COMMUNITY HEALTH NEWS | 2026 NOVEMBER EDITION | MEDANTA NOIDA

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Sehat ki baat

THIS DIWALI,

Choose Health, Light Up Life

Celebrate with joy, not just with lights but with healthy choices for a brighter tomorrow

- Heart Surgery for Complete Blockage
- Lung Cancer Can Grow Silently. Are You Waiting for a Cough?
- Newer Approaches: Immunotherapy for Cancer Treatment



Season's Message



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From The Editor's Desk

As we welcome the festive season, let's make health a part of our Diwali celebrations. With changing weather and rising pollution, taking care of our heart and lungs becomes especially important.

In this edition of **Sehat Ki Baat**, our experts share practical advice on winter wellness, recognising early signs of lung cancer and stroke, managing diabetes, caring for premature babies, and using antibiotics responsibly.

This Diwali, celebrate with joy while making mindful choices for your health and the well-being of your loved ones. Remember, **the best gift you can give your family is good health.**

Wishing you and your family a happy, healthy, and safe Diwali!

Dr. Yogesh Valecha
Senior Consultant
Internal Medicine



- **Cold Weather, Extra Care for Your Heart – Know how winter can affect blood pressure and heart health, and when to seek medical attention.**
- **Don't Ignore Breathlessness or Chest Discomfort – Recognise potential warning signs of heart problems and understand why timely evaluation matters.**
- **Every Minute Matters in Stroke – Learn to identify sudden facial drooping, arm weakness or speech difficulty and seek emergency care immediately.**
- **Know Your Risk Before Symptoms Appear – Understand how diabetes, high blood pressure and smoking can increase your risk of heart disease and stroke.**
- **Stay on Track With Your Treatment – Follow prescribed medicines, attend regular check-ups and consult your doctor before making changes to your treatment plan.**

Season's Special







Dr. Amit Kumar Malik
DM Cardiology
Director, Interventional Cardiology

Winter and the Ageing Heart: Heart Attack Risks, Heart Failure and the Role of Pacemakers

Winter can be challenging for older adults, especially those living with heart conditions. Understanding how cold weather affects the heart can help you take simple steps to stay safe and healthy.

Why Does Winter Put Extra Pressure on the Heart?

Cold temperatures can narrow blood vessels and increase blood pressure, making the heart work harder. Older adults and people with existing heart conditions may be more vulnerable during this season.

Here are a few important things to know:

Heart Attack Risks: Cold weather can increase strain on the heart. Chest discomfort, breathlessness, sweating or sudden weakness should never be ignored.

Heart Failure: People with heart failure may experience worsening breathlessness, swelling in the feet or ankles, or unusual tiredness. Timely medical advice is important.

The Role of Pacemakers: Some older adults have an irregular heartbeat. A pacemaker helps maintain an appropriate heart rhythm when the heart beats too slowly or has certain electrical conduction problems.

Winter Care: Dress warmly, avoid sudden exposure to extreme cold, take prescribed medicines regularly and follow your doctor's advice on physical activity.

Takeaway

With appropriate precautions, regular check-ups and timely treatment, older adults can better protect their heart health during winter. Staying warm and recognising warning signs can make a meaningful difference.



Dr. Sanjay Kumar
Director,
Cardiac Surgery

Heart Surgery for Complete Blockage

A diagnosis of complete blockage in a heart artery can feel worrying, but timely medical care and the right treatment can help protect your heart. Understanding the condition is the first step towards making informed decisions about your health.

What Happens When a Heart Artery Is Completely Blocked?

Heart arteries supply oxygen-rich blood to the heart muscle. When an artery becomes completely blocked, blood flow to a part of the heart may be severely reduced or stopped, potentially causing a heart attack.

What treatment options may doctors recommend?

Coronary Artery Bypass Grafting (CABG): In selected cases, heart surgery creates a new route for blood to reach the heart muscle, bypassing the blocked artery.

Angioplasty and Stenting: Depending on the location and nature of the blockage, doctors may recommend opening the artery with a balloon and placing a stent.

Personalised Treatment: The choice depends on the patient's symptoms, overall health, heart function, and the number and location of blocked arteries.

When Should You Seek Medical Help?

Chest pressure or pain, breathlessness, cold sweating, or discomfort spreading to the arm, jaw, or back may indicate a heart attack. Seek emergency medical attention immediately if these symptoms occur.

Takeaway

Complete blockage does not mean every patient needs the same procedure. Early diagnosis, expert evaluation, appropriate treatment, and regular follow-up can help improve heart health and quality of life.

Lung Health







Dr. Belal Bin Asaf
Director,
Chest Surgery & Lung Transplant





Dr. Manu Madan
Senior Consultant,
Respiratory & Sleep Medicine



Lung Cancer Can Grow Silently. Are You Waiting for a Cough?

Lung cancer is a leading cause of cancer-related deaths worldwide. It can often develop silently, making awareness of warning signs and risk factors especially important. Early detection can significantly improve treatment outcomes.

Know the warning signs

- Persistent or worsening cough
- Coughing up blood, even in small amounts
- Chest pain, especially while coughing or taking a deep breath
- Unexplained breathlessness or recurrent chest infections
- Unexplained weight loss, loss of appetite or persistent fatigue

These symptoms may have other causes, but if they persist, they should be medically evaluated.

Can non-smokers develop lung cancer?

Yes. While smoking is the biggest risk factor, exposure to second-hand smoke, air pollution, radon and certain occupational substances can also increase risk. Persistent respiratory symptoms should never be ignored, even in non-smokers.

Why does early detection matter?

When detected early, lung cancer may be treated successfully, including through minimally invasive surgery. For people at increased risk, low-dose CT screening may help detect cancer before symptoms appear and should be discussed with a healthcare professional.

Remember: Lung cancer may not always cause early symptoms. Know your risk, listen to your body and seek medical advice when needed. Early detection can save lives.

A Cough That Gets Worse Should Be Checked

Most coughs improve with time. But when a cough becomes more frequent, lasts longer than expected or starts affecting your sleep, it may be your body's way of telling you that something needs attention.

What Could Be Behind a Persistent Cough?

A cough can develop due to a viral infection, allergies, asthma, acid reflux or exposure to dust and pollution. Sometimes, it may be linked to a condition that requires specific treatment. The key is to notice how your cough changes rather than simply waiting for it to disappear.

Small Changes Worth Noticing

Ask yourself:

- Has your cough lasted for three weeks or longer?
- Is it becoming more frequent or disturbing your sleep?
- Are you experiencing wheezing, chest discomfort or breathlessness?
- Have you noticed blood in your cough or unexplained weight loss?

These signs do not automatically mean something serious, but they deserve medical evaluation.

When Should You Seek Help?

If your cough persists, worsens or keeps returning, consult a doctor to identify the cause. Coughing up blood requires prompt medical assessment. If you experience severe breathing difficulty or sudden, severe chest pain, seek emergency care.

Conclusion

A cough is common, but ignoring a cough that keeps changing may delay the care you need. Pay attention to how long it lasts, what makes it worse and whether other symptoms appear.

Health Education







Dr. Nidhi Malhotra
Director,
Endocrinology & Diabetes



Dr. Shalini Tyagi
Director,
Paediatric Care

Know Your Risk. Act Early.

Diabetes can develop quietly, without obvious warning signs. You may feel perfectly well while your blood sugar levels are already higher than normal. Understanding your risk and getting tested at the right time can help you take control of your health before complications develop.

Could You Be at Risk Without Knowing It?

Diabetes occurs when the body cannot produce enough insulin or use it effectively, causing blood sugar levels to rise. Family history, excess weight, limited physical activity and a history of gestational diabetes can increase your risk.

Watch for possible warning signs such as:

- Feeling unusually thirsty or hungry
- Passing urine more frequently than usual
- Feeling tired despite adequate rest
- Blurred vision
- Cuts or wounds that take longer to heal

Some people experience no symptoms at all, which is why screening matters.

What Can You Do Today?

Start with three simple steps:

- Know your numbers: Ask your doctor whether a blood sugar test, such as fasting glucose or HbA1c, is appropriate for you.
- Make everyday changes: Choose balanced meals, stay physically active and aim for a healthy weight.

Do not ignore your risk: If diabetes runs in your family, discuss your screening needs with your doctor.

Conclusion

Diabetes prevention and management begin with awareness, not fear. Recognising your risk, getting tested when recommended and building healthier habits can make a meaningful difference.

Babies Born Too Soon: Care and Family Support

When a baby arrives earlier than expected, families may face an unfamiliar journey filled with questions, emotions and extra care. Babies born before 37 weeks of pregnancy are considered premature, and the right support can help them grow and develop.

Why Do Premature Babies Need Special Care?

Premature babies may have difficulty breathing, feeding or maintaining their body temperature. Depending on their needs, they may require specialised monitoring in a Neonatal Intensive Care Unit (NICU).

How Can Parents Support Their Baby?

- **Try skin-to-skin contact:** Kangaroo Mother Care, when guided by the healthcare team, helps keep babies warm and strengthens bonding.
- **Focus on feeding:** Breast milk provides valuable nutrition. Healthcare professionals can guide parents when a baby needs help with feeding.
- **Keep up with follow-ups:** Regular visits help monitor growth, hearing, vision and developmental progress.
- **Create a safe environment:** Keep the baby away from smoke and sick visitors, and follow safe-sleep advice from the medical team

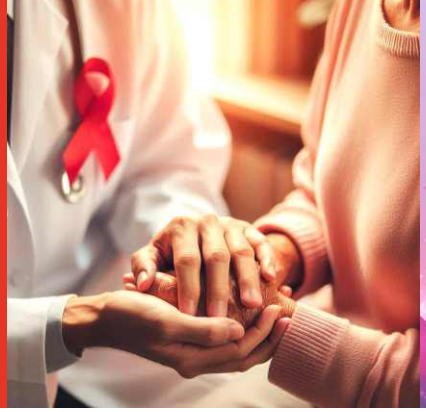
What About the Parents?

A NICU stay can be emotionally challenging. Sharing responsibilities, asking doctors questions and seeking support from loved ones can help parents manage stress and feel more confident.

Conclusion

Every premature baby grows at their own pace. With specialised care, regular check-ups and family support, parents can help their little one achieve important milestones, one step at a time.

Cancer Awareness







Dr. Tarun Durga
Associate Director
Cancer Care





Dr. Ankur Varshney
Senior Consultant,
Medical Oncology



Newer Approaches: Immunotherapy for Cancer Treatment

Immunotherapy is a powerful new tool in cancer treatment that trains your own body to fight the disease. The article explains how this approach works, its benefits, and what patients need to know.

Unlike traditional treatments like chemotherapy, which directly kill both good and bad cells, immunotherapy helps your body's natural defense system spot and destroy hidden cancer cells.

How It Works and the Options Available

Cancer cells are experts at hiding from your immune system. Immunotherapy unmasks these cells so your body can attack them safely.

* Immune Checkpoint Inhibitors: These act like switches. Cancer cells often turn "off" your immune system's ability to fight. These medicines flip the switch back "on" so your body can attack the tumor.

* CAR T-Cell Therapy: This is a highly personalized treatment. Doctors take your own defense cells, supercharge them in a lab to target your specific cancer, and put them back into your body to fight the disease.

Important Things Every Patient Should Know

- **Not for everyone:** Suitability depends on cancer type, stage and overall health.
- **Possible side effects:** Immunotherapy can cause inflammation in healthy organs. Report any new symptoms to your doctor.
- **Combination therapy:** It may be used alone or alongside chemotherapy, surgery or radiation.

Next Steps: Consult your oncologist to understand whether immunotherapy is suitable for your cancer type and stage, and which treatment options are available.

Festivals, Family and Cancer Care: What Patients Should Keep in Mind This Winter

Winter festivals are a time for family, togetherness and celebration. For people undergoing cancer treatment, a little extra care can help them enjoy these moments while prioritising their health and comfort.

How Can Patients Balance Festivities and Cancer Care?

Cancer treatment may affect energy levels, immunity and appetite. Simple precautions can help patients feel more comfortable during the festive season.

Here are a few things to keep in mind:

Follow Your Treatment Schedule: Avoid postponing appointments, medicines or treatment sessions for celebrations without consulting your doctor.

Take Care of Your Immunity: Wash your hands regularly, maintain good hygiene and avoid close contact with people who are unwell, especially if your immunity is low.

Choose Nutritious Foods: Enjoy festive meals in moderation and include balanced, freshly prepared foods that suit your treatment needs.

Listen to Your Body: Rest when needed and avoid overexertion. It is perfectly fine to celebrate at your own pace.

Stay Connected with Loved Ones: Emotional support from family and friends can help patients feel encouraged and less isolated during treatment.

Takeaway

Festivals can still be meaningful during cancer treatment. With thoughtful planning, family support and guidance from your healthcare team, patients can celebrate in ways that prioritise their well-being.



Sudden Headache, Dizziness or Weakness? Know When to Seek Emergency Care



Dr. Namita Kaul
Director
Neurology

A sudden headache, dizziness or unexpected weakness may sometimes indicate a serious health problem. Recognising warning signs early and seeking timely medical care can make an important difference.

When Should You Be Concerned?

While headaches and dizziness can have several causes, symptoms that appear suddenly or feel unusual should not be ignored.

Watch out for these warning signs:

Sudden, Severe Headache: A sudden, extremely intense headache may indicate bleeding in or around the brain and requires immediate medical attention.

Dizziness or Loss of Balance: Sudden dizziness, difficulty walking or loss of coordination may be signs of a stroke, especially when accompanied by other symptoms.

Weakness or Numbness: Sudden weakness or numbness affecting the face, arm or leg, particularly on one side of the body, needs urgent evaluation.

Speech or Vision Changes: Difficulty speaking, confusion or sudden changes in vision can also be warning signs of a stroke.

What Should You Do?

If these symptoms appear suddenly, seek emergency medical help immediately. Do not wait for symptoms to improve or attempt to drive yourself. Even if the symptoms disappear after a few minutes, medical evaluation is essential.

Takeaway

Not every headache or episode of dizziness signals an emergency, but sudden neurological symptoms deserve prompt attention. Recognising the signs and acting quickly can help protect brain health and improve the chances of recovery.

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