

SHORT TAKES

From the border to the fort

The teaser of Mahesh Babu starrer *Sarileru Neekevvaru*, which was unveiled on Friday evening, showed glimpses of another mainstream entertainer in the offing. In this film directed by Anil Ravipudi, whose *F2* ran to packed houses earlier this year, Mahesh plays an army officer. There's also the strong local connect when the teaser switches to showing him thundering in the backdrop of the Kondareddy buruju (fort) in Kurnool, rendering 'punch' dialogues. The film marks the return of Vijayashanthi, and also stars Rashmika Mandanna, Prakash Raj, Rajendra Prasad and Rao Ramesh. With music by Devi Sri Prasad and cinematography by Rathnavelu, it is scheduled to release on January 11, 2020. Earlier, a statement from the Active Telugu Film Producers Guild (ATFPG) declared that a meeting with the producers of *Sarileru Neekevvaru* and Allu Arjun-Trivikram Srinivas film *Ala Vaikunthapurramulo* helped avoid the box office clash of the films. Both films had earlier announced their release dates as January 11. After intervention by ATFPG, it was decided that *Sarileru* will arrive on January 11 and *Ala...* on January 12.



The world of NC19

Director Sekhar Kammula's film starring Naga Chaitanya and Sai Pallavi is yet untitled and is referred to as NC19. Unveiling a glimpse of his character from the film to coincide with his birthday on Saturday, Naga Chaitanya tweeted "Welcome to the world of #NC19. A world that feels like home for me, simple and beautiful" and thanked the director. Though the video doesn't give away much, it has a few hallmarks that we've come to expect from a Sekhar Kammula hero - a man-next-door kind of relatable personality. As Chaitanya expresses a gamut of expressions in a middle class setting, the soothing notes of music composer Ch Pavan introduce us to the world of the character. Meanwhile, Naga Chaitanya and Venkatesh starrer *Venky Mama* is gearing up for a December release.

Audio first, video to follow

Singer Darshan Raval recently unveiled his new independent track titled 'Tu Mileya' on his YouTube channel. Instead of a musical video, this time the singer has unveiled only the audio track. The Indie Music label, which has released all of his independent music tracks, decided to go with an audio-only version so as to enable the singer to come up with more songs frequently. Says Naushad Khan of the music label, "We will be releasing the song video soon, but we thought coming out with the audio first followed by the video will prolong the longevity of the track." Darshan adds, "I am lucky to have loyal and amazing fans. This is our way to create more music that people can enjoy. The audio is out now and we are working on the video." Darshan also sang the Telugu song 'Needa Padadhani' for the Nani-starrer *Jersey* earlier this year, in Anirudh Ravichander's composition.

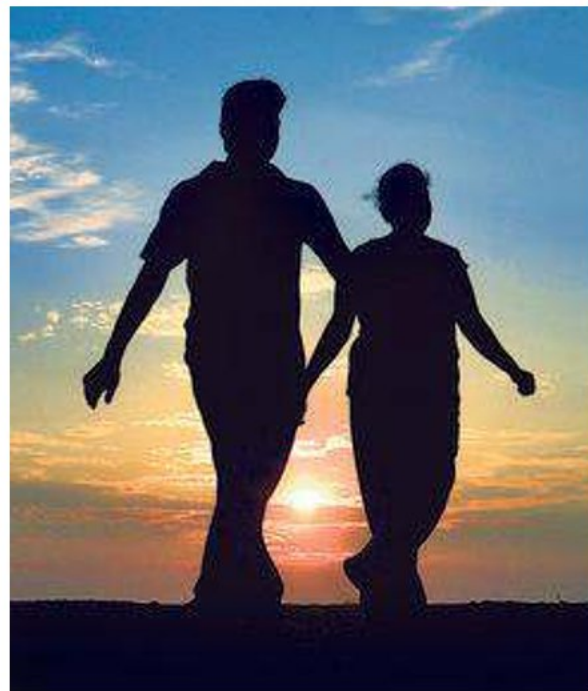


A Space Marketing Feature



Walk Your Way to Health

Keeping fit is actually much simpler than you think! You don't have to engage in long bouts of strenuous physical activity to be fit. It has been found in a study of inactive persons that even a low level of exercise - just about 75 minutes per week - improved their fitness levels significantly, when compared to a non-exercising group. And the best exercise to get these 75 minutes per week is, quite literally, taking just one small step at a time.



Everyone can do it! Walking is a wonderful exercise for people of all age groups and fitness levels. It is low-impact, requires minimal equipment, can be done at any time of day, and at your own pace. Just step out and start walking, without worrying about the risks associated with some more vigorous forms of exercise. Walking is extremely beneficial for people who are overweight, elderly, or who haven't exercised in a long time.

The benefits of walking are multifarious. It is a great way to improve or maintain your overall health. It prevents many diseases, enhances your quality of life, and increases your lifespan. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can also reduce your risk of developing conditions such as heart disease, Type 2 Diabetes, Osteoporosis and some cancers. Walking burns calories, which can help you maintain or lose weight. Your actual calorie burn will depend on several factors, including: walking speed, distance covered terrain and your weight. Unlike some other forms of exercise, walking is free and doesn't require any special equipment or training. All need is a pair of good walking shoes, and the simple urge to put out one step. It has also been established that walking can actually increase your intelligence. It supplies the required amounts of oxygen and glucose to the brain, thus helping it function better. It also decreases the levels of LDL cholesterol (the 'bad' cholesterol that clogs arteries), and thereby reduces the risk of stroke. Walking can help improve blood circulation, which helps the brain and cellular functions. Walking helps prevent many age-related problems, too. Dementia is a neurological condition characterized by gradual loss of memory and cognitive functions. It can eventually make you unable to perform day-to-day functions and totally dependent on others. Walking regularly at a moderate pace

can help prevent dementia, improve memory, and build confidence in older individuals. It is best to walk in the morning, when the sun has just come out. Walking at this time is a great opportunity for your body to produce Vitamin D, which is essential for bone strength. Vitamin D has also been seen to help in the prevention of cancer, multiple sclerosis and diabetes. It is very important that you get at least 10-15 minutes of morning sun exposure, and walking is a great way to do so.

Walking is known as a 'weight-bearing' exercise, as you carry your own body weight when you walk. Benefits of doing a weight-bearing exercise include increased heart and lung fitness, reduced risk of heart disease and stroke, and improved management of lifestyle diseases, stronger bones, improved balance, increased muscle strength and endurance and reduction of body fat. Walking can help protect the joints, including your knees and hips. That's because it helps lubricate and strengthen the muscles that support the joints. Walking also provides benefits for people suffering from arthritis, such as reducing pain. Walking 5-6km a week may also help prevent / delay the onset of arthritis. For the elderly, 8000-10000 steps a day is a decent goal for daily walking. You can keep your Cortisol (stress hormone) levels low by walking regularly. This is particularly beneficial for who are in stressful jobs, handling challenging deadlines and targets. Stress-reducing activities like walking (spaced out in moderate amounts throughout the day) can definitely lead to a better mood overall, because walking releases endorphins, which are natural tranquilizers that keep you in a relaxed frame of mind. When the mind is relaxed, its efficiency at work is significantly enhanced.

creativity, too. It soothes your nerves and relaxes your brain. When you walk, you don't have the pressure of a deadline or meeting a certain expectation. This helps your brain to think strategically and in a more sorted way. So, if you are stuck with a problem, take a walk! Go for a walk periodically throughout your day or head out for a 'walking meeting' at work, instead of sitting in a meeting room. And, for those of you who don't have time for exercises in the morning, you can just head out the door first thing in the morning and walk it out. If it's too difficult to walk for 30 minutes at one stretch, you can split it up into smaller bouts (10 minutes) 3-4 times per day, and gradually build up to longer sessions. However, if your goal is to lose weight, you will need to do physical activity for longer than 30 minutes each day. You can still achieve this by starting with smaller bouts of activity throughout the day and increasing these as your fitness improves. Walking is great for your

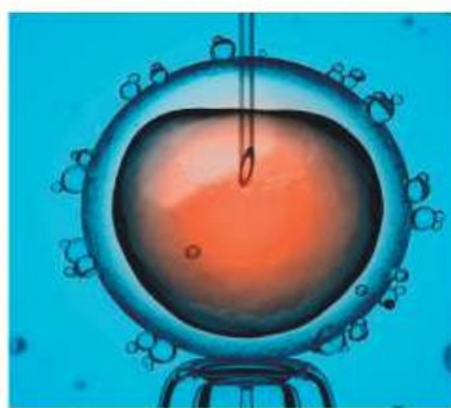
Start easy. The best way to warm up is to begin your walk at a slow and leisurely pace. This will give your muscles time to get tuned in to 'exercise' mode. Once you feel sufficiently limbered up, you can increase your pace. Afterwards, gently stretch your leg muscles - particularly your calves and front and back thighs. Stretches should be held for about 20 seconds. Walking is also an excellent way to stay connected, build social support and make new friends who will encourage you to walk every day. You will look forward to meeting them, and thereby continue to sustain your walking habit. All in all, walking is a truly wonderful exercise, for the body as well as the mind. It is simple, safe, uncomplicated and relaxing. It can be done anytime you are in the mood for it. Even a couple of hundreds of easy-paced strides can confer immense benefits, and fill you with peace and positive energy. Give it a try today, and notice the difference it makes to you.

Several scientific studies have proven that physical activity can help prevent depression and anxiety. So, if you are feeling sad or out-of-sorts, just walk around for a while and take in some fresh air. It will do you a world of good.

Walking is great for your

Fertility Dilemmas Answered by Specialist

- 1) Hi doctor, I got married 2 years ago and have been trying for pregnancy with no luck. What should I do?**
A) Hello, we usually call a couple sub-fertile when they fail to conceive within 12 months of unprotected intercourse. It is advisable to visit infertility consultant so that they can perform basic tests like ultrasound, tubal patency test, semen analysis. Doctor can decide the treatment based on the reports.
- 2) Hi madam, I am 36 years old and married for 4 years. we have undergone 6 cycles of IUI, my husband sperm count is 11 million. Can I still try IUI?**
A) Hi, your husband sperm count is on lower side and since have already tried multiple cycles of IUI, it is advisable to go for IVF. Moreover, you are 36 years old, egg number & quality decreases with age, for better success plan IVF at the earliest.
- 3) Hello doctor, we are going for IVF treatment next month. How painful is the procedure and should I be taking best rest?**
A) Hi, IVF used to be a painful deal earlier. Most of the newer injections have thin needles and are pen based which have no or very little pain making IVF almost pain free. Even the egg pick up is done under anesthesia. And multiple studies have shown that bed rest is not mandatory and doesn't affect success.
- 4) My name is Ramesh, my semen analysis shows Azoospermia. Is there any way I can father a child?**
A) Hello Mr. Ramesh. You can get scrotal scan, hormonal assay and few



genetic tests. Based on the reports we can predict the possibility of sperm retrieval in testicular aspiration. You can go for ICSI (advanced IVF) even if you get few sperms.

5) Hello madam, I conceived twice and miscarried. On consulting my gynecologist, she told I have septate uterus and needs to be operated. Is it compulsory to operate?
A) Hi, Septate uterus is known to increase miscarriage and preterm delivery rates. It is advisable to get septum resection done before planning next pregnancy to minimize miscarriage rate & deliver a healthy baby.



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Urethral Stricture Disease Improving Patient's Quality of Life with Reconstructive Urology

What is Urethral Stricture Disease?
Stricture refers to a narrowing or a scar that develops along the urethra which can lead to blockages in the outflow of urine. Stricture (narrowing of the urethra) can happen at any point from the bladder to the tip of the genital organ. This narrowing restricts or slows the flow of urine in. Urethral strictures can lead to troublesome urinary symptoms, like poor urinary flow, painful urination, retained urine, recurrent urinary tract infections and painful ejaculation.

How to diagnose urethral stricture?
There are several tests to determine if you have a urethral stricture including:
• Physical exam
• Retrograde urethrogram
• Urethroscopy (to see the inside of the urethra)

What are the treatments for stricture disease?
There are several tests to determine if you have a urethral stricture including:
• Avoid injury to the urethra and pelvis.
• Avoid sexually transmitted infections.
• Infection can be prevented with condom use, or by avoiding sex with infected partners.
• Have plenty of oral fluids and appropriate medications to prevent recurrent UTI

What are the symptoms of stricture disease?
Irrespective of length of stricture, short or long, the flow is reduced. When a stricture is narrow enough to decrease urine flow, you will have symptoms like:
• Bloody or Dark urine
• Blood in semen
• Slow or Decreased urine stream
• Urine stream spraying
• Pain with urinating
• Abdominal pain, Urethral leaking
• UTIs in men, Swelling of the penis
• Loss of bladder control

What are the treatment options?
There are many options depending on the size of the blockage and how much scar tissue is involved. Treatments include:
1. **Dilation** - enlarging the stricture with gradual stretching
2. **Urethrotomy** - cutting the stricture with a laser or knife through a scope
3. **Open surgery** - surgical removal of the stricture with reconstruction and reconstruction, possibly with grafts (urethroplasty)
There are no available drugs to help treat strictures. Without treatment, you will continue to have problems with voiding. Urinary and/or testicular infections and stones could develop. Also, there is a risk of urinary retention (when you can't pass urine), which could lead to an enlarged bladder and kidney problems.

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PACE HOSPITALS

TYPES OF CANCERS IN CHILDREN AND SYMPTOMS

Innocent age, where they are more playful and unaware of a deadly scourge called Cancer, it is a sad reality that even children fall prey to Cancer. Although the same cancers which affects elders affect children too, the chances of certain cancers are more in children such as Blood related cancers (Leukemia), Brain Tumors, Lymphoma, Soft Tissue Sarcoma etc.

Immediately after waking up in the morning, vomiting, anorexia, behavioral changes, anxiety, seizures, incoherent speech and blurred eye sight are signs of Brain Tumor. It is dangerous even though it may be cancerous or non-cancerous. Depending on the site of lump formation, surgery is performed, including radiosurgery.

In children, cancer often starts suddenly with high fever. This affects parents who may be unable to bear the fact that their child has been affected with Cancer. However, it is also important to note that most cancers in Children can be cured to a large extent. There are many celebrities too in our society who have recovered from Cancer at a very young age and have been successful in their careers. More than 45,000 children are being diagnosed with Cancer every year in India, which is about 5 percent of all cancer. Out of these, 70 % of children are recovering successfully while the chances of relapse are high in rest 30 percent, with cancer striking back again at any point in life. Gray is the unit of radiation absorbed by human body and those have been exposed to more than 20 Gray during childhood are prone to cancer.

There are other forms of Lymph cancer like Hodgkin's and Non-Hodgkin's. It is characterized by swelling of lymph nodes in neck, chest, stomach and under arms followed by fever, chills, sweating in the night, lack of appetite, cough and difficulty in breathing. Cancer that affects soft tissue connecting one tissue to the other is called Soft Tissue cancer. The treatment depends on the location of Cancer. Since this tissue has expanding capacity, this form of Cancer may not show symptoms in the initial stage. Surgery and radio chemo are main forms of treatment. The chances of Germinal Tumors which affects Testes and Ovary is also high in children.

In children below 2 years, Blastomas that occur in chest, neck, stomach and pelvis along with Ewing Sarcoma that affects tissues, Wilms Tumor that affects Kidney are some of the common cancers seen in children. These cancers are surprisingly curable in Children but difficult to cure in Adults. If rare cancers occur in children, it may be difficult to cure and it may not come under control despite many attempts. Defects arising due to Birth and genetic defects also play an important role and hence parents should monitor their subsequent children in case the eldest child is affected.

Pediatric cancer can be cured to a large extent with Chemo and radiation. Cancer treatment in children above 12 years of age might impact their reproductive system. The most common cancer in children is leukemia. White blood cells which protect body from infections may multiply uncontrollably and this blocks red blood cells, affecting blood circulation. Bone marrow transplantation and Stem cell therapy are latest advances in treatment for this cancer. If the first child has been diagnosed with Cancer, then even second child should be observed carefully. If children look weak, become tired quickly, and they lose weight and appetite and if the skin becomes dull along with spots on skin, severe blood loss, tooth ache are all signs of Cancer. Blood tests, bone marrow test etc., have to be done quickly.

The chances of Brain Tumors are more in children than adults. Severe head ache

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