

1. Dengue Preparedness Intensifies in Urban Areas

- Municipal authorities increasing:
 - Fogging drives
 - Larval source reduction
 - Fever surveillance programs

👉 **Clinical Alert:** Early dengue detection and hydration therapy remain essential to reduce complications.

2. Growing Concern Over Obesity-Driven Cardiac Risk

- Physicians reporting increasing prevalence of:
 - Central obesity
 - Prediabetes
 - Hypertension
 - Dyslipidemia in younger adults

👉 **Clinical Insight:** Lifestyle modification continues to be the cornerstone of preventive cardiology.

3. Medication Non-Adherence Remains a Major Chronic Care Issue

- Common problems observed in:
 - Diabetes management
 - Hypertension treatment
 - Thyroid disorder follow-up

👉 **Doctor Reminder:** Simplified regimens and counselling improve long-term compliance.


4. Heatwave Continues to Trigger Renal & Electrolyte Complications

- Hospitals still managing:
 - Dehydration
 - Hyponatremia
 - Heat exhaustion
 - Acute kidney injury cases

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

5. Stress-Related Sleep Disorders Increasing in Urban Practice

- Clinics reporting more:
 - Insomnia
 - Mental fatigue
 - Burnout symptoms

 **Trend:** Lifestyle-related stress disorders increasingly affecting routine clinical care.

6. Hospitals Reviewing Emergency Infection-Control Systems

- Preparations include:
 - ICU readiness
 - Emergency medicine inventory checks
 - Isolation protocol reviews
 - Staff preparedness drills