


1. Seasonal Viral Fever Cases Increasing

- Hospitals in several regions reporting rise in:
 - Viral fever
 - Upper respiratory infections
 - Flu-like illness


 **Clinical Alert:** Differentiate early from dengue, malaria, and heat-related illness.

2. Focus on Preventive Cardiology Growing

- Experts stressing:
 - Early lipid screening
 - Lifestyle modification
 - Routine cardiovascular risk assessment


 **Trend:** Shift toward prevention before symptomatic heart disease develops.

3. Increase in Prediabetes Detection

- More patients being diagnosed during routine screening programs
 -  **Clinical Insight:** Early intervention may delay progression to Type 2 Diabetes Mellitus

4. Heatwave Causing Sleep & Fatigue Complaints

- OPDs seeing increase in:
 - Fatigue
 - Sleep disturbance
 - Headache related to extreme heat

 **Doctor Reminder:** Hydration and sleep counselling becoming important seasonal advice.

5. Public Hospitals Expanding Critical Care Capacity

- Several government hospitals adding:
 - ICU beds
 - Emergency stabilization units
 - Oxygen support systems

 **Impact:** Strengthening acute-care readiness before monsoon season.

6. Digital Health Consultations Continue to Rise

- Growth seen in:
 - Telemedicine follow-ups
 - Remote chronic disease management

 **Insight:** Hybrid care model becoming routine clinical practice.