

2025

April
Edition

Community
Health News

★★★★★
**WORLD'S
BEST
HOSPITALS**
2025

Newsweek

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statista



Sehat ki baat

5 TIPS TO MAKE
YOUR IMMUNITY
STRONG

**POSTPARTUM
RECOVERY:**

TIPS FOR NEW MOTHERS

**PREVENT
SEASONAL
ALLERGY**

**WHAT'S
THROWING
YOUR HEART
OFF BEAT?**



Season's Message



Table Of Contents

01

How To Strengthen Immunity?

02

What's Throwing
Your Heart Off Beat?

Seasonal Allergies
and Asthma

03

Early Signs of
Parkinson's Disease

Magical Mounjaro
(Tirzepatide): Hype
or Reality?

04

Are You at Risk for
Kidney Disease?

What's New In
Kidney Cancer
Treatment?

05

Postpartum Recovery:
Myths vs. Facts

Care of Low Birth
Weight Babies

06

The Growing Need
for Elder Care in India

Eat Well,
Live Well Recipe

✓ Get plenty of sleep atleast for 7-9 hours of quality sleep per night.

✓ Minimize stress by practicing meditation, deep breathing, or hobbies.

Letter from the Editor

Dear Readers,

As we welcome the summer season and the changing weather, it is important to take special care of your health.

We share how you can improve your immunity and why comprehensive care and support is needed for our senior citizens.

This edition also brings essential insights into kidney disease risks, men's health, care for low birth weight babies and more.

Join us in celebrating health, awareness, and a commitment to well-being for all.

Warm regards,

Dr. Sushila Kataria

Senior Director, Internal Medicine,
Medanta, Gurugram



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.

A healthy lifestyle is the key to better immunity!

Season's Message



What’s Throwing Your Heart Off Beat?

Heart Diseases

High blood pressure, heart attacks, and weak heart muscles can disrupt electrical signals.

Electrolyte Imbalance

Too much or too little potassium, sodium, or calcium can interfere with heart rhythm.

Medications

Some drugs for high blood pressure, asthma, and colds may trigger arrhythmias.

Caffeine, Alcohol & Stimulants

Excessive intake can overstimulate the heart, causing irregular beats.

Stress & Anxiety

Emotional stress and panic attacks can lead to skipped or rapid heartbeats.

Thyroid Disorders

An overactive or underactive thyroid can speed up or slow down heart rhythms.

Sleep Apnea

Interrupted breathing during sleep can strain the heart and cause arrhythmias.

A racing, skipping, or slow heartbeat shouldn’t be ignored. If it happens often, consult a doctor to keep your heart in sync!



Dr. Kartikeya Bhargava
Senior Director,
Electrophysiology & Cardiology

Seasonal Allergies and Asthma: How One Triggers the Other

As summer approaches, allergy season worsens. 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
Increased pollution	Irritates airways, worsening asthma

Stay Safe This Summer

- ✔ Check pollen levels before going out
- ✔ Use air purifiers indoors
- ✔ Keep asthma meds ready
- ✔ Shower & change after outdoor exposure

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



Dr. Randeep Guleria
Chairman,
Internal Medicine



Early Signs of Parkinson's Disease

Parkinson's disease is a movement disorder of the nervous system that worsens over time. The nervous system is a network of nerve cells that controls many parts of the body, including movement.

Here are five early signs to watch for:

Shaking or Tremors

A slight shake in the hands, fingers, or chin, especially when resting, is often an early symptom.

Slow Movements

Everyday tasks like walking, buttoning a shirt, or writing may become slower and more difficult.

Stiff Muscles

Muscles may feel tight or rigid, making it harder to move and causing discomfort.

Balance and Posture Changes

A person may start hunching forward or feel unsteady while walking, leading to more frequent falls.

Speech and Facial Changes

The voice may become softer or monotone, and facial expressions may appear less animated or "masked."

If you notice these signs in yourself or a loved one, it's important to see a doctor early. Early diagnosis can help in managing symptoms and maintaining a good quality of life.



Dr. Vinay Goyal

Chairman,
Neurology

Magical Mounjaro (Tirzepatide): Hype or Reality?

Obesity isn't just about weight—it's about how excess fat impacts health. It's a chronic disease that requires lifelong management, including diet, exercise, sleep, and stress control. Beyond lifestyle changes, treatment options include medications, medical devices, and bariatric surgery.

In the past, many weight-loss drugs were withdrawn due to rare but serious side effects. However, newer medications like Tirzepatide (Mounjaro) have shown significant benefits and are now available in India.

How Tirzepatide Works

Tirzepatide is a unique medication that targets two key receptors in the body—GLP-1 and GIP. This dual action:

- ✓ Reduces appetite & cravings
- ✓ Enhances fat metabolism
- ✓ Improves insulin production
- ✓ Lowers blood sugar

For Weight Loss, results start within 4 weeks:

80% lose at least 10%

50% lose over 20%

Most weight loss comes from fat, especially harmful abdominal fat, also improving heart health factors like blood pressure & cholesterol.

Common side effects include nausea, vomiting, diarrhea, headache, & acid reflux. It is not recommended for people with thyroid cancer history, pancreatitis, or severe diabetic eye disease.

Mounjaro is a weekly injection, starting at 2.5 mg for 4 weeks, increasing to 5 mg as needed.

Tirzepatide offers promising results, but treatment should always be supervised by a doctor to balance benefits and side effects effectively.

Dr. Jasjeet Singh Wasir

Director,
Endocrinology & Diabetes



Kidney Care



Are You at Risk for Kidney Disease?

Chronic Kidney Disease (CKD) develops gradually & often shows no early symptoms. Certain health conditions and lifestyle factors increase the risk, making early awareness essential.

Diabetes

High blood sugar can damage kidney blood vessels. About 1 in 3 adults with diabetes has CKD.

High Blood Pressure

Narrowed blood vessels reduce kidney function. Around 1 in 5 adults with high blood pressure has CKD.

Heart Disease

Reduced blood flow from heart disease increases CKD risk, and CKD can also raise heart disease risk.

Family History

If a close relative has CKD, your chances of developing it are higher.

Obesity

Excess weight raises the risk of diabetes and high blood pressure, the leading causes of CKD.

Understanding these risk factors can help you take steps to protect your kidneys. Managing blood sugar, blood pressure, and maintaining a healthy weight can reduce your risk. If you have any of these risk factors, talk to your doctor about kidney screening.



Dr. Manish Jain

Director,
Nephrology & Kidney Transplant

What's New In Kidney Cancer Treatment?

Robotic Surgery

Allows preservation of kidney function via the performance of kidney sparing procedures (partial nephrectomy) in early stage tumors, without compromising cancer cure probability.

Targeted Therapies

Drugs designed to attack cancer cells directly, sparing healthy cells and reducing side effects.

Immunotherapy

Boosts the immune system to identify and destroy cancer cells, especially for advanced cases.

Advanced Imaging

High-tech scans provide clear views of tumors for accurate diagnosis and treatment planning.

Non-Surgical Tumor Removal

Techniques like freezing (cryoablation) or heating (radiofrequency ablation) destroy small tumors without surgery.

Personalized Treatments

Genetic testing helps create tailored treatment plans for better outcomes.

Improved Monitoring

Enhanced tools track treatment progress and detect cancer recurrence early.

Innovative kidney cancer treatments like robotic surgery, targeted therapies, and personalized care offer effective options with fewer side effects—talk to your doctor to explore what's right for you.

Dr. Gagan Gautam

Chairman,
Urology



Women & Baby Care



Postpartum Recovery : Myths vs. Facts

Recovery only takes six weeks.

While many women feel better in six weeks, full recovery (especially after a C-section) can take months. Listen to your body and don't rush.

You can't get pregnant while breastfeeding.

Breastfeeding reduces fertility but does not prevent pregnancy. If you're not ready for another pregnancy, consider birth control options.

Postpartum depression happens immediately after birth.

Although postpartum blues can start in first week of delivery, mostly the mood disorders develop weeks or even month following delivery

Exercising too soon can help speed up recovery.

Jumping into intense exercise too soon can strain the body. Light movement is good, but wait at least 4-6 weeks (or as advised by your doctor) for heavy workouts.

Only C-section moms need postpartum care.

All mothers need recovery time! Vaginal deliveries can cause perineal tears, pelvic pain, and bleeding, requiring just as much care.

Care of Low Birth Weight Babies

Low birth weight babies (weighing less than 2.5 kg) need special attention to ensure healthy growth and development.

Here's how to care for them:

Skin-to-Skin Contact (Kangaroo Care)

Holding the baby against the parent's chest helps regulate temperature, breathing, and bonding.

Frequent and Proper Feeding

Breastfeeding is ideal, but if needed, formula or expressed breast milk should be given in small, frequent feeds to promote weight gain.

Maintaining Warmth

Low birth weight babies lose heat quickly, so keep them wrapped in warm clothes, use blankets, and maintain a comfortable room temperature.

Preventing Infections

Their immune system is weak, so ensure proper hand hygiene, limit visitors, and keep the baby in a clean environment.

Regular Doctor Checkups

Monitor growth, development, and any health concerns with regular pediatric visits.

With the right care, low birth weight babies can grow into healthy infants. Early medical attention and proper nurturing are key!



Dr. Preeti Rastogi

Director & Head,
Obstetrics

Dr. T J Antony

Director,
Neonatology





The Growing Need for Elder Care in India

India's elderly population is rising rapidly, with over 140 million senior citizens today. With longer life expectancy and changing family structures, the need for specialized elder care has never been greater.

Here's why:

Increasing Longevity

Advances in healthcare mean people are living longer, but many require ongoing medical and emotional support.

Nuclear Families & Urban Migration

With younger generations moving to cities for work, many elderly parents are left without caregivers at home.

Rising Chronic Illnesses

Conditions like diabetes, heart disease, and dementia are more common in older adults, requiring continuous care.

Lack of Awareness & Infrastructure

India still lacks enough trained geriatric caregivers, assisted living facilities, and home healthcare options.

Emotional & Mental Well-being

Loneliness and depression are significant concerns, making social engagement and emotional support essential.

Investing in home healthcare, assisted living, and community support programs can ensure dignity, safety, and better quality of life for India's elderly population.



Dr. Bhriagu Jain

Attending Consultant,
Geriatric Medicine

Eat Well, Live Well Recipe



Millet Khichdi

Ingredients:

- ½ cup millets (bajra; can substitute 2 tbsp with rice) ½ cup moong dal 2½ cups water
- 1 cup mixed vegetables (carrots, beans, peas, capsicum, tomato)
- ¼ cup methi leaves or 1 cup chopped spinach
- 2 tablespoons ghee or oil
- 1 teaspoon grated ginger
- ½ teaspoon cumin seeds
- Salt, turmeric, garam masala and chilly to taste

Instructions:

- Rinse millets and moong dal thoroughly. Soak for 1 hour, then drain.
- Heat ghee or oil in a pressure cooker or pot. Add cumin seeds and let them splutter. Sauté grated ginger until fragrant.
- Add mixed vegetables. Sauté on medium flame for 2-3 minutes.
- Stir in red chili powder, turmeric, garam masala, and salt. Cook until tomatoes become mushy.
- Add drained millets and dal. Sauté for another 2-3 minutes.
- Pour in water and adjust salt if necessary.
- Pressure cook on medium flame for 2-3 whistles. Serve hot, optionally drizzled with additional ghee, alongside papad and pickle.

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 Heart Health 15th every month 7:00 pm	 Heart Health 20th Apr 5:00 pm	 Transplant Conversation 25th Apr 5:00 pm

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