


## 1. Monsoon-Related Fever Surveillance Intensifies Nationwide


- Hospitals and public health teams increasing monitoring for:
  - Dengue
  - Malaria
  - Viral fevers
  - Chikungunya

 **Clinical Alert:** Early fever profiling and hydration management remain essential.

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## 2. Increasing Concern Over Early Cardiac Risk in Young Adults


- Doctors reporting higher prevalence of:
  - Sedentary lifestyle-related hypertension
  - Obesity
  - Dyslipidemia in younger age groups

 **Clinical Insight:** Preventive cardiology and lifestyle counselling gaining stronger focus.

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## 3. Rational Antibiotic Prescribing Under Renewed Focus

- Experts caution against:
  - Unnecessary antibiotic usage
  - Incomplete treatment courses
  - OTC misuse

 **Public Health Impact:** Antimicrobial resistance continues to remain a major threat.

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#### 4. Heatwave Continues to Increase Emergency Visits

- Common heat-related presentations include:
  - Dehydration
  - Syncope
  - Electrolyte imbalance
  - Heat exhaustion

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

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#### 5. Sleep & Stress Disorders Increasing in Urban Practice


- Clinics observing rise in:
  - Insomnia
  - Burnout symptoms
  - Anxiety-related complaints

 **Trend:** Mental health increasingly intersecting with routine OPD care.

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#### 6. Hospitals Expanding Infection-Control Audits Before Monsoon

- Facilities reviewing:
  - Isolation readiness
  - ICU preparedness
  - Emergency inventory systems

 **Impact:** Improved preparedness for seasonal infectious disease surge.