



1. Monsoon Fever Preparedness Intensifies Across Hospitals

- Healthcare facilities increasing readiness for:
 - Dengue
 - Malaria
 - Chikungunya
 - Acute viral fevers

 **Clinical Alert:** Fever triage systems and rapid diagnostics becoming priority areas.

2. Younger Population Showing Earlier Cardio-Metabolic Risk

- Rising incidence of:
 - Obesity
 - Prediabetes
 - Early hypertension
 - Dyslipidemia in adults <40 years

 **Clinical Insight:** Preventive cardiology and lifestyle counselling gaining greater importance.

3. Growing Attention on Medication Adherence in Chronic Diseases

- Physicians highlighting poor long-term adherence in:
 - Diabetes
 - Hypertension
 - Thyroid disorders

 **Doctor Reminder:** Simplified regimens and patient education improve outcomes.

4. Heatwave Still Driving Electrolyte & Renal Complications

- Hospitals continue seeing:
 - Dehydration
 - Hyponatremia
 - Heat exhaustion
 - AKI cases

👉 **High-Risk Groups:** Elderly, CKD, cardiac and diabetic patients.

5. Sleep Disorders & Mental Fatigue Continue to Rise

- Increasing reports of:
 - Insomnia
 - Burnout symptoms
 - Daytime fatigue

👉 **Trend:** Lifestyle stress increasingly contributing to OPD burden.

6. Digital Health Records Adoption Expanding

- More hospitals integrating:
 - Electronic medical records
 - Digital prescriptions
 - Tele-follow-up systems

👉 **Impact:** Faster continuity of care and improved patient tracking.