

Ailments go up as heat rises

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Rising mercury left the city sweating on the first day of April. With maximum temperature touching 34 degrees Celsius, doctors have started getting over 50 to 60 cases of patients suffering from heat induced ailments everyday.

"There has been a 20 per cent rise in the number of patients. The numbers will go up as the mercury soars further," said Dr Pradip Shah, general physician, Fortis Hospital, Mulund. Doctors are getting patients suffering from dehydration, heat induced headaches, minor eye infections, prickly heat and sweat rash, summer colds and sunburns.

"We have also started getting patients with viral fever, with 28 to 30

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cases in the last week. The infection will rise with temperature," said Dr Rajesh Jharia, general physician, Beams Hospital, Khar.

Heat ailments in children have also risen. "We have been getting cases of heat strokes. Fever and dehydration is also on the rise amongst children. School going children must be fed water-rich fruits and more green vegetables," said Dr Shah.

Doctors have suggested avoiding large meals and spicy food, eating regular meals, including breakfast and avoiding going for long periods of time without eating. They have also suggested avoiding large amounts of alcohol and coffee, going out in the heat and have advised

drinking a lot of water.

"Outside food must be strictly avoided as it is not properly cooked. Most of the cases that we got have been due to the consumption of outside food," said Dr Shah.

According to the weather department, the maximum temperature is expected to rise up to 37 degrees C by Friday, making it the hottest in the last few months. The temperature will rise further to 34 degrees Celsius on Wednesday.

"The temperature has risen due to a change in the wind direction, from west to east. The moisture-laden westerly winds reduce temperature. That has now changed," said K.S. Hosalikar, deputy director, India Meteorological Department, Mumbai.

The minimum temperature on Wednesday will be 27 degrees C.