

## 1. Hospitals Begin Dedicated Dengue Preparedness Drills

- Medical centers initiating:
  - Mock emergency drills
  - Platelet inventory checks
  - Isolation preparedness

👉 **Clinical Alert:** Early readiness aimed at minimizing severe dengue complications during monsoon.

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## 2. Rising Concern Over “Hidden” Cardiovascular Risk

- Experts emphasize many patients with:
  - Borderline BP
  - Mild dyslipidemia
  - Prediabetes

remain clinically silent for years.

👉 **Clinical Insight:** Opportunistic screening in routine OPD remains essential.

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## 3. Self-Medication Continues to Be a Major Issue

- Physicians warning against:
  - OTC antibiotic misuse
  - Painkiller overuse
  - Steroid self-medication

👉 **Public Health Impact:** Increased risk of antimicrobial resistance and delayed diagnosis.

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## 4. Heatwave Triggering More Electrolyte Imbalance Cases

- Emergency departments reporting:

- Hyponatremia
- Dehydration
- Heat exhaustion-related weakness

👉 **Doctor Reminder:** Elderly and renal patients remain highly vulnerable.

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## 🧠 5. Lifestyle-Linked Sleep Problems Increasing

- More urban patients reporting:
  - Irregular sleep cycles
  - Late-night screen exposure
  - Daytime fatigue

👉 **Trend:** Sleep hygiene counselling becoming part of preventive care.

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## 🏥 6. Expansion of Day-Care & Short-Stay Procedures

- Hospitals increasingly promoting:
  - Same-day surgeries
  - Short observation protocols
  - Faster discharge systems

👉 **Impact:** Reduced inpatient burden and improved hospital efficiency.