

CITY ON DENGUE ALERT

SCARE Over 500 dengue patients were admitted in 10 city hospitals on Monday

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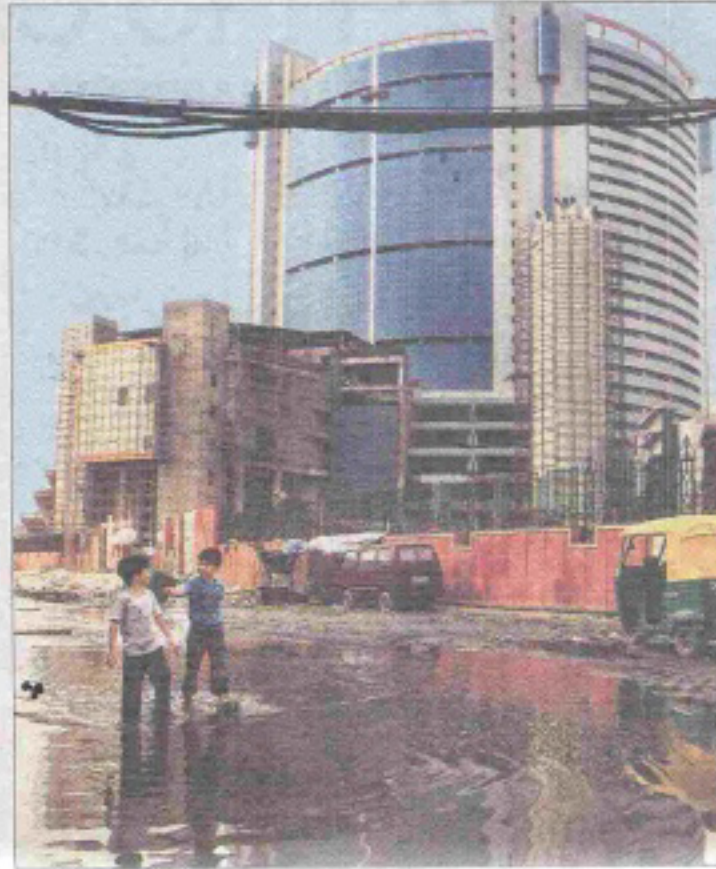
NEW DELHI: Incessant rain this monsoon season has resulted in a spurt of dengue cases, and even a deep pocket cannot promise you a private room in most city hospitals, as they are finding it difficult to accommodate the rush. A random check on Monday revealed more than 500 cases of dengue admitted across 10 city hospitals.

"Normally, dengue cases would start pouring in by August end, peak towards September end and start going down by October end, before finally ending in November. But this year abnormally high numbers have been reported during the month of August itself. If these figures are anything to go by, October seems scary," said Dr Sandeep Budhiraja, director, institute of internal medicine, Max hospital, Saket.

The out patient department of internal medicine at Max Saket runs from 8 am to 8 pm every day, and during that time Dr Budhiraja alone sees about 50 suspected dengue cases. "Twelve to fifteen dengue cases need to be hospitalised every day. The situation is only going to be worse," he said.

Five hundred and thirty-five dengue cases in all have been admitted this season at various Max hospitals across the city so far. Other hospitals in the city such as Apollo, Fortis, Ganga Ram, Moolchand Medcity, Holy Family, RK, Kapur Memorial and St Stephen's have similar experiences to share.

Moolchand Medcity had 35 suspected dengue cases admitted on Monday, and their admission rate is also more than 10 people with dengue-like symptoms on a daily basis. Holy Family Hospital also reported full occupancy with more than 50 dengue



■ The area behind the Civic Centre (MCD new headquarters) is waterlogged, making it an ideal breeding ground for mosquitoes. SONU MEHTA / HT PHOTO

cases admitted in the hospital. The hospital is getting more than 200 suspected cases of dengue each day.

One of the oldest hospitals in Delhi, St Stephen's near Tees Hazari, had 130 dengue positive cases admitted. "This has been

the situation since whole of last week," said an administrative official in the hospital, who did not wish to be quoted.

The doctors and people of Delhi emphatically rubbish dengue figures reported by the government.

THEY ARE OUT THERE TO GET YOU. BEWARE!

Dengue hot spots

South Delhi: Vasant Kunj, Vasant Vihar, the stretch between Yusuf Sarai and All India Institute of Medical Sciences, Anand Lok, Sarvodaya Enclave, Hazrat Nizamuddin, Central Delhi: All Lajpat Nagar colonies. Apart from these areas, Commonwealth Games construction sites also report mosquito breeding in large numbers, especially Games village. Mosquito breeding was also found at the Yamuna Sports Complex, RK Khanna Stadium and the Indira Gandhi Stadium.

Signs and symptoms

- Sudden high fever, over 103 degrees Fahrenheit
- Body and joint pain
- Pain behind the eyes
- Nausea and vomiting
- Severe headache
- Rash, itching
- Muscular weakness
- The glands (lymph nodes) in the neck and groin are often swollen



Treatment for dengue

Patients are usually treated symptomatically. Doctors say a formula of 20 is commonly followed while treating dengue patients: fluid intake should be 20ml per kg of body weight per hour. Person should be under observation for 48 hours after the fever subsides, as that is the time when most deaths happen. The complain of pain in lower abdomen and fainting should be taken seriously. Admission and blood transfusion is required only if the platelet count drops below 20,000.