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NEWSLETTER

September 2026

"Accurate diagnosis, trusted results, better health outcomes."

DR. NIKUNJ JAIN

CO-FOUNDER AND HOD - NUCLEAR MEDICINE

Changes in seasons bring changes in climate, which impact our health and body in various ways during the transition time from monsoon season to autumn. Seasonal changes place a strain on the respiratory system and put a person at risk for other health issues such as infections, allergies, and other breathing troubles. For this reason, it is significant that you are making the time to think about health and to not overlook regular check-ups.

Ensuring overall health and wellbeing is important, and this is achieved by using preventive healthcare and early diagnosis. Even without symptoms, regular health checks help monitor key health parameters and detect the cause for concern at an early stage. A healthcare provider recommends certain tests based on your age, medical history, symptoms, and risk factors to help ensure that you receive timely medical care.

As we enter into a new season this September, we hope you put your health first. As needed, routine blood tests, blood sugar tests, thyroid testing, liver and kidney function tests, and vitamin tests are ordered. If someone has recurrent infections, as well as unusual symptoms and other persistent symptoms like cough, shortness of breath, or unexplained tiredness, see a health care professional.

At Molecular Diagnostics and Therapy, we remain committed to supporting your health journey through advanced diagnostics, preventive health checks, early detection, and compassionate care.

We would be so pleased to hear your opinion and feedback at info@molecularit.com

Stay Healthy, Stay Aware, Stay Empowered.

Monsoon to Autumn: Essential Health Checks for a Healthy Season

Changes in temperature, humidity, and weather patterns during the gradual fall of the monsoon season impact our health. The transition from one season to the next can bring respiratory issues, allergies, infections, digestion, and energy or mood fluctuations. What you should do for your health this season is adopt healthy daily practices to keep you healthy as the season changes.

The development of some possible health concerns is slow, or does not have obvious symptoms during the initial phase. Regular health check-ups and a prompt referral to the doctor help detect any potential issues and allow for adequate evaluation. Depending on your age, medical history, symptoms, and the risk of complications, the health care provider orders blood tests, an X-ray, or other imaging tests.

We are moving towards an era in healthcare where prevention of disease and early diagnosis are crucial in sustaining long-term health, and we believe that at Molecular Diagnostics and Therapy, these play a significant role. Diagnostic tests and images, offered by a medical professional, include crucial data to assist you in making timely medical decisions and give a clearer picture of your health.

Why Are Health Checks Important During Seasonal Changes?

Weather has a variety of effects on the human body. Routine health checks are used to monitor key health parameters and detect changes that need further evaluation. Testing for health checks should be tailored to each person and not be the same for all. Your health care professional recommends certain tests based on your age, past medical history, lifestyle, family history, symptoms, and medical conditions.

Common Health Concerns During the Monsoon-to-Autumn Transition

Respiratory Health

Temperature changes and heightened exposure to allergens worsen symptoms of the respiratory symptoms in some people. If symptoms do not go away, or they get worse, especially coughing, congestion, wheezing, breathing problems, or continued throat irritation should not be overlooked. Based on the clinical assessment and the signs and symptoms, the doctor orders appropriate lab tests or imaging tests to help pinpoint the causes.

Seasonal Infections

There are various infections that are related to the monsoon and post-monsoon. If these symptoms are accompanied by fever, weakness, aching muscles, coughing, or another unusual symptom that does not improve, this requires medical evaluation. A health care professional orders blood tests and other tests based on the symptoms and a person's suspected illness.

Digestive Health

The shift in food and water intake throughout the monsoon hurts digestive function. If abdominal pain, diarrhoea, vomiting, or persistent abdominal discomfort occurs, consult a health professional. Timely evaluation helps determine whether further testing is required.

Blood Sugar and Metabolic Health

Altered lifestyle, dietary habits, and physical activity affect metabolic health. Diabetics and those in danger of developing problems with blood sugar should adhere to their regular checks. Healthcare professionals recommend tests, like blood glucose and HbA1C, to evaluate blood sugar levels and check for long-term control.

Vitamin and Nutritional Health

Maintaining good vitamin and nutritional health is essential for overall well-being. Adequate intake of essential vitamins and nutrients supports energy levels, immunity, healthy bones, muscles and normal body functions.

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General Wellness

Another good reminder for seasonal changes is an overall health check. A well-balanced diet, exercise, sufficient rest, stress management, and recommended medical visits are all important factors needed for overall health.

Essential Health Checks to Consider

There is no single set of tests that is necessary for everyone. Recommended health checks depend on individual health needs, age, medical history, and risk factors. Depending on your healthcare professional's advice, routine assessments may include:

- Complete Blood Count (CBC)
- Blood Sugar and HbA1c
- Liver Function Tests
- Kidney Function Tests
- Thyroid Function Tests
- Vitamin and Nutritional Assessments
- Lipid Profile
- Urine Analysis
- Other Laboratory Tests as Recommended

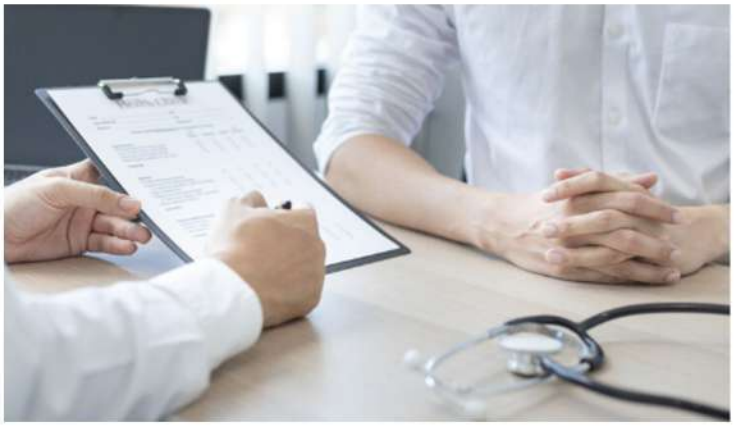
Imaging tests are also suggested when there are signs and symptoms or a medical history that suggest further evaluation is necessary. Further tests are generally X-rays, ultrasound, computed tomography (CT), magnetic resonance imaging (MRI), or specialized imaging tests, depending on the clinical need.

How Can You Stay Healthy During the Seasonal Transition?

Simple and consistent habits can support your health as the weather changes.

• Eat a balanced diet with adequate fruits, vegetables, and essential nutrients.
• Drink safe and sufficient water throughout the day.
• Stay physically active according to your age and health condition.
• Get adequate and regular sleep.
• Maintain good personal and hand hygiene.
• Avoid consuming food or water from unhygienic sources.
• Manage stress and take time for adequate rest.
• Continue regular monitoring if you have an existing health condition.
• Do not ignore persistent or unusual symptoms.
• Follow your healthcare professional's advice regarding routine check-ups and tests.

When Should You Seek Medical Attention?



Many seasonal symptoms may be mild and temporary. However, persistent, severe, or unusual symptoms should not be overlooked. Seek medical attention if you experience:

• Persistent or worsening fever.
• Difficulty breathing or persistent shortness of breath.
• A cough that continues or becomes worse.
• Unexplained or persistent fatigue.
• Repeated vomiting or diarrhoea.
• Persistent abdominal pain or digestive problems.
• Significant or unexplained changes in weight.
• Persistent weakness or dizziness.
• Any other unusual symptom that does not improve.

A healthcare professional can assess your symptoms and determine whether further examination, laboratory testing, or diagnostic imaging is required.

The Importance of Early Diagnosis

The timely diagnosis of various diseases is of prime importance in the care of the patient. Laboratory tests and diagnostic imaging give a health professional data and information used to assist with the clinical assessment and treatment of a patient. Investigations vary according to individual needs and involve blood tests, urine tests, ultrasound, X-rays, CT, MRI, or specialised tests.

Step Into Autumn With Better Health

The transition from monsoon to autumn is a good opportunity to pause, review your health, and focus on preventive care. Healthy lifestyle habits, awareness of changes in your body, timely medical consultations, and recommended health checks can all contribute to better long-term health. At Molecular Diagnostics and Therapy, we remain committed to supporting you through preventive healthcare, advanced diagnostics, early detection, and patient-focused care.

Stay Aware. Stay Preventive. Step Into the New Season With Better Health.

OUR TECHNOLOGY

At Molecular Diagnostics and Therapy, we combine advanced diagnostic technology with a wide range of healthcare services to support preventive care and early detection.

DIGITAL PET-CT (Positron Emission Tomography – CT)

Our GE Discovery IQ Digital PET-CT combines functional and anatomical imaging to provide detailed information about changes within the body. We perform diagnostic scans including FDG PET-CT and DOTATATE PET-CT based on clinical requirements.

CT Scan (Computed Tomography):

Our Shanghai United Imaging uCT 520 CT Scanner uses advanced imaging technology to produce detailed cross-sectional images of different parts of the body. CT scans can help evaluate organs, bones, blood vessels, and soft tissues, supporting the detection and assessment of various medical conditions. The scan is performed based on the patient's clinical needs and may also be used as part of a comprehensive diagnostic evaluation.

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MRI (Magnetic Resonance Imaging):

Our Siemens MAGNETOM Sempra 1.5T MRI provides detailed imaging of the brain, spine, joints, muscles, and internal organs without ionising radiation.

Ultrasound Services

Our Mindray Resona 19, DC 60 X-Insight, and DC 80 X-Insight Ultrasound Systems provide real-time imaging for a wide range of examinations.

Digital X-Ray:

Our Medion MI 400 HF Digital Radiography System provides high-resolution images for evaluating the chest, bones, and joints.

Mammography

Our advanced Digital Mammography System is designed to support the early detection and screening of breast abnormalities. It provides high-resolution breast imaging while ensuring a comfortable and safe examination experience. The detailed images help doctors assess breast tissue and support informed diagnosis.

Pathology & Laboratory Services

Our laboratory provides a wide range of diagnostic tests that support routine health monitoring and evaluation of different health concerns. Depending on individual requirements, these include blood tests, blood sugar tests and other laboratory investigations.

Cardiology Diagnostics

Heart health is an important part of overall wellbeing. We provide cardiac investigations including ECG, 2D Echo, Stress Test, and Holter Monitoring. Additional tests may be recommended depending on symptoms, medical history, and clinical requirements.

Gamma Camera / Nuclear Medicine

Our Siemens Healthineers E.Single Head Cam Gamma Camera System for SPECT is used for functional imaging and evaluation of various medical conditions. Depending on clinical requirements, our nuclear medicine services include Bone Scan, DTPA Renal Scan, DMSA Renal Scan, Thyroid Scan, and MUGA Study.

Supporting Preventive Health Through Advanced Diagnostics

At Molecular Diagnostics and Therapy, our diagnostic services bring together advanced imaging, laboratory testing, cardiology investigations, and nuclear medicine services. These facilities can support doctors in evaluating symptoms, monitoring health conditions, identifying concerns at an early stage, and planning further medical care when required.

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Patient Experience

"Mr. Prashant" – PET-CT Scan ★★★★★

"I was initially a little nervous about undergoing a PET-CT scan, but the team at Molecular Diagnostics and Therapy made the experience much easier for me. The staff patiently explained what I needed to do before and during the scan and checked on me throughout the process. Their reassuring approach helped me stay calm and comfortable. I am grateful for the thoughtful care I received during my visit."

"Ms. Tasveeran Jahan" – PET-CT Scan ★★★★★

"The PET-CT process at Molecular Diagnostics and Therapy was well coordinated from start to finish. I was given clear instructions about the preparation and the different stages of the scan, so I knew what to expect. The staff managed the process efficiently and were available whenever I needed assistance. Overall, my visit was hassle-free, and I was satisfied with the service provided."

"Mr. Kishore Sharma" – PET-CT Scan ★★★★★

"I would like to appreciate the team at Molecular Diagnostics and Therapy for making my PET-CT visit a smooth experience. What stood out to me was the respectful and attentive way the staff interacted with me. The environment was comfortable, and I felt that my concerns were taken seriously. I am thankful to the entire team for making my diagnostic journey a positive one."

Scan & Give Your Feedback

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Our Locations – Bringing Advanced Diagnostics Closer to You

Plot No. 14,15, Sanjay Nagar, Sector 23,
Ghaziabad, Uttar Pradesh – 201002

Molecular Diagnostics and Therapy – Ghaziabad, Uttar Pradesh

H-2, Basement Ground Floor, Ch. Hukum
Chand Marg, Green Park Extension, New Delhi – 110016

Molecular Diagnostics and Therapy – Green Park, Delhi

27, In front of Metro Pillar No. 196, Paschim
Vihar Extension, Delhi – 110063

Molecular Diagnostics and Therapy – Paschim Vihar, Delhi

Basement, Opposite Metro Pillar No. 236 & 237, Hoshiarpur
Village, Sector 51, Noida, Uttar Pradesh – 201301

Molecular Diagnostics and Therapy – Sector 51, Noida, Uttar Pradesh

Building No. 23, Hari Govind Plaza, Saharanpur Road,
Patel Nagar, Dehradun, Uttarakhand – 248001

Molecular Diagnostics and Therapy – Dehradun, Uttarakhand

Building No. 1697, Sakhiya Villas, Opposite Jhansi Road
Police Station, Jhansi Road, Lashkar, Gwalior

Molecular Diagnostics and Therapy – Gwalior, Madhya Pradesh

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Our Upcoming Locations

Molecular Diagnostics and Therapy – Meerut (Coming Soon)

Molecular Diagnostics and Therapy – Aligarh (Coming Soon)

Molecular Diagnostics and Therapy – Lucknow (Coming Soon)

Molecular Diagnostics and Therapy – Bareilly (Coming Soon)

Molecular Diagnostics and Therapy – Kolkata (Coming Soon)

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