

1. Seasonal Fever Clinics Seeing Increased Footfall

- Hospitals reporting higher OPD visits for:
 - Viral fever
 - Flu-like illness
 - Undifferentiated febrile illness

👉 **Clinical Alert:** Early differentiation from dengue, malaria, and bacterial infections is important.

2. Adult Preventive Health Checkups Becoming More Popular

- Growing awareness regarding:
 - Annual health packages
 - Cardiac risk screening
 - Diabetes monitoring

👉 **Trend:** Preventive healthcare adoption slowly increasing in urban population.

3. Sedentary Lifestyle Driving Early Cardio-Metabolic Disease

- Doctors observing increased prevalence of:
 - Central obesity
 - Prediabetes
 - Early hypertension

👉 **Clinical Insight:** Lifestyle intervention remains the first-line preventive strategy.

4. Monsoon Preparedness Expanding in Hospitals

- Hospitals stocking:
 - IV fluids
 - Antibiotics

- Antipyretics
- Emergency consumables

👉 **Impact:** Preparedness aimed at avoiding monsoon-related shortages.

🧠 5. Digital Fatigue Complaints Increasing

- More patients presenting with:
 - Eye strain
 - Neck pain
 - Sleep disruption from prolonged device use

👉 **Doctor Reminder:** Ergonomic and screen-time counselling becoming relevant.

🏠 6. Telemedicine Follow-Up Care Continues to Expand

- Chronic disease follow-up increasingly handled through:
 - Video consultations
 - Remote prescription review

👉 **Insight:** Hybrid healthcare delivery is becoming standard practice.