

NEWSLETTER

July 2026



“Accurate diagnosis, trusted results, better health outcomes.”



DR. NIKUNJ JAIN

CO-FOUNDER AND HOD - NUCLEAR MEDICINE

In July, the monsoon season provides some relief from the summer heat; it also poses a risk of causing illness during this season. Diseases, such as dengue, malaria, typhoid fever, viral fever, respiratory diseases, etc., can flourish in situations with an increase in moisture in the atmosphere, polluted water in containers, or water bodies. As these diseases are common, effective medical care and early diagnosis can make a huge difference at the time, particularly in the rainy season.

At Molecular Diagnostics and Therapy, we believe the key to good health is prevention. Often, people do not realize symptoms early and assume it is a common cold, and do not seek medical attention. The delayed diagnosis, however, may give rise to futile complications. Timely health checks and/or diagnostics can allow for early identification and faster treatment and recovery from infections. Early diagnoses not only lead to improved health care results, but it also empowers individuals to take care of themselves.

To educate people about preventive health care, we organized a two-day-long Corporate Health Camp for 'Parle Agro' at Meerut Road, Ghaziabad, recently. Over 300 employees participated in the programme and benefited from various health check-up activities, including CBC, Blood Group Testing, Digital X-ray, ECG, Audiometry, Pulmonary Function Test (PFT), and Eye Check-up for thorough examination. This enthusiasm has placed new emphasis on making it easy to get health screenings and other preventative health care services in the workplace.

So, take this monsoon as an opportunity to become healthy, practice good hygiene, consume safe food and water, and never ignore ongoing symptoms. So today it's a simple checkup that may spare you a lot of problems later. We continue to be grateful for our patients' trust in us and will keep working towards our goal of providing accurate diagnostics, dignified care, and increased awareness of the power of early diagnosis.

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

Stay Healthy, Stay Aware, Stay Empowered.

Monsoon Wellness: Staying Healthy Through Prevention and Early Diagnosis



July is the height of the monsoon season with good weather, cooler temperatures, and relief from the summer heat. The rains create an amazing environment, but can also make you vulnerable to a range of seasonal diseases. The high humidity, waterlogging, contaminated food and water, and the breeding of mosquitoes provide the perfect growing ground for infections, and so preventive healthcare is more important than ever.

Several diseases start with the same common symptoms, but are thought to be a cold or seasonal fever that everyone suffers from during the rainy season. A lack of follow-up of these early signs puts a patient at risk of developing complications if diagnosis/treatment is not reached in time. During monsoon season, it is essential to take effective preventive steps, maintain proper personal hygiene, and treat diseases in time to keep the body healthy.

At Molecular Diagnostics and Therapy, we believe prevention and early diagnosis are vital to reducing the burden of seasonally occurring illness. Illnesses can be caught early and treated in time for improved health thanks to the use of advanced diagnostic imaging and laboratory tests.

Why does the monsoon increase health risks?

Rain creates the perfect environment for bacteria,

viruses, fungi, and mosquitoes to multiply. Also, water is more likely to become contaminated with undesirable microorganisms through unsanitary handling, and excess water creates more mosquito breeding. In parallel, people can get gastrointestinal diseases due to polluted drinking water and unsafe food handling practices.

The defence system of the individual's body might be influenced directly by the changing weather conditions, creating a risk that causes them to be vulnerable to infection and illness. Kids, older persons, pregnant women, as well as individuals with underlying medical conditions (diabetes, asthma, and other cardiac diseases) are especially susceptible and need extra care during the monsoons.

Common Monsoon Illnesses You Should Know About



Viral Fever

It is a time when people are more likely to get sick, with viral diseases. Symptoms may include high fever, chills, body aches, sore throat, headache, weakness, and fatigue. If a fever is still persistent after 1 or 2 weeks, consult a doctor. Numerous viruses cause a prolonged fever, which in some cases can be treated with rest and fluids only, while in others they don't.

Dengue and Malaria



The monsoons are when diseases spread through mosquitoes. While Dengue symptoms are rash, fever, body pain, and headache, Malaria has symptoms such as fever, chills, perspiration, nausea, fatigue, etc. Early diagnosis helps prevent any issues and begins treatment as early as possible.

Typhoid and Waterborne Infections

Viral diseases, including diarrhoeal diseases, gastroenteritis, and typhoid which can be caused when food and water aren't properly prepared and cleaned. Some people develop symptoms such as diarrhea, vomiting, stomach or abdominal pain, and many different forms of fever that persist for a long time, which makes them susceptible to dehydration. Adopting good practices in relation to food hygiene and the safe use of water can greatly minimise the risk.

Respiratory Illnesses

Increased humidity and sudden changes in the weather cause a rise in cough, cold, flu, and sinus infections, and exacerbate asthma and other chronic lung disease conditions. Those with symptoms of the condition, such as difficulty breathing, should promptly get medical help for the condition.

Fungal Skin Infections

Fungal infections commonly develop in warm, moist areas of the body and can occur due to wet

feet, damp clothing, excessive sweating, or moisture trapped in skin folds and nails. To help prevent these infections, it is important to maintain good personal hygiene, and minimize direct skin contact with infected areas.

How to Stay Healthy During Monsoon?



Doing simple things can help diminish the probability of getting sick during the monsoon months and help you stay in good health.

Liver and Kidney Function Tests

- Use clean, purified, or boiled water to drink.
- Consume clean, fresh food, and avoid food that has been stored without a lid or food that is old.
- Regularly use soap and water to wash hands.
- Remove source water where it can be collected in and around homes and businesses.
- Always wear full-sleeved clothing; use mosquito repellents as needed.
- Quickly dry out clothes and keep environments clean and dry.
- Have a healthy diet including plenty of fruits, vegetables, and other foods that provide the nutrients that are important to help fight infection.
- Get a good night's sleep, exercise, and drink plenty of water.

When Should You Seek Medical Attention?

Many seasonal illnesses, like colds, flu, and other ailments, have mild beginnings but can still have a serious impact if untreated. If you have any of the following symptoms, see your health care provider:

- No fever improvement after 2 days.
- General or persistent, chronic back pain.
- Difficulty in breathing or chest pain.
- Vomiting and/or diarrhea.
- Dizziness, reduction in urine output, and dehydration.
- Fever with rash.
- Abdominal discomfort, unexpected bleeding or bruising.

Early medical exams could likely aid in identifying the cause, which could help in preventing complications.

The Importance of Early Diagnosis



There are numerous illnesses associated with the monsoons that have similar symptoms, leading to the inability to conclude the exact disease by symptoms alone. Diagnostic investigations assist in confirming a diagnosis, assessing the severity of a disease, and forming a treatment approach. Based on the patient's symptoms and clinical condition, investigations may include:

- Complete Blood Count (CBC)
- Dengue Screening and Serological Tests

- Malaria Testing
- Typhoid Investigations
- Urine Analysis
- Chest X-ray for respiratory conditions
- Other laboratory and imaging investigations as advised by the physician

Sophisticated imaging technologies also play an essential part in the assessment of many diseases clinically, including computed tomography (CT), magnetic resonance imaging (MRI), and PET-CT. Once there is good diagnostic information from the medical personnel, they can make efficient and informed decisions, and treatment can be provided at the proper time.

Protect Your Health This Monsoon

In July, many different diseases are preventable with awareness, lifestyle changes, and health care. With appropriate health surveillance and early diagnosis, once commenced, the risk of complications can be minimised, and recovery accelerated, with simple preventive measures.

We at Molecular Diagnostics and Therapy continue our dedication to providing the highest standard of diagnostic services, imaging, and laboratory support that enable people to make educated health care decisions. During this monsoon, take preventive measures to stay safe and healthy with your family, take necessary precautions, and consult a doctor if needed.

Stay Healthy. Stay Informed. Stay Empowered.

OUR TECHNOLOGY

Molecular Diagnostics and Therapy integrates cutting-edge diagnostic techniques with medical knowledge to provide healthcare solutions.

DIGITAL PET-CT (Positron Emission Tomography – CT)



The GE Discovery IQ Digital PET-CT system we have is advanced, and combined with functional and anatomical images, it provides detailed insights into the metabolic activity of the body. It is an indispensable resource for the detection, staging, and management of neoplastic diseases.

CT Scan (Computed Tomography):



Our latest Shanghai United Imaging uCT 520 CT Scanner, which creates high-resolution cross-section images to diagnose a variety of medical problems.

MRI (Magnetic Resonance Imaging):



Our Siemens MAGNETOM Sempra 1.5T MRI system delivers great performance for MRI on the brain, spine, joints, muscles, and internal organs. With greater diagnostic information without radiation, it is a method for safe and accurate diagnosis.

Ultrasound:



Our high-quality Mindray Resona 19, DC 60 X-Insight, and DC 80 X-Insight Ultrasound Systems deliver real-time images for abdominal, vascular, thyroid, prostate, and soft tissue procedures.

Digital X-Ray:



We use the Medion MI 400 HF Digital Radiography System to get clear, high-resolution images with reduced radiation. It helps in the diagnosis of fractured bones, chest infections, joint problems, and other musculoskeletal conditions and keeps the patient comfortable and safe.

Mammography



Our Xtrocis XTROMAM 2000-HF Digital Mammography System provides advanced breast imaging for screening and early detection of breast abnormalities. The system offers high-resolution images that support accurate diagnosis and effective treatment planning.

Pathology & Laboratory Services



Our automated laboratory provides a complete range of pathology and diagnostic tests for routine blood checks, hormone testing, diabetes tests, infectious disease tests, nutritional tests, preventive health tests, and more.

Cardiology Diagnostics



We provide a wide variety of cardiac diagnostic procedures, including ECG using the Tricog Vcardia system, 2D Echo using the Medicaid Systems Neuromax, Stress Test, Holter Monitoring using the Mega Electronics Faros 180, and others.

Gamma Camera / Nuclear Medicine



Our advanced Siemens Healthineers E.Cam (Single Head) Gamma Camera System for SPECT for functional imaging is used for early disease detection. It is regularly used for Bone Scan, DTPA Renal Scan, DMSA Renal Scan, Thyroid Scan, MUGA Study, and Myocardial Perfusion Imaging, etc.

Commitment to Diagnostic Excellence

Our goal at Molecular Diagnostics and Therapy is to provide you with the most accurate diagnostic solutions, early disease detection, and tailored treatment with innovation and expertise. We strive to provide accurate results and provide the best care possible for each patient.

Corporate Health Camp at Parle Agro, Meerut Road, Ghaziabad



In line with the Corporate Health mission, Molecular Diagnostics and Therapy successfully organized a Corporate Health Camp at Parle Agro, Meerut Road, Ghaziabad, with more than 300+ employees taking part in these value-added preventive health check-ups, which spanned two days. The campaign raised awareness of the need to conduct regular health screening in the workplace.

The camp sought to raise awareness of early indicators of possible health challenges, regular check-ups, and the importance of the quality of diagnostic services. Health screening services were made available to staff, allowing them to be performed at their place and time of work conveniently, efficiently, and reliably.

A complete assessment of each participant's health status was performed during the camp, which comprised Complete Blood Count (CBC), Blood Group Testing, Digital X-ray, Electrocardiogram (ECG), Audiometry (Hearing Test), Pulmonary Function Test (PFT), and Eye Check-up, which contributed to the early detection of potential health concerns.

Preventive healthcare is a great method for building a healthier workforce, and at Molecular Diagnostics and Therapy, we believe in and practice it. The Corporate Health Camp at Parle Agro is another testament to our dedication to spreading awareness about early detection, quality healthcare services, and making them easily available within the workplace.

Patient Experience



“Mr. Satvir Singh Saini” – PET-CT Scan ★★★★★

"I had a very good experience during my PET-CT scan visit at Molecular Diagnostics and Therapy. The staff members were courteous and supportive, and guided me throughout the procedure with patience and care. They ensured I was comfortable and informed at every stage of the scan. The process was smooth, the facility was clean and well-organized, and my reports were delivered on time."

“Mr. Taniska Sharma” – PET-CT Scan ★★★★★

"My PET-CT scan experience at Molecular Diagnostics and Therapy was excellent. The staff was friendly and professional, and explained the procedure clearly, which helped me feel relaxed and comfortable. The scan was completed efficiently, and I received my reports promptly. I am thankful for the care, support, and professionalism shown by the entire team throughout my visit."



“Mr. Rupesh Kumar Poddar” – PET-CT Scan ★★★★★

"I visited Molecular Diagnostics and Therapy for my PET-CT scan and had a very satisfying experience. The staff was helpful and attentive, and the entire process was organized and efficient. The team guided me through every step and ensured timely completion of the scan and reports. I appreciate the quality service and commitment to patient care provided by the centre."

Scan & Give Your Feedback



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. Hukam
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**



**Molecular Diagnostics and Therapy –
Meerut (Coming Soon)**



**Molecular Diagnostics and Therapy –
Aligarh (Coming Soon)**

“
Precision in **diagnosis**,
excellence in **care**.
”

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