


## 1. India Expands Adult Vaccination Focus


- Health experts are increasingly emphasizing **adult immunization** (influenza, pneumococcal, HPV).
- Shift from traditional **child-only vaccination** → **life-course immunization approach**

 **Clinical Insight:** Opportunity to integrate vaccination into routine adult OPD practice.

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## 2. Dengue Preparedness Intensifies Before Monsoon

- States strengthening:
  - Surveillance systems
  - Rapid diagnostic capacity
  - Vector control programs

 **Doctor Alert:** Early diagnosis and fluid management remain key to reducing mortality.

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## 3. Rising Thyroid Disorders in Urban Population

- Increasing detection of:
  - Hypothyroidism
  - Subclinical thyroid disorders
- Linked to lifestyle, stress, and improved screening

 **Trend:** More incidental diagnosis → need for rational treatment decisions.

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## 4. Cardiovascular Risk Rising in Young Adults

- Reports indicate **increasing heart disease incidence in <40 age group**
- Contributing factors:
  - Sedentary lifestyle
  - Stress
  - Metabolic syndrome

 **Clinical Reminder:** Early screening (BP, lipids, glucose) is critical.

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## 5. Heatwave Impact Continues Across India

- Hospitals reporting ongoing surge in:
  - Heat exhaustion
  - Dehydration
  - Electrolyte imbalance

 **High-Risk Groups:** Elderly, diabetics, cardiac patients.

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## 6. Mental Health Consultations Increasing

- Rise in:
  - Anxiety disorders
  - Sleep disturbances
  - Work-related stress

 **Insight:** Mental health becoming a routine part of clinical practice.