COMMUNITY HEALTH NEWS

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WORLD'S BEST HOSPITALS 2026
Newsweek
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Sehat ki baat

FASTING, FEASTING AND SWEETS

HOW TO KEEP BLOOD SUGAR ON TRACK

A BREAST LUMP ISN'T THE ONLY WARNING SIGN

KNOW THE CHANGES YOU SHOULDN'T IGNORE

Season's Message

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From The Editor's Desk

Dear Reader,

October brings festive warmth, togetherness and a timely reminder that good health makes every celebration more meaningful. As we prepare for the festive season, this edition of Sehat Ki Baat focuses on simple preventive steps for the whole family.

We look at breast changes that should not be ignored, ways to prevent falls among seniors, and everyday care for the eyes, bones, mind and lungs. You will also find practical guidance on managing blood sugar during celebrations, recognising seasonal illnesses in children and remembering BE FAST for stroke warning signs.

Dr. Sushila Kataria

Vice Chairperson, Internal Medicine

Festive Season Is Almost Here—Is Your Family Health-Ready?

Festivals are a time for happiness, togetherness, and creating beautiful memories with loved ones. As celebrations approach, preparing your family for a healthy festive season is just as important as planning your decorations and gatherings.

Is Your Family Ready for a Healthy Celebration?

Keep Health Precautions in Mind

Never ignore chest discomfort, breathing difficulties, or persistent weakness. Seek timely medical advice.

Prioritise Rest and Hydration

Get enough sleep and drink sufficient water during busy celebrations.

Protect Your Family's Heart Health

Limit excess salt, sugar, and unhealthy fats, especially for those managing health conditions.

Enjoy Festive Foods Mindfully

Enjoy sweets in moderation and balance meals with fruits and vegetables.

Women's Health

Dr. Kanchan Kaur
Senior Director,
Breast Cancer

A Breast Lump Isn't the Only Warning Sign—Know the Changes You Shouldn't Ignore

When it comes to breast health, a lump isn't the only change worth noticing. But what other signs should you be aware of? Understanding your body can help you take timely steps towards better health.

Are You Aware of These Breast Changes?

Have you noticed anything different in your breasts lately?

Changes in size or shape
An unusual difference between your breasts.

Skin changes
Persistent redness, dimpling, or changes in skin texture.

Nipple changes
Unusual discharge, inward turning, or changes in position.

Persistent discomfort
Unusual or ongoing breast or underarm discomfort.

Underarm swelling
A new swelling or change around the underarm area.

These changes can have several causes and do not necessarily indicate cancer. However, discussing new or persistent changes with a healthcare professional can help identify the cause.

Takeaway

Breast awareness means knowing what is normal for you and paying attention to changes. Don't hesitate to ask questions or seek medical advice when something feels different. Your health deserves care and attention.

Dr. Sabhyata Gupta
Chairperson,
Gynaecology and GynaeOncology

Women's Health, Modern Care: Myths and Facts About Robotic Surgery

When it comes to women's health, understanding the available treatment options can make medical decisions easier and more informed. Robotic-assisted gynaecological surgery is a minimally invasive approach that many women may have questions about. Let's look at some common myths and the facts behind them.

Myth 1: The robot performs the surgery without the doctor.

Fact: The surgeon is in control throughout the procedure. The robotic system does not operate independently. It translates the surgeon's hand movements into precise movements of specialised surgical instruments, while providing enhanced visualisation and dexterity.

Myth 2: Robotic surgery is suitable for every woman.

Fact: Recovery varies from person to person and depends on the type and extent of surgery, the woman's overall health, and individual healing. In appropriately selected cases, minimally invasive robotic surgery may allow a faster recovery and earlier return to normal activities compared with open surgery. However, recovery experiences differ for every patient.

Myth 3: Small incisions mean follow-up care is unnecessary.

Fact: Follow-up remains important. Wound care, medications, activity restrictions and scheduled visits all contribute to a safe recovery.

Takeaway

Robotic-assisted gynaecological surgery is an advanced minimally invasive option, but technology is only one part of good surgical care. The right approach is one that is safe, appropriate and tailored to each woman's needs.

Eye Care

Dr. Sameer Kaushal

Director,
Ophthalmology

Blurred Vision, Headaches or Eye Strain? Your Eyes May Be Asking for Attention

How often do you take a break from your screens and give your eyes some rest? If reading, working, or scrolling leaves you with tired eyes, headaches, or blurred vision, it may be time to pay closer attention to your eye health.

What Could Your Eyes Be Telling You?

Our eyes work hard throughout the day, but are we giving them the care they need?

Tired or Dry Eyes

Do your eyes feel uncomfortable after spending long hours on screens?

Frequent Headaches

Could your headaches be connected to prolonged reading or focusing?

Blurred Vision

Have you noticed difficulty seeing clearly, either nearby or at a distance?

Difficulty Focusing

Do your eyes take time to adjust when shifting between objects?

Changes in Vision

Have you experienced new or persistent changes that affect your daily activities?

Simple habits, such as taking screen breaks, maintaining good lighting, and getting regular eye examinations, can support eye health. Sudden vision changes require prompt medical attention.

Takeaway

Healthy vision begins with awareness and everyday care. Listen to your eyes, address ongoing discomfort, and consult an eye care professional when needed. Because seeing clearly helps you experience life more fully.

Dr. Saurabh Mehrotra

Director,
Mental Health

You May Look Fine and Still Feel Overwhelmed, Recognizing Hidden Signs of Stress and Anxiety

A busy schedule, everyday responsibilities, and personal expectations can sometimes leave you feeling emotionally drained. But how do you know when normal stress is becoming something that deserves more attention? You don't always have to look distressed to be experiencing inner pressure.

When Was the Last Time You Truly Felt Relaxed?

Stress and anxiety can show up in subtle ways. You may notice that you:

- Keep thinking about the same worries, even during peaceful moments.
- Feel tired despite getting enough time to rest.
- Find it difficult to concentrate on simple tasks.
- Become easily irritated or emotionally overwhelmed.
- Experience changes in sleep, appetite, or energy levels.

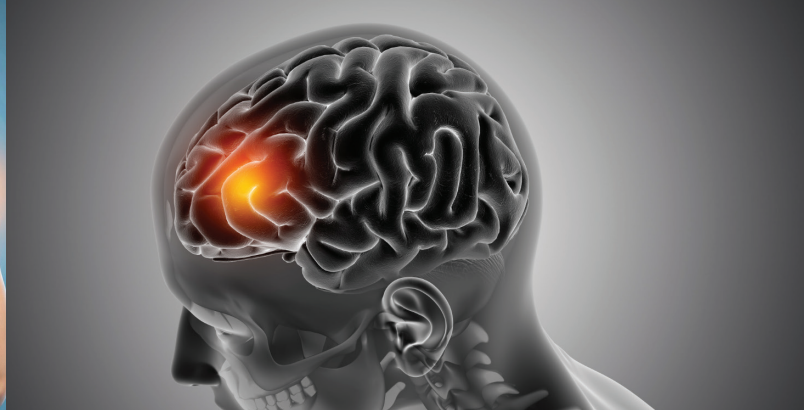
Could these signs be affecting your everyday life without you realizing it?

Recognizing these changes isn't about judging yourself. It's about understanding what your mind and body may need. Simple steps such as taking breaks, maintaining a regular sleep routine, staying connected with loved ones, and seeking professional guidance can support emotional well-being.

Takeaway

You don't need to wait until life feels unmanageable to care for your mental health. Listen to your feelings, make space for yourself, and reach out when support would help. Looking after your inner well-being is an important part of living a healthier, more balanced life.

Mental Health



Dr. Attique Vasdev

Vice Chairman,
Orthopaedics

Weak Bones Often Give No Warning—Could You Be at Risk of Osteoporosis?

What if your bones were gradually losing strength without you feeling any noticeable difference? Osteoporosis can develop quietly, affecting bone strength and increasing the risk of fractures. The good news is that understanding your bone health early can help you take informed steps towards prevention and care.

How Much Do You Know About Your Bone Health?

Strong bones need more than just calcium. Your age, lifestyle, nutrition, and medical history can all influence your risk.

How Much Do You Know About Your Bone Health?

- Are you getting enough calcium and vitamin D in your daily diet?
- Do you regularly participate in activities that support muscle and bone strength?
- Have you experienced a fracture after a minor fall or injury?
- Do you have a family history of osteoporosis or hip fractures?
- Have you discussed bone health screening with your doctor, especially as you grow older?

Osteoporosis may not cause noticeable symptoms until a fracture occurs. A bone density test, when recommended by a healthcare professional, can help assess bone strength and guide appropriate care.

Takeaway

Caring for your bones is a lifelong investment. Balanced nutrition, suitable exercise, and timely bone density assessment can support stronger bones. Don't wait for a fracture to start thinking about your bone health.

Dr. Arun Garg

Chairman,
Neurology

Stroke Can Happen Without Warning—Learn to BE FAST and Save a Life

What would you do if someone suddenly struggled to speak, smile, or walk? Would you recognise the signs quickly? A stroke can affect anyone, and knowing how to identify its warning signs may help you respond in time. A few moments of awareness can make a meaningful difference.

Could You Recognise These Signs?

Remember ***BE FAST*** to help identify possible stroke symptoms:

B – Balance: Is the person suddenly feeling dizzy or having difficulty walking?

E – Eyes: Are they experiencing sudden blurred or lost vision?

E – Eyes: Does one side of their face appear to droop when they smile?

A – Arms: Can they raise both arms, or is one arm suddenly weak?

S – Speech: Are their words unclear, unusual, or difficult to understand?

T – Time: Call emergency services immediately if any of these signs appear. Do not wait for symptoms to improve.

A stroke requires urgent medical attention. Even if symptoms disappear, immediate evaluation is important because they may indicate a transient ischemic attack (TIA).

Takeaway

Knowing BE FAST can help you recognise a possible stroke and act without delay. Learn the signs, share them with your family, and remember that every moment matters when seeking emergency care.

Health Education

Dr. Harmandeep Kaur Gill

Associate Director,
Endocrinology & Diabetes

Fasting, Feasting and Sweets—How to Keep Blood Sugar on Track

Festivals bring delicious food, family gatherings, and moments of celebration. But if you have diabetes or are managing your blood sugar, do you sometimes wonder how to enjoy festive treats without disrupting your health routine? With thoughtful choices and a little planning, celebrations can remain enjoyable and balanced.

Can You Celebrate While Caring for Your Blood Sugar?

Ask yourself these simple questions before reaching for your next festive treat:

Are You Skipping Meals? Long gaps between meals can make it harder to manage your blood sugar.

How Much Sweetness Is Enough? Enjoy sweets in moderation and be mindful of portion sizes.

Are You Staying Hydrated? Drink enough water and avoid excessive sugary beverages.

Are You Monitoring Your Health? Follow your recommended blood sugar checks and medication schedule.

Have You Planned Your Meals? Balance festive foods with fibre-rich vegetables, protein, and nutritious options.

Fasting may not be suitable for everyone, especially those taking certain diabetes medications. Consult your doctor before making changes to your fasting routine or treatment.

Takeaway

Festivals are about enjoyment, not unnecessary restrictions. Celebrate mindfully, listen to your body, and make choices that support your blood sugar and overall well-being.

Dr. Bornali Datta

Director,
Respiratory and Sleep Medicine

Pollution Season Is Approaching—Protect Your Lungs Before the Air Gets Worse

Can you feel the difference in the air when pollution levels rise? While we go about our daily routines, our lungs continue working hard. With pollution season approaching, a little awareness today can help you take better care of your breathing health.

Is Your Daily Routine Lung-Friendly?

Before pollution levels increase, ask yourself:

Do You Check Air Quality?

Knowing when pollution is high can help you plan outdoor activities.

Are You Protecting Your Lungs?

Limit prolonged outdoor exposure during poor air quality and avoid areas with smoke.

How Is Your Breathing?

Persistent coughing, wheezing, or breathlessness deserves medical attention.

Are You Caring for Vulnerable Family Members?

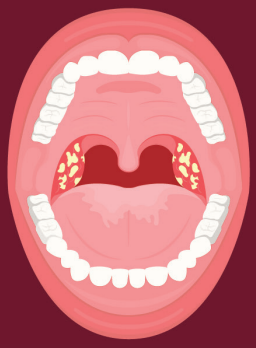
Children, older adults, and people with respiratory conditions may need extra precautions.

You can also improve indoor air quality by avoiding tobacco smoke, reducing indoor pollutants, and following recommended precautions.

Takeaway

You don't have to wait for breathing discomfort to start caring for your lungs. Stay informed, make thoughtful choices, and give your respiratory health the attention it deserves.

Mouth cancer is the most common cancer among Indian men, but women are affected too



~60,000-70,000 NEW CASES**

are diagnosed in India every year, and even more go unreported

Who Should Be More Alert?

- Tobacco
- Gutka/Areca Nut
- Alcohol
- HPV infection
- Age above 40
- Family history of cancer

Scan the QR code to check your risk

Why Does Early Detection Matter?

When oral cancer is identified early, treatment may be less extensive, with better opportunities to preserve speech, swallowing, oral function and quality of life.

Notice a change? Don't wait. Get it

If something in your mouth looks or feels different and doesn't go away, get it checked by a healthcare professional.

Online Learning Sessions

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

Brain Health

Neuro Samvaad – Medanta ke saath

1ST SUNDAY EVERY MONTH | 10 AM

Every conversation about brain health has the power to change lives.

With Neuro Samvaad by Medanta, hear directly from leading Neurosurgery experts as they discuss brain and spine health, early warning signs, advanced treatments, and practical steps to help you and your loved ones stay informed and healthy.

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.

Weight Management

Weight No More – Every Fourth Wednesday

4TH WEDNESDAY EVERY MONTH | 4 PM

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

*Disclaimer: This newsletter is for informational purposes only and is not intended to substitute professional medical advice, diagnosis, or treatment. Always seek advice from your physician or other qualified health provider.