



Sehat ki baat



TRAVEL TIPS

FOR **HEART
PATIENTS**

SUMMER TRAVEL AND

FOOD POISONING

PREVENTION

SUMMER HEAT

AND **UTI INFECTIONS**



Season's Message



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From The Editor's Desk

Dear Reader,

Summer is a season of vacations, family visits, pilgrimages, and travel adventures. Rising temperatures, dehydration, infections, food poisoning, and seasonal illnesses can affect travellers of all age groups, especially children, elderly individuals, pregnant women, and patients with chronic diseases. Individuals with heart disease, diabetes, cancer, lung disorders, or low immunity should especially consult their doctor before long-distance travel.

One of the most important yet commonly ignored steps before travelling is ensuring that vaccinations are up to date. Vaccination helps protect against several preventable infections that may spread during travel, crowded gatherings, or changing environmental conditions. Along with vaccination, travellers should also focus on hydration, food safety, sun protection, and carrying essential medicines.

Travellers who are suffering from chronic diseases and are on regular medications, pl carry medicines for extra days in case return journey gets delayed due to any reason .

Summer Travel Health Checklist

- Consult your doctor before travel if you have any medical condition
- Ensure vaccinations are updated before the trip
 - Carry regular medicines and prescriptions
 - Keep a small first-aid kit handy
 - Drink plenty of safe and clean water
 - Avoid stale, oily, or uncovered food
- Use sunscreen, sunglasses, and caps outdoors
- Take adequate rest and avoid overexertion in extreme heat

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Travellers Guide



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What Should Heart Patients Keep in Mind While Travelling?

Travelling can be refreshing and enjoyable, even for people living with heart conditions. However, proper planning and a few precautions can help ensure a safe and stress-free journey.

Before planning a trip, heart patients should consult their doctor, especially if they have recently undergone a procedure, surgery, or experienced symptoms like chest pain, breathlessness, or irregular heartbeat. It is important to discuss travel duration, destination, climate, and activity levels beforehand.

Carrying all prescribed medications is essential. Medicines should be packed in hand luggage and kept easily accessible at all times. Patients should also carry a recent prescription, medical records, and emergency contact details. Missing doses during travel can increase health risks.

Long journeys by car, train, or flight may reduce blood circulation and increase the risk of clot formation. Patients should avoid sitting continuously for long hours. Taking short walks, stretching the legs, and staying hydrated can help maintain good circulation. Comfortable clothing and avoiding excessive luggage lifting are also recommended.

Food choices during travel matter greatly. Heart patients should avoid excessive oily, salty, or processed foods and limit sugary drinks. Instead, they should choose light meals, fruits, nuts, and plenty of water. Alcohol and smoking should be strictly avoided.

Most importantly, patients should not ignore warning signs such as chest discomfort, unusual fatigue, dizziness, swelling, or breathlessness. Seeking immediate medical attention in such situations can prevent complications.

With the right precautions and medical guidance, heart patients can travel safely and confidently while enjoying their trip.

How to Prevent Food Poisoning During Summer Travel?

Summer vacations and travel plans often bring excitement, but the hot weather also increases the risk of food poisoning. High temperatures allow bacteria to grow quickly in food and water, making travellers more vulnerable to gastrointestinal infection, dehydration, and digestive problems. Taking a few simple precautions can help you stay healthy and enjoy your trip safely.

One of the most important steps is to eat freshly prepared food. Travellers should also avoid eating oily, spicy, or heavy meals, as these can worsen digestive problems during hot weather.

Drinking safe and clean water is equally important. Always choose sealed bottled water or properly filtered water. Avoid consuming ice from unknown sources, as contaminated water can easily spread infection like viral hepatitis typhoid, and cholera. During travel, carry your own water bottle whenever possible.

Summer heat can also spoil dairy products, seafood, meat, and cut fruits quickly. Avoid eating raw or undercooked food, and be cautious with salads, chutneys, or sauces that may not have been stored properly. Fruits should be washed well and preferably peeled before eating. Staying hydrated with water, coconut water or nimbu pani can help prevent dehydration caused by vomiting or diarrhoea.

Maintaining hand hygiene is one of the best ways to prevent food poisoning. Wash hands with soap and water before meals and after using public facilities. If water is unavailable, use a hand sanitizer regularly.

Symptoms such as nausea, stomach cramps, loose motions, vomiting, fever, or weakness should not be ignored. Early medical attention is important, especially for children, elderly individuals, and people with existing health conditions. In adults the only sign of dehydration is decreased urine output.

With mindful eating habits and proper hygiene, summer travel can remain both enjoyable and safe.

Cancer Care Focus



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Early Symptoms of Stomach Cancer You Should Not Ignore

Early Symptoms of Stomach Cancer You Should Not Ignore- Stomach cancer, also called gastric cancer, often starts with very mild symptoms that people mistake for acidity, gas, or indigestion. Recognizing these early warning signs can help in timely diagnosis and better treatment outcomes.

Common Early Symptoms

- Persistent Indigestion or Heartburn that doesn't go Away.
- Loss of appetite or feeling full quickly even after small meals is one of the early warning signs often ignored.
- Unexplained Weight Loss which usually means losing weight without dieting or exercise can be an important warning sign.
- Frequent nausea or vomiting sometimes with blood should never be ignored.
- Difficulty in swallowing food may also be an indication of stomach cancer.
- Black tarry stools or visible blood in stools is an important warning sign.
- Fatigue and weakness in the body.

When Should You See a Doctor?

If these symptoms continue for more than 2-3 weeks, especially in people above 40 years, smokers, or those with a family history of cancer, medical evaluation is important. Early detection can greatly improve treatment success and recovery.

When Can a Persistent Headache Be a Sign of a Brain Tumor?

Headaches are common and are usually caused by stress, lack of sleep, dehydration, migraine, or sinus problems. However, in some cases, a persistent or unusual headache may need medical attention, especially if it is associated with certain warning signs that could indicate a brain tumor.

Warning Signs and Risk Factors to Watch For

Headache That Persists for Weeks or Months:

A headache that does not improve with regular medication or keeps returning frequently should not be ignored.

Early Morning Headaches: Headaches that are more severe in the morning or wake a person from sleep may require evaluation.

Increasing Severity Over Time: A headache that gradually becomes more intense or changes in pattern can be a concerning sign.

Headache with Vomiting or Nausea: Persistent vomiting along with headaches, especially without digestive illness, may indicate increased pressure inside the brain.

Blurred Vision or Double Vision: Visual disturbances associated with headaches should be assessed promptly.

Seizures or Fits: Sudden seizures in a person with no previous history can sometimes be linked to brain abnormalities.

Difficulty Speaking or Understanding: Changes in speech, confusion, memory loss, or personality changes may require neurological evaluation.

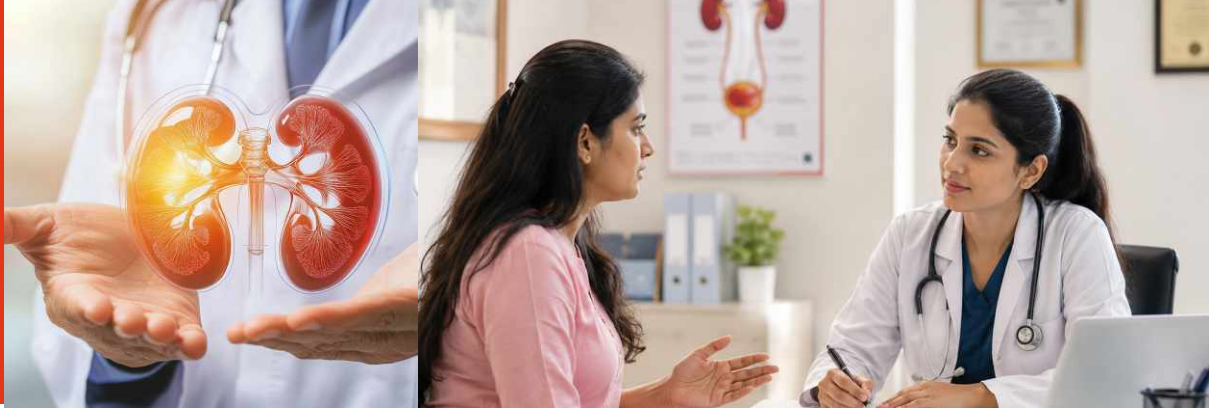
Loss of Balance or Coordination: Frequent dizziness, imbalance, or unexplained falls can be associated with brain-related conditions.

History of Cancer or Radiation Exposure: Individuals with a previous history of cancer or radiation exposure may have a higher risk of developing brain tumors.

Family History of Brain Tumors: Certain inherited genetic conditions may increase the risk in some individuals.

It is important that persistent headaches accompanied by neurological symptoms should be evaluated by a medical expert for timely diagnosis and treatment.

Health Education



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When Should You Think About a Kidney Transplant?

Kidney transplant is considered when the kidneys are no longer able to remove waste and extra fluid from the body properly. Many patients with such advanced kidney disease may need dialysis or a kidney transplant to survive. Early evaluation can improve treatment success and quality of life.

Signs That You May Need a Kidney Transplant

Advanced Chronic Kidney Disease (CKD): People with Stage 4 or Stage 5 kidney disease should discuss transplant options with their doctor early. Doctors often consider transplant evaluation when kidney function (GFR) falls below 20 mL/min.

Dialysis Dependence: Patients already on dialysis may benefit from a kidney transplant for better long-term health and quality of life.

Persistent Swelling and Fluid Retention: Swelling in the feet, face, or body due to poor kidney function can be a warning sign.

Severe Weakness and Fatigue: Constant tiredness, low energy, or difficulty performing daily activities may indicate worsening kidney failure.

Uncontrolled Blood Pressure: High blood pressure that remains uncontrolled despite medicines may suggest severe kidney damage.

Why Early Transplant Matters

A kidney transplant often offers:

- Better quality of life
- No frequent dialysis visits
- Improved energy and daily functioning
- Longer survival in many patients

When to See a Kidney Specialist?

If you have chronic kidney disease, diabetes, high blood pressure, or symptoms of kidney failure, consult a nephrologist early. Timely evaluation can help patients prepare for transplant before complications become severe.

Why UTI Infections Are Common in Females During Summers?

Urinary Tract Infection (UTI) is one of the most common infections seen in women, especially during the summer season. The combination of heat, dehydration, sweating, and poor hygiene creates the perfect environment for bacteria to grow and cause infection. Women are naturally more prone to UTIs because they have a shorter urethra, allowing bacteria to reach the bladder more easily.

Why Do UTIs Increase in Summer?

Dehydration: During summers, the body loses more water through sweating. Reduced water intake means less urine production, which allows bacteria to remain in the urinary tract for longer periods.

Excess Sweating and Humidity: Warm and moist conditions around the genital area encourage bacterial growth, increasing infection risk.

Wet or Tight Clothing: Wearing wet swimsuits, tight jeans, or synthetic undergarments for long hours can trap moisture and promote bacterial infections.

Poor Hygiene during Travel: Frequent travel, public washrooms, and improper hygiene habits during vacations may increase the chances of infection.

How to Prevent Summer UTIs?

- Drink plenty of water
- Avoid holding urine for long
- Change out of wet clothes quickly
- Maintain proper intimate hygiene

In case you feel a burning sensation while urinating, frequent urge to urinate or lower abdominal discomfort, consult a doctor early to avoid complications.

Personal Care



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Can Staying in AC for Too Long Affect Neurology Patients?

Air conditioners provide relief from extreme summer heat, but excessive exposure to cold indoor environments may sometimes worsen symptoms in people with neurological conditions. Sudden temperature changes affects patients already dealing with nerve, muscle, or brain-related disorders.

How Excessive AC Exposure Can Affect Neurology Patients

Can Trigger Headaches and Migraines: Very cold temperatures, dry air, or sudden movement between hot outdoor weather and cold indoor environments may trigger headaches or migraine attacks in sensitive individuals.

Muscle Stiffness and Increased Pain: Continuous exposure to cold air can cause muscle tightness and worsen neck pain, back pain, muscle spasms, or stiffness in patients with neurological disorders.

May Worsen Nerve Pain: Patients suffering from neuropathy or nerve-related pain may experience increased tingling, numbness, or discomfort in cold temperatures.

Reduced Blood Circulation: Cold environments may reduce blood flow to muscles and nerves, which can aggravate symptoms in some neurological conditions.

Dryness and Sinus Problems: Air conditioners reduce humidity, which can lead to dryness of the nose and throat, sometimes contributing to sinus-related headaches.

Sleep Disturbances: Very low room temperatures may disturb sleep quality, especially in elderly neurological patients who are sensitive to temperature changes.

Precautions Neurology Patients Should Take:

- Maintain a comfortable room temperature instead of extremely cold settings.
- Stay hydrated throughout the day.
- Avoid direct airflow on the face, neck, or body.
- Take short movement breaks during long hours indoors.
- Keep AC filters clean and serviced regularly.

While air conditioning is helpful during extreme summers, balanced usage and proper precautions are important for neurological patients to remain comfortable and healthy.

Why Do Nosebleeds Happen Frequently in Summers?

Nosebleeds, also known as epistaxis, are a common problem during the summer season. Hot temperatures, dry air, dehydration, and irritation of the nasal lining can make the delicate blood vessels inside the nose more likely to bleed. While occasional nosebleeds are usually harmless, frequent episodes may require medical attention.

Summer-Related Causes and Risk Factors for Nosebleeds

Excessive Heat Exposure: High summer temperatures dry and irritate the inner lining of the nose, making blood vessels fragile and prone to bleeding.

Dehydration: Reduced water intake during hot weather can cause dryness of the nasal passages and increase the risk of cracks and bleeding.

Dry Air: Continuous exposure to dry hot air reduces moisture inside the nose.

Frequent Nose Picking or Rubbing: Irritated and dry nasal tissues become more sensitive to minor injury.

Allergies and Sinus Infections: Summer allergies, sneezing, and repeated nose blowing can damage delicate nasal blood vessels.

High Blood Pressure: Uncontrolled hypertension can increase the risk of recurrent nosebleeds, especially in older adults.

ENT or Head & Neck Conditions: Patients with sinus disease, nasal polyps, deviated septum, chronic infections, previous nasal surgeries may experience nosebleeds more frequently in summers.

Blood Thinning Medicines: Patients taking anticoagulants or blood-thinning medications may bleed more easily.

Trauma or Injury: Minor injuries to the nose during sports, travel, or accidental rubbing can trigger bleeding.

Occasionally tumours or growth in the nose can also cause bleeding.

Proper hydration, nasal care, and timely medical evaluation can help reduce the risk of frequent nosebleeds during summer. However nosebleeds can occasionally be severe and require immediate medical attention.



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