



Medical News Update – 13.07.2026



1. Cardiologists Highlight the Growing Importance of Detecting Coronary Artery Calcium (CAC) Early

- Increasing emphasis on:
 - Cardiovascular risk stratification
 - Asymptomatic high-risk individuals
 - Diabetes and hypertension patients
 - Personalized preventive therapy



Clinical Alert: Coronary artery calcium scoring can help identify individuals who may benefit from earlier and more intensive cardiovascular risk reduction strategies.



2. Health Departments Intensify Monsoon Surveillance for Dengue and Leptospirosis

- Public health authorities are strengthening:
 - Fever surveillance clinics
 - Mosquito breeding source elimination
 - Waterlogging management
 - Community awareness campaigns



Clinical Insight: Early diagnosis and prompt treatment of febrile illnesses remain essential to reduce severe disease and complications during the monsoon.



3. Physicians Stress Early Screening for Metabolic Dysfunction–Associated Steatotic Liver Disease (MASLD)

- Increased focus on patients with:
 - Obesity
 - Type 2 diabetes
 - Dyslipidemia
 - Metabolic syndrome



Doctor Reminder: Early identification and lifestyle intervention can help prevent progression to advanced liver fibrosis and cirrhosis.

4. Respiratory Experts Emphasize Spirometry for Early Detection of Chronic Lung Disease

- Greater awareness regarding:
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Occupational lung diseases
 - Asthma
 - Smoking-related lung impairment

👉 **Public Health Impact:** Early pulmonary function testing and smoking cessation remain the most effective strategies for reducing chronic respiratory disease burden.

5. Neurologists Highlight the Importance of Early Recognition of Vascular Dementia

- Increased attention on individuals with:
 - Hypertension
 - Diabetes mellitus
 - Previous stroke
 - Atrial fibrillation

👉 **Trend:** Effective control of vascular risk factors may help reduce the risk of cognitive decline and dementia.

6. Hospitals Expand AI-Enabled Clinical Documentation Systems

- Healthcare institutions are implementing:
 - AI-assisted clinical note generation
 - Automated discharge summaries
 - Digital coding support
 - Integrated electronic health records

👉 **Impact:** AI-powered documentation systems are reducing administrative workload, improving documentation accuracy, and allowing clinicians to spend more time on patient care.