



Sehat ki baat

SUMMER
SAFETY

HEADACHE
IN SUMMERS

KIDS AND
TUMMY
TROUBLES
IN SUMMER



STAY AHEAD OF THE HEAT.

Season's Message

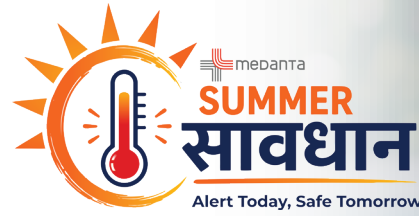


Table Of Contents

01

Summer Safety: Sun, Water, Heat and More

02

High Blood Pressure? What To Do When Your Medication Is Not Enough

Does Your Blood Pressure Fluctuate Widely?

03

Lymphedema: Prevention and Early Care for a Better Life

Headaches in Summer

04

When Is Breathlessness an Emergency?

Tobacco: No Healthy Alternative

05

How Environmental Toxins Affect Your Thyroid Health

Balancing Family and Self: Health Tips for Every New Mom

06

Kids and Tummy Troubles in Summer

What New in Medanta?

From The Editor's Desk

Dear Reader,

This May, Sehat Ki Baat brings you a concise and practical guide to staying healthy during the summer season. As temperatures rise, this edition focuses on simple tips to help you and your family stay safe and well.

We cover essential summer topics like "Summer Safety," "Headache in summers," and "Kid's digestion in summer."

We have also included Special Health Day features for May, focusing on important topics such as Hypertension, Asthma, Tobacco, and Women's Wellbeing.

We hope this edition helps you stay informed, take preventive steps, and make healthier choices for you and your family.

Dr. Sushila Kataria

Vice Chairman,
Internal Medicine



Summer Safety: Sun, Water, Heat and More

Avoid peak heat

Limit outdoor play between 10 AM – 4 PM to prevent heat illness

Always supervise near water

Never leave kids alone around pools or open water.

Protect from sun

Use sunscreen (SPF 30+), hats and stay in shade during peak hours.

Never leave kids in cars

Even a few minutes can be dangerous due to rapid heat build-up.

Dress smart

Light, loose, and breathable clothes help keep kids cool.

Keep them hydrated

Encourage frequent water intake.



World Hypertension Day



Dr. R. R. Kasliwal

Chairman,
Clinical & Preventive Cardiology



Dr. Sanjay Mittal

Vice Chairman,
Clinical & Preventive Cardiology



Does Your Blood Pressure Fluctuate Widely?

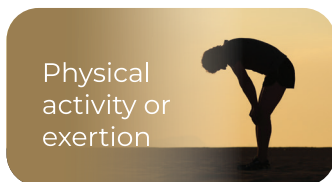
It is normal for blood pressure to rise and fall during the day. It can change with activity, stress, sleep, or even emotions.

However, if your blood pressure fluctuates widely or shows sudden spikes, it may need attention. Doctors often call this labile hypertension, where blood pressure goes higher than what is normal for you at certain times.

Common reasons for these fluctuations include:



Stress or anxiety



Physical activity or exertion



High salt intake



Alcohol

Underlying conditions like kidney disease, sleep apnea, or heart problems

Sometimes, you may notice symptoms like headache, sweating, or a feeling of unease during spikes. In many cases, there may be no clear symptoms.

Even if changes are temporary, frequent fluctuations should not be ignored. Over time, uncontrolled blood pressure can damage the heart, blood vessels, and kidneys.

Regular monitoring is important. Check your blood pressure at different times of the day and discuss unusual patterns with your doctor.

Early detection and simple lifestyle changes can help keep your blood pressure stable and protect your heart.

High Blood Pressure? What to Do When Your Medication Is Not Enough

High blood pressure (hypertension) is often called a “silent killer” because it may not show clear symptoms but can increase the risk of heart attack and stroke.

Sometimes, even after taking medicines regularly, blood pressure remains high. This condition is known as resistant hypertension, where levels stay above normal despite using multiple medicines.

Before assuming treatment is failing, it is important to check a few things. Incorrect blood pressure readings, stress during measurement, caffeine, or smoking can falsely raise numbers.

If your readings are still high, possible reasons include:

- High salt intake or unhealthy lifestyle
- Other medicines (like painkillers or decongestants) affecting BP
- Conditions like sleep apnea or hormonal problems

What you can do:

- Take medicines exactly as prescribed
- Follow a low-salt, heart-healthy diet
- Exercise regularly and maintain a healthy weight
- Limit alcohol and avoid smoking
- Monitor your blood pressure at home

Lifestyle changes are as important as medication. Medicines help, but daily habits play a major role in controlling blood pressure.

If your BP remains high, consult your doctor. Adjusting medicines or identifying underlying causes can help bring it under control.



Dr. Sukhdeep Singh

Associate Director,
Plastic Surgery



Dr. Arun Garg

Chairman,
Neurology



Lymphedema: Prevention and Early Care for a Better Life

Lymphedema is a condition that causes swelling, usually in the arms or legs. It happens when lymph fluid does not drain properly due to damage or blockage in the lymphatic system.

Common Causes

- Surgery or radiation (especially cancer treatment)
- Infection like Filariasis
- Congenital – if the lymphatic channels are absent or not fully formed

Signs & Symptoms

-  Swelling in the arm or leg
-  Difficulty in movement
-  Repeated infections (cellulitis)
-  Skin thickening in later stages

Prevention: Immediate Lymphatic reconstruction at the time of cancer surgery (axillary, inguinal or pelvic lymph node dissection) can significantly reduce the incidence of lymphedema.

Treatment of established cases

Non-Surgical Care

- Compression bandaging and compression garments
- Special massage
Manual lymphatic drainage
- Skin care to prevent infection

Non-surgical methods are generally an adjunct to the surgical treatments both in pre-op and post-op period.

Surgical Care

- Microsurgery to improve lymph flow – Lympho-venous anastomosis
- Lymph node transfer
- Liposuction / debulking surgeries in advanced stages

Prevention and early treatment are key to managing lymphedema effectively with proper care.

Headache in summers

Headaches are common during summer and are often linked to heat, dehydration, and fatigue. Spending long hours in the sun, skipping meals, or not drinking enough water can trigger headaches. Heat can also lead to exhaustion, which may worsen the pain.

People who already suffer from migraines may notice more frequent or intense headaches during hot weather. Bright sunlight and high temperatures can act as triggers. Sometimes, headaches may also be a sign of heat-related illnesses like heat exhaustion.

Most summer headaches can be managed with rest, hydration, and staying cool. However, if the headache is severe, persistent, or associated with symptoms like vomiting, dizziness, or confusion, medical attention is needed.

Precaution Tips:

- Drink plenty of water throughout the day
- Avoid direct sun exposure, especially in the afternoon
- Wear sunglasses or a hat when outdoors
- Do not skip meals; eat light and healthy food
- Take breaks and rest in a cool environment
- Limit caffeine and alcohol intake
- Maintain a regular sleep routine

Staying hydrated and cool is the key to preventing summer headaches.



Breathe Easy



Dr. Bharat Gopal

Senior Director,
Respiratory & Sleep Medicine



Dr. Kanika Rana

Senior Consultant,
Head & Neck Oncology



When Is Breathlessness an Emergency?

Breathlessness is common in people with asthma and other lung diseases. However, sometimes it can become serious and require urgent medical attention.

You should treat breathlessness as an emergency if:

- You are unable to speak full sentences due to breathlessness
- Your chest feels very tight or painful
- Your inhaler is not providing relief
- Breathing becomes very fast or noisy with whistling sounds (wheezing)
- Your lips or fingertips turn bluish
- You feel drowsy, confused, or extremely weak

In asthma, a sudden worsening of symptoms may indicate a severe asthma attack. Using a rescue inhaler is the first step, but if symptoms do not improve within a few minutes, medical help should be sought immediately.

People living with chronic respiratory diseases should also watch for warning signs such as increased coughing, more mucus production, or a drop in oxygen levels.

Remember: Early action can save lives. Always keep your inhaler nearby, follow your prescribed treatment plan, and do not ignore warning signs.

"Stay informed, stay healthy"

Tobacco: No Healthy Alternative

Many people believe that switching from cigarettes to other forms of tobacco like chewing tobacco, hookah, or e-cigarettes is safer. But the truth is simple: there is no safe form of tobacco.

All tobacco products contain harmful chemicals and nicotine, which is highly addictive. Even smokeless tobacco has dozens of cancer-causing substances and can lead to cancers of the mouth, throat, and esophagus. It can also damage gums, cause tooth decay, and lead to tooth loss.

Risk Factors

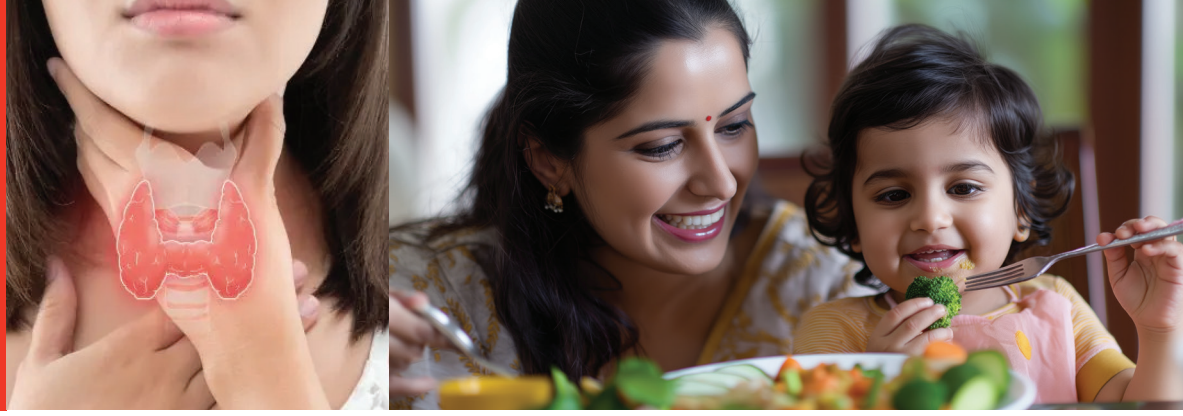
- Increases risk of heart disease
- Raises chances of high blood pressure
- Higher risk of stroke
- Damages blood vessels and reduces blood flow
- Can cause irregular heartbeat
- Affects brain health and circulation
- Lowers oxygen supply in the body

Newer options like e-cigarettes or hookah are often marketed as "safer," but they still expose the body to harmful toxins and can lead to nicotine addiction.

The biggest risk is addiction. Once you start, it becomes difficult to stop. That's why the best choice is to avoid tobacco completely.

Quitting may not be easy, but it is the most important step you can take for your health. Even small efforts toward quitting can make a big difference over time.

Women well-being



Dr. Harmandeep Kaur

Associate Director,
Endocrinology & Diabetes



How Environmental Toxins Affect Your Thyroid Health?

Women are more likely to develop thyroid problems, especially during life stages like pregnancy, postpartum, and menopause. This makes protecting thyroid health even more important.

Environmental toxins, found in plastics, cosmetics, food packaging, and cleaning products can disrupt hormones in the body. These chemicals may mimic or block natural hormones, confusing the thyroid and affecting how it works.

For women, this imbalance can lead to symptoms like fatigue, weight gain, mood changes, irregular periods, or fertility issues. During pregnancy, thyroid imbalance may also affect both mother and baby's health.



Daily exposure adds up over time, as many of these toxins are hard to avoid completely. That's why small lifestyle changes matter.

You can reduce risk by choosing fresh, home-cooked food, avoiding heating food in plastic, using safer personal care products, and keeping your home well-ventilated. Regular health check-ups are also important, especially if you notice symptoms.



Dr. Preeti Rastogi

Director,
Obstetrics & Gynaecology



Balancing Family and Self: Health Tips for Every New Mom

Becoming a mother is joyful, but it can also feel overwhelming. While caring for your baby, don't forget to care for yourself too, your health matters just as much.

Start with small steps.

Rest whenever your baby sleeps, even short naps help your body recover.

Eat simple, nutritious meals with fruits, vegetables, and enough water to stay energized.

Do not skip meals, it can affect your strength and mood.

Ask for help when needed. Family support can make a big difference, whether it is for household chores or baby care. This gives you time to relax and recharge.

Gentle movement like walking or light stretching can improve your mood and reduce stress

Also, talk about your feelings, postpartum emotions are common, and sharing them helps.

Most importantly, don't ignore your health check-ups. Regular follow-ups ensure your recovery is on track.

Remember, a healthy and happy mother builds a healthy family.

Kids and Tummy Troubles in Summer

Summer is a fun time for children, but it also brings a rise in stomach-related problems. During hot weather, germs grow faster in food and water, increasing the risk of infections. Children are more likely to develop Gastroenteritis, a common condition that causes diarrhoea, vomiting, and stomach pain.

One major reason is eating outside food or drinking contaminated water. Poor hand hygiene and playing in shared spaces like pools can also spread infections.

Parents should watch for symptoms like loose motions, vomiting, fever, or loss of appetite. These can quickly lead to dehydration, which is a serious concern in children.

Prevention is simple but important:

- Give children clean, safe drinking water
- Offer freshly prepared, home-cooked food
- Ensure regular hand washing (before meals & after play)
- Avoid street food and uncovered food
- Keep them well-hydrated, especially outdoors

With a little care and awareness, most summer tummy troubles can be prevented, helping your child stay healthy and active throughout the season.



Dr. Neelam Mohan
Senior Director,
Paediatric Gastroenterology



What's New in Medanta?

Trusted DIALYSIS CARE

Now at
Subhash Chowk

Dialysis Unit | 1st Floor



24x7
Emergency No. 1068

88-0000-1068
0124-6930099

Medanta Mediclinic,
Subhash Chowk, Plot No.- 743 P,
Islampur Village, Sector 38,
Gurgaon

www.medanta.org



da Vinci Xi
SURGICAL SYSTEM

Advanced Robotic Surgeries.

Powered by Medanta's
clinical excellence.

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.



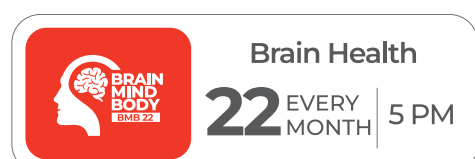
Cancer care begins with awareness — and every conversation can save a life.

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 📱