



Sehat ki baat

SUMMER SAFETY

WHAT TO DO WHEN MEDICATION ISN'T ENOUGH FOR HIGH BP

CANCER IN FAMILY? KNOW WHEN TO GET TESTED



STAY AHEAD OF THE HEAT.

Season's Message



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From The Editor's Desk

Dear Reader,

As we step into summer, it's more important to prioritize our health & well-being. With rising temperatures, this edition brings you practical tips on staying safe in the heat.

May is also a significant month in the health calendar, marked by key awareness days.

From managing chronic conditions like hypertension and thyroid disorders to understanding the impact of smoking and asthma on overall wellness, this edition covers a wide range of topics to keep you informed and empowered.

Let's continue to make health a priority—not just this month, but every day.

Warm regards,

Dr. Girish Chandra Vaishnava
Director, Internal Medicine



Stay Safe, Stay Cool: Your Guide to Beat the Heat

Limit Outdoor Activity

Avoid strenuous activity during peak heat hours. (10 a.m. to 4 p.m.)

Dress Appropriately

Wear lightweight, loose-fitting, light-colored cotton clothing to stay cool.

Stay Hydrated

Drink plenty of water throughout the day, even if you're not thirsty.

Monitor Vulnerable Groups

Check regularly on children, elderly individuals, and those with chronic illnesses.

Know the Warning Signs of Heat Exhaustion

Watch for symptoms like dizziness, nausea, or confusion and act quickly.

Check Weather and Surroundings

Stay updated on weather forecasts in your area before stepping out.

Heart Health



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High Blood Pressure? What To Do When Medication Isn't Enough

Resistant hypertension occurs when your blood pressure remains high despite taking three medications (including a diuretic) at their maximum tolerated doses.

Possible Causes

- ✓ Lifestyle factors: High salt intake, alcohol, smoking, lack of exercise, obesity.
- ✓ Other medications: NSAIDs (like ibuprofen), oral contraceptives, decongestants.
- ✓ Sleep apnea: May require a sleep study.
- ✓ Underlying conditions: Kidney disease, hormonal or vascular issues.

What You Can Do

- ✓ Take medications correctly and on schedule.
- ✓ Talk to your doctor about any side effects before stopping medications.
- ✓ Reduce salt to under 4g/day.
- ✓ Follow the DASH diet: Rich in fruits, veggies, whole grains, & lean proteins.
- ✓ Exercise regularly; even light activity helps.
- ✓ Renal Denervation Therapy in selected cases after specialist evaluation.

Managing resistant hypertension takes effort, but these steps can significantly lower your risk of heart attack and stroke.

Does Your Blood Pressure Fluctuate Widely?

It is normal for blood pressure to rise and fall during the day. It can change with activity, stress, sleep, or even emotions.

However, if your blood pressure fluctuates widely or shows sudden spikes, it may need attention. Doctors often call this labile hypertension, where blood pressure goes higher than what is normal for you at certain times.

Common reasons for these fluctuations include:

- Stress or anxiety
- Physical activity or exertion
- High salt intake or alcohol

Underlying conditions like kidney disease, sleep apnea, or heart problems can also cause fluctuations.

Sometimes, you may notice symptoms like headache, sweating, or a feeling of unease during spikes. In many cases, there may be no clear symptoms.

Even if changes are temporary, frequent fluctuations should not be ignored. Over time, uncontrolled blood pressure can damage the heart, blood vessels, and kidneys.

Regular monitoring is important. Check your blood pressure at different times of the day and discuss unusual patterns with your doctor.

Early detection and simple lifestyle changes can help keep your blood pressure stable and protect your heart.

Cancer Care Focus



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Family History and Cancer Risk: When Should You Get Tested?

A family history of cancer does not always mean you will develop cancer. However, certain inherited gene changes can increase the risk of some cancers. Knowing your family history can help doctors decide whether earlier screening or genetic testing is needed.

What kind of family history is important?

- Doctors pay closer attention if:
- Two or more close relatives have had the same or related cancers
- Cancer was diagnosed at a younger age than usual
- One family member had more than one cancer
- Rare cancers are present in the family

Which cancers may be linked to inherited risk?

Some cases of **breast, ovarian, colon, prostate, pancreatic, and melanoma** may have hereditary links.

When should you consider testing?

If cancer runs in your family, speak with a doctor or genetic counsellor. They may recommend:

- Earlier or more frequent screening
- Mammography or colonoscopy before the usual age
- Blood tests or genetic testing in selected cases

Does testing mean cancer is certain?

No. A positive result only means higher risk—it does not confirm cancer. Many people with increased risk never develop the disease.

Why knowing early helps

Understanding your risk allows timely screening, lifestyle changes, and close follow-up, which may help detect cancer earlier or lower the chance of advanced disease.

If multiple relatives have had cancer, do not ignore it. The right advice can help you make informed decisions for your future health.

How to Manage the Side Effects of Chemotherapy

Chemotherapy is an important treatment used to fight cancer, but it can sometimes cause side effects because it also affects some healthy cells in the body. The good news is that many side effects can be managed with timely care and the right support.

Common side effects and how to manage them:

• Nausea or Vomiting

Take prescribed anti-nausea medicines on time. Eating small, light meals and staying hydrated can also help.

• Fatigue

Feeling tired is common during chemotherapy. Take adequate rest, discuss with your doctor about incorporating yoga and meditation. In case needed, medication can help.

• Loss of Appetite

Eat small, frequent meals instead of large portions. A soft, well-balanced, nutritious diet is advised.

• Hair Loss

Hair loss may happen with some chemotherapy medicines. Use mild shampoos, protect the scalp, and discuss cool capping techniques to reduce hair fall.

• Mouth Sores

Maintain oral hygiene, avoid spicy or very hot foods and discuss medication with your doctor.

• Low Immunity

Wash hands regularly, avoid crowded places when possible, and report fever immediately to your doctor.

Stay in touch with your doctor

Never ignore severe vomiting, fever, breathlessness, bleeding, or extreme weakness. Many side effects can be reduced when addressed early.

Chemotherapy affects every patient differently. Regular follow-up, good nutrition, hydration, and emotional support can make treatment more comfortable and manageable.

Breathe Easy



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Chewing or Smoking Tobacco? Know the Real Dangers

May 31st is World No Tobacco Day & in a city where hustle culture and high stress are part of daily life, tobacco often sneaks in as a 'quick fix'—a chew here, a smoke there. But do you know what it's really doing to your body?

Smoking Tobacco

It's not just about lungs. Smoking exposes your mouth, throat, and vocal cords to carcinogens. Long-term use can lead to oral, throat, and voice box cancers, often diagnosed late.

Chewing Tobacco

Common in the form of gutka, khaini, and paan masala, chewing tobacco delivers cancer-causing chemicals directly to your mouth. This is a leading cause of oral cancer in younger people in India.

The Combined Effect: Amplified Risks

Engaging in both chewing and smoking amplifies health risks exponentially. The synergistic effect of these habits can lead to more aggressive forms of cancer and complicate treatment outcomes.

Warning Signs of Oral Cancer

- Persistent ulcers or mouth sores
- White or red patches inside the mouth
- Pain or difficulty while swallowing
- Sudden loosening of teeth
- Unexplained bleeding or numbness in mouth

Early detection is key. If you notice any of these signs, consult a doctor immediately. And the best prevention? Quit tobacco today.

Asthma in Adults: 4 Important Questions Answered

Asthma isn't just a childhood condition - it can strike later in life, and often goes unrecognized.

Here's what you need to know:

What causes adult-onset asthma?

Triggers include respiratory infections, allergies, smoke, pollution, mold, and even hormonal changes. Asthma causes airway inflammation, excess mucus, and spasms, making it harder to breathe.

Why is asthma more dangerous in adults?

It's often misdiagnosed or ignored, leading to delayed treatment. Adult asthma can mimic other conditions like heart failure or stomach issues, & untreated asthma may cause permanent lung damage.

Who is most at risk?

Women, especially during menopause or pregnancy, are more prone. Obesity, low physical activity, and prior childhood asthma also increase the risk. People with frequent exposure to occupational or environmental toxins are also at higher risk.

Is treatment as effective in adults?

Treatment is generally safe and effective; however, some therapies may increase the risk of glaucoma and osteoporosis, both of which can be effectively monitored and managed under expert guidance.

Don't ignore persistent cough or breathlessness; it could be asthma. Early diagnosis helps protect your lungs for life.

Women's Wellbeing



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Ovarian Cancer: Know the Risks & Signs

May 8 marks World Ovarian Cancer Day, a global movement to raise awareness, break the silence, and stand in solidarity with women affected by ovarian cancer.

Often called the “silent killer,” ovarian cancer is difficult to detect in its early stages because symptoms can be vague or mistaken for less serious conditions. Yet early diagnosis can dramatically improve outcomes.

Know the Symptoms

Be alert to these signs, especially if they persist for more than two weeks:

- Persistent bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Frequent or urgent urination
- Pain during intercourse

Who's at Risk?

These risk factors may increase your chances of developing ovarian cancer:

- Women over 50
- Family history of ovarian or breast cancer
- BRCA1/BRCA2 gene mutations
- Hormone replacement therapy
- Obesity and endometriosis

Awareness empowers women to recognize symptoms early, seek timely care, and break the stigma around gynaecologic health—ultimately saving lives. So, don't hesitate to reach out to your doctor and take charge of your health.

Spotting the Signs: Could You Have a **Thyroid Disorder?**

As a doctor in urban India, I see many young professionals and working women with vague but persistent symptoms—often due to undiagnosed thyroid disorders. Stress, irregular schedules, and processed foods can quietly affect thyroid health.

Here are some key signs to watch for:

Unusual Fatigue

Despite 8 hours of sleep & rest, you feel drained.

Weight Changes

Not able to lose weight despite normal eating?
Or losing weight with no change in diet?

Hair and Skin Changes

Thinning of hair, hair loss, dry skin, or brittle nails can be subtle indicators.

Mood Swings & Anxiety

Hyperthyroidism can cause irritability and restlessness. Hypothyroidism often leads to low mood or depression.

Menstrual Irregularities

Irregular or heavy periods can signal thyroid imbalances.

Heat or Cold Sensitivity

Always feeling cold? Or sweating excessively?
These extremes point to thyroid dysfunction.

If you're experiencing more than one of these signs, talk to your doctor. A simple blood test can give you an answer—and a path forward.

Expert Kidney Transplant Services at Medanta Noida

When you or a loved one is facing end-stage kidney disease, choosing the right medical team is critical to ensuring the best possible outcomes and long-term well-being.

At Medanta Noida, we provide advanced kidney transplant services supported by experienced specialists, cutting-edge technology, and comprehensive patient care—guiding you every step of the way toward recovery and a healthier future.



Advanced Types of Kidney Transplant Procedures: Both living donor and deceased donor transplants



Robotic Kidney Transplant: This minimally invasive approach results in less blood loss, smaller incisions, and a quicker recovery time compared to traditional methods.



Best Kidney Transplant Surgeons in Noida: A team of Top Kidney Transplant specialists in Noida, kidney transplant surgeons, anaesthesia experts and highly trained nurses.



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