



Sehat ki baat

**Is It Acidity or a
Heart Problem?**
When Chest Discomfort
Needs Attention

I Have CKD When
Should I Start Thinking
About Transplant?

**When Does
a Stroke Need
Surgery?**

HAR GHAR, HAR SOCIETY SURAKSHIT

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Season's Message



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From The Editor's Desk

Dear Readers,

Welcome to the September edition! As seasons change, prioritizing proactive healthcare and timely medical awareness remains essential for every home and community.

In line with our commitment to community safety, Medanta Noida has launched '**Har Ghar, Har Society Surakshit**'-a initiative focused on building emergency preparedness and empowering residents and society teams to respond confidently during critical medical situations.

In light of **World Heart Day**, our experts share vital cardiac insights-helping you distinguish chest discomfort from simple acidity and explaining why normal cholesterol levels alone don't guarantee complete heart safety. For **World Alzheimer's Day**, we highlight early cognitive warning signs to encourage timely medical consultation and care.

This edition also brings key expert guidance across kidney care, chest and gynae oncology, orthopedic wellness, and recognizing critical symptoms that require immediate medical attention.

Stay informed, stay prepared, and join us in making every home and community safer.

Dr. G.C. Vaishnava
Director,
Internal Medicine



HAR GHAR, HAR SOCIETY SURAKSHIT

Building Emergency Preparedness Across Communities

Medanta Noida has launched '**Har Ghar, Har Society Surakshit**', a community initiative focused on building emergency preparedness and empowering residents and society teams to respond confidently during critical first-response minutes.



Cover Story



Understanding and Responding to Medical Emergencies: A Community Guide

In a medical emergency, every single minute matters. Yet, many of us delay seeking hospital care simply because they are uncertain whether their symptoms warrant urgent attention.

Critical Warning Signs Requiring Immediate Medical Attention

Seek emergency medical help immediately if you or someone nearby experiences any of the following symptoms:

Chest Pain or Pressure: A heavy, crushing sensation or pressure in the chest that may radiate to the arm, neck, or jaw, frequently accompanied by sudden sweating or light-headedness.

Signs of a Stroke: Sudden loss of balance, changes in Vision, facial drooping on one side, weakness or numbness in an arm or leg or difficulty in speaking or understanding speech. (BE FAST)

Severe Breathing Trouble: Severe shortness of breath, gasping for air, inability to speak in full sentences, or a pale, bluish discoloration of the lips or face.

Sudden, Severe Headache: An intense, blinding headache that strikes suddenly like a "thunderclap" and is unlike any headache previously experienced.



Dr. Dinaben Jashubhai Shah

Director,
Emergency



Heavy Bleeding or Loss of Consciousness:

Uncontrolled bleeding that does not stop with direct, firm pressure, or a sudden collapse resulting in a loss of consciousness.

Steps to Take While Awaiting Emergency Assistance;

1. Stay Calm: Maintain a composed environment to help keep the patient calm.
2. Position Comfortably: Keep the individual seated or lying down in his/her comfortable position.
3. Facilitate Access: Unlock your front door and clear pathways so emergency responders can enter quickly.
4. Gather Medications: Collect a list or the physical bottles of all medications the person regularly takes.
5. Withhold Food and Drink: Do not give the patient anything to eat or drink.
6. Check for-Person speaking, breathing? Check carotid pulse on one side of neck
7. Stay on call with EMS till help comes

HAR GHAR, HAR SOCIETY SURAKSHIT LAUNCH

The initiative successfully kicked off at Supertech Capetown, Sector 74, Noida, bringing together residents and facility staff for hands-on emergency training. Expert nurses and trainers conducted interactive 20-minute practical sessions, followed by the distribution of complimentary first-aid kits to over 200 residential families.

Highlighting the benefit to residents, **Mr. Arun Sharma, Former President & EC Member, Supertech Capetown AOA**, shared: "This training has been extremely beneficial for our society. In just 20 minutes across five focused modules, our residents and staff learned vital life-saving skills like CPR, drowning rescue, and bite care. Along with the complimentary first-aid kits, it has truly empowered our community to handle emergencies confidently before professional medical help arrives."



Heart Health



Dr. Amit Kumar Malik
DM Cardiology
Director, Interventional Cardiology



Dr. Parneesh Arora
DM Cardiology
Director, Interventional Cardiology



Is It Acidity or a Heart Problem? When Chest Discomfort Needs Attention

Chest pain after a meal is easily blamed on simple acidity. However, acid reflux and heart issues can feel remarkably similar. Mistaking cardiac distress for gas is one of the top reasons people delay reaching the hospital, which can lead to severe heart damage.

Crucial Medical Advice

Individuals over 40 or those with diabetes, high blood pressure, or a family history of heart disease, should never guess the cause of chest pain at home. Treating unexpected chest discomfort as a priority is essential for long-term health.

Acidity or Heart Disease? Know the Difference

Symptom	Acidity	Heart Disease
Sensation	Hot, burning sensation behind the breastbone	Heavy weight, crushing pressure, or tight squeezing
Pain Spread	Usually stays in the middle of the chest or may move up to the throat	May radiate to the left arm, shoulder, jaw, neck, or back
Triggers	Heavy/spicy food, bending over, or lying down	Physical effort (walking, climbing stairs), or stress
Antacid Effect	Often improves within minutes after taking an antacid	Usually no relief from antacids
Other Red Flags	Sour burps, stomach bloating, or indigestion	Sudden cold sweats, breathlessness, nausea, or dizziness

Understanding your personal risk factors like age, family history, and lifestyle help turn the warning signs into smart health decisions.

Your Cholesterol Is Normal. Is Your Heart Really Safe?

Getting a "normal" lab report brings instant peace of mind, but it does not mean your heart is completely safe. In reality, almost half of all heart attacks happen to people with normal cholesterol levels.

Standard blood tests give a quick snapshot, but relying only on basic numbers can create a false sense of security while hidden heart risks build up silently.

Myths About Normal Reports

➤ Normal LDL means clear arteries.

Normal total cholesterol maybe associated with deranged overall profile (Example – LDL, ApoB) which increases risk of heart attacks.

➤ Good HDL protects against everything.

Actually it is just a marker which tells you that the risk is low but it does not protect you.

➤ Cholesterol is the only cause of heart problems.

Daily stress, diabetes, high blood pressure, and lack of exercise can cause heart attacks on their own, even if your cholesterol is in the healthy zone.



Think of your blood test as a starting point, not the final word. If you have a family history of heart disease or live with high stress, consult your cardiologist about advanced screening to understand your complete cardiac health.

Heart Health



Dr. Amit Chaudhary

Director,
Cardiac Surgery



Dr. Sanjay Kumar

Director,
Cardiac Surgery



Repair or Replace? How Surgeons Decide the Best Treatment for a Damaged Heart Valve

Think of your heart valves as simple one-way doors that keep blood moving smoothly. When a valve gets tight or starts leaking, blood cannot flow the way it should. Your heart ends up working twice as hard, which can leave you feeling tired, short of breath, or swollen around your ankles.

When medicines are no longer enough to help, heart surgery can step in to fix the door.

The Two Ways to Fix a Heart Valve

➔ Valve Repair (Fixing Your Natural Valve):

Whenever possible, surgeons prefer to repair your own valve. Keeping your natural valve helps maintain your heart's natural strength, reduces the risk of long-term infection, and usually means you will not need to take lifelong blood-thinning medicine.

➔ Valve Replacement (Fitting a New Valve):

If a valve is too stiff or damaged to fix, it is swapped with a new artificial one:

➔ **Mechanical Valves:** Made to last a lifetime, but require a small daily blood-thinning tablet to prevent clots.

➔ **Tissue Valves:** Made from biological tissue. They usually do not require lifelong blood thinners, though they may need replacing after 12 to 15 years.

Expert Advice

No two hearts are the same. A thorough chat with a heart specialist will help you choose the safest, most comfortable path to getting your energy back and enjoying everyday life.

After Bypass Surgery, Is the Heart 'Fixed'? What Patients Need to Know

Bypass surgery is a life-saving turning point that brings immense relief. By using a healthy blood vessel to build a detour around blocked heart arteries, it instantly restores vital oxygen flow, easing chest pain and breathlessness. However, whilst surgery repairs immediate blood flow, it does not permanently cure underlying heart disease.

Why the Journey Continues

Think of a bypass graft as a newly paved detour. It routes traffic around a major blockage, but cannot prevent new jams further down the road. Over time, factors like cholesterol buildup, high blood pressure, and inflammation can affect your new grafts or untreated natural vessels if left unmanaged.

Essential Tips for Long - Term Heart Health

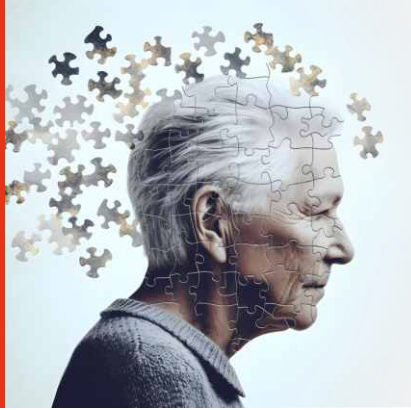
Stay Consistent with Medications: Never skip prescribed blood thinners or cholesterol tablets, as they keep your new grafts clear and prevent blood clots.

Prioritise Daily Movement: Begin with light daily walks, gradually building stamina to strengthen your heart muscle safely.

Nourish Your Blood Vessels: Eat whole grains, fresh vegetables, and lean proteins whilst cutting back on sugars, salt, and unhealthy fats.



Health Education



Dr. Kapil Kumar Singhal

Director,
Neurology



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Alzheimer's Doesn't Always Start With Forgetfulness

When you think of Alzheimer's disease, memory loss is likely the first symptom that comes to mind. You might picture someone misplacing their keys, forgetting names, or asking the same question over and over. Whilst memory issues are common, the condition often begins with subtle shifts in mood, behaviour, or visual processing long before noticeable memory loss appears.

Signs That Go Beyond Memory

Cognitive changes can show up in unexpected ways during daily life:

- ➔ **Uncharacteristic Behaviour:** Your loved one might experience sudden mood swings, becoming unusually anxious, suspicious, or easily frustrated. They may also lose interest in long-standing hobbies or withdraw from family gatherings.
- ➔ **Spatial and Language Difficulties:** Misjudging steps, struggling to gauge distances, or finding it hard to read can point to visual-spatial challenges rather than eye problems. You might also notice frequent pauses during conversations to find basic words.
- ➔ **Trouble Managing Daily Tasks:** Complex activities that used to be second nature, like managing a budget or following a recipe, may suddenly feel overwhelming or lead to unusually poor judgment.

Noticing subtle shifts in personality and everyday abilities helps families seek timely medical guidance, access early care, and plan effectively for the future.

When Does a Stroke Need Surgery?

When a stroke occurs, every second counts to protect delicate brain tissue. Whilst many strokes are treated with emergency blood-thinning medicines, surgery becomes essential when rapid physical action is needed to clear severe blockages or stop dangerous internal bleeding.

When is Surgery Needed?

Clearing Blocked Blood Vessels: If a major artery leading to the brain is blocked by a large blood clot, neurosurgeons perform a procedure called a mechanical thrombectomy.

Relieving Pressure on the Brain: Severe strokes can cause dangerous swelling inside the skull.

Stopping Internal Bleeding: In a hemorrhagic stroke, caused by a burst blood vessel or aneurysm, surgery is required to repair the vessel, stop the bleeding, and drain pooled blood to protect surrounding brain tissue.



Surgical treatments provide life-saving solutions when standard medicines are not enough. Reaching a specialized stroke unit immediately ensures expert neurosurgeons can act fast to minimize long-term impact and support recovery.



I Have CKD When Should I Start Thinking About Transplant?

If you or a loved one is living with Chronic Kidney Disease (CKD), planning ahead gives you control over your health. Many patients wait until their kidneys fail before considering a transplant.

01 Q: At what stage of CKD should I start discussing a transplant with my doctor?

A: You should start conversations during Stage 4 CKD, when your kidney function drops below 30 percent. Starting early gives you ample time to complete health checks, look for donors, and prepare physically and mentally.

02 Q: Is it better to get a transplant before starting dialysis?

A: Yes, receiving a new kidney before needing dialysis is called a pre-emptive transplant. It is preferred because it reduces surgical risks, offers better long-term kidney survival, and lets you avoid the demanding routine of regular dialysis.



Dr. Manoj Kumar Singhal
Director,
Nephrology and Kidney Transplant



03 Q: What signs indicate it is time to move forward with evaluation?

A: Formal evaluations usually begin when kidney function falls below 20 percent, or if you develop persistent symptoms like severe fatigue, leg swelling, or loss of appetite that impact your daily wellbeing.

04 Q: What options do I have for finding a new kidney?

A: You can receive a kidney from a living donor, such as a compatible relative, or register on the deceased donor waitlist. Living donor transplants are ideal as they can be planned in advance and usually last longer.

Taking early steps towards a kidney transplant is a positive choice for your future. Speak with your nephrologist early to build a clear, personalised plan for a healthier life.

The 2-Week Rule

Don't ignore the smallest sign. If any **patch, ulcer or sore** in the mouth lasts more than **14 days**, see a specialist.

If you currently use tobacco, or have used it in the past, an oral screening once a year is advisable



Scan to check your risk



Medanta, Noida

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