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Warmer days, colder nights: Mumbai blows hot and cold

UNDER THE WEATHER Temperatures fluctuate around 3^oC from normal, lead to rise in ailments

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MUMBAI: Even as winter draws to a close, the city witnessed fluctuations in temperature on Friday as maximum temperatures rose and minimum temperatures dropped below normal.


In the last three to four days, night temperatures had gradually climbed back to normal. However, on Friday, the minimum temperature in the suburbs fell three degrees below normal at 16.2 degrees Celsius. At Colaba, it fell to 20.7 degrees Celsius.


In the last 24 hours, the maximum temperature at Santacruz rose from 29.8 degrees Celsius on Thursday to 33.8 degree Celsius on Friday while at Colaba, it increased from 27.8 degrees Celsius to 30.2 degrees Celsius.

According to the India Meteorological Department (IMD), although the winter is yet to end officially, the weather will gradually become warmer in the coming days.

"In meteorological terms, February 28 signals the end of winter. But that does not necessarily mean an immediate end to cold winds. Since the western dis-

CONSTANT VARIATIONS

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SCARE IN THE AIR: DOS AND DON'TS

MAKE SURE you get enough hours of sleep. Take adequate rest and avoid stress

HYDRATE YOURSELF. Eat lots of fruits

ALWAYS CONSULT a doctor in case of persistent illness of any kind, do not self-medicate

ASTHMATIC PATIENTS or patients with chronic

obstructive pulmonary disease should avoid morning walks

AVOID POLLUTED areas

COVER YOURSELF well when it's cold, especially in the mornings and night

turbance has moved east, cold north easterly winds are blowing in the city," said VK Rajeev, director, India Meteorological Department (IMD), western region. A western disturbance is an extra tropical storm that originates in the Mediterranean region and moves eastward resulting in sudden rain and snowfall in parts of Afghanistan, Pakistan and India.

"The western disturbance effect coupled with the fading winter has made days warmer and dry and the nights cooler in the city. We expect the minimum temperature to rise gradually," said Rajeev.

The IMD predicted that on Saturday, the minimum temperature would be 17 degrees Celsius and the maximum temperature would be 36 degrees Celsius.

'Infections on the rise among children, elderly'

MUMBAI: The daily fluctuations in day and night temperatures, have led to a spurt in cases of upper respiratory tract infections in the city, say doctors, reporting a rise in aggravated forms of pneumonia that need hospitalisation.

"There are a lot of cases of respiratory infections among children, especially wheezing. Some patients are coming with aggravated forms of asthma," said Dr Prakash Vaidya, consulting pediatrician, Fortis Hospital, Mulund.

Doctors said sharp swings in temperatures make it conducive for infections, especially viral ones, to spread. "The sudden change in temperatures spreads infections. If the infection is viral, we provide symptomatic treatment. If it is bacterial, we prescribe

antibiotics," said Dr Krishnakant Debhri from Girgaum.

The weather is aggravating lung diseases, especially among the elderly, said doctors. "Four of my patients are on ventilators after contracting pneumonia. They are old and had an underlying lung problem such as chronic obstructive pulmonary disease (COPD)," said Dr Shahid Barmare, consulting physician, Kohinoor Hospital.

Patients must see a doctor and not self-medicate, said doctors. "It is important to rest for a few days and ensure you are feeling better. Patients feeling very sick should see a doctor. I have noticed that zinc supplements are very good for cold, particularly among children," said Dr Debhri. **HTC**

