



Sehat ki baat



TRAVEL TIPS
FOR **HEART PATIENTS**

SUMMER TRAVEL AND
FOOD POISONING PREVENTION

SUMMER HEAT
AND **SKIN CARE**



Season's Message



Table Of Contents

01

Summer Travel Health Checklist

What Should Heart Patients Keep in Mind While Travelling?

03

Understanding Your Headaches: Perspective From a Neurosurgery Doctor

Internet De-addiction During Summer Vacations

05

This Father's Day, Gift Him Good Health

How Lifestyle Impacts Fertility in Young Women

02

How to Prevent Food Poisoning in Summer Specially if Travelling

Can Staying in AC for Too Long Make You Sick

04

Common New-born Health Problems Every Parent Should Know

06

Heat wave and Skin Health: Protecting Your Skin Beyond Sunscreen

Summer Eye Care

From The Editor's Desk

Dear Reader,

This June, Sehat Ki Baat brings you simple and practical health tips to stay safe and healthy during the summer season and vacations.

In this issue, we cover topics such as Heart Care While Travelling, Food Poisoning Prevention During Travel, Persistent Headaches, AC Exposure and Health, Internet De-addiction, and Summer Skin Care. Along with seasonal wellness guidance, we continue our focus on preventive healthcare and informed decision-making for healthier living.

We hope this edition helps you stay aware, take timely precautions, and make healthier choices for yourself and your family.

Dr. Sushila Kataria

Vice Chairman
Internal Medicine



Summer Travel Health Checklist

- ✓ Refill prescribed medicines before travel
- ✓ Stay hydrated throughout the journey
- ✓ Avoid Unnecessary heat exposure
- ✓ Carry ORS, sunscreen and healthy snacks
- ✓ Eat fresh and hygienic food
- ✓ Do not ignore dizziness or breathlessness



Season's Message



Dr. Rajneesh Kapoor

Chairman,
Interventional Cardiology



Dr. Rajesh Puri

Vice Chairman,
Gastroenterology



What Should Heart Patients Keep in Mind While Travelling?

Travelling with a heart condition requires a little extra planning but with the right precautions, you can travel safely and comfortably.

Before your trip, consult your doctor, especially if you have recently had a heart procedure or symptoms like chest pain or breathlessness. Carry all prescribed medicines, medical records, and emergency contact details with you.

During travel:



Stay Hydrated, follow fluid intake advised by doctor and avoid excessive caffeine or alcohol



Avoid sitting continuously for long hours, stretch or walk regularly



Eat light, low-salt meals and avoid overeating



Take medicines on time, even during travel or time-zone changes



Seek medical help immediately if you experience chest discomfort, dizziness, unusual breathlessness, or palpitations

Simple precautions can help heart patients enjoy safer and stress-free travel.

How to Prevent Food Poisoning in Summer Specially if Travelling

Summer travel and outside food can increase the risk of food poisoning, dehydration, and stomach infections. A little caution can help you enjoy a safer and healthier trip.

To protect your digestive health while travelling:



Drink clean and safe water; avoid unhygienic beverages or ice



Prefer freshly cooked, hot meals over cut fruits or stale food



Avoid uncovered street food, especially in extreme heat



Wash or sanitize your hands before eating



Carry light snacks and stay hydrated during long journeys



Avoid overeating and limit oily or spicy foods

Watch out for symptoms like stomach pain, vomiting, diarrhoea, fever, bloating, or weakness. These may be signs of food poisoning and should not be ignored.

Simple food and hygiene precautions can help keep your summer travel safe and stress-free.

Season's Message



Dr. Sudhir Dubey

Chairman
Neurosurgery



Dr. Arun Garg

Chairman
Neurology



Understanding Your Headaches: Perspective From a Neurosurgery Doctor

When a severe headache strikes, it is natural to worry about a brain tumour, an aneurysm, or a stroke. Fortunately, the vast majority of headaches are not life-threatening.

However, understanding the difference between a routine headache and a surgical emergency is critical. From a neurosurgical perspective, managing headaches requires a balance of lifestyle prevention, proper diagnosis, and knowing exactly when immediate, high-level medical intervention is required.

Common Causes of Headaches

Neurologists and neurosurgeons categorize headaches into two main types: primary and secondary.

Primary headaches are painful but benign conditions where the headache is the illness. Secondary headaches are symptoms of an underlying medical problem that sometimes requires surgical evaluation.

Tension Headaches: This is the most frequent type of headache. It feels like a tight band or vice squeezing around both sides of your head.

Migraines: Migraines are severe, throbbing neurological events that typically affect one side of the head. They can cause intense pulsing pain, nausea, vomiting, and extreme sensitivity to light and sound.





Chronic Sinus Pressure: True sinus headaches stem from an infection or structural blockage in the sinus cavities. They cause a deep, constant ache in your cheekbones, forehead, or the bridge of your nose.

Structural and Pressure Changes (Secondary Causes): As a neurosurgeon, this is where my expertise lies. These headaches happen when something alters the balance of pressure inside your skull.

Can Staying in AC for Too Long Make You Sick

Spending long hours in air-conditioned environments may sometimes trigger headaches, fatigue, sinus discomfort, poor sleep, or muscle stiffness especially when combined with dehydration and sudden temperature changes.

Excessive AC exposure can contribute to:

-  Headaches or migraine flare-ups
-  Neck stiffness and muscle tension
-  Dizziness or fatigue due to dehydration
-  Poor sleep quality and tiredness

Very cold indoor temperatures and dry air may also worsen discomfort in people prone to migraines or nerve-related pain conditions.

To stay comfortable:

-  Keep the AC temperature moderate
-  Stay hydrated throughout the day
-  Avoid direct cold air exposure for long periods
-  Take short breaks outdoors or stretch

If headaches, dizziness, numbness, or unusual weakness persist, consult a specialist for proper evaluation.



Dr. Rajiv Uttam

Director
Paediatric Pulmonology



Internet De-addiction During Summer Vacations

Summer vacations often mean extra screen time for both children and adults. Excessive internet and gadget use can affect sleep, concentration, mood, physical activity, and overall mental well-being.

Common warning signs of internet overuse include:

- Irritability when away from screens
- Poor sleep or daytime fatigue
- Reduced outdoor activity or social interaction
- Difficulty concentrating
- Frequent headaches or eye strain

Simple habits can help create a healthier digital balance:

- Set daily screen-time limits
- Encourage outdoor play, reading, or hobbies
- Keep gadget-free meal and sleep times
- Take regular breaks during screen use
- Spend more quality family time offline

A balanced routine during vacations can support better mental health, sleep, and emotional well-being for children and adults alike.



Dr. T J Antony

Director
Paediatric Care



Common New-born Health Problems Every Parent Should Know

You are excited to welcome your newborn baby to the world. Along with this excitement, your responsibility as parents are to ensure your baby's health and well-being. The neonatal or newborn period lasts for the first 28 days of life and is critical for a newborn. During this period, babies are usually more vulnerable and might experience several minor or severe newborn health issues, some of which require immediate attention.

What Are the Most Common Newborn Health Conditions?

Jaundice: Yellowing of the skin and eyes due to high bilirubin levels.

Low Blood Sugar (Hypoglycaemia): More common in premature babies and can affect feeding and activity levels.

Infections (Sepsis): Serious infections that may cause fever, poor feeding, or lethargy.

Breathing Difficulties: Some babies, especially those born prematurely, may experience **respiratory distress**

Watch Out for These Warning Signs:

- Poor feeding
- Excessive sleepiness or lethargy
- Difficulty breathing
- Fever or low body temperature
- Persistent yellowing of the skin or eyes

Health Education



Dr. Puneet Ahluwalia

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This Father's Day, Gift Him Good Health

While fathers often put the needs of their families first, they may overlook regular health checkups and preventive care.

Why Regular Health Checkups Matter

Many health conditions, including high blood pressure, diabetes, heart disease, and certain cancers, can develop silently without noticeable symptoms. Routine health checkups help identify these conditions early, when treatment is often most effective.

The Importance of Preventive Screenings

Preventive screenings play a vital role in detecting diseases before symptoms appear. Depending on age, family history, and risk factors, men should discuss appropriate screenings with their doctor, including:

Blood test

Total PSA annual screening in men after age of 50 years to screen for Prostate cancer

History of hematuria (blood in urine)

After the age of 50, one of the most common causes of painless haematuria can be bladder cancer.

Managing Stress for Better Health

Stress can affect both physical and mental well-being. Finding healthy ways to manage stress—through exercise, meditation, hobbies, or spending quality time with loved ones—can contribute to better overall health. Avoid smoking or tobacco use as it is commonly associated with urothelial cancers.

A Healthy Dad, A Healthy Family

Because when fathers take care of their health, they are better able to take care of the people who matter most.

Summer Eye Care

What to watch for: Every season brings its own set of eye problems, and with summers becoming harsher each year, these issues are only increasing. As the weather shifts from mild winters to intense heat, eye allergies are often the first to appear, particularly in children. The most common symptom is itching, but frequent rubbing of the eyes is not just a minor annoyance — it can damage the eye's delicate surface and should never be ignored. Do consult your eye doctor if you or your kid suffer from significant itching in the eyes.

Another growing concern is dry eye disease. With increased screen time in daily life, many people already have borderline dryness, which worsens during hot, dry summer months. Staying indoors is not a complete solution; air-conditioned environments reduce humidity, making the air dry despite being cool. Direct airflow from an AC hitting the face further aggravates dryness.

Summers also bring a rise in infections like conjunctivitis. Crowded swimming pools can facilitate the spread, so individuals with red or infected eyes should avoid swimming to prevent transmission.

Get Summer Ready!

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Women's Wellbeing



Dr. Pooja Mittal

Senior Consultant
Obstetrics & Gynaecology



How Lifestyle Impacts Fertility in Young Women

A woman's lifestyle plays an important role in reproductive health and fertility. Factors like stress, poor sleep, unhealthy eating habits, lack of exercise, smoking, alcohol, and excessive screen time can affect hormonal balance and menstrual health.

Some common signs that lifestyle may be affecting fertility include:



Irregular periods



Sudden weight gain or weight loss



Persistent stress or fatigue



Poor sleep patterns



Hormonal issues such as PCOS

Simple healthy habits can support better fertility and overall well-being:

-  Eat a balanced, nutritious diet
-  Maintain a healthy weight
-  Stay physically active
-  Manage stress through relaxation and exercise
-  Avoid smoking and excessive alcohol consumption



Early attention to reproductive health and timely medical guidance can improve fertility outcomes and support long-term women's health.



Dr. Pooja Aggarwal

Senior Consultant
Dermatology



Heat wave and Skin Health: Protecting Your Skin Beyond Sunscreen

Heat waves can do more than cause tanning and sunburn; excessive may also trigger skin irritation, rashes, dryness, dehydration, and worsen conditions like eczema, acne, or pigmentation.

To protect your skin during extreme summer heat:



Use a broad-spectrum sunscreen regularly



Stay hydrated throughout the day



Wear light, breathable clothing



Avoid direct sun exposure during peak afternoon hours



Cleanse sweat and dirt gently to prevent clogged pores



Avoid excessive heat exposure and hot showers

Do not ignore symptoms like persistent redness, itching, painful rashes, blisters, or unusual skin changes. Early care can help prevent complications and long-term skin damage.

Healthy summer habits can help keep your skin protected beyond just sunscreen.

Online Learning Sessions

Tune in monthly on YouTube and Facebook to watch Medanta Experts discuss important health topics and answer your questions LIVE.



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.



Every phase of a woman's life tells a new story — of strength, change, and self-care.

With "Womanhood Matters" – a Live show by Medanta, our experts guide women on important health issues, helping them understand their bodies better and prioritise their health at every age.



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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