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Media alert from the Media Scanning & Verification Cell, IDSP-NCDC.

Alert ID	Publication Date	Reporting Date	Place Name	News Source/Publication Language
5680	31.12.2019	31.12.2019	Delhi	Hindustan Times English Newspaper 31st December, 2019/Page No. 02
Title:	Doctors report hike in lung, heart ailments, Delhi			
Action By CSU, IDSP -NCDC	Information communicated to SSU-Delhi			

Doctors have seen a 20 to 30% increase in number of patients with respiratory ailments, heart conditions and uncontrolled hypertension in the last fortnight as the temperatures in the capital dropped to a record low.

"Bronchitis cases have gone up. Heart patients also face risks. If the healthy people do not take care of themselves, they may face a condition called hypothermia which results in abnormally low body temperatures," AIIMS director Dr Randeep Guleria told news agency ANI.

Bronchitis is the inflammation in the lining of bronchial tubes that carry air to and from the lungs. In cases of respiratory ailments, it is not only the numbers but also the severity that has the doctors concerned.

"The cold along with high levels of pollution has resulted in exacerbation of symptoms in asthma patients. The sudden dip in temperature has been especially brutal for people with chronic obstructive pulmonary disease (COPD). We have had to intubate and put several people on ventilators; our ICU is overflowing," said Dr

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Disclaimer:- This is a media alert subject to verification.

**Integrated Disease Surveillance Programme (IDSP), National Centre for Disease Control,
Ministry Of Health & Family Welfare, Government of India**

22-Sham Nath Marg, Delhi – 110 054

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Sandeep Nayyar, head of department of respiratory medicine, allergy and sleep disorders at BL Kapur Super speciality hospital.

There has been a 20% increase in the number of patients in the intensive care unit at the hospital. "People who were earlier being managed in the clinics are now coming to us in hypoxic state (a condition where the body is deprived of oxygen) and in need of emergency intubation," he said. He suggests that those with weaker immunity – the children, the old, pregnant women, those on steroids or immunosuppressant and those with HIV – should take flu shots at the beginning of the season. Heart failure and heart attacks also go up when temperatures dip.

How to stay safe in winters

Keep yourself warm: Both inside and outside. Wear multiple layers before stepping out. Do not step out unless you have to.

Do not exercise outdoors: People should give up on morning and evening walks outdoors when the temperatures are low. Indoor exercise is the best; outdoor exercise can be done if the sun is out during the afternoons.

Avoid temperature difference: Do not step out of a heated room or car immediately to the cold outside. Switch off heaters a few minutes before you need to step out, acclimatise to a lower temperature before stepping out.

Drink water People tend to drink less water in winters which can lead to dehydration. Drink lukewarm water to ensure you consume enough.

Diet A good diet can boost immunity. Have lots of seasonal vegetables and fruit. Include jaggery, turmeric and dry fruits.

Do not overeat Due to blood flow to the extremities, digestion slows down in the winter. Ensure that you do not overeat to avoid gastric symptoms.

Take medicines regularly: People living with asthma and other chronic respiratory ailments, hypertension, and heart diseases should check in with the doctors to adjust their doses for the winters and take the medicines regularly.

Flu shots: The children, the old, pregnant women, and people with lower immunity like those with asthma who take steroids, those who have undergone a transplant and are on immunosuppressant, and those with HIV should take a flu shot at the start of the winter.

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