

# Stay cautious of diseases this summer, say doctors

**NEW DELHI:** City hospitals have reported an increase in water-borne diseases such as typhoid, jaundice and diarrhoea over the past month. Meanwhile, cases of heat exhaustion are also on the rise.

“The water-borne diseases have gone up considerably over the past month. While patients admitted with typhoid, jaundice, nausea and vomiting are on the rise, we have treated several cases of heat exhaustion in the past week. Also, cases of viral fever with patients suffering from severe cramps have gone up,” said Dr S Chatterjee, senior consultant of internal medicine at Indraprastha Apollo Hospitals.

The hospital has also observed a rise in malaria cases, Chatterjee added.

“Though it cannot be typically linked to the summer, but malaria cases have gone up. People should not indulge in careless drinking habits to avoid falling prey to jaundice and typhoid. Using mosquito repellents at night is also a must.”

At Saket City Hospital, the number of water-borne and

food-borne diseases reported has multiplied by five times than the usual since April.

“This is because microorganisms grow faster in this weather condition leading to food-borne and water-borne diseases. People, especially those from lower economic background, end up consuming water which is not fit for drinking. Inadequate water intake is leading to nausea and heat exhaustion,” said Dr Manish Mohil, consultant physician at Saket City Hospital.

While the number of heat exhaustion cases have increased manifold, the hospital has seen one case of heat-stroke so far this season.

“Cases of gastroenteritis, which involve vomiting and diarrhoea, are also typical of this season. We have also seen an increase in eye infection-related cases like conjunctivitis,” added Mohil.

Casual hygiene levels in eating and storing food commonly lead to these diseases.

“During summers, one should strictly avoid unhygienic food and drinks from roadside. Raw fruits and vegeta-

bles should be washed thoroughly. Besides ensuring that the food is cooked properly, proper refrigeration is a must to avoid contamination,” said Dr Arvind Khurana, senior consultant & HOD of Gastroenterology Dept at Fortis Hospital, Shalimar Bagh.

Children, young adults and pregnant women are most vulnerable to summer-related infections. Meanwhile, Ram Manohar Lohia Hospital reported skin infections going up by twice its usual.

“People suffering from both bacterial and fungal infections have gone up by twice the usual. With the temperature increasing, the sweat glands get blocked. Diabetics should take extra precautions as they are prone to carbuncle, a bacterial infection. This is a trend that we observe every summer,” said H K Kar, medical superintendent of RML. Carbuncle is an abscess larger than a boil.

“The precautionary measures include bathing at least twice by using soap, taking extra care of your feet and hands and not letting sweat set on your body,” added Kar.

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