

1. Rising Stroke Incidence Among Young Indians

Doctors in India are reporting a significant increase in strokes among people under 40 years old. They attribute this to lifestyle factors—high stress, long working hours, unchecked hypertension and cholesterol, smoking, alcohol use and sedentary habits.

The country also observes World Stroke Day today, with emphasis on prevention, recognition of symptoms (e.g., the “BE FAST” acronym: Balance, Eyes, Face, Arms, Speech, Time) and prompt treatment.

Why it matters:

- Stroke is increasingly affecting younger demographics in India—a shift from it being primarily a disease of older age.
 - Many of the main risk factors are *modifiable* (hypertension, smoking, inactivity).
 - Seasonal and environmental triggers, such as colder temperatures (which can raise blood pressure and clotting risk), also play a role.
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2. Clinical Trial Approval in Hyderabad for Autism Treatment

A research institute in Hyderabad has received clearance from the Indian Council of Medical Research to begin trials using faecal-microbiota transplantation (FMT) in children with autism.

Key aspects:

- The trial aims to explore gut-microbiome interventions in autistic children, based on observations of common gastrointestinal issues (e.g., constipation) in this population.
- It also connects maternal gut health during pregnancy and early childhood diet/lifestyle with later neurodevelopmental outcomes.

Why it matters:

This marks a novel therapeutic direction in India, targeting gut-brain links in

autism—an area that’s still emerging globally. If successful, it could influence how autism is managed medically in the Indian context.

3. Field Study Launched in Kerala for Amoebic Meningoencephalitis Cases

In the state of Kerala (including districts like Kozhikode), health authorities are conducting an extensive field investigation into a surge of cases of Amoebic meningoencephalitis (a rare and serious brain infection).

Details:

- The state has recorded 144 confirmed cases and 30 deaths so far in 2025, with 56 cases and 9 deaths reported in October alone.
- The study involves surveying affected households, analyzing environmental factors, water-sources and living conditions.
- The aim is to identify root causes (e.g., contamination, lifestyle exposures) and improve surveillance and reporting.

Why it matters:

Such outbreaks of rare but high-mortality infections highlight the need for improved environmental health, early detection systems, and region-specific infectious-disease preparedness.