

## 1. Dengue Surveillance Intensifies Ahead of Monsoon Peak

- Public health authorities increasing:
  - Fever surveillance
  - Larval control measures
  - Rapid response preparedness

👉 **Clinical Alert:** Early diagnosis and proper fluid management remain crucial in dengue care.

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## 2. Early Cardiovascular Risk Increasing in Sedentary Population

- Doctors reporting rising prevalence of:
  - Obesity
  - Hypertension
  - Dyslipidemia
  - Prediabetes in younger adults

👉 **Clinical Insight:** Preventive cardiology and lifestyle counselling becoming increasingly important.

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## 3. Growing Emphasis on Rational Chronic Disease Management

- Experts highlighting importance of:
  - Medication adherence
  - Regular follow-up
  - Avoiding unnecessary polypharmacy

👉 **Doctor Reminder:** Simplified treatment regimens improve long-term outcomes.

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#### 4. Heatwave Continues to Drive Renal & Electrolyte Disorders

- Hospitals still managing:
  - Severe dehydration
  - Heat exhaustion
  - Acute kidney injury
  - Electrolyte imbalance cases

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

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#### 5. Urban Mental Fatigue & Sleep Disorders Continue to Rise

- Increasing OPD complaints of:
  - Insomnia
  - Burnout symptoms
  - Anxiety-related fatigue

👉 **Trend:** Lifestyle-related mental health burden continues to expand.

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#### 6. Hospitals Reviewing ICU & Emergency Readiness

- Facilities strengthening:
  - ICU preparedness
  - Infection-control systems
  - Emergency medicine inventory
  - Staff response protocols

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