

Medanta
Noida

INAUGURAL
EDITION



COMMUNITY
NEWSLETTER

★★★★★

WORLD'S
BEST
HOSPITALS
2025

Newsweek

POWERED BY
statista

Sehat
ki baat

medanta

मेदांता



Scan for directions

Season's Message



Table of Contents



Early Warning Signs of Dengue



When Back Pain is More Than Just Muscle Strain



5 Ways to Improve Your Brain Health



Busting Myths About Heart Disease in Women



What to do When Medication Isn't Enough for High BP?



Breast Cancer's Silent Call - Will You Answer?



Myths About Radiation in Breast Cancer



Obstructive Jaundice: Recognising Early Symptoms



Is Your Prostate Health at Risk?



Joint Replacements: An Answer to Aging Joints



Eat Well, Live Well Recipe: Masala Omelette Cups

From the Editor's Desk

Dear Readers,

It is a moment of pride to present the launch edition of Sehat Ki Baat – Noida. This magazine is not just about healthcare, but about building a healthier community together. Our vision is to bring trusted medical knowledge closer to every family in Noida – with simple, practical, and relevant guidance.

From prevention and lifestyle tips to expert updates on modern treatments, each edition will be crafted with your well-being in mind. We look forward to making Sehat Ki Baat your companion on the journey to better health.

Warm regards,

Dr. Girish Chandra Vaishnava

Director,
Internal Medicine
Medanta Noida



Spot the Sting:

Early Warning Signs of Dengue You Shouldn't Ignore

Dengue is a viral infection transmitted by mosquitoes, causing acute febrile illness like symptoms that can sometimes escalate into severe complications.



High fever
(often sudden)



Joint and
muscle pain



Severe headache,
especially behind
the eyes



Skin rash
appearing a few
days after fever



Nausea
and vomiting



Mild
bleeding

Early recognition of dengue symptoms is key to timely care and preventing complications.



Health Education

When Back Pain is More Than Just Muscle Strain

Back pain is something almost everyone experiences at some point, and in most cases it comes from simple causes like muscle strain, poor posture, or long hours of sitting. However, sometimes back pain can be a signal of something more serious. Knowing the warning signs can help you seek the right care at the right time.

One red flag is back pain with fever or unexplained weight loss, which may point to an infection or in rare cases, even cancer. Another important sign is weakness, tingling, or numbness in the legs. This suggests that nerves in the spine might be under pressure.

If you ever experience loss of bladder or bowel control, it could indicate a condition called cauda equina syndrome - a medical emergency requiring urgent attention. Similarly, back pain that gets worse at night or steadily increases over weeks is different from ordinary muscle strain and should be evaluated.

In addition, persistent back pain that does not improve with rest or basic remedies should not be ignored. Sometimes, underlying conditions such as slipped discs, spinal stenosis, or even osteoporosis can cause chronic discomfort that requires medical intervention. Early detection of these problems often means easier treatment and better long-term outcomes.

It's also important to pay attention to your lifestyle and daily habits. Being overweight, smoking, or having a sedentary routine can all increase the risk of serious spinal issues. Making small adjustments - such as improving posture, exercising regularly, and strengthening core muscles - can help prevent complications and reduce the frequency of flare-ups.

Finally, if your pain began after a fall or accident, spinal fractures need to be ruled out immediately.

While most back pain is not dangerous, ignoring these warning signs can lead to long-term problems. If you notice any of them, don't delay - see a doctor early to protect your health and mobility.

5 Ways To Improve Your Brain Health and Lower Your Risk of Dementia

Keeping your body and mind active has been proven to lower the risks of Alzheimer's disease and other types of dementia. Here's how you can do that:

Get a move on!

Research shows that regular physical activity is one of the key preventive measures for halting the rapid ageing of brain and helps keep you mentally sharp by increasing blood flow and oxygen to your brain. Walk, run or swim and stick to an active lifestyle.

Control of underlying diseases

Especially lipids, sugars, and blood pressure. Remember sugar is toxic for the brain.

Play games (they're not just for kids)

Games like crossword puzzles, Sudoku, board games and card games can result in improvements in memory, reasoning or speed of processing.

Just breathe

Not only can meditation change the structure of your brain, but it can also change your life. You may notice better concentration, sounder sleep and improved mood.

Try new things

Learn a new hobby or skill. Maybe try taking a class. Pushing your brain to learn new things creates new pathways in your brain and keeps your mind sharp.

Stay connected

Staying socially connected and interacting with people supports your brain function as well as improves your mood.

By staying physically, mentally and socially active, you can improve your brain health, regardless of your age.



Dr. Manish Vaish

Director and Head,
Neurosurgery

Dr. Namita Kaul

Director,
Neurology





Health Education

Women and Heart Health: Busting The Myth

Myth 1 - Heart disease is a man's problem.

Fact- Cardiovascular disease is the leading cause of death among women, regardless of race or ethnicity. In fact, it is the number one killer of women worldwide.

Myth 2 - If you're young, you're safe from having a heart attack.

Fact- In modern, busy professional life, consumption of fast food, lack of regular exercise, inadequate sleep, mental stress, and rising rates of alcohol consumption and smoking are increasingly common.

Additionally, women often experience heightened stress due to multiple responsibilities. All of these factors are important risk contributors to cardiovascular disease in young females.

Myth 3 - I can't have heart attack without severe chest pain

Fact- Sixty-four percent of women who die suddenly of coronary heart disease had no previous symptoms. Because these symptoms vary greatly between men and women, they're often misunderstood. Instead of sudden chest pain, most women are more likely to experience shortness of breath, nausea/vomiting and back or jaw pain. Other symptoms include dizziness, feeling lightheaded and extreme fatigue.

Myth 4 - You can't do anything to stop heart disease.

Fact- Yes, you can! Be active, minimum of 30-40 minutes of physical activity on most days of the week. Maintain a healthy weight, women with excess body fat are at a higher risk of heart disease.

Don't smoke, eat well-fruits, vegetables, fiber-rich whole - grains and fish, cut back on saturated and trans fats and added sugars. Keep cholesterol levels, glucose and blood pressure under control.

Don't be shy about seeking medical help if you're at high risk for heart disease or have symptoms. Prevention and management of cardiovascular disease in women begin with awareness of the problem.

High Blood Pressure? What To Do When Medication Isn't Enough

Resistant hypertension occurs when your blood pressure remains high despite taking three medications (including a diuretic) at their maximum tolerated doses.

Possible Causes

- ✓ Lifestyle factors: High salt intake, alcohol, smoking, lack of exercise, obesity
- ✓ Other medications: NSAIDs (like ibuprofen), oral contraceptives, decongestants
- ✓ Sleep apnea: May require a sleep study
- ✓ Underlying conditions: Hormonal or vascular issues

What You Can Do

- ✓ Take medications correctly and on schedule
- ✓ Talk to your doctor about any side effects before stopping medications
- ✓ Reduce salt to under 4 g/day
- ✓ Follow the DASH diet: Rich in fruits, veggies, whole grains, and lean proteins
- ✓ Exercise regularly: even light activity helps
- ✓ Cut down on processed foods (high in sodium)
- ✓ Limit alcohol intake

Newer Treatment Options - In select cases, advanced procedures like renal denervation (a minimally invasive technique that targets overactive kidney nerves) are now available

Managing resistant hypertension takes effort, but these steps can significantly lower your risk of heart attack and stroke.



Dr. Amit Kumar Malik

Director,
Electrophysiology and
Interventional Cardiology



Dr. Parneesh Arora

Director,
Interventional Cardiology



Health
Education



Breast Cancer's Silent Call —Will You Answer?

Breast cancer is the **fastest growing cancers in Indian women**, affecting nearly **1 in 28** women in their lifetime. Sadly, about **75% of breast cancer cases in India are diagnosed at advanced stages**, when treatment becomes more difficult and outcomes poorer. In contrast, countries in the West catch most breast cancers early through regular screenings, dramatically improving survival rates.

Many women in India dismiss subtle signs - a small lump, skin dimpling, nipple changes - thinking they're normal or feeling hesitant to speak up. These are not just symptoms; they are silent warnings from your body. Listening early can save your life.

Early detection changes everything. When breast cancer is caught early, treatment is more effective, less invasive, and survival rates soar.

This **Breast Cancer Awareness Month**, we urge you to become your own health advocate.

- **Perform a breast self-examination once every month** - knowing your body's normal helps you spot changes quickly.
- **Attend your mammogram screenings regularly, especially after 40**, and encourage your loved ones to do the same.

Speak up, seek help, and spread awareness. India now has world-class healthcare facilities, and early diagnosis can save not just your life, but entire families.

Awareness is strength. Action is everything.

Book your screening today - because early means everything.

Common Myths About Radiation In Carcinoma Breast

Breast cancer needs multi modality treatment (surgery, chemotherapy, radiation therapy). radiation therapy is an integral part of breast cancer treatment. There are many misconceptions about it.

This article aims to clear some most common myths about radiation and to help you understand it better.

Myth 1 - Radiation causes radiation induced cancer.

Fact- Risk of developing radiation induced cancer after radiation is generally very minimal. after advancement in radiation techniques, while treating the targeted cancer cells effectively we can spare the surrounding normal healthy tissues from radiation. So benefits of giving radiation outweigh the risk of developing radiation induced cancers.

Myth 2 - Radiation therapy leads to hair loss.

Fact- Radiation is a localized treatment modality. Like, patients receiving breast radiation may experience some hair loss in local armpit area not over scalp.

Patients receiving radiation to head region may have slight hair loss but now scalp sparing radiation is possible so its chances are very minimal.

Myth 3 - Radiation burns the skin.

Fact- Radiation does not cause skin burn, but it can cause redness, tanning and sometime slight peeling of skin in local irradiated area. But its chances and severity varies person to person. If it appears, they are temporary and resolved after radiation completion

Myth 4 - By radiation patient become radioactive.

Fact- Radiation therapy does not make patient radioactive. It is not retained in body after every treatment session. After completion of radiation treatment session, patient can live her/his normal life with loved ones.

Myth 5 - Radiation procedure is painful.

Fact- Radiation itself is absolutely painless procedure. Nobody feels pain or heat while being treated. But patient can have skin changes and throat ulcer as a consequence of radiation which can cause some pain but this is temporary and resolved after radiation completion.



Dr. Mallika Dhanda

Consultant,
Breast Cancer

Dr. Deepak Kumar Mittal

Director,
Radiation Oncology





Health Education



Obstructive Jaundice: Recognising Early Symptoms

Yellow discolouration of the eyes and urine - commonly known as "jaundice" - is a result of an increase in the levels of bilirubin in the blood.

The most common cause of jaundice is infection of the liver, often due to viruses - a condition known as hepatitis.

However, jaundice may also result from a blockage (obstruction) to the flow of bile from the liver to the intestine - known as obstructive jaundice.

Common Causes of Obstructive Jaundice

- Stones in the bile duct
- Cancer of the gallbladder
- Cancer of the bile duct
- Cancer of the Pancreas
- Rare causes - Cysts/ Infections/ Worms in the bile ducts

Do Not Ignore

- Increasing yellow discolouration of the eyes and urine
- Fever with chills
- Persistent pain in the mid and upper abdomen
- Unexplained loss of appetite and weight
- Persistent itching all over the body
- Light (clay-coloured) stool
- Newly diagnosed diabetes or existing diabetes that is becoming more difficult to control

Important Investigations

- Ultrasound of the abdomen
- MRI or CT scan
- Blood tests such as liver function test (LFTs).

Contact your doctor immediately for an early diagnosis and treatment.

Is Your Prostate Health at Risk? Signs to Watch For

Prostate Cancer is the second most common cancer in men in India. Although early-stage prostate cancer rarely causes symptoms, there are some warning signs you should keep in mind:

Painful or burning urination

You might feel pain or a burning sensation when you urinate.

Frequent urination

You might need to urinate more frequently, especially at night.

Blood in the urine or semen

You might notice blood in your urine or semen.

Difficulty starting or stopping urination

You might have trouble starting or stopping urination.

The most common risk factors include:

Age- Your risk increases as you get older. About 60% of prostate cancers occur in people older than 65.

Family History- You're 2-3 times more likely to get prostate cancer if a close family member has it.

Lifestyle- Factors such as smoking, obesity (BMI >30), and sexually transmitted infections (STIs) can increase your risk.

Screenings can help catch prostate cancer early. Speak to your doctor about screening, they will guide you according to your risk factors. Early detection saves lives.



Dr. Deepak Govil
Director,
GI Surgery, GI Oncology
and Bariatric Surgery



Dr. Vivek Tandon
Director,
GI Surgery, GI Oncology
and Bariatric Surgery

Dr. Dushyant Nadar

Director,
Urology



Healing Moments



Joint Replacements: An Answer to Aging Joints

Who says having arthritic joints means you have to stop being active? This doesn't have to be the case! With the right treatment and guidance, many people are able to get back to walking, exercising, and enjoying their favourite activities without constant pain holding them back. Modern medicine offers advanced solutions that don't just manage symptoms but truly restore quality of life.

Hip and knee replacements are among the most successful and satisfying surgical procedures for patients worldwide. They are designed to relieve pain, correct deformities, and restore mobility so individuals can move with confidence again. Thanks to advances in surgical techniques, anaesthesia and implant technology, recovery times are shorter and outcomes are better than ever before. With due attention to safety and accuracy, surgeons can minimize complications and help patients regain independence, often returning them to an active lifestyle they once thought was lost.

Advancements in Joint Replacement

Computer "navigation" during surgery: This allows surgeons to be more precise in placing implants, which can be rotated and aligned in various ways.

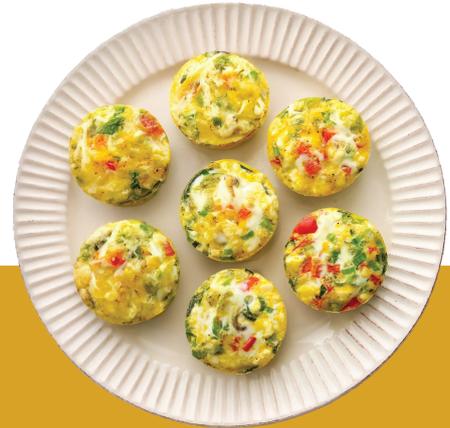
Robotic-assisted surgery: Preoperative imaging and intra-operative navigation with robotic assistance acts to improve the accuracy of implant placement and preserves soft tissue.

Improvements in the quality of joints: Advances in prosthetic design and biomaterials are improving motion as well as the longevity of these joints. This means they are lighter and stronger and also last longer than joints of the past.

Advance imaging: Highly accurate CT and MRI images helps a surgeon know exactly how and where to make a cut.

Overall, joint replacement surgery significantly enhances the quality of life of an individual and gives them a positive outlook for life.

Eat Well, Live Well Recipe



Masala Omelette Cups

Ingredients :

- 4 eggs
- ¼ cup each chopped onions & tomatoes
- 1 chopped green chili (adjust to taste)
- 2 tbsp chopped cilantro
- ¼ tsp turmeric
- ¼ tsp red chili powder (optional)
- Salt to taste

Instructions :

- Whisk eggs until frothy, mix in veggies, spices, and salt.
- Pour into lightly greased ramekins or silicone cups (¾ full).
- Air-fry or bake at 350°F (180°C) for 8-10 mins until set and golden.
- Garnish with cilantro or cheese (optional).

To subscribe to this newsletter,

Send 'Hi' to



Give Us Your Valuable Feedback at
muskan.chauhan@medanta.org



Dr. Sanjay Gupta

Director,
Orthopaedics



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.