


## 1. Pre-Monsoon Fever Surveillance Intensified


- Health authorities increasing monitoring for:
  - Dengue
  - Malaria
  - Chikungunya
  - Viral fevers

 **Clinical Alert:** Early testing and differentiation of febrile illnesses becoming increasingly important.

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## 2. Early-Onset Hypertension Cases Increasing

- Physicians observing more hypertension diagnoses in:
  - Young adults
  - Sedentary professionals
  - Obese individuals

 **Clinical Insight:** Lifestyle modification and early BP monitoring are gaining importance.

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## 3. Concerns Rise Over Antibiotic Resistance

- Experts continue emphasizing:
  - Rational antibiotic use
  - Avoidance of unnecessary prescriptions
  - Adherence to stewardship protocols

 **Public Health Impact:** AMR remains a growing long-term healthcare threat.

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## 4. Heatwave Fatigue & Dehydration Continue to Burden OPDs

- Common presentations include:
  - Weakness

- Dizziness
- Muscle cramps
- Electrolyte imbalance

👉 **Doctor Reminder:** Hydration counselling remains critical during ongoing extreme temperatures.

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## 🧠 5. Increase in Lifestyle-Related Anxiety Complaints

- Clinics reporting more:
  - Stress-related headaches
  - Anxiety symptoms
  - Sleep disturbances

👉 **Trend:** Mental health complaints increasingly overlapping with routine medical practice.

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## 🏥 6. Hospitals Strengthening Infection-Control Preparedness

- Facilities reviewing:
  - Isolation protocols
  - ICU preparedness
  - Emergency consumable stocks before monsoon season

👉 **Impact:** Stronger preparedness for seasonal infectious disease surge.