

2026

March
Edition

Community
Health News

★★★★★

**WORLD'S
BEST
HOSPITALS**
2025

Newsweek

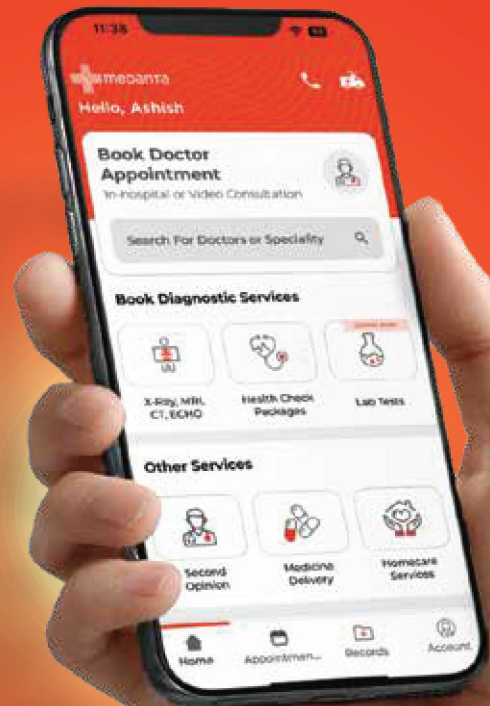
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Sehat ki baat

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Season's Message



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From The Editor's Desk

Dear Reader,

This March edition of Sehat Ki Baat Noida focuses on awareness, prevention, and evolving healthcare needs. From understanding colon cancer and its treatment to recognizing when a persistent cough could signal tuberculosis, our experts share practical guidance for timely care.

We also highlight advancements in O-arm imaging technology, discuss kidney health and the safe use of painkillers, and explore life after a kidney transplant through real patient experiences. As lifestyle diseases rise, we address India's growing obesity concern and present a special Women's Day segment with essential health tips. Through this issue, we aim to bring you closer to expert insights that make everyday health decisions simpler and more informed.

Dr. Girish Chandra Vaishnava
Director
Internal Medicine
Medanta Noida



How to Strengthen Your Immunity

A strong immune system helps fight infections and keeps you healthy.

Follow these simple steps to boost your immunity:

- ✔ Stay up-to-date on vaccines as they train your body to fight off germs that can make you sick.
- ✔ Hydrate, hydrate, hydrate to flush out toxins and keep cells functioning properly.
- ✔ Exercise Regularly to improve circulation and strengthens immunity.

- ✔ Get plenty of sleep at least for 7-9 hours of quality sleep per night.
- ✔ Minimize stress by practicing meditation, deep breathing, or hobbies.

A healthy lifestyle is the key to better immunity!

Colorectal Cancer Awareness



Dr Deepak Govil

Director,
GI Surgery & GI Oncology



Dr Vivek Tandon

Director,
GI Surgery & GI Oncology



Colon Cancer in India: Rising Numbers, Real Risks & Prevention

Colorectal cancer once considered a "Western disease," it now ranks among the top cancers in urban Indian populations. According to national cancer registry trends, incidence is rising particularly in metro cities, and worryingly, more cases are being detected in people under 50.

Another concerning trend is that many patients are diagnosed at advanced stages, mainly due to low awareness and delayed screening. Experts stress that timely lifestyle changes and preventive screening can significantly reduce the risk and improve survival outcomes.

Why Is It Increasing?

Lifestyle Changes: Low-fibre diets, high intake red/processed meat, refined foods, and sedentary habits are major contributors.

Obesity & Diabetes: India's growing obesity rates and metabolic disorders increase colon cancer risk.

Smoking & Alcohol: Both are established risk factors.

Family History & Genetics: A history of colon cancer or polyps increases individual risk.

Inflammatory Bowel Disease: Long-standing colitis can predispose to malignancy.

Warning Signs to Watch For

Blood in Stool: Often mistaken for piles, but persistent bleeding should always be evaluated.

Change in Bowel Habits: Long-lasting constipation, diarrhoea, or narrowing of stool.

Unexplained Weight Loss: Sudden weight loss without changes in diet or activity.

Iron-Deficiency Anaemia: Low haemoglobin levels without an obvious cause may indicate internal bleeding.

Persistent Abdominal Discomfort: Cramping, bloating, or pain that does not resolve.

Prevention: What Works

Screening After 45-50 Years: Colonoscopy can detect and remove precancerous polyps early.

High-Fibre Diet: Include fruits, vegetables, whole grains, and adequate hydration.

Regular Exercise: At least 30 minutes daily.

Avoid Tobacco & Limit Alcohol: Reducing tobacco use and alcohol intake significantly lowers the risk of many cancers, including colorectal cancer.

Colon cancer is preventable and treatable when detected early. Awareness, timely screening, and lifestyle correction are India's strongest tools against this growing health threat.

New Technology at Medanta Noida Advancing Surgical Precision with O-Arm Imaging Technology



Dr. Manish Vaish
Director & Head,
Institute of Neurosciences



How the O-arm Works

- Circular ring moves around the patient during surgery
- Captures high-quality 2D and 3D images in real time
- Images appear instantly on operating theatre monitors
- Helps surgeons check anatomy and instrument position during the surgery



Where It Is Used



Spinal Fixation
Surgeries



Pedicle Screw
Placement



Spinal
Decompression



Spinal Deformity
Correction



Tumour & Trauma
Surgeries

Patient Benefits



Better Surgical Accuracy



Improved Visualisation



Precise Implant Placement



Reduces Need for
Revision Surgery



Supports Minimally
Invasive Procedures



Real-time Verification
of Surgical Steps

Using advanced technologies like the O-arm imaging system helps surgeons achieve **safer and more precise surgical outcomes** for patients.

World Kidney Day



Dr. Manoj Singhal

Director,
Nephrology, Kidney Transplant



Dr. Dushyant Nadar

Director,
Urology and Kidney Transplant



Are Your Painkillers Quietly Hurting Your Kidneys?

Can regular painkiller use harm kidneys?

Yes. Taking painkillers again and again without a doctor's advice can slowly affect how your kidneys work. Many people think common tablets for headache, body pain, or joint pain are always safe — but overuse can be risky.

How do painkillers affect kidneys?

Some pain medicines reduce the blood supply that keeps kidneys healthy. If taken for a long time or in high doses, they can weaken the kidney's filtering power.

Who should be more careful?

People with diabetes, high BP, heart problems, or anyone already having kidney issues. Older adults and those who take medicines daily should avoid self-medication.

What signs should you not ignore?

Kidney problems often start silently. Later, you may notice swelling in feet, tiredness, less urine, nausea, or loss of appetite.

Is it okay to take over-the-counter pain tablets often?

Not regularly. Mixing different pain tablets or taking them daily without guidance can increase kidney damage risk.

What is the safer way to manage pain?

Talk to a doctor. Sometimes physiotherapy, exercise, posture correction, or lifestyle changes can reduce pain without harming organs.

Use painkillers only when truly needed, follow the correct dose, drink enough water, and get regular health check-ups to keep your kidneys safe.

Life After Kidney Transplant: Benefits You Should Know

A kidney transplant is often called a second chance at life. For people with kidney failure, it replaces the long hours of dialysis with the possibility of a healthier, more active future.

While dialysis helps remove toxins, it is time-consuming and restrictive. A transplant is considered the gold standard treatment because it restores more natural kidney function and improves overall survival.

Key Benefits After a Kidney Transplant

Improved Quality of Life:

Most patients regain energy, sleep better, and return to work, travel, and social activities. Life is no longer planned around multiple weekly dialysis sessions, strict fluid limits, or restricted diets.

Better Long-Term Survival:

Studies show transplant patients generally live longer than those who stay on dialysis. A transplanted kidney can function for many years with proper care.

More Energy and Strength:

Improved red blood cell production reduces fatigue and boosts stamina.

Better Mental Health:

Many patients experience less stress, anxiety, and depression, feeling hopeful and motivated again.

Recovery requires lifelong medication and regular follow-up. But with discipline and medical guidance, a kidney transplant offers not just survival — but a chance to truly live again.



Dr. Manu Madan

Senior Consultant,
Respiratory & Sleep Medicine



Dr. Manish Tomar

Senior Consultant,
Gastroenterology



Seasonal Allergies and Asthma:

How One Triggers the Other

As summer approaches, allergies may worsen. For many, seasonal allergies can also trigger asthma, making breathing harder. Here's how:

Allergy Trigger	Effect on Asthma
High pollen levels	Triggers airway inflammation & flare-ups
Dust & mold growth	Causes wheezing & breathlessness
Heat & humidity	Makes breathing more difficult
Nasal congestion	Leads to coughing & chest tightness
High AQI (pollution)	Irritates airways, worsening asthma

Stay Safe This Summer

- Check AQI before leaving the house
- Wear mask to avoid allergens from entering your respiratory tract
- Frequent steam and gargles to flush out allergens from your system
- Use air purifiers indoors during high AQI and pollen season
- Keep asthma meds ready

With the right precautions, you can breathe easier this season!

Why India Is Becoming the Next Obesity Capital

Shift from Traditional to Ultra Processed Diets

Home-cooked meals are increasingly replaced by packaged snacks, sugary drinks, and fast food that are high in calories but low in nutrition.

"Sitting Economy" Lifestyle

Desk jobs, long commutes, and excessive screen time mean many Indians burn far fewer calories than they consume.

Early-Onset Weight Gain in Children

Reduced outdoor play and increased digital exposure are leading to obesity appearing at younger ages than ever before.

Hidden Sugars & Refined Carbohydrates

Many everyday foods white flour products from packaged juices to contain high levels of sugar and refined carbs that silently drive weight gain.

Link with Lifestyle Diseases

Obesity is now closely tied to India's rising cases of diabetes, fatty liver disease, and heart problems, making it a major public health concern.

Early lifestyle awareness, healthier food choices, and regular physical activity are essential to reverse this growing trend.

HAPPY WOMEN'S DAY

CELEBRATING WOMEN. CELEBRATING HEALTH. CELEBRATING STRENGTH.

Surviving a diagnosis is not the end of the story — choosing hope every day is where healing begins.

Dr. Esha Kaul
Director
HaematoOncology



Your brain deserves the same care as your body — nurture it, listen to it, and let it thrive.

Dr. Namita Kaul
Director
Neurology



Every stage of a woman's life brings its own wisdom, resilience, and growth.

Dr. Priya Bansal
Senior Consultant
Gyanecology and
GynaeOncology



Understanding your body is the first step toward caring for it with confidence.

Dr. Snigdha Rashmi
Senior Consultant,
Internal Medicine



While caring for everyone else, remember that your health matters too.

Dr. Sweta Patel
Director
Critical Care



When women thrive, families flourish and communities grow stronger.

Dr. Mallika Dhanda
Senior Consultant
Breast Surgery



Early care and awareness help women stay healthy and live confidently.

Dr. Lovy Gaur
Senior Consultant
Nephrology



The choices you make today shape your health for years to come.

Dr. Shruti Sharma
Senior Consultant,
Internal Medicine



When a woman understands her body, she gains the confidence to shape her future.

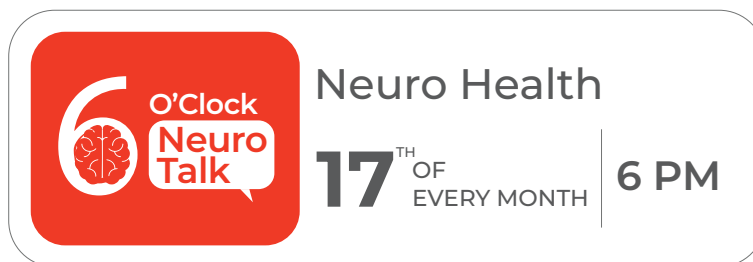
Dr. Vimmi Gautam
Associate Consultant
Head & Neck Cancer Thyroid &
Parathyroid Surgery





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