

# A dream DEBUT

Prasanth Alexander makes his Bollywood debut in Raj Kumar Gupta's *India's Most Wanted*

By SHILPA NAIR ANAND

For 17 years, actor Prasanth Alexander held on to his cinema dream, refusing to let go. In retrospect, he agrees, it was a struggle, "but at the time, it didn't seem like one, probably because I didn't let go, cinema didn't leave me either," he says. As the wily MLA Cleetus in *Madhuraraja*, he has earned enough screen time to be remembered and he is very happy about it. The cherry on the icing, however, is his role in the Arjun Kapoor-starrer *India's Most Wanted*, produced by Fox Star, directed by Raj Kumar Gupta who made *No One Killed Jessica*, *Amir* and *Raid*.

Prasanth is among the five main characters in the film based on the hunt, and capture, of a terro-



On a roll Prasanth Alexander with Arjun Kapoor and (top) a poster of the film • SPECIAL ARRANGEMENT

rist. "It is a miracle," he says of how he landed the role. Even after a series of auditions, the film's casting team wasn't able to find an actor suited to essay the role of a South Indian Intelligence Bureau (IB) official Pillai. While going through the profiles of Film and Television Institute of India (FTII) students and alumni, the casting agency representative found Prasanth and reached out to him via Facebook seeking to contact him.

The message was filtered (as it was from a stranger); Prasanth was unaware of it until he accidentally chanced upon the message. "Initially I thought it was a scam...but then I checked the guy's Facebook account. I sent my number, still unsure. But they got in touch, I sent some audition videos, I was short-listed and bingo, I was in. It was what everybody with a film dream imagines - a director spots you in the crowd and you are in." This was a year ago, in May 2018. Easy it may sound, but his career hasn't been easy.

The son of a pastor, Prasanth, who hails from Mallapally in Pathanamthitta district, liked cinema but did not know where it was 'located' - "Chennai? Thiruvananthapuram? Kochi? I had no clue how one got into films. When I graduated, my father suggested I should give it a shot. I appeared for



the FTII exam and didn't make it. Instead I joined a post-graduate media course - the aim was to get a job."

Around this time, he landed films such as *Nammal* (2002) and *Achanurangatha Veedu* (2006). He then scripted a film which, unfortunately, didn't get made. There was a break from 2006 to 2016. The going was getting tougher, but the Malayalam film industry too was on the cusp of change.

"When I hear people say it is a struggle, today, they don't understand how difficult it was in the past. Today it is easier to make a film, to get into films." He had to make do with small roles, where he had to put his best foot forward, hoping to be noticed.

"By the time I did *Action Hero Biju*, I realised the importance of networking, of calling up people - people need to know you are around," he says. *John-*

*ny Johnny Yes Appa* got him screen time and also *Madhuraraja*, which is doing well at the box office. He is also part of a Tamil film, by Dharani Dharan. Due for release this month, *India's Most Wanted* is an important film for him. After all, it doesn't get bigger than this.

Before filming, in Mumbai, Nepal, and Patna, the team met for the first time at the director's office. That's when Prasanth met Arjun Kapoor for the first time. Gupta gave him a copy of the script, to read, telling him, "This is the work of my three years."

"I still wasn't sure what I was going to be doing in the film. I didn't want to get excited..." It took a costume and make-up test to convince him that it was for real. The team of actors (except Kapoor) had to spend time together, to bond.

Of acting with Kapoor he says, "He respects cinema as a medium, he is passionate about it. He doesn't need the money, fame, glamour... he is willing to do whatever it takes to make the film a success. He is very involved in the process."

Prasanth has fond memories of being part of the project, unexpected as it was.

As the countdown begins for the film's release, slated for later this month, he lives his cinema dream to the fullest.

# HealthCare

## Revision Hip Replacement Success Story

Primary Total Knee & Hip Arthroplasty (Replacement) procedures are one of the most successful orthopedic operations which have transformed the lives of millions of people across the globe from a state of severe pain in the joints and difficulty in mobilization to be able to do all activities of daily living with ease.



Here is a success story of Mr. Malakarjuna who underwent Revision Hip replacement, he can enjoy all of his former activities, free of pain.

Malakarjuna, a 48 years old man was suffering from severe pain in the Hip joint for many years and had already gone through two major hip surgeries. He met with a road accident 11 years ago and sustained an acetabular (pelvis) fracture and underwent surgery.

Two years later, he developed arthritis in the Hip and had undergone another surgery for Total Hip replacement. Total Hip replacement is a successful procedure, but it can eventually wear out and sometimes complications may develop, requiring a further operation - revision hip replacement. The THR may become painful because it has been in place for many years and the components have begun to wear and loosen, moving a little in the bone. This type of loosening usually causes some bone loss and damage, and this bone loss needs to be dealt with at the time of revision surgery.

Post-surgery the patient's condition got worse and he started suffering from severe pain in hip and was facing difficulty with doing everyday activities such as walking, climbing stairs. On evaluation, it was found that the implant had failed and loosened resulting in severe pain. The reason for the late failure of the im-

plant and late revision surgery is the wear of the polyethylene component (Plastic liner) with the associated loosening of the implants. Sometimes even a late infection can cause a failure of the components.

He was to go for Revision Hip surgery. A revision or 're-do' total hip replacement procedure involves the removal of some or all parts of the old implant that had failed over a period of time and reinsert a newer implant.

The decision to revise a component is based on clinical assessment of the patient, radiographic investigations and certain blood investigations. What type of revision surgery to be done is dependent on an individual case basis. Revision surgery procedures are complicated operations and the domain of well-experienced surgeon.

It requires careful planning after doing a thorough study of the individual case and proper execution. The revision surgery performed by an experienced surgeon can almost match that of the primary implant. The average survivorship of these implants is about 10-15 years but sometimes reaching up to 20 or 25 years in well-performed surgeries with good implants.

The Revision Hip surgery was performed successfully. Post one week of surgery, the patient got relief from pain and was able to walk with the aid of a walker, and after two months he was able to walk indepen-

dently. Most people, however, are able to resume normal activities within three to six weeks after surgery.

**Dr. E.Krishna Kiran**  
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## 8 STEPS IN IVF TO ACHIEVE PREGNANCY

- 01 The first step is for the couple to come for a consultation with the fertility expert. A detailed history is taken at this point & the couple shall need to undergo basic blood tests, ultrasound, hormonal tests and semen analysis as advised
- 02 The IVF treatment cycle begins the day you start getting your periods. On the subsequent day, IVF consultant will arrange a blood test and ultrasound.
- 03 After blood test and ultrasound results are found normal, fertility medications and some injections are prescribed to stimulate egg production. A transvaginal ultrasound is used to examine the ovaries and to assess the growth of follicles.
- 04 For final maturation of the eggs HCG injection is given.
- 05 After 36 hrs of receiving the HCG injection, eggs are retrieved under general anaesthesia. Under transvaginal ultrasound guidance needle will be inserted. The needle is used to aspirate fluid & Oocyte from the follicle which are later relocated for fertilization in the embryology lab.
- 06 Sperms are injected directly into the eggs to achieve fertilization and are monitored in the lab daily.
- 07 The embryos are transferred into the women's uterus 3 to 5 days following fertilization.
- 08 Progesterone support is given for 15 days and pregnancy test is planned after that.

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## FATAL CONSEQUENCES OF ANY LUMP FORMATION IN BRAIN

The human body is affected by hundreds of different forms of cancers. There are many sub types as well among the several cancer types affecting our health. Usually there is a balance in our body maintained due to the elimination of worn out cells and formation of new cells. If this delicate balance is affected, then it may lead to formation of lumps or masses of cells, ultimately causing cancer.

The cancer which may look mild may become severe accompanied by high cough, fatigue, weight loss, and other symptoms. The severity of the condition is detected by TNM (Tumor Lymph nodes Metastasis) system. When observed closely, the external structure as well as internal structure of cancer cells vary and sometimes one cell may look completely unrelated to the other one. The cancerous lump may start increasing in size uncontrollably and without proper shape, leading to more severe symptoms in the body.

The treatment for Cancer depends on the age of the patient, the severity of condition, the immunity levels and other factors. Hence, personalized treatment is ideally recommended. There are 10 sub types in Breast Cancer alone and there are many such sub types in each form of cancer like Lung, Cervical cancer etc. Few sub types are fatal while some cancer sub types can be quickly brought under control through treatment.

Cancer is broadly classified into following types like Carcinoma, Sarcoma, Lymphoma and Leukemia based on the tissues or organ systems it affects. Carcinoma implies cancer affecting skin and the external/internal layers of internal organs while Sarcoma affects Bones, Cartilage, Blood vessels etc. Lymphoma affects the lymph nodes of immune system while Leukemia affects blood vessels, arising from Bone marrow. Cancer treatment begins when all physical examinations are done, ruling out any other conditions. Palliative care, which involves post-cancer management is key for successful treatment. Here, the role of a surgical oncologist is very important, along with medical oncologist, radiation oncology and nuclear medicine specialist, both before and after the treatment.

Surgery is required in most forms of cancer, except blood cancer, along with radiation and chemotherapy. If the cancer doesn't respond to treatment, then it indicates final stages of the disease. If it spreads to other organs, medicines are used to bring this under control. Along with physical examination, X-ray, Ultra sound, CT scan, MRI scan, PET scan, Biopsy, Fine Needle Aspiration Cytology (FNAC), Blood markers and other diagnostic tests are performed. Cancers are highly prone, to make a comeback anytime again in our lifetime. Hence after successful treatment, follow up treatment and regular checkup for next five years is required to detect any recurrence. There are many instances all over the world among patients, where cancers have recurred once again, even after 10 or 20 years of the condition being cured successfully.

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