



Key Healthcare & Policy Updates

Indian Medical Association (IMA) claims lack of doctors in India is a “myth”

- The IMA’s national president argued that India produces **over 1.1 lakh medical graduates each year**, challenging the common narrative of a doctor shortage.
- Instead, the IMA pointed to unequal distribution of doctors and underemployment — many young doctors reportedly earn as little as ₹40,000/month, suggesting systemic issues go beyond just graduate numbers.

Global Cancer-Prevention Summit planned in Kerala for Jan 2026

- A first-of-its-kind global preventive oncology summit (the Global Preventive Onco Summit 2026) is scheduled from January 26–28, 2026 in Thiruvananthapuram, Kerala.
- Leading experts from India and abroad — including from reputed global institutes — will gather to discuss cancer-prevention strategies and possibly launch a research institution focused on prevention through public-private partnership.



Health Alerts & Research Findings

Uranium found in breast milk in some districts of Bihar — experts advise context and caution

- A recent study found traces of uranium (U-238) in breast-milk samples from multiple districts of Bihar. Every sample tested showed detectable uranium levels.
- The study flagged potential **non-carcinogenic health risks** to infants (like effects on kidneys or neurological development), with around 70% of infants assessed as being at potential risk.
- On the other hand, some scientists argue that the detected levels are **well below international safety limits** (as per global water/contamination

guidelines), and therefore not cause for alarm — the broader consensus remains that **breastfeeding benefits outweigh potential risks**.

Re-evaluating traditional immunity-boosting home remedies: guidance on ‘Kadha’ intake

- A recent health article examines the popularity of kadha — a traditional herbal brew — especially during winter. According to the report, a safe serving size is about **50–100 ml (half a cup)**.
 - Overuse or continuous prolonged consumption may not be beneficial; health experts recommend moderation (for example, limiting continuous use to a few weeks before breaks).
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