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**WORLD'S
BEST
HOSPITALS**
2025

Newsweek

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**Sehat
ki baat**

**Can
Pollution
Cause Lung
Cancer?**

**Why Women's
Heart Attacks
Look Different**

**Can Cold
Weather
Trigger
a Stroke?**



Season's Message



Table Of Contents

01

Post-Pollution Care: Helping Your Lungs Heal After Diwali

02

Can Pollution Damage Your Lungs?

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

03

Why Women's Heart Attacks Look Different?

Is Robotic Surgery the Right Option for My Gynaecological Condition?

04

Can Cold Weather Trigger a Stroke?

Headaches – When They Just Feel "OFF"

05

The Hidden Danger of Secondary Delay in Breast Cancer

Does Prostate Removal Shorten Your Life Span?

06

"Aao Deksho Seekho" Self Breast Training at Kiosk in Medanta Hospital

Eat Well Live Well Recipe

From The Editor's Desk

Dear Reader,

As we move past the festive cheer, we are also reminded of the haze that lingers in the air - a concern that affects every breath we take.

This edition of Sehat Ki Baat - Noida focuses on post-pollution care, helping you understand how to protect your lungs and overall health after the Diwali season. Air pollution is more than an environmental issue, it's a personal health challenge, especially for those with asthma, allergies, or heart disease.

Through this issue, we aim to share simple, practical steps to recover from the effects of pollution and strengthen your body's natural defences. Because good health doesn't just depend on treatment — it begins with awareness and preventive care. Let's make conscious efforts to breathe cleaner, live healthier, and care for one another as a community.

Warm regards,

Dr. Girish Chandra Vaishnava

Director
Internal Medicine,
Medanta Noida



Post-Pollution Care: Helping Your Lungs Heal After Diwali

Prolonged exposure to pollution can irritate the airways, lower immunity, and trigger cough, breathlessness, or fatigue.

Wear N95 masks
to block fine particulate matter.

Simple Steps for Post Pollution Recovery

Eat Antioxidant Rich Foods:

Include amla, oranges papaya, and green leafy vegetables.

Use Air Purifiers:

Keep indoor air clean and ventilate rooms during better air-quality hours.

Steam Inhalation:

Helps clear airways and soothe irritation caused by pollutants.

Medical Check-up:

Consult your doctor if you experience persistent cough, wheezing, or chest tightness.

Season's Message



Dr. Belal Bin Asaf

Director
Thoracic Surgery



Can Pollution Damage Your Lungs?

Every year, the festive glow fades into a thick smog, and post-Diwali, Delhi-NCR's air quality plunges into the "severe" zone. Fine particulate matter (PM_{2.5} and PM₁₀) can penetrate deep into the lungs and bloodstream, causing chronic inflammation, scarring, and raising the risk of lung cancer and heart disease.

The World Health Organization (WHO) and IARC classify outdoor air pollution as a Group 1 carcinogen meaning it directly causes cancer.

The belief that lung cancer only affects smokers is outdated. Rising cases among never-smokers in India are linked to prolonged exposure to polluted air. According to ICMR, one in eight deaths in India is due to air pollution.

Warning Signs to Watch For

- Persistent cough or wheezing, blood in cough
- Shortness of breath or chest tightness
- Unexplained fatigue

These symptoms could indicate chronic airway inflammation or early lung disease.

Who Should be Screened for Lung Cancer?

- Adults aged 50–80 years
- Who currently smoke or quit within the last 15 years

How to Screen

- **Low-Dose CT Scan (LDCT):** The only screening method proven to reduce lung cancer mortality.
- **Not recommended for screening:** Chest X-rays or sputum cytology.

Clean air is not a luxury, it's a necessity. The harm from pollution accumulates silently, damaging lungs long before symptoms appear. As citizens, clinicians, and policymakers, we must treat clean air as a public health priority.



Dr. Ajay Bhalla

Director
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 meal, 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.

Eat Light and Fiber-Rich Foods: Include fruits, vegetables, yogurt, or buttermilk to soothe the stomach.

Small, Frequent Meals: Avoid heavy meals late at night, opt for smaller portions throughout the day.

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. Vineet Bhatia

Director
Interventional Cardiology



Dr. Priya Bansal

Senior Consultant
Gynaecology and GynaeOncology



Why Women's Heart Attacks Look Different

Heart disease is the leading cause of death for both men and women, yet women often face delayed diagnosis due to subtle or different symptoms. Recognising these early signs is crucial for timely treatment and saving lives.

Common Symptoms of Heart Disease in Women

- 1. Unusual Fatigue:** Extreme tiredness, even after rest, can appear days or weeks before a heart attack and is often mistaken for stress or sleep deprivation.
- 2. Shortness of Breath:** Can occur early, sometimes before chest pain, especially when accompanied by other warning signs.
- 3. Nausea and Vomiting:** Gastrointestinal symptoms may be mistaken for flu or indigestion but can indicate a heart problem.
- 4. Pain in Back, Neck, or Jaw:** Women may feel discomfort in areas other than the chest, unlike men.
- 5. Indigestion or Heartburn:** Can signal heart issues, particularly when combined with other symptoms.
- 6. Dizziness or Cold Sweats:** Lightheadedness or unexplained sweating may point to reduced heart function.

Heart disease affects women of all ages, and its symptoms can be subtle or atypical. Awareness of these signs is vital to ensure early diagnosis and treatment, bridging the gender gap in heart health.

Is Robotic Surgery the Right Option for My Gynaecological Condition?

Robotic surgery has become a transformative approach in gynaecology, offering significant benefits for both patients and surgeons. With advanced robotic systems like the da Vinci Surgical System, these procedures allow minimally invasive interventions with enhanced precision, reduced discomfort, and faster recovery.

There is no artificial intelligence involved in the surgical procedure. The surgical steps are in complete control of the surgeon.

Key Benefits of Robotic Surgery in Gynaecology

- **Enhanced Precision and Visualisation:** Surgeons get high-definition 3D views and improved dexterity, enabling precise surgical movements.
- **Reduced Blood Loss and Pain:** Patients experience less blood loss and lower postoperative pain compared to traditional open surgeries.
- **Shorter Hospital Stay and Faster Recovery:** Patients are discharged the next day of surgery and are able to resume daily activities sooner.
- **Lower Conversion Rates:** Robotic assistance lowers the need to switch to open surgery, even in complex cases. Conversion rates are less than 1 in 100.

Common Gynaecological Procedures Performed Robotically

- Hysterectomy (removal of the uterus)
- Myomectomy (removal of fibroids)
- Endometriosis excision
- Oophorectomy (removal of ovaries)
- Pelvic organ prolapse repair
- Oncological surgeries for gynaecological cancers

Robotic-assisted gynaecological surgery offers a safe, precise, and minimally invasive option for women, ensuring faster recovery and better overall outcomes. Patients are encouraged to consult experienced gynaecologists to understand the most suitable treatment for their condition.



Dr. Kapil Singhal

Director
Neurology



Dr. Yashpal Bundela

Director
Neurosurgery



Can Cold Weather Trigger a Stroke?

As winter sets in, the drop in temperature can do more than make mornings chilly - it can put your health at risk.

Cold weather can increase the likelihood of stroke, particularly for those with high blood pressure, diabetes, heart disease, or a history of vascular problems. Even healthy individuals are not completely immune, as sudden exposure to cold can affect circulation and blood flow.

How Cold Weather Affects Stroke Risk

- **Blood Vessel Constriction and High Blood Pressure:** Cold causes vessels to tighten, raising blood pressure, a major risk factor for stroke.
- **Thicker Blood and Clot Formation:** Lower temperatures may increase blood clotting, which can block arteries in the brain.
- **Dehydration:** People often drink less water in winter, thickening blood and increasing stroke risk.
- **Reduced Physical Activity:** Foggy mornings and cold winds can discourage exercise, affecting overall cardiovascular health.
- **Sudden Temperature Changes:** Rapid shifts from warm indoor air to cold outdoor conditions can stress the cardiovascular system.

Warning Signs to Watch For

- **Face Drooping:** One side of the face appears uneven.
- **Arm Weakness:** Sudden numbness or inability to lift one arm.
- **Speech Difficulty:** Slurred or unclear speech.
- **Other Symptoms:** Severe headache, dizziness, or loss of balance.

Cold weather can trigger stroke suddenly. If you or someone around you shows any warning signs, rush to emergency medical care immediately - every minute counts.

Headaches – When They Just Feel “OFF”

As a neurosurgeon, I often come across people who brush off their headaches as a simple migraine or stress induced. Most of the times, they're right—most headaches are harmless and often caused by things like tension, dehydration, or not getting enough sleep. But sometimes, a headache is your brain's way of telling you that something more serious is going on—and in rare cases, it could be a brain tumour.

Most Headaches linked to brain tumours tend to be different from the usual patterns. They usually do not go away, and get slowly worsen over weeks or months, and are often the worst in the morning. Regular painkillers generally do not offer much help.

There might also be other symptoms, such as nausea, vomiting, changes in your vision i.e. blurred vision, any kind of weakness in the limbs leading to trouble in keeping your balance or difficulty in walking and in some cases, can have seizures.

An old case that comes to mind is that of a young professional who had dismissed his persistent and non-relieving headache for months. Only when the pain became constant and he started having dizzy spells and blurry vision that he decided to get himself checked.

After the routine clinical examination, a brain scan (MRI) was advised, which showed a small tumour, which we could take out completely because it was caught early, despite the reluctance of the patient. His story is a powerful reminder to pay attention when something about your headache just feels 'off.'

Listen to your head. If you notice something out of the ordinary (headaches that wake... you up at night, keep getting worse, or are accompanied by symptoms like trouble speaking, changes in your personality, weakness, or any neurological changes), don't ignore it. Most headaches aren't dangerous, but getting checked early can make all the difference, especially when it comes to catching and treating serious conditions like brain tumours.

Cancer Care



Dr. Seenu Vuthaluru
Director
Breast Cancer



Dr. Rahul Gupta
Associate Director
Urology and Kidney Transplant



The Hidden Danger of Secondary Delay in Breast Cancer

Early detection saves lives. Yet in India, many women are still diagnosed with breast cancer at an advanced stage.

While awareness about self-examination and screening is increasing, a lesser-known factor continues to affect outcomes - secondary delay.

What is Secondary Delay

Secondary delay refers to the time lost after a woman first notices symptoms and seeks help but before she receives a confirmed diagnosis. This often happens when the first healthcare contact, a local practitioner, chemist, or non-specialist, fails to recognise warning signs or delays referral to a cancer specialist.

Studies from the Indian Journal of Surgical Oncology reveal that this delay can extend up to 9-10 months, significantly increasing the chances of being diagnosed in stage III or beyond.

Why It Happens

- Misinterpretation of early signs like breast lumps or pain as benign issues by the primary care physician/ first contact doctor
- Patient seeing alternative medicine personnel
- Taking medication from a chemist for breast related problems
- Limited awareness among primary doctors about timely referral

The Cost of Delay

Every month lost allows cancer to advance, reducing the chances of breast conservation and cure. In urban India, the problem is not the lack of facilities but reaching the right specialist at the right time.

Takeaway

Any persistent lump, thickening, or nipple change should prompt an immediate visit to a breast specialist. In breast cancer, time is not just precious, it's lifesaving.

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 recommended for conditions like prostate cancer or severe enlargement causing urinary problems.

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

Life Expectancy After Surgery

- Research shows that men who undergo prostate removal for cancer, especially when detected early, often lead a normal life.
- Surgery helps remove cancerous tissue, reducing the risk of the disease spreading and protecting long-term health.
- For non-cancer cases (like enlarged prostate), surgery improves urinary health and quality of life, without impacting life expectancy.

What to Expect After Surgery

- Most men return to normal daily activities within a few weeks.
- Some may experience temporary side effects, but these can often be managed with medical guidance and physiotherapy
- Regular follow-ups ensure early detection of any issues, keeping you healthy in the long run.

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.

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 – ½ teaspoon
Ground cinnamon – ¼ teaspoon, Ground ginger – ¼ teaspoon
Black pepper – a pinch (about 0.2 g) , Honey or Jaggery –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.





To Book an Appointment
with Medanta Experts

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