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Community Health News

MEDANTA

Sehat ki baat

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From The Editor's Desk

Dear Reader,

The festive season may have left our hearts full and our plates fuller — but as winter sets in, it's time to refocus on balance, recovery, and well-being.

In this edition of Sehat Ki Baat, we have shared some valuable insights on how to manage post-festival detox, protect your heart in this cold weather, and keep your lungs healthy amid rising pollution. You'll also find simple guidance on diabetes reversal, prostate health, and better digestion — all curated to help you make informed choices for a healthier tomorrow.

At Medanta, we believe good health begins with awareness. So, let's continue to learn, adapt, and stay proactive this season — because every small step towards wellness counts.

Stay healthy and positive!

Dr. Sushila Kataria

Vice Chairman,
Internal Medicine

Post-Diwali Detox: How to Recover from Pollution Exposure

Stay Hydrated

Drink plenty of water to help flush out toxins from your body.

Deep Breathing and Light Exercise

Gentle walks or Indoor yoga can improve lung function and help your body recover.

Eat Antioxidant-Rich Foods

Include antioxidant rich foods like oranges, spinach, millets and turmeric to fight free radicals.

Protect Your Skin

Wash your face regularly with mild soap/facewash and use moisturiser to prevent dryness.

Limit Fried and Processed Foods

Avoid heavy, oily foods that can increase the toxin load in your body.

Detoxifying Drinks

Green tea, lemon water, and herbal teas can help cleanse your system naturally.

Season's Message

Dr. Arvind Kumar
Chairman,
Lung Transplant

Can Pollution Cause Lung Cancer?

Pollution can increase the risk of lung cancer, even in people who don't smoke. In India, many cities face high levels of air pollution, which affects the lungs over time.

How Pollution Affects Lungs

Tiny Particles, Big Harm

Fine particles in the air, called PM2.5, and gases like nitrogen dioxide can enter the lungs and cause damage. Over time, this can lead to changes in lung cells that may develop into cancer.

Non-Smokers Are Also at Risk

Studies show that many non-smoking women in India are getting lung cancer, often due to air pollution and indoor smoke from cooking with coal or wood.

Indoor Pollution Matters Too

Using traditional stoves or fuels inside the home produces smoke that can harm the lungs just like outdoor pollution.

How to Protect Yourself

Stay Informed: Check the air quality index (AQI) in your city and avoid outdoor activities on highly polluted days.

Use Masks: A good-quality mask (like N95) can help filter out harmful particles.

Improve Ventilation: Keep your home well-ventilated, and if possible, use air purifiers to reduce indoor pollutants.

Healthy Lifestyle: Eating antioxidant-rich foods, staying hydrated, and exercising can help your lungs recover from pollution exposure.

Long-term exposure to polluted air can weaken the lungs, make breathing difficult, and increase the risk of serious diseases like lung cancer.

Dr. Randeep Guleria
Chairman,
Respiratory & Sleep Medicine

Rising AQI: Is Your Respiratory Health at Risk?

The Air Quality Index (AQI) is a crucial indicator of how clean or polluted the air is. In India, many cities are experiencing dangerously high AQI levels, which can harm your health.

What Is AQI?

The AQI measures the concentration of pollutants in the air. The higher the AQI, the more polluted the air. For instance:

- 0–50: Good
- 51–100: Satisfactory
- 101–200: Moderate
- 201–300: Poor
- 301–400: Very Poor
- 401 and above: Severe

Health Risks of High AQI

Breathing in polluted air can lead to or aggravate:

Respiratory Issues: Conditions like asthma, bronchitis, and Chronic Obstructive Pulmonary Disease (COPD).

Cardiovascular Problems: Increased risk of heart attacks and strokes.

Premature Death: Long-term exposure to high pollution levels can shorten life expectancy.

Vulnerable Groups: Children, the elderly, pregnant women, and those with pre-existing health conditions are more at risk.

How to Protect Yourself

Stay Indoors: Limit outdoor activities, especially during high pollution hours. Monitor AQI before going out.

Stay Informed: Regularly check the AQI for your area and plan activities accordingly.

Consult a Doctor: If you experience symptoms like coughing, shortness of breath, chest discomfort or eye irritation, seek medical advice promptly.

Winter Health Watch

Dr. Vinay Goyal
Chairman,
Neurology

Know How Cold Weather Increases The Risk of Stroke?

As temperatures drop, your body works harder to stay warm. While winter brings cosy days, it also increases certain health risks—one of them being stroke.

How Cold Weather Affects Your Body

Narrowed Blood Vessels: Cold causes your blood vessels to constrict, which raises blood pressure—a major risk factor for stroke.

Thicker Blood: In colder temperatures, blood tends to become thicker, making it easier for clots to form.

Increased Heart Strain: The heart works harder to maintain body heat, which can stress the cardiovascular system and trigger stroke.

Respiratory Illnesses: Winter colds or flu can add strain on your heart and blood vessels, indirectly increasing stroke risk.

Who is Most at Risk?

- People with high blood pressure or diabetes.
- Those with a history of heart disease or previous stroke.
- Elderly individuals and those who are physically inactive.

Tips to Protect Yourself This Winter

Stay Warm: Dress in layers, wear hats and gloves, and keep your home heated.

Stay Active: Gentle indoor exercises improve blood circulation.

Monitor Blood Pressure: Check regularly, especially in cold weather.

Dr. Rajneesh Kapoor
Chairman,
Interventional Cardiology

How to Protect Your Heart From Air Pollution — Especially in Winter

As the winter season begins, the drop in temperature often leads to a rise in air pollution levels — and this can silently harm your heart. Poor air quality affects not only your lungs but also your cardiovascular system in several ways.

How Air Pollution Affects the Heart

- Pollution-induced damage: Affects the heart by triggering inflammation and oxidative stress, which accelerates the build-up of plaque in arteries and increases the risk of heart attack, stroke, and heart failure.
- Inflammation: Pollutants cause a systemic inflammatory response that can lead to the narrowing and hardening of arteries (atherosclerosis).
- Blood vessel damage: Long-term exposure to pollutants like nitrogen oxides and particulate matter can prematurely age blood vessels and contribute to hypertension (high blood pressure).
- Increased risk of heart events: This damage can lead to a higher risk of heart attacks and heart failure.
- Irregular heartbeats: Exposure can trigger arrhythmias, such as atrial fibrillation, especially in individuals who are already susceptible.
- PM2.5 and the heart: Fine particulate matter (PM2.5) can travel deep into the lungs, irritate nerves, and cause changes in heart rate and blood pressure, leading to irregular heartbeats (arrhythmias), chest pain, and fatigue.
- Oxidative stress: The pollutants can cause oxidative stress, leading to a vicious cycle of inflammation that can destabilise or rupture plaque in the arteries.

Post - Festival Message

Dr. Rajesh Puri
Vice Chairman,
Gastroenterology

Dr. Hitesh Panchal
Associate Consultant,
Gastroenterology

Overindulged This Festive Season? Here's How to Fix Your Digestion!

The festive lights of Diwali bring joy—and often, indulgent feasts. If you overate sweets, fried foods, or high-fat meals, you may now be experiencing acidity, bloating, indigestion, or discomfort, especially if you have GERD, IBS, or fatty liver disease. Hospitals across India note a rise in post-festival digestive complaints, including gastroenteritis, sometimes due to contaminated or adulterated sweets.

How to Restore Digestive Balance

Hydrate Well: Drink plenty of water to help flush out excess salt, sugar, and fat.

Gentle Movement: Short walks after meals aid digestion and reduce bloating.

Limit Spicy and Oily Foods: Give your digestive system a break for a few days.

Continue Medications: If you have existing gastric, liver, or metabolic conditions, follow your prescribed treatment plan.

Mindful Tips

- Avoid self-medicating with excessive antacids.
- Monitor for persistent symptoms like severe pain, vomiting, or high fever, and consult a doctor promptly.
- Maintain good sleep and stress management- both help your gut recover faster.

Let's focus on restoring gut health while still enjoying the festive spirit. With a little care, your digestive system can bounce back quickly, keeping you healthy and comfortable.

Dr. Manish Bansal
Senior Director,
Clinical & Preventive Cardiology

Too Fit to Worry About Heart Disease?

Many people believe that being physically fit or having a healthy lifestyle completely protects them from heart disease. While exercise and a balanced lifestyle reduce risk, heart problems can still occur—even in fit individuals.

Why Fitness Doesn't Make You Immune

Hidden Risk Factors: Conditions like high blood pressure, high cholesterol, or diabetes may go unnoticed even in healthy-looking individuals.

Stress and Lifestyle: Busy schedules, work stress, poor sleep, or unhealthy eating habits can affect your heart over time.

Silent Heart Disease: Some heart conditions develop quietly without symptoms until a major event, like a heart attack, occurs.

How Fit Individuals Can Protect Their Heart

Regular Health Check-ups: Even if you feel healthy, annual heart screenings can detect hidden risks.

Monitor Blood Pressure and Cholesterol: Keep track of key numbers to catch early signs of trouble.

Maintain a Balanced Diet: Avoid excess salt, sugar, and processed foods, even if you exercise regularly.

Manage Stress: Meditation, yoga, or hobbies can reduce heart strain.

Listen to Your Body: Unusual fatigue, chest discomfort, or shortness of breath should never be ignored.

Being fit is excellent for your overall health, but it does not guarantee immunity from heart disease. Prevention means combining fitness with regular health monitoring, good nutrition, and stress management.

Health Education

Dr. Gagan Gautam
Chairman,
Urology

Does Prostate Removal Shorten Your Life Span?

Many men diagnosed with prostate problems, including cancer, worry that prostate removal surgery (prostatectomy) will shorten their life. The good news is: it usually doesn't.

Understanding Prostate Removal

Why it's done: Prostate removal is performed for two main reasons — prostate cancer and non-cancerous conditions such as benign prostatic hyperplasia (BPH).

- For prostate cancer, the surgery is called a radical prostatectomy, where the entire prostate gland (and sometimes surrounding tissues) is removed to prevent the spread of cancer.
- For non-cancerous conditions, a simple prostatectomy or TURP (Transurethral Resection of the Prostate) is done to relieve urinary blockage caused by an enlarged prostate — not to treat cancer.

Surgery Safety: Modern surgical techniques, including minimally invasive and robotic surgeries, are very safe and effective.

Life After Surgery

- Men treated early for prostate cancer usually live a normal, healthy life.
- In non-cancer cases, surgery improves urinary comfort and quality of life without affecting lifespan.
- Most men recover within a few weeks, and temporary side effects are manageable with proper care.

Prostate removal is a safe and effective treatment that does not shorten life span. Early detection, proper treatment, and post-surgery care can help you live a full, healthy life.

Dr. Jasjeet Wasir
Director,
Endocrinology & Diabetes

Decode Diabetes: From Warning Signs to Reversal

Diabetes is more than just managing sugar levels. Did you know that seasonal changes can impact your blood sugar, and some common beliefs about diabetes are actually myths? Let's explore some lesser-known facts and tips to manage diabetes effectively throughout the year.

Lesser-Known Facts

Diabetes Can Affect Taste: Some people with high blood sugar notice changes in taste perception, making food seem less or sweeter or blander. This change in taste may lead to altered choices of the food they consume.

Blood Sugar Can Fluctuate During Sleep: Stress, poor sleep hygiene, dawn/somogyi phenomenon or sleep-apnoea can cause unexpected spikes or dips. Monitoring at night, at 3 am or even at times when required a CGMS (continuous glucose monitoring) may help reveal these patterns and solve them effectively.

Gut Health Matters: Emerging research shows that imbalanced gut bacteria can influence insulin resistance and sugar control. Probiotics and fibre-rich foods may help.

Common Myths Busted

Myth 1: "Diabetes always causes weight gain."

Fact: Many people with type 2 diabetes may lose weight unintentionally. Weight change alone is not a reliable sign.

Myth 2: "Only sweets affect blood sugar."

Fact: Refined carbs, white bread, pasta, and even some fruits can spike sugar. Balanced meals matter more than eliminating sugar entirely.

Myth 3: "You can't enjoy seasonal foods."

Fact: Seasonal fruits and vegetables can be incorporated smartly into a diabetes-friendly diet. Moderation and portion control are key.

What's New in Medanta?

Every minute, 4 women in the world are diagnosed with breast cancer, and every minute, 1 woman loses her life to it.

AAO. DEKHO. SEEKHO.

A Breast Cancer Awareness Initiative by Medanta

At Medanta, we believe that awareness is the first step towards protection. Banno ki Rasm reimagines the breast self-exam as a beautiful tradition of strength, self-love, and care — passed down from one generation to the next.

To make this awareness more practical and accessible, Medanta has introduced "Aao, Dekho, Seekho" kiosks — hands-on learning spaces set up across hospital units, corporate offices, residential communities, RWAs, and public spaces.

AAO

A welcoming space introducing the importance of breast self-checks with simple visuals and clear messages.

DEKHO

Interactive sessions and expert-led videos that teach how to perform self-exams correctly and confidently.

SEEKHO

A private, women-only zone where participants learn the right techniques using simulators under expert supervision.

Through Aao, Dekho, Seekho, Medanta aims to break stigma, spread awareness, and empower women to take charge of their health.

Because sirf ilaaj hi nahin, aapki sehat ka khayaal rakhna bhi jaanta hai Medanta.

Golden Milk

Servings: 1 serving | Calories: ~130 kcal

Health Benefit : This warm, soothing drink helps reduce mucus buildup and provides relief from cold and cough. Turmeric's anti-inflammatory and antioxidant properties strengthen immunity and keep respiratory infections away.

Ingredients : Toned Milk – 240 ml / 1 cup, Ground turmeric – 2.5 g / ½ teaspoon
Ground cinnamon – 1 g / ¼ teaspoon, Ground ginger – 1 g / ¼ teaspoon
Black pepper – a pinch (about 0.2 g) , Honey or Jaggery – 5 g / 1 teaspoon (optional, for sweetness)

Method :
Step 1: In a small saucepan, add milk, turmeric, cinnamon, ginger, and black pepper.
Step 2: Warm the mixture over low heat for 4–5 minutes, stirring continuously. Do not boil.
Step 3: Remove from heat, let it cool slightly, and stir in honey (if using).
Step 4: Pour into a cup, sip warm, and enjoy its comforting, healing goodness.

Online Learning Sessions

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

Maternal Care

Bump & Baby

5 EVERY MONTH | 5 PM

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

7 Tareekh 7 Baje

7 EVERY MONTH | 7 PM

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.

Women Health

Womanhood Matters

8 EVERY MONTH | 6 PM

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.

Brain Health

Brain Mind Body BMB 22

22 EVERY MONTH | 5 PM

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.

To Book an Appointment with Medanta Experts:

88-0000-1068 www.medanta.org