

2025

May
Edition

Community
Health News

★★★★★
**WORLD'S
BEST
HOSPITALS**
2025

Newsweek

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Sehat ki baat

What is
CAR T-Cell
Therapy?

When
Shoulder
Surgery
Is the Right Move

Your Guide to

Beat the Heat

Season's Message



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Letter from the Editor

Dear Readers,

As we step into summers, it's more important to prioritize our health & well-being. With rising temperatures, this edition brings you practical tips on staying safe in the heat.

May is also a significant month in the health calendar, marked by key awareness days. From managing chronic conditions like hypertension and thyroid disorders to understanding the impact of smoking and asthma on overall well-being, this edition covers a wide range of topics to keep you informed and empowered.

Let's continue to make health a priority—not just this month, but every day.

Warm regards,

Dr. Sushila Kataria

Senior Director, Internal Medicine,
Medanta, Gurugram



Stay Safe, Stay Cool: Your Guide to Beat the Heat

Limit Outdoor Activity

Avoid strenuous activity during peak heat hours. (10 a.m to 4 p.m)

Monitor Vulnerable Groups

Check regularly on children, elderly individuals, and those with chronic illnesses.

Dress Appropriately

Wear lightweight, loose-fitting, light-colored cotton clothing to stay cool.

Know The Warning Signs Of Heat Exhaustion

Watch for symptoms like dizziness, nausea, or confusion, and act quickly.

Stay Hydrated

Drink plenty of water throughout the day, even if you're not thirsty.

Check Weather & Surroundings

Stay updated on weather forecasts in your area before stepping out.



High Blood Pressure? What To Do When Medication Isn't Enough

Resistant hypertension occurs when your blood pressure remains high despite taking three medications (including a diuretic) at their maximum tolerated doses.

Possible Causes

- ✓ Lifestyle factors: High salt intake, alcohol, smoking, lack of exercise, obesity.
- ✓ Other medications: NSAIDs (like ibuprofen), oral contraceptives, decongestants.
- ✓ Sleep apnea: May require a sleep study.
- ✓ Underlying conditions: Hormonal or vascular issues.

What You Can Do

- ✓ Take medications correctly and on schedule.
- ✓ Talk to your doctor about any side effects before stopping medications.
- ✓ Reduce salt to under 4g/day.
- ✓ Follow the DASH diet: Rich in fruits, veggies, whole grains, & lean proteins.
- ✓ Exercise regularly: even light activity helps.

Managing resistant hypertension takes effort, but these steps can significantly lower your risk of heart attack and stroke.



Dr. Rajneesh Kapoor
Chairman,
Interventional Cardiology

Torn, Strained, or Dislocated? When Shoulder Surgery Is the Right Move

While many shoulder issues can heal with rest and rehab, some injuries—like rotator cuff tears, labral tears, or recurring dislocations—often require surgical repair, especially for athletes and active individuals.

When is surgery needed?

- Your pain continues despite rest & therapy
- You have lost strength or range of motion
- Your shoulder feels unstable or frequently “pops out”
- Imaging shows a tear or structural damage
- Your night pain does not let you sleep

What does surgery involve?

Most shoulder surgeries today are done arthroscopically—using small incisions and a tiny camera to guide specialized tools. This minimally invasive approach means less pain, smaller scars, and faster recovery compared to traditional open surgery. However, fractures and shoulder replacements are done through open surgeries.

Recovery and Rehab

Surgery is just the first step. A structured rehab plan is essential for regaining shoulder strength, flexibility, and stability. Your doctor and physical therapist will guide your return to movement—and eventually, to your sport.

With expert care and commitment to recovery, shoulder surgery can be a game-changer, helping you heal fully & return stronger than before.



Dr. Raman Kant Aggarwal
Vice Chairman,
Orthopaedics

Breathe Easy



Asthma in Adults: 4 Important Questions Answered

Asthma isn't just a childhood condition — it can strike later in life, and often goes unrecognized.

Here's what you need to know:

What causes adult-onset asthma?

Triggers include respiratory infections, allergies, smoke, pollution, mold, and even hormonal changes. Asthma causes airway inflammation, excess mucus, and spasms — making it harder to breathe.

Why is asthma more dangerous in adults?

It's often misdiagnosed or ignored, leading to delayed treatment. Adult asthma can mimic other conditions like heart failure or stomach issues, & untreated asthma may cause permanent lung damage.

Who is most at risk?

Women, especially during menopause or pregnancy, are more prone. Obesity, low physical activity, and prior childhood asthma also increase the risk.

Is treatment as effective in adults?

Treatment can be tricky and some medications can cause side effects like glaucoma and osteoporosis but it can be managed well under expert guidance and people can lead healthy lives.

Don't ignore persistent cough or breathlessness — it could be asthma. Early diagnosis helps protect your lungs for life.



Dr. Randeep Guleria

Chairman,
Respiratory & Sleep Medicine

Chewing or Smoking Tobacco? Know the Real Dangers

May 31st is World No Tobacco Day & in a city where hustle culture and high stress are part of daily life, tobacco often sneaks in as a "quick fix" — a chew here, a smoke there. But do you know what it's really doing to your body?

Smoking Tobacco

It's not just about lungs. Smoking exposes your mouth, throat, and vocal cords to carcinogens. Long-term use can lead to oral, throat, and voice box cancers, often diagnosed late.

Chewing Tobacco

Common in the form of gutka, khaini, and paan masala, chewing tobacco delivers cancer-causing chemicals directly to your mouth. This is a leading cause of oral cancer in younger people in India.

The Combined Effect: Amplified Risks

Engaging in both chewing and smoking amplifies health risks exponentially. The synergistic effect of these habits can lead to more aggressive forms of cancer and complicate treatment outcomes.

Warning Signs of Oral Cancer

- Persistent ulcers or mouth sores
- White or red patches inside the mouth
- Pain or difficulty while swallowing
- Sudden loosening of teeth
- Unexplained bleeding or numbness in mouth

Early detection is key. If you notice any of these signs, consult a doctor immediately. And the best prevention? **Quit tobacco today.**



Dr. Deepak Sarin

Vice Chairman,
Head & Neck Oncology



CAR T-Cell Therapy: A New Frontier in Cancer Treatment

Introduction & Benefits

CAR T-cell therapy is a revolutionary form of cell therapy that harnesses the body's immune system to combat cancer. This treatment involves extracting a patient's T-cells— a subset of white blood cells essential to immunity—and genetically engineering them in a lab to express Chimeric Antigen Receptors (CARs).

These artificial receptors enable the T-cells to recognize and destroy cancer cells by targeting specific proteins found on the surface of cancer cells.

Key Benefits of CAR T-Cell Therapy:

Remarkable Efficacy

Specially against blood cancers with high response rate (Relapsed ALL & NHL)

Targeted Action

Minimizing damage to healthy cells

Long-Term Remission

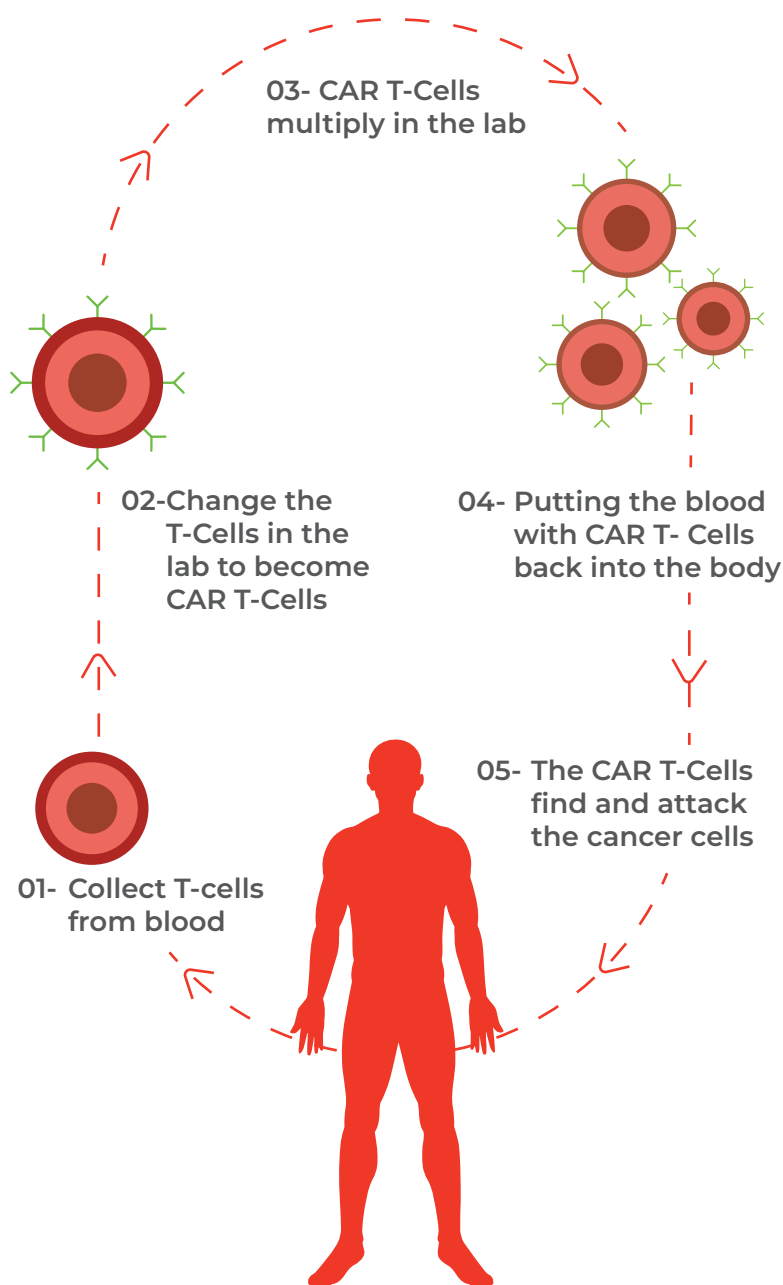
T-Cells are self sustaining live drug with extended cancer free periods

Improved Survival Rates

Studies show promising survival outcomes, transforming cancer care

Despite its benefits, CAR T-cell therapy faces challenges, including side effects and limited success in solid tumors. However, as research progresses, CAR T-cell therapy offers renewed hope for cancer and genetic disorder patients alike.

How It Works



Dr. Nitin Sood

Senior Director,
Medical Oncology





Ovarian Cancer: Know the Risks & Signs

May 8 marks World Ovarian Cancer Day, a global movement to raise awareness, break the silence, and stand in solidarity with women affected by ovarian cancer.

Often called the “silent killer,” ovarian cancer is difficult to detect in its early stages because symptoms can be vague or mistaken for less serious conditions. Yet early diagnosis can dramatically improve outcomes.

Know the Symptoms

Be alert to these signs, especially if they persist for more than two weeks:

- Persistent bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Frequent or urgent urination
- Pain during intercourse

Who's at Risk?

These risk factors may increase your chances of developing ovarian cancer:

- Women over 50
- Family history of ovarian or breast cancer
- BRCA1/BRCA2 gene mutations
- Hormone replacement therapy
- Obesity and endometriosis

Awareness empowers women to recognize symptoms early, seek timely care, and break the stigma around gynaecologic health—ultimately saving lives. So, don't hesitate to reach out to your doctor and take charge of your health.



Dr. Sabhyata Gupta

Chairperson,
Gynaecology and GynaeOncology

Spotting the Signs: Could You Have a Thyroid Disorder?

As a doctor in urban India, I see many young professionals and working women with vague but persistent symptoms—often due to undiagnosed thyroid disorders. Stress, irregular schedules, and processed food can quietly affect thyroid health.

Here are some key signs to watch for:

Unusual Fatigue

Despite 8 hours of sleep & rest, you feel drained.

Weight Changes

Not able to lose weight despite normal eating? Or losing weight with no change in diet?

Hair and Skin Changes

Thinning of hair, hair loss, dry skin, or brittle nails can be subtle indicators.

Mood Swings & Anxiety

Hyperthyroidism can cause irritability and restlessness. Hypothyroidism often leads to low mood or depression.

Menstrual Irregularities

Irregular or heavy periods can signal thyroid imbalances.

Heat or Cold Sensitivity

Always feeling cold? Or sweating excessively? These extremes point to thyroid dysfunction.

If you're experiencing more than one of these signs, talk to your doctor. A simple blood test can give you an answer—and a path forward.

Dr. Parjeet Kaur

Associate Director,
Endocrinology & Diabetes



Personal Wellness



Stay Steady: 6 Simple Ways to Prevent Falls

For adults over 65, falling is a serious health risk—but many falls are preventable with a few smart strategies.

Understand Your Risk

If you're over 65, get a fall risk assessment yearly. Prior falls, unsteadiness, or fear of falling are signs you need evaluation. Conditions like arthritis or dizziness can increase your risk.

Review Your Medications

Taking four or more medications can cause dizziness or drowsiness. Review your prescriptions regularly with a doctor to minimize risks.

Stay Physically Active

Activities like yoga and walking help maintain strength and balance. Regular movement is key to fall prevention.

Make Your Home Safer

Remove clutter, secure rugs, install grab bars, and improve lighting. Small changes in your living space can greatly reduce fall hazards.

Use Assistive Devices

Walkers, canes, and other tools aren't signs of weakness—they help keep you mobile and independent.

Stay Socially Connected

Isolation increases your risk of falls. Socializing through clubs, volunteering, or visits with friends supports your physical and emotional health.

Final Tip

Report any falls, even minor ones. They could signal an underlying issue and help prevent future injuries.



Dr. Vaibhav K Gupta

Senior Consultant
Internal Medicine

Eat Well, Live Well Recipe



Mango Protein Chia Pudding

Ingredients:

- 1½ cups fresh or frozen mango (chopped)
- 1 cup coconut milk (or any milk)
- 3 tbsp chia seeds
- 1 scoop vanilla protein powder
- 1–2 tbsp honey (optional, to taste)
- Extra mango chunks for topping

Instructions:

- Blend mango, coconut milk, protein powder, and honey until smooth.
- Pour mixture into a bowl or jar and stir in chia seeds.
- Cover & refrigerate for at least 2 hours or overnight.
- Stir before serving and top with extra mango if desired and enjoy!

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 Womanhood Matters	Women's Health 8th every month 6:00 pm
 Saans ki Baat	Lung Diseases 11th every month 5:00 pm
 HEART 2 HEART	Heart Health 15th every month 4:00 pm
 BRAIN MIND BODY BMB 22	Brain Health 22nd every month 5:00 pm

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