

1. Public Health Teams Intensify Dengue Source Reduction

- Authorities increasing:
 - Anti-larval drives
 - Fogging operations
 - Community awareness campaigns

👉 **Clinical Alert:** Early vector control remains critical before monsoon peak.

❤️ 2. Rising Incidence of Lifestyle-Linked Cardiac Risk

- Increasing cases of:
 - Obesity-related hypertension
 - Sedentary lifestyle disorders
 - Early dyslipidemia

👉 **Clinical Insight:** Preventive cardiology becoming increasingly important in younger adults.

3. Growing Awareness on Safe OTC Medication Use

- Doctors warning against:
 - Excess painkiller consumption
 - Self-antibiotic use
 - Unsupervised steroid intake

👉 **Public Health Impact:** Irrational drug use continues to contribute to complications and AMR.

4. Heatwave Continues to Trigger Dehydration & AKI Cases

- Hospitals reporting:
 - Heat exhaustion
 - Electrolyte imbalance
 - Acute kidney injury in vulnerable patients

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


5. Increase in Work-Related Stress & Sleep Complaints

- Urban OPDs seeing more:
 - Burnout symptoms
 - Anxiety complaints
 - Sleep disturbances

 **Trend:** Lifestyle-related mental health burden continuing to rise.

6. Hospitals Reviewing Emergency Preparedness Systems

- Facilities strengthening:
 - ICU readiness
 - Infection-control measures
 - Emergency inventory management

 **Impact:** Improved preparedness for seasonal disease surge and emergencies.