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## STROKE IS STRIKING THE YOUNG, AND EVERY MINUTE DECIDES THE FUTURE



Stroke has long been perceived as a disease of old age, but this belief is rapidly becoming outdated. Across India and worldwide, strokes are increasingly affecting younger adults, including people in their 30s, 40s, and even late 20s. This trend is alarming, as younger individuals represent the workforce, primary earners, and emotional pillars of families. When stroke occurs early in life, its impact extends beyond the patient, affecting families, productivity, and society at large.

A stroke occurs when blood flow to a part of the brain is suddenly interrupted, either due to a blocked artery (ischemic stroke) or bleeding within the brain (haemorrhagic stroke). In both cases, brain cells are deprived of oxygen and nutrients and begin to die within minutes. Unlike other organs, the brain has a very limited ability to regenerate, making stroke-related damage often permanent.

Stroke is among the leading causes of death and long-term disability worldwide, with India

carrying a significant burden. The country records over 1.8 million new stroke cases annually, accounting for nearly 7–10 percent of all deaths. Rising life expectancy, along with lifestyle-related risk factors such as high blood pressure, diabetes, obesity, smoking, excessive alcohol consumption, sedentary habits, chronic stress, poor sleep, and unhealthy diets, has contributed to this growing crisis.

One of the greatest challenges in stroke care is delayed res-

ponse. Because stroke is still considered unlikely in younger people, early symptoms are often ignored or misattributed to stress or fatigue. This delay can be devastating. Medical research shows that nearly two million brain cells are lost every minute during an untreated stroke. Simply put, time lost is brain lost.

The consequences of stroke in young individuals can be profound—loss of mobility, speech, independence, and livelihood—placing immense emotional and financial strain on families. While recovery may take months or years, full independence is not always regained.

Advances in modern stroke care, including clot-dissolving medi-

cations and mechanical thrombectomy, can significantly reduce disability and save lives, but only if treatment is delivered promptly. This underscores the need for 24x7 Stroke Ready Centres equipped with rapid imaging, trained specialists, and neurocritical care support.

At Batra Hospital and Medical Research Centre, New Delhi, comprehensive round-the-clock stroke care is provided through a dedicated Stroke Ready Team. Public awareness, early recognition of symptoms, timely medical attention, and preventive lifestyle measures remain vital. In stroke care, every minute truly decides the future.

**Consult with our Experts**

**Dr. Biplab Das**  
Director Neurology &  
Interventional Neuroradiology  
& Team Salvusta Care



**OPD Timing:**  
Mon to Sat:  
10 am - 1 pm & 2 pm to 4 pm

## UNDERSTANDING EPILEPSY: MORE THAN JUST FITS

Epilepsy is one of the oldest recorded medical conditions that affects around 50 million people worldwide. Even though it is common, many people still misunderstand it. Epilepsy is not contagious, nor a mental illness, and with proper treatment, most people live normal, active lives.

### What Is a Seizure?

Think of the brain like an electrical grid. Normally, brain cells send messages in an organized way. During a seizure, there is a sudden burst of abnormal electrical activity with short circuit in the grid, which temporarily affects how the brain works. This can cause changes in movement, behavior, awareness, or consciousness.

### Types of Seizures

There are two main types of seizures:

#### 1. Generalized Seizures

These affect both sides of the brain at the same time.

- Some cause full-body shaking and stiffness (often called “fits”).
- Others are very brief, where a person may

stare blankly for a few seconds and then continue normally, often without realizing what happened.

#### 2. Focal Seizures

These start in one specific part of the brain.

- The person may stay awake but feel strange sensations.
- Sometimes awareness is reduced, and they may do repeated actions like lip-smacking or hand movements.

### Causes and Triggers

In many people, the exact cause is unknown. Possible causes include:

- Genetic factors
- Head injury
- Brain infections, tumors, or strokes
- Brain injury before birth

Certain triggers can bring on seizures, such as lack of sleep, stress, flashing lights, or missing medicines.

### Diagnosis and Treatment

Epilepsy is very treatable today. Doctors use tests like:

- **EEG**, which records

brain electrical activity

- **MRI scans**, to look for brain changes

About 70% of people can become seizure-free with the right medicines. If medicines don't work, other options include special diets, nerve stimulation devices, or surgery in selected cases.

### Advanced Epilepsy Care at Our Hospital

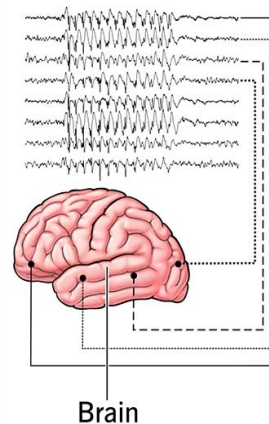
We provide advanced epilepsy care through our Epilepsy Monitoring Unit (EMU).

At Batra Hospital & Medical Research Centre, South Delhi, we provide advanced epilepsy care through our Epilepsy Monitoring Unit (EMU).

- **Routine EEG:** A short test done as an outpatient to check brain activity.
- **Continuous EEG (cEEG):** Used in ICU patients to detect hidden seizures.
- **Video EEG:** Records both brain waves and video together to accurately diagnose seizure types.
- **24-Hour or Longer Monitoring:** Helps doctors catch seizures and plan the best treatment.

### Electroencephalogram (EEG)

EEG (scan of brainwaves)



### Breaking the Stigma

The biggest challenge for people with epilepsy is often social misunderstanding. Recognizing seizure, providing first aid—staying calm, keeping the person safe, and not putting anything in their mouth—can make a big difference. With awareness, empathy, and proper care, epilepsy should never stop anyone from living a full and meaningful life. They can participate in education, work, relationships, and community activities with confidence and dignity, while promoting respect, inclusion, and understanding for all.

### Consult with our Experts



#### Dr. Debasish Hota

Consultant,  
Neurology & Interventional  
Neuroradiology  
& Team Salvusta Care

OPD Timing:  
Mon to Sat:

10 am - 1 pm & 2 pm to 4 pm

# UNDERSTANDING LOW BACK PAIN: CAUSES, CARE, AND PREVENTION

Low back pain means pain or discomfort in the lower part of the back, between the ribs and the hips. It is very common and can affect people of all ages, including students, office workers, homemakers, and people who do physical work. The pain can be mild or severe and may affect daily activities like sitting, walking, or sleeping.

## Why Does Low Back Pain Occur?

Most are not caused by serious diseases. The lower back supports most of our body weight and helps us bend, sit, stand, and lift objects. Because it works so much, it can easily get strained or injured.

## Common reasons include:

- Muscle strain: Lifting heavy objects or sudden movements or working in bent position.
- Poor posture while sitting, standing, especially when using mobile phones and computers
- Sitting for long hours without breaks
- Lack of regular exercise, leading to

- weak back muscles
- Age-related wear and tear of the spine
- Injury, fall or accident

Sometimes, pain in the lower back may also be related to problems like



kidney stones or infections.

## Who Is at Higher Risk?

- People who sit for long hours not exercising regularly
- Those who lift heavy weights frequently
- Overweight individuals
- Smokers
- People under stress

## Common Symptoms

Low back pain may feel different for different

- people:
- Dull or sharp pain in the lower back
  - Stiffness, especially in the morning
  - Difficulty bending or standing straight
  - Pain spreading to the

## When to See a Doctor?

## Preventing Low Back Pain

- buttocks or legs
- Muscle tightness or spasms

## When Should You See a Doctor?

- Pain lasts more than 2-3 weeks
- Pain becomes severe or keeps increasing
- Pain spreads to the legs with numbness or weakness
- There is fever, unexplained weight

- loss, or night pain
- There is difficulty controlling urine or bowel movements

## Treatment Options

Most cases improve with simple care:

- Short rest (avoid long

- especially core & back muscles
- Maintain healthy body weight
- Sit and stand with correct posture
- Use chairs with good back support
- Lift heavy objects carefully by bending the knees
- Take regular breaks during long sitting or standing

## Conclusion

Low back pain is common and usually not serious. With proper care, exercise, and healthy habits, most people recover well and can prevent future problems.

## Consult with our Experts



**Dr. Mohit G. Juneja**  
Consultant, Neurosurgery & Team Salvusta Care

Physiotherapy exercises help strengthen and stretch back muscles. Medicines may be used for short-term pain relief if advised by a doctor. Surgery is rarely needed.

## Prevention Tips

- Exercise regularly

**OPD Timing:**  
Tue: 9 am to 5 pm,  
Thu: 9 am to 5 pm  
Sat: 9 am to 5 pm

## CME & EVENTS



Batra Hospital & Medical Research Centre conducted a Women Health Checkup Camp at KSK Public School, Ratiya Marg, Sangam Vihar on Oct 02, 2025



Batra Hospital & Medical Research Centre organized a Health Checkup Camp at Paul George School, Alaknanda on Nov. 15, 2025



Batra Hospital & Medical Research Centre conducted a Mental Health Awareness Program at the LBB College of Nursing Auditorium on Oct 09, 2025



Batra Hospital & Medical Research Centre conducted a Cardiac OPD at Railway Hospital, Izzat Nagar, Bareilly, UP on Nov. 17, 2025



Batra Hospital & Cancer Centre successfully organized a Cancer Awareness Program in association with CanClave'25 on Oct 11, 2025, at the LBB College of Nursing Auditorium.



Batra Hospital & Medical Research Centre successfully organized a Neurosurgery Inhouse Camp on October 11, 2025, at the Lobby Area of Block A, Batra Hospital



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### Google Review

**Dr. Gaurav Jain** ★★★★★

I sincerely appreciate Dr. Gaurav and the entire bronchoscopy team for their exceptional care and dedication.

Dr. Gaurav's professional, patient-centered approach and clear communication reflects not only his seniority and expertise but also his genuine commitment to every patient's comfort and well-being. The bronchoscopy team was equally supportive and well-coordinated, making the procedure smooth and ensuring proper care at every step.

I am truly grateful to the entire team.

Happy Patient of Dr. Gaurav Jain, Sr. Consultant, Pulmonology

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