

## 1. Vector-Borne Disease Monitoring Expanded Before Monsoon

- Health authorities intensifying surveillance for:
  - Dengue
  - Malaria
  - Chikungunya
  - Viral fevers

👉 **Clinical Alert:** Early fever identification and hydration management remain key to reducing complications.

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## ❤️ 2. Cardiologists Emphasize Earlier Metabolic Risk Screening

- Increasing focus on detection of:
  - Prediabetes
  - Hypertension
  - Obesity
  - Dyslipidemia in younger adults

👉 **Clinical Insight:** Preventive cardiology continues shifting toward earlier intervention.

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## 3. Medication Adherence & Polypharmacy Remain Major Concerns

- Physicians reporting challenges with:
  - Long-term chronic therapy compliance
  - Multiple-drug regimens in elderly patients

👉 **Doctor Reminder:** Regular counselling and medication review improve treatment outcomes.

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#### 4. Heatwave Continues to Trigger Cardio-Renal Stress

- 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. Lifestyle-Related Sleep & Anxiety Disorders Increasing

- Urban clinics seeing more:
  - Insomnia
  - Mental fatigue
  - Stress-related headaches
  - Anxiety symptoms

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

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#### 6. Hospitals Strengthening Emergency & ICU Preparedness

- Preparations include:
  - ICU readiness reviews
  - Emergency medicine stocking
  - Infection-control audits
  - Staff preparedness training

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