

Sehat
ki baat

20
26
MARCH
EDITION

Community
Health News



MEDANTA - THE MEDICITY

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IN INDIA

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7 Years in a Row



Season's Message



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From The Editor's Desk

Dear Reader,

This March, Sehat Ki Baat brings together important health topics aimed at empowering you and your family with practical and easy-to-understand medical guidance.

In this edition, we begin with helpful insights for families, including 5 Things You Should Know If You Have a Pet at Home with Your Child, ensuring a safe and healthy environment for your little ones.

As part of Colon Cancer Awareness initiatives, we explore whether colon cancer is hereditary and guide you on Colon Cancer Screenings, helping you make timely and informed screening decisions. We also address a growing health concern like Obesity and kidney health information.

On the occasion of Women's Day, we extend our warm wishes to encourage preventive care and well-being.

We hope this edition encourages proactive health choices, early screenings, and meaningful conversations with your doctor—because informed decisions lead to healthier lives.

Dr. Sushila Kataria

Vice Chairman,
Internal Medicine



5 Things Every Parent Should Know If You Have a Pet at Home

Keep vaccinations up to date and maintain proper hygiene



Teach gentle handling



Supervise child interactions with pet



Watch for signs of stress or aggression in your pet



Set clear pet safety rules for your child



Health Education



Dr. Amanjeet Singh

Senior Director, GI Oncology and Bariatric Surgery



Is Colon Cancer Hereditary?

Colon cancer can run in families, but it is not the only cause of the disease. Only about 5% of all colorectal cancers are due to inherited genetic syndromes that are passed from parents to children. These rare conditions, like Lynch syndrome or familial adenomatous polyposis (FAP), significantly increase the risk of colon cancer and often lead to cancer at a younger age.

Having a first-degree relative (parent, sibling, or child) with colorectal cancer also raises your own lifetime risk even if no specific genetic syndrome is identified. If a close relative was diagnosed before age 50, your risk is even higher.

Genetic testing and counselling can confirm whether a hereditary condition is present. This is especially useful for families with multiple affected relatives or early-onset cases. Knowing your genetic risk helps doctors recommend earlier or more frequent screening, which can detect precancerous polyps or cancer at a stage when it is more treatable.

Even without a hereditary syndrome, family history, lifestyle, and shared environmental factors can contribute to a higher risk. Talking to your healthcare provider about your family history is an important first step in personalized cancer prevention and early detection.

Colon Cancer Screenings: When To Start

Colorectal cancer screening is a key step in detecting cancer early, often before symptoms appear. Beginning routine screening should start at a age of 45 years. Screening tests such as colonoscopy or stool-based checks that look for hidden blood or DNA changes is advisable. A colonoscopy can not only detect cancer early but also remove precancerous polyps before they turn into cancer.

People with below condition have higher risk factors, and may need screening to start earlier:

- A personal history of polyps or inflammatory bowel disease
- A family history of colorectal cancer or advanced polyps
- Genetic conditions like Lynch syndrome or familial adenomatous polyposis

Colorectal cancer sometimes develops without obvious symptoms, it's important to discuss screening with your doctor even before age 45 if you notice signs like:

- Blood in stool
- Changes in bowel habits
- Abdominal pain
- Unexplained weight loss

Now decide when and how often you should be screened!

Know Your Risk for Colorectal Cancer

#WorldColorectalCancerAwarenessMonth

ARE YOU **40+**?
IT'S TIME TO GET SCREENED

SPECIAL SCREENING PACKAGE

₹1,999

- ✓ CBC
- ✓ Serum CEA
- ✓ USG Whole Abdomen
- ✓ Stool for Occult Blood
- ✓ Diet Consultation

Discounted Colonoscopy ₹9,000

Get Your Screening Done Today.

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Take a
2-Min Test

Scan the QR Code



Health Education



Dr. Parjeet Kaur

Associate Director,
Endocrinology & Diabetes



Is Obesity A Disease? Know The Facts

For years, obesity was blamed on overeating or lack of exercise. But obesity is a chronic, complex disease influenced by hormones, genetics, metabolism and the environment and also increases the risk of serious medical conditions.

When excess body fat begins to harm health, increasing the risk of type 2 diabetes, heart disease, fatty liver, sleep apnea and even certain cancers, it becomes a medical condition that needs treatment.

Research recognizes obesity as a disease because the body actively defends higher weight by increasing hunger signals and slowing metabolism. This is why weight loss is often difficult to maintain.

Today, newer medications like GLP-1 receptor agonists (such as semaglutide/Ozempic) are transforming obesity care. These medicines work by reducing appetite, improving blood sugar control and helping patients feel full longer. They are medical treatments not cosmetic shortcuts and should be used under specialist supervision.

Obesity care now focuses on a scientific, long-term approach combining lifestyle changes, medical therapy and ongoing support.

If you're struggling with weight despite sincere efforts, it may be time to seek medical guidance.

WORLD OBESITY DAY

COMPLIMENTARY BMI AND BCA SCREENING

6 MARCH FRIDAY 11:00 AM Onwards | **7** MARCH SATURDAY 11:00 AM Onwards

UG FLOOR, MEDANTA - THE MEDICITY



Dr. Vikas Singhal

Associate Director,
GI Oncology and Bariatric Surgery



When Should I See A Doctor For Obesity?

If your weight is affecting your health, daily activities, or confidence, it's time to consult a doctor.

You should seek medical advice if:

- Your BMI is 30 or above
- Your BMI is 27+ with conditions like diabetes, high blood pressure, fatty liver, or sleep apnea
- You've tried diet and exercise but struggle to lose or maintain weight
- You feel breathless, fatigued, or have joint pain due to excess weight

Obesity is a chronic medical condition, and for some individuals, lifestyle changes alone may not be enough.

In cases of severe obesity (**BMI ≥ 35 with comorbidities or ≥ 40**), doctors may recommend bariatric (weight-loss) surgery. Bariatric surgery is not cosmetic, it is a scientifically proven treatment that helps reduce stomach capacity, regulate hunger hormones, and improve or even reverse conditions like type 2 diabetes.

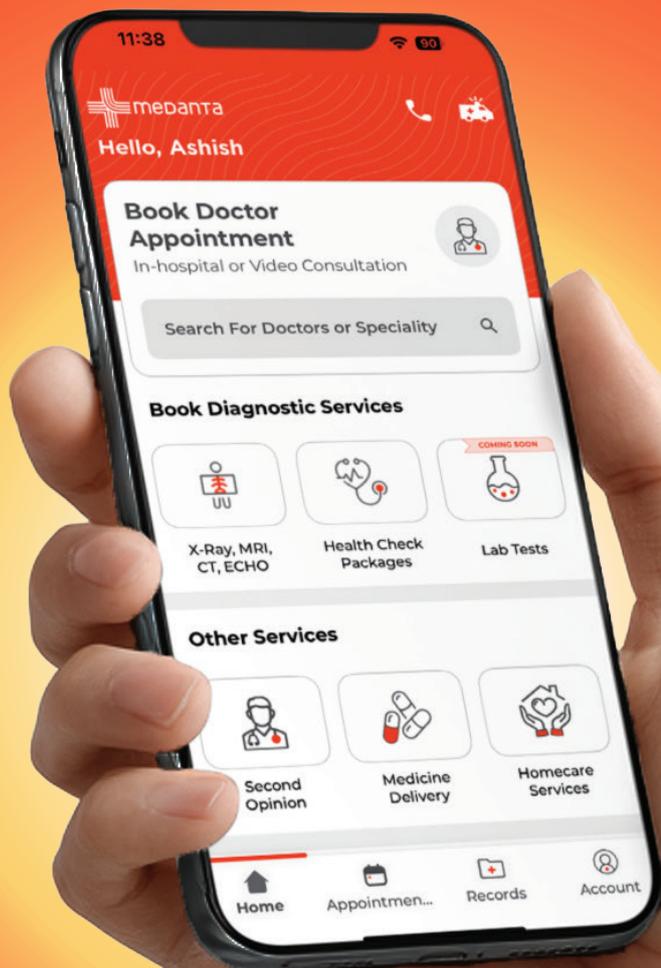
Modern bariatric procedures are minimally invasive and have shown long-term success in sustained weight loss and improved quality of life.

If your weight is impacting your health, do not wait. Early medical intervention can prevent serious complications and help you regain control safely and effectively.

Launching the all-new Medanta app

It's time to App-grade
your health.

Scan to
Download





Dr. Debabrata Mukherjee

Senior Director,
Nephrology



Dr. Prasun Ghosh

Chairman,
Urology and Andrology



Supplements + OTC Medicines May Hurt Your Kidneys

Many people assume that dietary supplements and over-the-counter (OTC) medicines are completely safe, but that isn't always true, especially for kidney. Kidney filter waste and drugs from your bloodstream, and some supplements or common pain relievers can put extra stress on them. Over time, this can lead to kidney inflammation, decreased function, or even acute kidney injury in vulnerable individuals.

Some herbal supplements and weight-loss or muscle-building products may contain ingredients that are harmful to your kidneys. Sometimes even contaminants not listed on the label. Similarly, frequent or high-dose use of OTC pain relievers like ibuprofen or naproxen (NSAIDs) can reduce blood flow to the kidneys, increasing the risk of damage, especially when used regularly or in people with dehydration, high blood pressure, or existing kidney disease.

It's important to understand that "natural" does not always mean "safe," and combining multiple products increases risk. Always talk with your doctor or pharmacist before starting any supplement or OTC medication especially if you have diabetes, high blood pressure, kidney disease, or take other medications.

In addition, many people mix multiple supplements such as protein powders, herbal remedies, vitamins, and pain relievers without realizing their combined impact on the kidneys. Even high doses of Vitamin C, creatine supplements can increase the workload on the kidneys.

Questions to Ask Before Your Kidney Transplant

A kidney transplant is not just a surgery, it is a life-changing decision that requires careful understanding and preparation.

Doctor, I have been on dialysis for the last 3 years and I feel extremely weak most of the time. I am scared about surgery. Am I strong enough for a kidney transplant?

You will be evaluated extensively for your fitness to undergo the kidney transplant surgery beforehand.

What tests will I need before the transplant?

You may need blood tests, heart tests, scans, and other health checks to make sure your body can handle surgery.

Who can donate a kidney to me?

Commonly, a close family member with matching blood group can donate. Your doctor will explain who is eligible as per legal guidelines. Scientific advancement has made ABO incompatible transplant & safe.

What if my donor's blood group does not match?

- ABO incompatible Transplant.
- In some cases, a swap transplant (paired exchange) may be possible. Your transplant team will guide you.

How long is recovery?

Most patients stay in the hospital for about 1-2 weeks and need regular follow-ups after discharge.

Being informed helps you feel confident and prepared for this life-changing decision.

The Mega Lungs Installation

Displays a healthy lung beside an unhealthy lung, reminding us that air which looks clean may not always be safe.

With AQI levels of 200–300 becoming the new normal, protecting lung health is more important than ever.

Every breath matters.



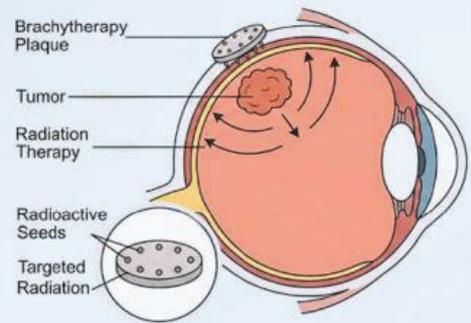
Brachytherapy for Eye Tumours

Planned by India's Leading Tumour Board



Because eye tumours demand millimetre-level precision and collective expertise.

Brachytherapy delivers targeted radiation directly to the tumour



- Preserves surrounding eye structures
- May delay or avoid removal of the eye
- Helps retain useful vision
- Short, focused treatment

One decision. One plan. One team.



Ophthalmologists



Radiation Oncologists



Medical Oncologists



Pathologists and Radiologists

Why Medanta

- Deep ocular oncology expertise
- Integrated multidisciplinary care
- Advanced radiation and imaging technologies
- World-class care with cost advantage

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:

📞 88-0000-1068

www.medanta.org 