



1. Monsoon-Related Infectious Disease Surveillance Intensifies

- Health authorities increasing monitoring for:
 - Dengue
 - Malaria
 - Chikungunya
 - Acute gastroenteritis outbreaks

 **Clinical Alert:** Early fever differentiation and fluid management remain critical during seasonal surge.


2. Rising Burden of Metabolic Syndrome in Younger Adults

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

 **Clinical Insight:** Early lifestyle modification remains key to long-term cardiovascular prevention.

3. Medication Adherence Challenges Continue in Chronic Disease Care

- Common issues reported in:
 - Diabetes
 - Hypertension
 - Thyroid disorder management

 **Doctor Reminder:** Regular counselling and simplified regimens improve compliance and outcomes.

4. Heatwave Continues to Trigger Renal & Electrolyte Complications

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

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

5. Urban Stress & Sleep Disorders Continue to Rise

- Clinics observing increase in:
 - Burnout symptoms
 - Anxiety complaints
 - Insomnia
 - Mental fatigue

👉 **Trend:** Lifestyle-associated mental health burden continues expanding in routine practice.

6. Hospitals Expanding ICU & Emergency Preparedness Before Peak Monsoon

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

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