

## 1. Heatwave-Related Illnesses Rising Across India

- Increasing cases of:
  - Heat exhaustion
  - Heat stroke
  - Dehydration
- High-risk groups:
  - Elderly
  - Outdoor workers
  - Children

👉 Clinical relevance:

- Early signs: dizziness, tachycardia, confusion
  - Immediate management: **rapid cooling + IV fluids**
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## 2. Advisory on Hydration & Electrolyte Balance

- Health authorities emphasize:
  - Oral rehydration solutions (ORS)
  - Avoid excessive caffeinated beverages

👉 Practice point:

- Prevent **acute kidney injury (AKI)** due to dehydration
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## 3. Spike in Cardiac Events During Extreme Heat

- Increased incidence of:
  - Myocardial infarction
  - Arrhythmias
- Causes:
  - Dehydration → increased blood viscosity
  - Electrolyte imbalance

👉 Clinical takeaway:

- Monitor high-risk cardiac patients during heatwaves
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#### 4. Mental Health Impact of Climate Stress

- Heat linked to:
  - Irritability
  - Anxiety
  - Sleep disturbances

 Insight:

- Seasonal mental health awareness needed
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#### 5. Hospitals Prepare Heat Action Plans

- Measures include:
  - Dedicated heatstroke units
  - Emergency response readiness
  - Increased ORS availability

 Benefit:

- Reduces **mortality & complications**
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#### 6. Public Health Focus on Climate Change & Health

- Authorities highlighting:
    - Long-term impact of climate change on:
      - Infectious diseases
      - Cardiovascular health
  - Need for:
    - Climate-resilient healthcare systems
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## 7. Lifestyle Advisory for Patients

- Recommendations:
  - Avoid outdoor exposure (12–4 PM)
  - Light clothing & hydration
  - Balanced diet

### Preventive care:

- Reduces heat-related morbidity