



1. Health Authorities Intensify Dengue & Malaria Surveillance

- States increasing:
 - Fever screening camps
 - Mosquito source reduction drives
 - Rapid response preparedness before monsoon peak

 **Clinical Alert:** Early diagnosis and aggressive hydration remain essential in vector-borne diseases.


2. Preventive Cardiology Gains Stronger Attention in OPD Practice

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

 **Clinical Insight:** Lifestyle intervention remains central to reducing long-term cardiovascular burden.

3. Chronic Disease Adherence & Polypharmacy Under Review

- Physicians highlighting:
 - Poor compliance in long-term therapy
 - Risks of multiple-drug regimens in elderly patients

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

4. Heatwave Continues to Increase Cardio-Renal Complications

- Hospitals continue reporting:
 - Severe dehydration
 - Heat exhaustion
 - Electrolyte imbalance
 - Acute kidney injury cases

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

5. Urban Mental Fatigue & Sleep Disorders Continue to Rise

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

👉 **Trend:** Mental health concerns increasingly integrated into routine clinical care.

6. Hospitals Strengthen Monsoon ICU & Infection-Control Preparedness

- Preparations include:
 - ICU readiness audits
 - Isolation preparedness
 - Emergency medicine stocking
 - Infection-control drills

👉 **Impact:** Better preparedness for seasonal infectious disease surge and emergency care demand.