

2026

APRIL
EDITION

Community
Health News

★★★★★
**WORLD'S
BEST
HOSPITALS**
2026

Newsweek

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Sehat ki baat

ADVANCED
**PARKINSON'S
THERAPY**

DIABETES
AND **WEIGHT
LOSS**



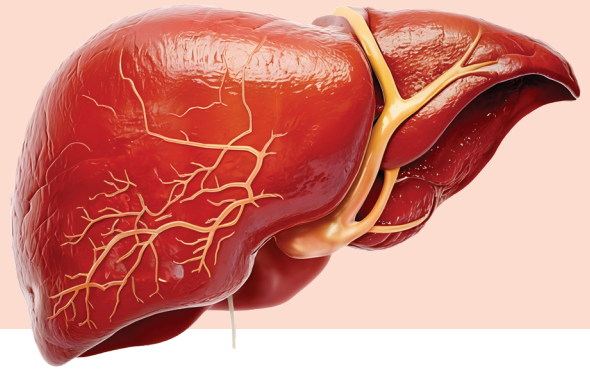


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World Liver Day 2026

From The Editor's Desk

Dear Reader,

This April, Sehat Ki Baat brings you a thoughtfully curated edition focused on empowering you and your family with simple, practical, and easy-to-understand health insights.

As part of our World Liver Day initiative, we are highlighting important topics such as “4 Signs Your Liver Is in Trouble,” “Healthy Habits for a Strong Liver,” and “Stages of Hepatitis in Children,” to raise awareness about liver health and early detection.

In addition, this edition also covers key health awareness areas including Parkinson's disease, immunization, and obesity, helping you stay informed on a range of important health concerns.

We hope this edition inspires you to take proactive steps towards your well-being, prioritise timely screenings, and engage in meaningful conversations with your doctor, because informed choices lead to healthier lives.

Dr. Sushila Kataria

Vice Chairman,
Internal Medicine



Fact or Fiction

Are Weight Loss Medicines Unsafe?

Mild side effects possible



Require medical screening



Safe when doctor-prescribed



Results vary by individual



Work with lifestyle changes





Dr. Neeraj Saraf

Senior Director,
Gastroenterology



Dr. Sukrit Sud

Senior Consultant,
Gastroenterology



Fatty Liver: A Silent but Reversible Condition

1 in every 3 people today has fatty liver, often without even realising it. Fatty liver disease is becoming increasingly common, especially due to sedentary lifestyles, unhealthy diets, obesity, and diabetes. It occurs when excess fat builds up in the liver, often without causing noticeable symptoms in the early stages.

Many people remain unaware of the condition until it progresses. However, some may experience fatigue, mild abdominal discomfort, or unexplained weight changes. If left untreated, fatty liver can lead to inflammation, liver damage, and more serious conditions like cirrhosis.

The good news is that fatty liver is often reversible, especially when detected early. Simple lifestyle changes can make a big difference—maintaining a healthy weight, eating a balanced diet, reducing sugar and processed foods, exercising regularly, and avoiding excessive alcohol intake.

Newer medications are now available to support and improve fatty liver, when prescribed under medical supervision.

Regular health check-ups and timely screening are important, particularly for those with risk factors like obesity, diabetes, or high cholesterol.

Taking early action can protect your liver and prevent long-term complications.

Is My Stomach Pain IBS? Here's How To Know

Stomach pain is not always due to IBS (Irritable Bowel Syndrome). IBS pain usually feels like cramps, or a dull ache in the abdomen. It often comes and goes, and the intensity can change from mild to severe.

A key sign is that the pain is linked to bowel movements, it may improve after passing stool.

You may also notice:



Bloating or a feeling of fullness



Gas and discomfort



Diarrhoea, constipation, or both



Sudden urgency to use the bathroom

IBS is not just a one-time issue. Symptoms usually repeat over months, not days. Triggers can vary and may include stress, certain foods, or even no clear reason.

If your stomach pain is frequent, comes with bowel changes, and keeps returning, it could be IBS. But it's important to consult a doctor to rule out other conditions and get the right treatment.

Season's Message



Dr. Jasjeet Singh Wasir

Director,
Endocrinology and Diabetes



Diabetes and Weight Loss: What You Need to Know

Weight loss can improve blood sugar control, especially in people with Type 2 Diabetes. Even a small reduction in weight can help the body use insulin better and possibly lower the risk of complications.

However, for some people, diet and exercise alone may not be enough to achieve or sustain weight loss due to factors like genetics, hormone imbalance, or long-standing diabetes.

Importantly in people with **type 2 diabetes**, when lifestyle changes are inadequate for weight loss, weight loss medicines can be recommended, in individuals with higher grades of obesity, especially in the presence of other co-existent health risk factors like PCOS, fatty liver, hypertension, high cholesterol etc. These newer medicines like **semaglutide (Ozempic/Wegovy)**, **tirzepatide (Mounjaro)** enable safe and effective weight loss by reducing appetite, increasing satiety, reducing emotional eating and food noise, hence leading to a safe, sustained weight loss. These weight loss medications must be prescribed under strict medical guidance.

Precautions before starting weight loss medicines:

- Consult your doctor before starting
- Review diabetes medicines to avoid low sugar
- Share history of thyroid, pancreas, gall bladder or eye issues
- Be aware of side effects like nausea, vomiting, abdominal pain, constipation and diarrhoea
- Use advise and reinforce diet and lifestyle changes for a greater and sustained weight loss
- Taking early action can protect your liver and prevent long-term complications.



Dr. Vinay Goyal

Chairman,
Neurology



Advanced Parkinson's Therapy

When symptoms of Parkinson's disease are no longer well-controlled with regular medications, advanced therapies may be considered.

Deep Brain Stimulation (DBS)

- A surgical procedure where electrodes are placed in the brain
- Helps control tremors, stiffness, and movement issues
- Reduces dependency on medications

Levodopa-Carbidopa Intestinal Gel (LCIG)

- Continuous delivery of medication through a tube into the intestine
- Provides more stable symptom control
- Useful for patients with fluctuating symptoms

Continuous Infusion Therapies

- Medications delivered via pump (like apomorphine infusion)
- Helps manage "off" periods and sudden symptom worsening

Focused Ultrasound Therapy

- A non-invasive procedure
- Uses targeted sound waves to reduce tremors
- Suitable for selected patients

These therapies are recommended based on individual symptoms, age, and overall health. A neurologist's evaluation is essential to choose the right option.



Dr. Rajesh Puri

Vice Chairman,
Gastroenterology



Advanced Treatments for Small Intestine Disorders

Small intestine disorders can affect digestion and nutrient absorption, leading to symptoms like pain, bloating, diarrhoea, or weight loss. Conditions such as infections, inflammation, or tumours require timely and accurate treatment.

Today, advanced medical care offers minimally invasive endoscopy, capsule endoscopy, and targeted therapies for better diagnosis and treatment. In some cases, laparoscopic or robotic surgery helps treat complex conditions with faster recovery and less pain.

New-age treatments also focus on personalised care, including medications to reduce inflammation, control infection, and improve gut function—ensuring better long-term outcomes.

Early diagnosis and the right treatment approach can make a significant difference in recovery and quality of life.

To know more, watch the video.



Scan the QR Code
to Watch the video



Dr. Neelam Mohan

Senior Director,
Gastroenterology



Stages of Hepatitis in Children

Hepatitis in children is inflammation of the liver, most commonly caused by viral infections. It can progress in stages if not managed early.

Acute Hepatitis:

This is the early stage, lasting a few weeks to months. Children may have mild symptoms or none at all; some may experience fatigue, fever, or jaundice. Many recover completely at this stage.

Chronic Hepatitis:

If the infection lasts more than 6 months, it becomes chronic. This stage may not show clear symptoms but can silently damage the liver over time.

Fibrosis (Scarring):

Ongoing inflammation leads to liver scarring. The liver still works but less efficiently.

Cirrhosis (Advanced Damage):

Severe scarring affects liver function and may lead to serious complications later in life.

Early diagnosis, vaccination, and timely treatment can prevent progression and protect a child's liver health.



Dr. Vaibhav K Gupta

Associate Director,
Internal Medicine



How Contagious Is the Common Cold Virus

The common cold virus is highly contagious and spreads easily from person to person. It primarily spreads through respiratory droplets released when an infected person coughs or sneezes. These droplets can travel through the air and infect others nearby.

You can also catch the infection through direct contact, such as handshakes, or by touching contaminated surfaces like doorknobs, phones, or tables and then touching your face. The virus can survive on surfaces for several hours, increasing the risk of transmission.

One reason it spreads so quickly is that people can be contagious even before symptoms appear and continue spreading the virus for several days after becoming ill.

Crowded places like schools, offices, and public transport make it easier for infections to spread rapidly.

To reduce the risk, practice good hygiene—wash hands frequently, cover your mouth while coughing or sneezing, and avoid close contact with sick individuals. Wearing a mask in crowded places can also help reduce the spread of infection.

Stay well-hydrated and maintain a balanced, nutritious diet to support your immune system and recover faster.

Most cases are mild, but staying cautious helps protect vulnerable groups like children and the elderly.



Dr. Karan Gupta

Senior Consultant,
Cancer Care



Oral Cancer: Myths vs Facts – Know the Reality

Myth: Oral cancer happens only to tobacco users

Fact: Tobacco increases risk, but non-users can also develop oral cancer due to alcohol, HPV infection, or poor oral hygiene

Myth: Oral cancer is always painful

Fact: Early-stage oral cancer is often painless and may appear as a small ulcer or patch that doesn't heal

Myth: Young people are not at risk

Fact: Oral cancer is increasingly seen in younger individuals as well

Myth: Mouth ulcers are always harmless

Fact: Any ulcer lasting more than 2 weeks should be checked by a doctor

Myth: Oral cancer is rare

Fact: It is one of the most common cancers in India

Early detection can save lives. Don't ignore the signs—consult a specialist in time.

What's New in Medanta

Medanta Launches Dedicated 24x7 Chest Trauma Support Service to Strengthen Emergency Care in North India

Helpline Number :  **96677-33768**



WORLD **LIVER DAY** 2026

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BALANCED DIET

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Pregnancy is a beautiful journey, but it also comes with many questions and concerns.

With Bump & Baby Live by Medanta, expectant and new moms get expert guidance from top doctors on pregnancy care, postpartum health, and baby well-being — helping you embrace motherhood with confidence and care.



Cancer care begins with awareness — and every conversation can save a life.

Through 7 Tareekh 7 Baje, Medanta brings monthly live sessions with cancer specialists to share real stories, expert insights, and guidance on prevention, early detection, and advanced treatment options available — helping you stay informed and empowered against cancer.



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Every thought, every move, every emotion — it all begins in the brain.

In the Brain, Mind & Body live show, Medanta experts help you explore the deep connection between your brain and overall well-being — decoding neurological disorders, early warning signs, and tips to keep your mind active, focused, and healthy.



Trying to lose weight but not seeing results?

In the Weight No More live show, Medanta experts will break down the science of weight management, helping you understand how your metabolism, hormones, lifestyle, and daily habits shape your health.

To Book an Appointment with Medanta Experts:

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