add all vegetables and mix well.
3. Pour in water or vegetable stock and bring to a boil.
4. Reduce heat and simmer for 10–12 minutes until vegetables are tender.
5. Season with salt and freshly crushed black pepper.
6. Garnish with spring onions or coriander 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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