



Sehat ki baat

**IS YOUR
HEART READY
FOR FESTIVE
SEASON?**

**BREAST
CANCER**

CHANGES
BEYOND A LUMP
YOU SHOULD
NOT IGNORE



Season's Message



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From The Editor's Desk

Dear Readers,

Welcome to the October edition! As the festive season approaches, this is a time for celebrations, family gatherings, and travel. Amid the festivities, taking a moment to prioritise your health can help you enjoy the season with greater peace of mind.

This edition brings expert insights on **seasonal health and festive heart health**, including when fever and fatigue may need medical attention and how **Lp(a), LDL and triglycerides** can influence cardiac risk. We also explore important aspects of women's health, childhood immunity, mental wellbeing, spine health, cancer awareness, and bone and joint care.

As surgical care continues to evolve, **Medanta Noida** is doing **Advanced Robotic Surgeries**, powered by its clinical expertise. Robotic procedures are available across multiple specialties, including **Urology, Gynae, Thoracic, Cancer, Head & Neck, General & GI, and Knee Replacement surgeries**, with a focus on precision and patient-centred surgical care.

As you prepare to celebrate with your loved ones, let health be an important part of your festive preparations too.

Stay informed, stay prepared, and celebrate the season with good health.

Dr. G.C. Vaishnava
Director,
Internal Medicine



Get Festive-Ready: 5 Simple Health Reminders

As the festive season approaches, a little preparation can help you enjoy the celebrations while staying on track with your health:

- ➔ **Plan balanced meals:** Make room for festive treats alongside nutritious, home-cooked options.
- ➔ **Stay hydrated:** Keep water intake up, especially during travel and busy days.
- ➔ **Keep moving:** Maintain your daily walks or regular activity before the festivities begin.
- ➔ **Protect your sleep:** Try to maintain a consistent sleep routine as your social calendar fills up.

Season's Special



Dr. G.C. Vaishnava

Director,
Internal Medicine



Dr. Amit Kumar Malik

DM Cardiology
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It is Fever, Fatigue or Just a Seasonal Slump?

Seasonal changes can bring tiredness, body aches and fever. But assuming every episode is “just viral” can sometimes delay the right treatment.

When Is It More Than a Seasonal Illness?

A short-lived fever with symptoms such as a runny nose, sore throat or body ache may settle with appropriate rest and care. However, symptoms that persist, recur or worsen deserve closer attention.

Avoid Treating the Fever Alone

Antibiotics do not treat viral infections and should not be started simply because a fever continues. The cause of the fever needs to be established before treatment is chosen.

The Key Takeaway

Look at the duration, pattern and accompanying symptoms, rather than assuming every seasonal illness is harmless.

Watch for

Fever lasting several days

Repeated unexplained fever

Persistent fatigue or weakness

Fever with breathlessness or confusion

Why it matters

May need evaluation

Needs assessment for an underlying cause

May have causes beyond an infection

Requires prompt medical attention

WHEN TO SEEK HELP: Persistent fever, unexplained weight loss, significant weakness, breathing difficulty or recurrent episodes should be medically assessed.

Is Your Heart Ready for Festive Season?

Festive eating often means richer foods and more sweets. But cardiovascular risk is influenced by much more than what you eat during a few celebrations.

Three Blood Markers, Different Roles

LDL cholesterol contributes to plaque formation in arteries and is an important target in cardiovascular prevention.

Triglycerides are another type of blood fat. Persistently high levels can occur with diabetes, obesity, excess alcohol intake and metabolic problems.

Lipoprotein(a), or Lp(a), is different. It is largely genetically determined and is not routinely included in a standard lipid profile.

Why Does Lp(a) Matter?

A person can have acceptable routine cholesterol results and still have elevated Lp(a). This can be particularly relevant when there is a family history of early heart attack or stroke.

Look Beyond One Number

Heart risk is best assessed by considering LDL, Lp(a), triglycerides, blood pressure, diabetes, smoking, family history and overall cardiovascular risk.

WORTH DISCUSSING WITH YOUR DOCTOR: Lp(a) is generally measured once because levels are largely genetically determined.



Mother and Child Health



Dr. Priya Bansal

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Paediatric Care



Menopause: When Should Women Consider Screening?

Is a Hormone Test Always Needed?

Not necessarily. In women over 45 with typical changes in periods and symptoms, menopause can often be identified from the clinical history. Routine hormone testing is not required for everyone.

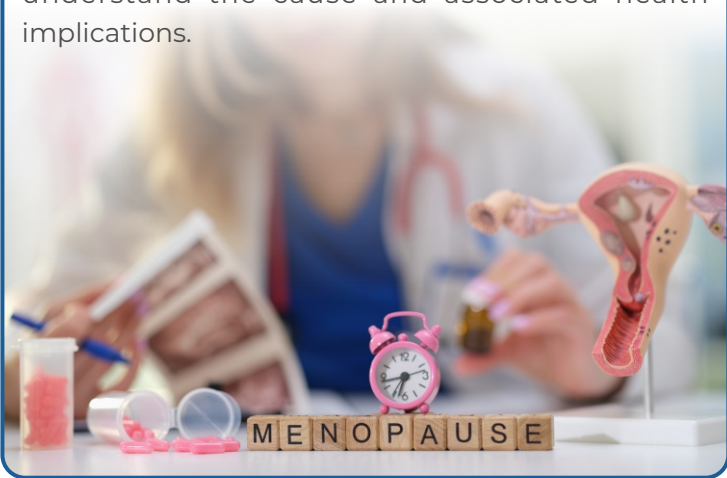
Symptoms That Need Assessment

Do not automatically attribute the following to menopause: very heavy or unusual bleeding, bleeding between periods, bleeding after intercourse, any bleeding after menopause, or symptoms that are severe or significantly affecting daily life. These may require further evaluation.

Think Beyond Hot Flashes

The years around menopause can also bring changes in bone health, blood pressure, cholesterol, blood sugar, sleep and body composition.

Women who experience menopause unusually early may need a different assessment to understand the cause and associated health implications.



KEY MESSAGE: Screening should be individualised according to age, symptoms, family history and personal risk factors.

Is Your Child's Immunity Really Weak? Separating Fact from Fiction

A child who frequently catches a cold is not necessarily a child with “weak immunity”.

Why Do Children Get So Many Infections?

Young children are exposed to many new viruses and bacteria, particularly when they start school or nursery. Several minor respiratory or stomach infections can therefore occur during childhood. What matters is how severe the infections are and how the child recovers.

What to Watch for	
Pattern	Possible concern
Repeated severe infections	Needs assessment
Unusual or difficult-to-treat infections	May need further evaluation
Repeated hospital admissions	Requires closer review
Poor weight gain or growth	Important warning sign

When Should Parents Be Concerned?

Doctors may investigate further when a child has repeated severe infections, unusual or difficult-to-treat infections, repeated hospital admissions, or poor weight gain or growth.

Do Children Need “Immunity Boosters”?

Usually, no. A balanced diet, adequate sleep, vaccinations, physical activity and good hygiene support normal immune development. Supplements should generally be used when a deficiency is identified or recommended by a doctor.

REMEMBER: Frequent infections alone do not prove that immunity is weak.

Brain Health



Dr. Namita Kaul

Director
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When Stress Starts Affecting Sleep, Work and Relationships

Stress is a normal response to pressure. It becomes a concern when it begins to change how we sleep, work, think and relate to others.

When Does Everyday Stress Become a Problem?

Watch for difficulty falling or staying asleep, constant worry or feeling “on edge”, irritability or withdrawal, poor concentration, changes in appetite or energy, and losing interest in activities you normally enjoy.

Look at Function, Not Just Feelings

One important warning sign is reduced day-to-day functioning. If stress begins affecting work performance, family relationships, social activities or sleep over a prolonged period, it deserves attention.

Stress Is Not Always Solved by “Staying Positive”

Regular physical activity, adequate sleep, social connection, realistic boundaries and planned breaks can help. But persistent anxiety, low mood, panic symptoms or significant changes in behaviour may require professional support.

KEY TAKEAWAY: The goal is not to eliminate every stressful situation. It is to recognise when stress has started affecting your ability to function and recover.



Dr. Manish Vaish

Director & Head
Neurosciences



Back Pain, Sciatica or Nerve Compression? Listen to your Spine

Back pain is common, but the way the pain behaves can provide important clues about its cause.

Is It Ordinary Back Pain or Sciatica?

Back pain may arise from muscles, joints, discs or other structures.

Sciatica typically causes pain travelling from the lower back or buttock into the leg along the path of a nerve. Tingling, numbness or weakness may also occur.

A disc problem can sometimes compress a nerve. However, this does not automatically mean surgery is required.

Know the Warning Signs

Progressive leg weakness, numbness around the inner thighs or genital area, loss of bladder or bowel control, or severe pain after significant trauma require urgent medical assessment.

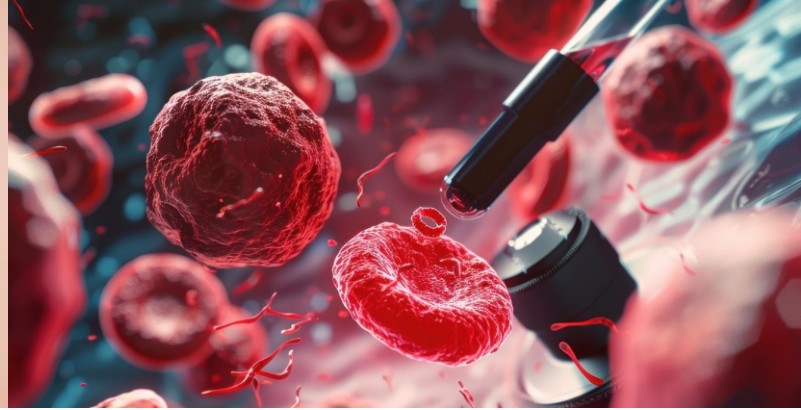
Symptom	What to do
→ Persistent or worsening pain	→ Arrange a medical assessment
→ Progressive leg weakness	→ Seek prompt evaluation
→ Numbness around the inner thighs/genital area	→ Urgent medical attention
→ Loss of bladder or bowel control	→ Seek emergency care

Does Every Backache Need an MRI?

No. Imaging is not automatically required for every episode of back pain. It is generally considered when symptoms persist, the examination suggests a specific problem or warning signs are present.

KEY MESSAGE: Understanding whether pain is mechanical or nerve-related helps ensure the right treatment at the right time.

Cancer Care



Dr. V. Seenu

Director
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Haemato Oncology



Breast Cancer: Changes Beyond a Lump You Should Not Ignore

A breast problem does not always begin with a clearly felt lump. Recognising other persistent changes can encourage timely evaluation.

➔ What Else Should You Look For?

Pay attention to a new and persistent change in breast size or shape, skin dimpling or thickening, persistent redness, a newly inverted nipple, unusual nipple discharge, or a lump in the breast or underarm.

➔ Does Every Change Mean Cancer?

No. Hormonal changes, cysts, infections and several benign breast conditions can cause similar symptoms.

The important point is not to self-diagnose. A new or persistent change should be assessed so that its cause can be established.

➔ Screening and Symptoms Are Not the Same

A normal screening examination does not mean that a new symptom should be ignored. Screening is designed for people without symptoms, while a new breast change may require diagnostic assessment.



REMEMBER: Knowing what is normal for you makes it easier to notice a meaningful change.

Blood Cancer: Separating Myths from Facts

“Blood cancer” is not one disease. It includes different conditions such as leukaemia, lymphoma and myeloma, each with different characteristics and treatments.

Myth Vs Fact

✗ **Myth: It Always Causes Obvious Symptoms**

✓ **FACT:** Some blood disorders may initially cause subtle or non-specific symptoms such as persistent unexplained tiredness, recurrent infections, unusual bruising, prolonged fever, night sweats or unexplained weight loss.

However, these symptoms are much more commonly caused by conditions other than blood cancer.

✗ **Myth: An Abnormal Blood Test Means Blood Cancer**

✓ **FACT:** An abnormal blood count has many possible causes. Doctors interpret blood results alongside symptoms, examination findings and, where required, further investigations.

✗ **Myth: Blood Cancer Is Always Inherited**

✓ **FACT:** Most blood cancers are not directly inherited. Some rare inherited conditions can increase susceptibility, but having an affected relative does not automatically mean a person will develop the disease.

THE RIGHT APPROACH: Don't panic over a single symptom or blood report — but don't ignore persistent, unexplained changes either.



Morning Stiffness and Persistent Joint Pain; When to See a Specialist

Joint pain is common with increasing age, but the duration and pattern of morning stiffness can provide useful clues.

What Does Morning Stiffness Tell You?

Stiffness lasting only a few minutes and improving quickly with movement may occur with osteoarthritis and other mechanical joint problems.

Longer-lasting stiffness, particularly when several joints are involved or there is swelling, may point towards an inflammatory joint condition.

Don't Simply Blame It on Age

Persistent pain, swelling or reduced movement is not something a person has to accept simply because they are getting older.

A specialist assessment can help distinguish between wear and tear, inflammation, injury and other causes, allowing treatment to be tailored accordingly.



Dr. Sanjay Gupta

Director,
Orthopaedics



Symptom	Why it matters
Morning stiffness lasting a long time	May indicate inflammation
Persistent joint swelling	Needs assessment
Warmth or redness around a joint	Could indicate inflammation or infection
Difficulty walking or using the hands	Suggests functional impact
Pain affecting sleep	Should not be ignored

KEY TAKEAWAY: The earlier the cause is identified, the easier it may be to protect movement, function and independence.

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