


1. Early Mosquito Breeding Hotspots Identified

- Municipal health teams have intensified:
 - Larval surveillance
 - Fogging operations
 - Water stagnation monitoring

 **Public Health Alert:** Early vector control may reduce dengue surge during monsoon.

2. Young Adults Showing Rising Metabolic Risk

- Physicians report increasing cases of:
 - Obesity
 - Prediabetes
 - Early hypertension in <40 age group

 **Clinical Insight:** Lifestyle-driven cardiometabolic disease continues to rise.

3. Medication Non-Adherence Remains a Major Challenge

- Common reasons identified:
 - Forgetfulness
 - Cost burden
 - Symptom-free chronic diseases

 **Doctor Reminder:** Patient counselling remains critical in long-term disease control.

4. Heatwave Triggering Migraine & Headache OPD Visits

- Neurology and general medicine OPDs reporting more:
 - Migraine exacerbations
 - Dehydration headaches
 - Fatigue syndromes

👉 **Clinical Relevance:** Hydration and electrolyte balance counselling important during extreme heat.

5. Increase in Screen-Related Eye Strain Cases

- Ophthalmologists observing rise in:
 - Digital eye strain
 - Dry eye symptoms
 - Sleep disruption linked to prolonged screen exposure

👉 **Trend:** Digital lifestyle effects becoming more visible in routine practice.

6. Hospitals Strengthening Monsoon Preparedness

- Preparations underway for:
 - Seasonal infectious diseases
 - Emergency medicine stocking
 - ICU readiness

👉 **Impact:** Hospitals shifting from seasonal reaction → anticipatory preparedness.