

1. Pre-Monsoon Dengue Surveillance Intensifies

- Health departments scaling up:
 - Fever surveillance
 - Rapid diagnostic availability
 - Community mosquito-control drives

👉 **Clinical Alert:** Early case detection will be key to preventing severe dengue.

🌧️ 2. Monsoon-Linked Waterborne Disease Preparedness Begins

- Hospitals preparing for expected rise in:
 - Acute gastroenteritis
 - Typhoid
 - Hepatitis A/E

👉 **Doctor Reminder:** Safe water and hygiene counselling becomes more important.

❤️ 3. Obesity Emerging as Major OPD Concern

- Increasing consultations for:
 - Weight management
 - Associated metabolic syndrome
 - Early lifestyle disease prevention

👉 **Trend:** Obesity now recognized as a central chronic disease driver.

🌡️ 4. Heatwave Fatigue and Syncope Cases Continue

- Emergency departments still reporting:
 - Heat exhaustion
 - Dizziness/syncope
 - Dehydration-related weakness

👉 **Clinical Insight:** Heat illness remains an active burden despite monsoon approach.

🧠 5. Sleep Deprivation Linked to Rising OPD Complaints

- More patients reporting:
 - Poor sleep quality
 - Daytime fatigue
 - Mood changes

👉 **Public Health Note:** Sleep health is becoming a larger preventive health topic.

🏠 6. Rural Healthcare Strengthening Continues

- Focus on:
 - Health & Wellness Centres
 - Telemedicine access
 - Essential medicine supply chains

👉 **Impact:** Improved access may reduce tertiary-care overload.