

SHORT TAKES

Laugh riot in store

Sundeep Kishan and Hansika Motwani starrer *Tenali Ramakrishna BA BL* is gearing up for release this Friday, November 15. Directed by G Nageswar Reddy, the comedy also features Vennela Kishore, Prabhas Seenu and Saptagiri in important roles. Varalakshmi Sarat Kumar will also be seen in a crucial role.



Allari Naresh's next

Actor Allari Naresh, who garnered praise for his brief but noteworthy role in *Maharshi* earlier this year, is now working on his new film, an entertainer titled *Bangaru Bullodu*. The film is nearing completion and is likely to have his trademark comedy. The makers state that it's a concept-based movie and is being directed by debutant Vijay Kanakamedala, who worked as co-director with Harish Shankar earlier. Satish Vegesna is producing this film and more details are expected soon.



Mamangam pushed to December 12

Mamangam, which stars Malayalam actor Mammooty, is now scheduled to release on December 12 instead of November 21 as earlier planned. The actor took to social media to announce the new release date. Apart from Malayalam, the film will also release in Hindi, Tamil and Telugu. The period film directed by M Padmakumar will show the actor in a never-before role and highlight the martial art form Kalar. In an earlier statement, the actor had said, "What excited me was the role offered to me and the historical importance of the story. It happens in the 15th and 16th century in north Kerala. There were brave and bold people and their sacrifice must be known to the new generation."



Feedback

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A Space Marketing Feature

HealthCare WORLD DIABETES DAY
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Diabetes and Hypertension
Care to Save Eyes, Heart, and Kidneys

Hundreds of millions of people around the world live with diabetes (high blood sugar) and/or hypertension (high blood pressure) or know someone living with diabetes and/or hypertension. Both diabetes and hypertension have no known cure, but they can be managed quite well.

While diabetes and hypertension can cause several complications, we will take a look here only at the damage they can cause to the eyes, heart, and kidneys. With the correct treatment and recommended lifestyle changes, we can prevent or delay the onset of complications.

Diabetes
Diabetes is high blood sugar level - fasting blood glucose > 126 mg/100 mL, or random blood glucose > 200 mg/100 mL, or HbA1C (glycosylated hemoglobin) > 6.5. Diabetes results due to inadequate secretion of the hormone called insulin or resistance to its action. Risk factors of diabetes are both genetic (higher risk in those with a family history) and environmental (higher risk in those who are overweight, do not exercise, eat large quantities of refined carbohydrates, experience prolonged stress, socially isolated, have high cholesterol, have hypertension, etc.). Symptoms can be excessive urination, increased thirst, increased hunger despite eating, and unexplained weight loss, but often they may be absent. Other symptoms could be lack of energy, tingling and numbness of hands or feet, and blurring of vision. Diagnosis is based on a blood test for sugar levels.

Complications in Diabetes
Complications of eyes, heart, and kidneys tend to appear 10-20 years after diagnosis of diabetes, earlier in those

diagnosed late and on inadequate treatment.
Eyes: Diabetes is the most common cause of blindness in under-65-year-olds. Three main effects on the eye due to diabetes are: (1) Cataract - is denaturation of the protein of the lens of the eye, making it opaque. (2) Diabetic retinopathy - damage to the retina, the area at the back of the eye where images focus. (3) Glaucoma - increased fluid pressure in the eyes that can affect vision.
Heart: Diabetes can cause atherosclerosis (deposition of fat on the walls of blood vessels of the heart), which can eventually lead to a heart attack.

Kidneys: Diabetes can damage the kidneys (diabetic nephropathy) in the form of (which can ultimately result in kidney failure): (1) Damage to kidney structures which filter the urine, (2) Decreased blood supply, and (3) Upward spreading infection.

Prevention of Diabetes Complications
Diet: Diet should be low in sugar, high in starchy carbohydrate (high glycemic index), high in fiber, and low in saturated fat.
Exercise: Exercise regularly - 30-min walking daily. Sit less and move more.

Drugs: Take the drugs prescribed by the doctor religiously without missing any doses in between.
Weight Loss: Losing weight has a positive effect on diabetes control.

Regular Check-ups: (1) Get your blood glucose levels tested at least every 6 months. Consult your doctor immediately in case of abnormal values. (2) Get your eyes checked every year. Consult an eye specialist if there is any abnormality. (3) Get your blood pressure checked at

least every year. (4) Get complete urine examination and kidney function tests done every year.
Smoking: Stopping smoking has a beneficial effect in the management of diabetes.
Alcohol: Drink in moderation because alcohol can raise blood sugar.
Stress: Minimize stress levels. Do not take on more work than you can handle comfortably. Practice relaxation techniques. Meditate. Sleep well.

Watch out for Symptoms: If the following symptoms develop, consult a doctor immediately - blurring of vision, headaches, fatigue, weakness, dizziness, chest pain, breathlessness, fluid retention in legs, increased urination especially at night, decrease in the amount of urine or difficulty in urination.

Hypertension
Hypertension is blood pressure greater than or equal to 140/90 mm Hg. Blood pressure (BP) is the force exerted by blood flow on your blood vessels. It is recorded as two numbers, such as 120/80 ("120 over 80"), the first number being the pressure as your heart beats, and the second number is the pressure when the vessels relax between heartbeats. Hypertension can be caused

by many diseases, but usually, no primary disease is present and it may occur due to stiffening (sclerotic) of arteries especially in kidneys. Diagnosis is by measuring the BP.
Complications in Hypertension
Eyes: Hypertension can cause damage to the blood vessels in the retina, the area at the back of the eye where images focus. This eye disease is known as hypertensive retinopathy.
Heart: Hypertension can lead to heart failure, decreased blood supply to heart, and hypertrophy (thickening of the heart muscle).
Kidneys: Hypertension can cause damage to the blood vessels and filters in the kidney, making removal of waste from the body difficult, ultimately leading to kidney failure.

Prevention of Hypertension Complications
Diet: High consumption of vegetables and fruits, and a low-fat diet. Eat whole-grain breads and cereals.
Sodium: Reduction of dietary sodium intake (5-6 g/day) and use of low-sodium salt. Try to flavour foods with herbs and spices instead of salt. Choose foods with less than 400 mg of sodium per serving.
Exercise: Exercise regularly,

mainly in the form of 30 min of moderate-intensity aerobic exercise 5-7 days/week. Sit less, move more.
Weight Reduction: BMI 25 kg/m², waist circumference <102 m men, <88 cm women.
Drugs: Regular intake of drugs prescribed by the doctor without missing any doses in between.

Regular Check-ups: (1) Get your BP checked regularly and stick to the treatment regimen. (2) Get your eyes checked every year and consult an eye specialist in case of abnormality. (3) Get complete urine examination and kidney function tests done every year to check for kidney damage.

Smoking: Stopping smoking has a beneficial effect in the management of hypertension and delays the onset of complications, mainly because smoking raises your blood pressure. Smoking also affects the eyes leading to dull central vision.
Alcohol: Stopping or reduction of alcohol intake (<140 /week men, <80 g/week women).
Stress: Minimize stress levels. Do not take on more work than you can handle comfortably. Practice relaxation techniques. Meditate. Sleep well.

Beat Your Age By Smartly
Tracking Your Ovarian Reserve

Women today need to play multiple roles according to the demands of society. They need to be independent in today's world, manage their career and also at the same time fulfill their reproductive commitments. The knowledge that fertility declines with advancing age is important so that they complete their family without having to go through extensive and expensive fertility treatments in future.

The ovarian reserve simply describes the number of eggs remaining in a woman's ovaries at that point of time.

Women are born with fixed number of eggs. These are approximately in millions at birth, many of these are lost during childhood. At puberty only 3-5 lakhs are left. During every menstrual cycle 10-30 eggs are recruited for growth on daily basis but only one becomes mature for fertilization. The rest die off resulting in loss of hundreds of eggs every year. Also not all eggs are of same quality. Many of them are genetically abnormal and will either not fertilize or will result in abnormal embryo.

Scenario in Indian women compared to Western
Indian women attains menopause around 42 to 45 years when compared to Western average of around 55 yrs. As compared to the western women fertility declines faster in Indian women.

Symptoms of diminished ovarian reserve
• Difficulty getting pregnant
• Late or absent menstrual periods
• Shorter menstrual cycles than average 28 days
• Miscarriage

Factors accelerating decline in Ovarian reserve
• **Age** - The quality and quantity of eggs decline with age.
• Previous history of Chemotherapy and Radiation for cancer
• Obesity (BMI Higher than 30)
• Surgery on ovaries for Ovarian cancers,

endometriosis, large cysts, excessive drilling in PCOS.
• Smoking, Alcohol, Exposure to toxic chemicals.
• Auto-Immune disorders
• Genetic abnormalities
• Unexplained

Treatment:
No treatment can improve Ovarian reserve but Quality of eggs may be improved by Diet, Exercise, life style modifications, Anti-Oxidants and Multivitamins.

Complimentary Therapies - Acupuncture, Yoga and Meditation.
In extremely low AMH - oocyte donation is an option.

There are some Ovarian Reserve tests which correlates with the fertility status of a women. These tests are available in Fertility Centres. The purpose of Ovarian Reserve testing is to accurately evaluate a couple's chance of success with fertility treatments, particularly IVF. One can consult a Fertility Specialist who can guide based on the test results whether one can postpone the pregnancy or prioritise it. These tests needs to be repeated every year as there can be drastic decline in some cases due to various reasons. Single woman with accelerated decline of ovarian reserve can opt for oocyte freezing as a method of fertility preservation.



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Tips for A HEALTHY LIVER

According to WHO, liver diseases are the 10th most common cause of death in India. Since the liver is a multi-functional organ, it is susceptible to viruses, toxic substances, contaminants present in food and water.
Liver is the largest detoxifying agent in the human body. Certain Do's and Don'ts can ensure proper functioning of the liver and keep them healthy.

1) Stop alcohol
Liver can cope with drinking a small amount of alcohol. New guidelines have recommended men and women should drink no more than 14 units of alcohol a week - the equivalent of six pints of average strength beer or seven glasses of wine - in order to keep their health risks low.
If you continue to drink excessively, the consequences include destruction of liver cells, a build-up of fat deposits in your liver (fatty liver), or liver inflammation (alcoholic hepatitis), permanent scarring (cirrhosis) or even liver cancer. Its always better to stop alcohol.

2) Avoid fad diets
Fad diets that make you weight yo-yo can put excessive stress on your liver. Avoid any products that promise large amounts of weight loss in an unrealistically short period of time. Aim to lose weight at a healthy rate of ½kg-1kg per week. Liver cleansing and detox diets should also be avoided.

3) Maintain a healthy weight
Of those classed as obese, approximately 30 per cent will have fatty liver disease or non-alcohol fatty liver disease (NAFLD), putting them at high risk of liver scarring (cirrhosis), liver failure and liver cancer.

Two to three cups of coffee per day reduces / prevent the progression of liver disease like cirrhosis and liver cancer. Exercising and eating a diet that's low in fat and high in fibre, vitamins, antioxidants and minerals will help you maintain a healthy weight and liver.
Guidelines recommend 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity each week.

4) Have a regular Health check up
Seventy per cent of people living with Type 2 diabetes (T2DM) develop NAFLD yet three quarters of T2DM patients with NAFLD have normal liver function tests.
Less commonly, toothbrushes, razors and other personal care items can also transmit hepatitis B or C, so don't borrow, or share yours with anyone. Advise to have regular health check ups and vaccination for hepatitis B and A.

5) Be aware of drug safety
With easy access to health information via the internet, you may be tempted to self-diagnose and treat your own health problems. In recent years, herbal remedies such as kava have made headlines for their harmful effects on the liver, yet it is only one of many herbal remedies that can cause liver toxicity.
People may not realise that any medication - herbal or pharmaceutical - undergoes important chemical changes when processed by the liver. Those who already have liver problems have to be especially careful and may not be able to take even the most ordinary over-the-counter remedies to treat common ailments like headaches or cold.

Neuropathic Pain in Diabetes

Diabetes is one of the epidemic disease in our country and chronic diabetes patients are at risk of developing Diabetic neuropathic pain.

Long duration of diabetes, uncontrolled sugar, obesity, and smoking are few of the risk factors for developing diabetic neuropathic pain. High sugar levels causing axonal loss of nerve fibers causes this kind of pain.

The pain is typical burning, shooting, lancinating, electric shock like associated with tingling numbness of leg and hand. The pain usually starts from toe and foot and progresses to involve the legs and hands. The pain may be along the distribution of single nerve called mononeuropathy or multiple nerves called polyneuropathy.

Prevention from diabetic neuropathic pain can be achieved by keeping blood sugar levels under control, maintaining a healthy life style, taking good care of

hand and leg- keeping them clean and dry, identifying the symptoms and consulting your physician. Once the pain has started, treatment is initially with medicines like antidepressants, opioids, pregabalin, gabapentins and few ointments like capscin and lidocaine patches.

But these medications will help only in initial stages, and as they progresses, they require interventional treatment in form of Pulsed Radiofrequency Ablation of the affected nerve, sympathetic blocks. These procedures are done under specialized machine by pain physicians specially trained in these particular field. These interventions provide long term relief without any side effects

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ADULTERATED FOOD, LEADING TO SEVERAL FORMS OF CANCER

Cancer is a serious condition which has been affecting people all over the world. Although there may be no conclusive reason established yet, factors like our lifestyle, profession, habits, certain infections and environmental pollution, obesity, excess hormonal intake and age may directly or indirectly lead to cancer. The incidence of cancer may increase with age. Cancers affecting in older age will develop slowly while those seen in younger age will spread rapidly in the body. Hence, the treatment for cancer depends on the age factor too.

Cancer is caused even due to mutations in human DNA and hence even genes is considered responsible for this condition. This is why caution is advised for those who work in risk prone industries like asbestos, aluminum, tobacco, beverages etc. Exposure to radium, radio nuclides, saw dust and game radiation may lead to lung cancer and head and neck cancer. In the modern times, there are many stored products, especially food items, with a certain shelf life which are used by people. Using same oil repeatedly for cooking, night shift jobs, environmental pollution, alcohol, pesticides, lack of physical exercise may cause cancer. People who work in fully AC rooms with no ventilation will be subjected to decreased melanin count, which in turn leads to lower immunity levels and cancers.

Certain strains of Human Papilloma Virus (HPV), Helicobacter Pylori, Hepatitis B & C, HIV Virus, Epstein Barr Virus (EBV) may cause infections which leads to few cancers. Hence these are also called as Oncoviruses. HPV causes cancer of cervix while Helicobacter Pylori causes ulcers and cancers of digestive system, and Hepatitis B and C viruses' leads to liver cancer. EBV causes Lymphoma while HIV viral infection may lead to cancerous lumps in many parts of the body. Ultra violet radiation exposure is

caused by too much sun exposure, exposure to hot sun from 11 am to 3 pm, and in cold countries where the heat intensity is more. This may lead to skin cancer in individuals with light skin, which has been observed more in countries like the UK, USA etc.

In India, infections due to Hepatitis B is more prevalent due to lack of awareness, leading to liver cirrhosis. Couples may take prolonged hormonal treatment for fertility like Estrogen and Progesterone and this may lead to Breast Cancer and Uterus cancer in women. Cancers are also seen in people who are exposed to radiation in nuclear power plants and those who receive chemotherapy and radiation as part of cancer treatment in younger age. Despite taking precautions, party culture and pub culture are also having a great impact on both women and men, in terms of disturbed lifestyle. Consuming fried items regularly in restaurants and pizzas, burgers etc., which are rich in fats and also eating Biryani frequently is also leading to cancers. Use of cosmetic products for men, women and also for pets as well as artificial ripeners for fruits and artificial colors for vegetables is a high-risk factor for cancer.

Vaccination against HIV, Hepatitis Viruses; washing vegetables and fruits with salt, breast cancer screening and Pap smear test for cervical cancer are some of the measures which can reduce the risk of cancer. Addiction to unwanted practices like alcohol and smoking leads to lung cancer and liver cancer in the long-term. Prostate Specific Antigen (PSA) test in men helps in detecting Prostate cancer which usually occurs after 50 years of age.

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