

1. Lifestyle illnesses now major cause of death in Telangana

- A new report from **Telangana** shows **lifestyle diseases** — especially **heart disease, hypertension, and stroke** — account for nearly **42% of medically certified deaths** in the state. Experts say this highlights rising risk factors like poor diet, sedentary habits, smoking and stress, and calls for stronger preventive health programs.

2. Health insurance claims up for kidney & heart treatments

- Under **Tamil Nadu's Chief Minister's Health Insurance Scheme**, **kidney and heart treatments** (including dialysis, angioplasty and bypass surgery) are now among the top claimed procedures. Coverage and premium limits have been increased to benefit over **1.45 crore families** with more procedures included.

3. Weekly menopause clinics launch in Pune government hospitals

- **Pune** health authorities are launching **weekly menopause clinics** in government hospitals to address both physical and mental health concerns around menopause. Services will include medical care, lifestyle guidance and counselling, aiming to reduce barriers women face in seeking care.

4. Former Vice-President Dhankhar hospitalized

- **Ex-Vice President Jagdeep Dhankhar** has been admitted to **AIIMS Delhi** after experiencing fainting spells. He is undergoing further evaluation including MRI scans.

5. Advanced cardiac care evolving in India

- **BM Birla Heart Hospital** is enhancing integrated cardiac care with minimally invasive procedures and technology-enhanced diagnostics to

improve outcomes for heart disease patients.

6. Indian Navy medical camp in Lakshadweep

- The **Indian Navy** continues preparations for a **Joint Services Multi-Speciality Medical Camp** in **Lakshadweep** from *12–16 January 2026*, bringing free specialist healthcare services to remote island communities.

Other important health news & context

- **ICMR warns lung cancer cases may rise by 2030** — highlighting tobacco control and air pollution mitigation importance.
- **National Medical Commission updates MBBS seat recognition policy**, and Supreme Court strikes down sports quota expansion for MBBS/BDS admissions in Punjab for fairness concerns.
- **Asian Thalassemia Conclave (10–11 Jan)** in Hyderabad will focus on coordinated strategies to reduce thalassemia births and improve screening and care.