

## 1. Pre-Monsoon Vector-Borne Disease Alerts Increase

- Health departments intensifying surveillance for:
  - Dengue
  - Malaria
  - Chikungunya

👉 **Clinical Alert:** Early fever screening and platelet monitoring gaining importance in seasonal practice.

---

## 2. Increasing Focus on Early Cardiovascular Screening

- Experts recommending earlier assessment of:
  - Blood pressure
  - Lipid profile
  - Obesity-related risk factors

👉 **Clinical Insight:** Preventive cardiology is shifting toward younger age groups.

---

## 3. Polypharmacy Monitoring Becoming a Key Geriatric Concern

- Physicians highlighting risks of:
  - Drug interactions
  - Duplicate medications
  - Poor adherence in elderly patients

👉 **Doctor Reminder:** Periodic medication review improves patient safety.

---

## 4. Heatwave-Related OPD Burden Continues

- Hospitals reporting ongoing cases of:
  - Dehydration
  - Heat exhaustion
  - Syncope

- Electrolyte imbalance

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

---

## 🧠 5. Burnout & Digital Fatigue Complaints Increasing

- Urban clinics observing more:
  - Mental fatigue
  - Sleep disturbances
  - Screen-related headaches and eye strain

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

---

## 🏥 6. Hospitals Strengthening Monsoon Emergency Logistics

- Preparations include:
  - ICU readiness reviews
  - IV fluid stocking
  - Infection-control audits
  - Staff preparedness drills

👉 **Impact:** Improved readiness for seasonal infectious disease surge.