


1. Rise in Acute Gastroenteritis Cases Before Monsoon

- Hospitals in several regions are reporting increasing:
 - Gastroenteritis
 - Food- and water-borne infections

 **Clinical Alert:** Reinforce safe hydration, sanitation, and early electrolyte management.

2. Increasing Focus on Preventive Cardiac Screening

- Experts are recommending:
 - Earlier lipid profiling
 - Routine ECG in high-risk individuals
 - Aggressive lifestyle counselling

 **Trend:** Cardiovascular prevention shifting toward younger adults.

3. Adult Immunization Awareness Slowly Improving

- Physicians encouraging vaccines for:
 - Influenza
 - Pneumococcal disease
 - HPV in eligible groups

 **Public Health Insight:** Adult vaccination still remains underutilized.

4. Heatwave Linked to Higher Renal Stress Cases

- Nephrologists observing more:
 - Dehydration-induced AKI
 - Electrolyte imbalance
 - Kidney stress in elderly patients

👉 **Doctor Reminder:** High-risk patients need hydration counselling during extreme temperatures.

🧠 5. Anxiety & Burnout Complaints Increasing in Urban Population

- Clinics seeing rise in:
 - Stress-related insomnia
 - Fatigue
 - Anxiety symptoms

👉 **Insight:** Mental health burden increasingly overlapping with lifestyle disorders.

🏥 6. Hospitals Expanding Emergency Stock Preparedness

- Facilities increasing reserves of:
 - IV fluids
 - ORS
 - Emergency medications ahead of monsoon season

👉 **Impact:** Focus on avoiding seasonal shortages and emergency overload.