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COMMUNITY NEWSLETTER

Sehat ki baat

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WORLD'S BEST HOSPITALS 2025
Newsweek
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Season's Message

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From The Editor's Desk

Dear Reader,

Greetings for Diwali and festivities to come!

Welcome to this month's edition of Sehat Ki Baat – Gurugram. October reminds us of two important health priorities. As Breast Cancer Awareness Month, it is a timely reminder for women to prioritise self-examination, regular screenings, and early consultation — simple steps that save lives. At the same time, our community continues to battle the ongoing threat of dengue. Vigilance, prevention, and timely medical care remain crucial in keeping our families safe.

Through this issue, we bring you expert insights and practical tips designed to empower you with knowledge for everyday health decisions.

Warm regards,

Dr. Sushila Kataria
Vice Chairperson
Internal Medicine

Dengue Home Remedies: Myths vs Facts

When dengue strikes, many turn to home remedies. But are they really safe and effective? Let's clear some common myths.

Myth: Papaya leaf juice cures dengue.

Fall in platelets and gradual rise in platelets is a spontaneous process. It is not affected by any juice specially papaya extract. So keeping hydrated is the most important thing. Any plant extract may taste bitter and may cause gastritis. It is better to be avoided.

Myth: Raw goat milk can help cure dengue.

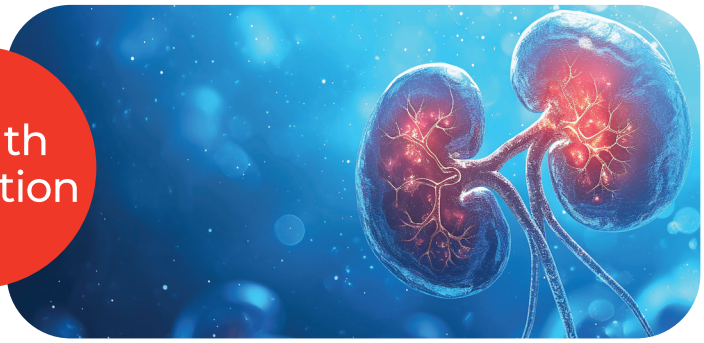
Unpasteurised milk from any animal does not help in improving dengue, but rather it can cause other infections like Brucellosis. No animal milk should be consumed without boiling.

Myth: Taking common painkillers like ibuprofen or aspirin reduces fever safely.

These are non-steroid, anti-inflammatory drugs can reduce platelet count to a greater extent and can cause bleeding complications. Best to be avoided, only paracetamol prescribed by a doctor to be taken.

Stay hydrated, prevention is an important step, so take all precautions to avoid mosquito bites.

Health Education



Deep Brain Stimulation and Alzheimer's

Alzheimer's disease gradually robs people of memory and independence. While current medicines may slow the decline a little, they cannot repair the damage already done. Scientists are now investigating whether Deep Brain Stimulation (DBS)-a treatment already successful in Parkinson's disease-could help patients with Alzheimer's.

How DBS Works in the Brain

DBS involves placing fine electrodes in specific regions of the brain and connecting them to a pacemaker-like device implanted under the chest skin. This system delivers mild electrical pulses to brain circuits that regulate memory and thinking.

Who Might Benefit

Researchers believe DBS could work best in early to moderate stages of Alzheimer's, when there is still enough brain tissue to respond. Patients must also be healthy enough for brain surgery and follow-up care.

Risks and Challenges

Like any brain surgery, DBS carries risks such as bleeding, infection, or hardware issues. Some patients may also experience mood or behavioural changes. Importantly, current evidence is preliminary — most trials involve small numbers and short follow-up. More research is needed before DBS can be offered widely.

The Road Ahead

Although DBS is not a cure, it represents an exciting new direction in Alzheimer's research. Larger studies will reveal whether this approach can reliably preserve memory and improve quality of life. For families facing Alzheimer's, DBS offers a glimpse of hope that future care may move beyond symptom management to brain circuit repair.

Gut Health and Kidney Disease

The human body hosts nearly as many bacterial cells as human ones about 30 trillion. These metabolically active microbes strongly influence health, especially through the "gut-kidney axis," where gut bacteria and kidney function are closely linked. When this balance is disrupted, harmful microbes dominate, damaging the gut lining and fueling inflammation. This allows toxins and bacteria to leak into the bloodstream and reach the kidneys, provoking immune attacks and reduced kidney function. Conversely, impaired kidneys can accumulate toxins that disrupt the gut environment.

Strategies to Support the Gut-Kidney Axis

Dietary Changes: Eating more whole foods and fewer processed foods can help maintain a healthy gut microbiome and reduce the intake of harmful additives like excess salt.

Probiotics: Some research suggests that probiotics may help correct dysbiosis and reduce uremic toxins, though more research is needed to determine the optimal strains

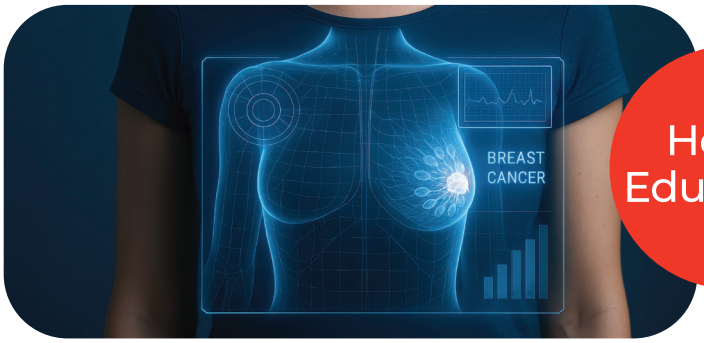
Prebiotics: These are fibres that feed beneficial gut bacteria, and they may also play a role in supporting gut health and, by extension, kidney health.

Faecal Microbiota Transplantation (FMT): This more advanced therapy involves introducing faecal matter from a healthy donor into a patient's gut to restore a healthy microbiome.

This more advanced therapy involves introducing faecal matter from a healthy donor into a patient's gut to restore a healthy microbiome.
In summary: A balanced gut microbiome is vital for kidney health. Maintaining a healthy gut through diet and other interventions can be an important part of managing kidney disease and supporting overall well-being.

Dr. Anirban Deep Banerjee
Director,
Neurosurgery

Dr. Debabrata Mukherjee
Senior Director,
Nephrology



Health Education

Breast Cancer and Genetics: Why Screening Matters

Breast cancer remains one of the most common cancers in women, and genetics plays a powerful role in determining risk. While lifestyle, age, and hormonal factors contribute, inherited gene mutations can significantly raise the chances of developing breast cancer.

The Role of BRCA and Other Genes

Two of the most well-known genes are BRCA1 and BRCA2. Mutations in these genes increase the lifetime risk of breast cancer by up to 60–70%, compared to 12–13% in the general population.

Other genes — PALB2, CHEK2, ATM, and RAD51D have also been identified. Knowing about these mutations allows doctors to personalise treatment strategies.

Who Should Consider Genetic Screening

Genetic testing is not for everyone, but it is strongly recommended if you:

- Have a family history of breast, ovarian, or prostate cancer (especially if diagnosed before age 50).
- Have multiple family members with breast or ovarian cancer.
- Have a male relative with breast cancer.
- Are diagnosed with triple-negative breast cancer before age 60.
- Belong to populations with higher prevalence of BRCA mutations.

Why Early Screening Helps

For women at higher genetic risk, earlier and more frequent screening - such as annual mammograms or MRI scans starting at a younger age - can detect cancers at a curable stage.

Understanding your genetic risk empowers you and your doctor to make proactive choices - turning fear into preparedness.

A New Chapter: Modern Surgery in Breast Cancer Care

When 32-year-old Neha was diagnosed with breast cancer, her first thought was not only about survival but also about how the surgery would change her life. Like many young women, she feared losing her breast — a part of her identity and confidence.

Instead write that even though safety of breast saving surgery has been established in the past few decades, sadly a larger proportion of women still end up removing their breast even for small tumours either because the option to save the breast is not given to them or because of personal choice based out of fear. Today, thanks to surgical advances, doctors are increasingly able to offer breast-conserving surgery. In Neha's case, the tumour was removed while preserving the healthy breast tissue, giving her both medical safety and emotional reassurance.

For women who require mastectomy, breast reconstruction has transformed the landscape. Techniques such as implant-based reconstruction or using the body's own tissue (flap surgery) allow surgeons to restore the natural look and feel of the breast. Neha learned that if reconstruction is done at the same time as cancer surgery, it reduces the emotional distress and helps women heal both physically and psychologically.

These advancements are not just about appearance. Studies show that breast-conserving surgery combined with radiotherapy is as effective as mastectomy in many patients, with equally strong survival rates. Reconstruction, too, has been proven safe, even in women undergoing chemotherapy or radiation.

Today, Neha says she feels whole again — not defined by her disease, but empowered by the choices modern medicine gave her.

Modern breast cancer surgery is no longer only about removing cancer; it's also about preserving dignity, confidence, and quality of life.

Dr. Rajeev Aggarwal
Senior Director,
Breast Surgery

Dr. Kanchan Kaur
Senior Director,
Breast Surgery

Health Education

Hearing Loss After 50: Do not Ignore the Signs

Hearing loss is often thought of as a normal part of aging, but it deserves attention. After age 50, changes in the inner ear, long-term noise exposure, and certain medical conditions can gradually reduce hearing. Ignoring it doesn't just affect communication — it also impacts brain health and quality of life.

Why Does It Happen

- Age-related changes (Presbycusis): Natural wear and tear of inner ear cells.
- Chronic conditions: Diabetes, high blood pressure, and thyroid issues can affect hearing.
- Noise exposure: Years of loud music, traffic, or workplace noise damage delicate ear cells.

Warning Signs to Watch For

- Difficulty following conversations, especially in noisy places.
- Frequently asking others to repeat themselves.
- Ringing in the ears (tinnitus).
- Withdrawing from social interactions due to difficulty hearing.

What You Can Do

- Get a baseline hearing test at age 50 and regular checks thereafter.
- Manage diabetes, blood pressure, and other health issues.
- Use hearing aids or assistive devices if recommended — today's technology is discreet and highly effective.

Hearing health is brain health. Timely detection and treatment can keep you connected, confident, and mentally sharp.

Dr. K.K. Handa

Chairman, ENT,
Head and Neck Surgery

Inflammatory Bowel Disease (IBD): A Growing Concern

Inflammatory Bowel Disease (IBD) is an umbrella term for two chronic conditions — Crohn's disease and Ulcerative Colitis — that cause long-lasting inflammation in the digestive tract. While Crohn's disease can affect any part of the gastrointestinal tract in patches, ulcerative colitis typically involves continuous inflammation of the colon and rectum.

In India, the number of people living with IBD is rising sharply. Urban lifestyles, changing diets, and genetic factors are believed to contribute to this trend. Unfortunately, many cases are initially misdiagnosed as common infections like dysentery or as irritable bowel syndrome (IBS), which delays proper treatment.

The condition often starts quietly, with symptoms that patients tend to ignore. Persistent diarrhea, abdominal cramps, bloating, and blood in the stool are common, but they may be mistaken for routine stomach problems. Over time, unexplained weight loss, fatigue, and in children, delayed growth or puberty can signal that something more serious is going on.

Early diagnosis is vital because untreated inflammation can cause severe complications such as strictures, fistulas, and long-term damage to the colon. It also increases the risk of colon cancer in patients with chronic disease.

Treatment has advanced in recent years. Along with traditional medications, newer biologic therapies are offering relief to patients with resistant disease. In some cases, surgery is required. Lifestyle adjustments — including diet management, stress reduction, and regular follow-ups — remain essential to living well with IBD.

IBD is not just another stomach problem. recognising the symptoms early and seeking timely care can make a world of difference for patients.

Dr. Pawan Rawal

Senior Director,
Gastroenterology

Health Education

Osteoporosis in Women: What You Should Know

Osteoporosis is often called the “silent disease” because it weakens bones slowly and usually without symptoms until a fracture happens. Studies show women are almost four times more likely than men to develop osteoporosis.

Why Women Are at Higher Risk

Women naturally have smaller, thinner bones compared to men. After menopause, oestrogen levels drop sharply, which speeds up bone loss. Other risk factors include:

- Family history of osteoporosis or fractures
- Low body weight
- Sedentary lifestyle
- Smoking or excessive alcohol intake
- Long-term use of steroids or certain medications

Warning Signs

Most women don’t realise they have osteoporosis until a bone breaks, often in the hip, spine, or wrist. Subtle signs may include loss of height, stooped posture, or persistent back pain due to spinal fractures.

Prevention and Management

Calcium and Vitamin D: Essential for strong bones.

Healthy lifestyle: Avoid smoking, limit alcohol, and maintain a healthy weight.

Screening: Bone density scans (DEXA) are recommended for women above 65, or younger women with risk factors.

Medications: In diagnosed cases, drugs such as bisphosphonates or hormone-related therapies may be prescribed.

Osteoporosis doesn’t have to be an inevitable part of aging. With timely screening, healthy habits, and proper treatment, women can protect their bones and maintain an active, independent life.

Dr. Vivek Dahiya

Senior Director,
Orthopaedics

Pre-Diabetes: A Wake-Up Call, Not a Diagnosis

Pre-diabetes means your blood sugar levels are higher than normal, but not high enough to be called diabetes. It’s an early warning sign — and a chance to act before type 2 diabetes sets in. In India, nearly 1 in 6 adults has pre-diabetes, and most don’t know it. Without lifestyle changes, many will develop diabetes within 5–10 years. Pre-diabetes also increases the risk of heart disease and stroke.

Risk Factors

- Being overweight (especially belly fat)
- Family history of diabetes
- Sedentary lifestyle
- High blood pressure or abnormal cholesterol
- History of gestational diabetes (in women)
- Age above 45 (though younger people are increasingly affected)

Symptoms

Pre-diabetes usually has no clear symptoms. Sometimes, people notice increased thirst, frequent urination, or fatigue — but most cases are only found through blood tests. Doctors use tests like Fasting blood sugar: 100–125 mg/dl and HbA1c: 5.7–6.4%.

Prevention and Management

The good news: pre-diabetes is reversible. Lifestyle changes can delay or even prevent diabetes:

- **Weight management:** Even 5–7% weight loss helps.
- **Exercise:** At least 150 minutes/week of brisk walking or activity.
- **Healthy eating**: Whole grains, vegetables, lean proteins, less sugar and refined carbs.
- **Regular monitoring:** Yearly check-ups to track sugar and cholesterol.

Pre-diabetes is not the end, but a second chance. With timely action, you can stop diabetes before it starts.

Dr. M Shafi Kuchay

Associate Director,
Endocrinology & Diabetes

RWA Connect for World Heart Day

Dr. Rajneesh Kapoor
Chairman, Interventional Cardiology

Connect with Community Doctors

Dr. Praveen Chandra, Chairman,
Interventional Cardiology

Greek Yogurt- Berry Bowl

Ingredients (Serves 1):

- 2 cups unsalted low-fat plain Greek yogurt
- ½ teaspoon vanilla extract
- 1 cup frozen mixed berries, thawed slightly
- ¼ cup Grape-Nuts or similar cereal
- ¼ cup chopped walnuts

Recipe:

- Combine 2 cups Greek yogurt and ½ teaspoon vanilla in a small bowl
- Divide the yogurt mixture among 4 bowls
- Top each with ¼ cup berries, 1 tablespoon cereal, and 1 tablespoon walnuts

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Online Learning Sessions

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

Mump & Baby — Maternal Care — 5 EVERY MONTH | 5 PM

Tareekh 7 Baje — Cancer Care — 7 EVERY MONTH | 7 PM

Womanhood Matters — Womens Health — 8 EVERY MONTH | 6 PM

Saans ki Baat — Lung Diseases — 11 EVERY MONTH | 5 PM

Brain Mind Body BMB 22 — Brain Health — 22 EVERY MONTH | 5 PM

To Book an Appointment with Medanta Experts

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