

1. Unusual early signs of lung cancer showing in legs/feet

Doctors are warning that the usual signs of lung cancer (persistent cough, chest pain, shortness of breath) are not the full story — in some cases people are showing symptoms in the lower limbs: swelling, pain, colour changes, and numbness in legs or feet. These may reflect underlying complications such as blood clots or nerve damage caused by metastasis or altered blood/lymphatic flow.

Takeaway: Pay attention to changes in your legs/feet (especially if you have risk factors like smoking or chronic lung disease) — and don't ignore them as “just leg ache”.

2. PG-medical admission merit list out in Gujarat

In the state of Gujarat, the merit list for postgraduate medical seats (state-quota) has been released for the 2025-26 session. The list covers nearly 4,790 candidates across general and NRI quotas. Meanwhile, there are about 3,100 seats available in government + self-financed colleges (2,869 existing + 247 newly approved). Interestingly, there has been a *drop* in number of applicants compared to last year, even though seats increased — potentially leading to more vacant seats or lower cut-offs this year.

Takeaway: If you (or someone you know) is involved in PG medical admissions in Gujarat — this year might be a bit different (potentially less competition) but still keep a close eye on schedules and required documentation.

3. Winter surge risk in brain-stroke cases flagged

Medical experts in India are raising alarms about a rise in brain-stroke cases during the winter season. Reasons cited include: colder weather causing higher blood pressure, reduced physical activity, increased tendency for blood clotting, and people delaying care. Those with pre-existing conditions (hypertension, diabetes, heart disease) are at higher risk. They urge measures like maintaining health metrics (BP, sugar), keeping warm, avoiding sudden cold exposure, and knowing stroke signs (sudden numbness/weakness, confusion, trouble speaking or walking).

Takeaway: Briskly prepare for the colder months: keep regular check-ups, control chronic diseases, stay physically active, and know the warning signs of stroke.

4. Doctors emphasize that breast-cancer awareness alone is not enough

In Bengaluru, oncologists are pointing out that while breast-cancer awareness has improved among women in India, early action (screening, self-exams, timely doctor visits) remains low. Many women still access medical help when the cancer is already in stage 2 or 3. There's a noted shift: more cases in women *under 45* than before. Barriers include fear, stigma, time constraints, lack of local access. Only ~3% of Indian women reportedly undergo regular screening. Experts recommend monthly self-exams, annual clinical checks post age 30 (especially with family history), reducing smoking/alcohol, and leveraging AI-based screening where specialists are sparse.

Takeaway: If you're eligible for screening (or know women who are), don't wait for "symptoms" — proactive checks can make a big difference.

5. Resident-doctors' association in Maharashtra threatens agitation over safety concerns

The Maharashtra Association of Resident Doctors (MARD) has announced a statewide agitation starting 3 November 2025 if their demands are not met. Their key concerns: a female doctor in Satara died by suicide and they are demanding an independent investigation (SIT), fast-track legal proceedings, gender-safety protections in hospitals, grievance redressal systems, mental-health support, whistle-blower protection, etc. The agitation will escalate with a mega-rally at Azad Maidan in Mumbai if their systemic reform demands remain unaddressed.

Takeaway: This shows growing concern over healthcare-worker welfare, hospital working conditions and doctor safety — issues that affect care quality indirectly.

6. 99.1% of medical-department staff on duty during Cyclone Montha in Andhra/Telangana region

In Andhra Pradesh/Telangana, during Cyclone Montha, the state's medical & health department reported that 99.1 % of doctors and staff were on duty throughout the relief operations. The authorities had pre-positioned anti-snake-venom, anti-rabies vaccines, essential medicines, boat-clinics in fishing areas, and ambulances for rescue/transfer. They also urged people in affected areas to drink boiled/filtered water and adopt hygienic practices to prevent post-storm disease outbreaks.

Takeaway: Good preparedness and staffing in the face of extreme weather events is a positive — but also a reminder to the public to follow hygiene measures and keep alert to risks of infections after storms.