



Sehat ki baat

**GASTRIC
ISSUES IN
RAINY
SEASON**

**MONSOON
INFECTIONS
DURING
CHEMOTHERAPY**

**IS THE COLOUR
OF YOUR URINE
TELLING YOU
SOMETHING?**



Season's Message



Table of Contents

01

From the Editor's Desk

What To Do during
a Heart Attack

Life after
Heart Surgery

03

Is the Colour of
Your Urine Telling
You Something?

Nocturia – Why Does
Urine Frequency Increase
at Night in the Elderly?

Monsoon Infections
during Chemotherapy:
Staying Safe

Early Warning Signs
of Cancer You Should
Never Ignore

05

Gastric Issues
in Rainy Season

Manage and
Track Diabetes:
Diabetes Tracking Table

From The Editor's Desk

Dear Reader,

As the monsoon brings welcome relief from the summer heat, it also brings unique health challenges that deserve our attention. Increased humidity, changing temperatures, and a higher risk of infections make this the perfect time to prioritize preventive healthcare for ourselves and our families.

In this edition, we focus on practical health information that empowers you to recognize warning signs and take timely action. Learn how to respond during a heart attack, understand what life looks like after heart surgery, and discover why cancer symptoms should never be ignored. For patients undergoing chemotherapy, we share essential precautions to stay protected from monsoon-related infections.

You'll also find insights into common seasonal digestive problems, including gastric infections during the rainy season, and understand how simple lifestyle choices can help prevent illness. Learn how changes in urine colour can signal important health conditions and why frequent night-time urination (nocturia), especially among older adults, should not be overlooked. For individuals living with diabetes, our easy-to-use diabetes tracking table is designed to support better self-monitoring and long-term disease management.

We are also proud to celebrate a significant milestone—50,000 patients served at Medanta Noida—a reflection of the trust our patients place in us and our unwavering commitment to delivering world-class healthcare.

This monsoon, stay informed, stay prepared, and remember that prevention and early diagnosis remain the strongest tools for a healthier tomorrow. Wishing you and your family a safe, healthy, and happy monsoon!

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Heart Care



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What To Do during a Heart Attack?

A heart attack is a medical emergency and quick action can save lives. In older adults, symptoms may sometimes be less obvious than severe chest pain. Some may experience breathlessness, sweating, nausea, unusual fatigue, dizziness, or discomfort in the jaw, neck, back, or arm.

What to Do Immediately

- Call emergency medical services without delay.
- Make the person sit or lie down comfortably.
- Loosen tight clothing.
- If prescribed by a doctor and not contraindicated, chew an aspirin while waiting for help.
- Stay calm and avoid unnecessary movement.

What Not To Do

- Do not ignore symptoms and wait for them to disappear.
- Do not attempt to drive yourself to the hospital if emergency services are available.
- Do not take un-prescribed medicines.

Every minute matters during a heart attack. Early medical treatment improves survival and reduces long-term damage to the heart. Knowing what to do during the heart and acting quickly can make a life-saving difference.

Life after Heart Surgery

Heart surgery is not the end of treatment—it is the beginning of a healthier life. Most senior citizens gradually regain strength and return to their daily activities with proper care and rehabilitation. Recovery may take a few weeks, and patience is important during this period.

What to Expect During Recovery

- Mild pain, tiredness, and reduced stamina are common initially.
- Appetite and sleep patterns may take a few weeks to normalize.
- Emotional changes such as anxiety, low mood, or irritability can occur after surgery.

Tips for a Healthy Recovery

- Take medicines regularly as advised.
- Walk daily and stay physically active.
- Follow a heart-healthy diet.
- Attend regular follow-up visits.
- Get adequate rest and sleep.
- Avoid smoking and tobacco.

Seek Medical Help If You Have

- Increasing breathlessness
- Fever
- Chest pain
- Swelling or redness around the wound
- Sudden dizziness or fainting

Remember

Small daily improvements are signs of recovery. With healthy habits, family support, and regular medical care, senior citizens can enjoy an active, independent, and fulfilling life after heart surgery.

Elder Care



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Is the Colour of Your Urine Telling You Something?

Urine colour can provide useful clues about hydration and overall health, especially in older adults. While occasional changes may be harmless, persistent changes should not be ignored

What Different Colours May Mean

Pale Yellow: Usually indicates good hydration.

Dark Yellow or Amber: Often suggests dehydration. Seniors may have a reduced sense of thirst, making dehydration more common.

Brownish: May occur due to certain medicines, dehydration, or liver-related conditions.

Pink or Red Urine: Could be caused by certain foods such as beetroot, but may also indicate blood in the urine and requires medical evaluation.

Green or Blue Tint: Rare and sometimes linked to medications or infections.

Warning Signs That Need Medical Attention

- Blood in urine
- Burning or pain during urination
- Fever with urinary symptoms
- Strong foul smell
- Persistent dark urine despite adequate fluids

Your body often gives early warning signs through changes in urine. Paying attention to these signals can help detect problems early and support healthy ageing.

Nocturia – Why Does Urine Frequency Increase at Night in the Elderly?

Nocturia refers to waking up during the night one or more times to pass urine. It becomes increasingly common with age and can significantly disturb sleep quality. Common causes include reduced bladder capacity, diabetes, enlarged prostate in men, medications such as diuretics, excessive evening fluid intake, and certain heart or kidney conditions.

Frequent night-time urination can lead to poor sleep, daytime fatigue, irritability, and an increased risk of falls in older adults. Studies show that repeated trips to the bathroom at night can substantially increase the risk of fractures and injuries in seniors.

What Can Help?

- Limit fluids 2–3 hours before bedtime.
- Reduce evening tea, coffee, and alcohol intake.
- Empty the bladder before sleeping.
- Manage diabetes and blood pressure effectively.

When Should You Seek Medical Advice?

- Waking more than twice every night regularly
- Burning or painful urination
- Blood in urine
- Swelling of legs
- Sudden increase in urinary frequency

Good sleep is essential for healthy ageing. If nocturia is affecting your daily life, a medical evaluation can help identify and treat the underlying cause

Cancer Care



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Monsoon Infections during Chemotherapy: Staying Safe

The monsoon season brings a higher risk of bacterial, viral, and fungal infections due to increased humidity and contamination of food and water. For people undergoing chemotherapy, this risk is even greater because cancer treatment can temporarily weaken the immune system, making it harder for the body to fight infections.

Common Signs of Infection

- Fever (100.4°F / 38°C or higher)
- Chills or excessive sweating
- Persistent cough or sore throat
- Burning sensation while passing urine
- Diarrhoea or vomiting
- Redness, swelling, or pus around wounds
- Unusual weakness or fatigue

Seek Medical Attention Immediately If

- You develop a fever during chemotherapy
- Vomiting or diarrhoea persists
- You experience difficulty breathing
- There are signs of dehydration, such as dizziness or reduced urination
- Any symptom worsens or does not improve

Stay Protected This Monsoon

Wash your hands frequently, drink only clean and safe water, and eat freshly cooked food. Avoid raw or uncovered foods, crowded places, and close contact with people who are unwell. Wear a mask in high-risk settings, maintain good personal hygiene, and keep your surroundings clean and dry.

Early Warning Signs of Cancer You Should Never Ignore

Cancer is often more treatable when detected in its early stages. While many symptoms may be caused by non-cancerous conditions, persistent or unexplained changes in your body should never be ignored.

Common Warning Signs

- Unexplained weight loss
- Persistent fatigue or weakness
- A lump or swelling anywhere in the body
- A cough or hoarseness lasting more than three weeks
- Difficulty swallowing or persistent indigestion
- Changes in bowel or bladder habits
- Blood in the stool, urine, or persistent coughing up blood
- A sore or ulcer that does not heal
- Changes in the size, shape, or colour of a mole
- Unusual or persistent bleeding

Seek Medical Attention If

- Any symptom persists for more than two to three weeks
- A lump increases in size or becomes painful
- You experience unexplained weight loss or persistent fever
- There is blood in your stool, urine, or vomit
- Symptoms interfere with your daily activities or continue to worsen

Protect Your Health

Do not ignore persistent symptoms or rely on self-medication. Early evaluation by a healthcare professional can help identify the cause and, if necessary, begin treatment at the earliest stage.

Personal Care



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Gastric Issues in Rainy Season

The rainy season brings welcome relief from the heat, but it also increases the risk of stomach infections and digestive illnesses. High humidity and contaminated food or water create favourable conditions for the growth of bacteria, viruses, and parasites, making gastrointestinal infections more common. Eating unhygienic street food, consuming untreated water, or storing food improperly can lead to digestive discomfort. Children, older adults, and people with weakened immunity are especially vulnerable.

Common Symptoms

- Stomach pain or cramps
- Diarrhoea or loose motions
- Nausea and vomiting
- Acidity and indigestion
- Bloating
- Loss of appetite
- Fever associated with stomach infection .

Seek Medical Attention If

- Diarrhoea or vomiting lasts for more than 24–48 hours
- There is blood in the stool
- Severe abdominal pain develops
- High fever accompanies digestive symptoms
- Signs of dehydration appear, such as excessive thirst, dizziness, reduced urination, or confusion

Stay Protected This Monsoon

Drink only safe, clean water and eat freshly cooked food. Wash fruits and vegetables thoroughly, avoid stale or uncovered food, and maintain good hand hygiene

Manage and Track Diabetes: Diabetes Tracking Table

Diabetes management becomes especially important with age. Regular monitoring helps prevent complications affecting the heart, kidneys, eyes, and nerves. A simple tracking system can help senior citizens stay in control of their health and identify changes early.

Why Tracking Matters

- Helps maintain stable blood sugar levels
- Improves medication adherence
- Identifies patterns related to food, exercise, or illness
- Assists doctors in making treatment decisions

Daily Diabetes Tracking Table

Date	Fasting Sugar	Before Dinner
After Dinner	Medicines Taken	Physical Activity
Remarks		

When to Contact Your Doctor

- Repeated low blood sugar episodes
- Persistent readings higher than the recommended range
- Sudden weight loss, excessive thirst, or fatigue

A few minutes spent tracking blood sugar every day can help prevent major health problems and support healthy, independent living.

A Journey of
50,000
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To Book an Appointment with Medanta Experts:

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