

Two's company

Childhood friends Carthyk Dasari and Arjun Gunnala realise their dream of directing a film with *Rajdhoot*

BY SUNITA CHOWDHARY

We have seen teams of Kona Venkat-Gopi Mohan, Raj-DK, Hari-Solomon, Ajay Vijay, Krish-Sai Madhav Burra work together to deliver successful Telugu films. Now, another young duo of Carthyk Dasari and Arjun Gunnala, both in their late 20s, make their debut as directors with *Rajdhoot*.

The duo are childhood friends who studied in the same school and were together till engineering, and eventually turned into writers. Post college, they

made an acquaintance with a co-director who recommended them to director Virinchi Varma who was then making *Uyyala Jampala*. Thereafter, they wrote for that movie and Sriram Aditya's *Bhale Manchi Roju* and *Samanthakamani*. After having worked as dialogue writers for all projects of director Sudheer Verma (except *Swami Ra Ra*), and Merlapaka Gandhi's *Krishnarjuna Yuddham*, the attention turned to direction.

While Carthyk is good at writing Andhra Telugu, Arjun has a flair for the Te-



Writer duo Arjun Gunnala (in white) Carthyk Dasari (in grey) on the sets with (centre) actor Anish Kuruvilla • BY ARRANGEMENT

langana dialect, so they complement each other well. They had realised over the years that they were in perfect sync as directors. They hardly have any problems or misunderstanding. They write

their versions on any subject and later discuss what works and what doesn't. Only when there is clarity on both sides do they go ahead. "There are hardly any differences, we have common interests.

While Carthyk is good at writing Andhra Telugu, Arjun has a flair for Telangana dialect, so they complement each other well.

On the script we are almost on the same page," adds Carthyk.

When did they find time to get their story for a film together? Arjun says, "We were writing our own stories simultaneously and narrating it to people. We wrote around 10 to 15 stories and were keen that we find a producer first. The casting wasn't important at that stage. Even now we have great confidence in our subject (for *Rajdhoot*) and just wish to work with any hero or newcomer who have the right attitude. Luckily we found Meghamsh."

On *Rajdhoot*, Carthyk says, "It's a

buddy comedy and a road film. There have been a lot of bike movies but we believe that a point can be told in 100 different ways. This story is about the protagonist's travel by the bike and how his character changes in the process. A bike also is a young man's first belonging, it gives him a sense of control, freedom, enjoyment and it is a prized possession. It's not the same with a car. A bike has an emotion and the story is about how he is connected with it. It's like a character in the story and gets equal footage as the hero."

Despite the presence of two heroines, this road movie isn't a love story. It has been shot in Khammam, Kottapalli Revu, Rajahmundry, Hyderabad, Polchampally, Karimnagar, Rampachodavaram and Zaheerabad. Music has been scored by Varun of *Masala Coffee* and Vidya Sagar (of *Falaknuma Das*) is the cinematographer. *Rajdhoot* is slated for release next month.

HealthCare

- A Space Marketing Feature

WORLD BLOOD DONOR DAY



World Blood Donor Day is celebrated every year by the people in many countries around the world on 14 June on the birthday anniversary of Karl Landsteiner.

Karl Landsteiner, born in 1868 was an Austrian biologist, physician, and immunologist who discovered ABO Blood grouping in 1900 and with Alexander S. Wiener, discovered Rhesus factor, in 1937, thus enabling physicians to transfuse blood without endangering the patient's life. He also discovered the polio virus in 1909 with Constantine Levaditi and Erwin Popper. He has been awarded the Nobel Prize and described as the "Father of Transfusion Medicine".

What is the Need of Blood in India?

Every two seconds someone in India needs blood. Every day, roughly 36,000 units of red blood cells are needed in India. Simply put, that's a lot of blood. Patients with sickle cell diseases or cancer need blood transfusions throughout their treatments.

Since blood can't be made or manufactured, these patients depend on blood donors for their very lives.

What are the benefits of giving blood?

By donating blood you'll be saving up to three human lives each time. Here are some of the benefits you gain for your humanitarian efforts.

Donating blood at least once a year could reduce your risk of a heart attack by 88 percent, according to a study conducted by the American Journal of Epidemiology.

High levels of iron in the blood constrict your blood vessels and create more risk of a heart attack. Depleting those extra iron deposits by donating blood gives your vessels more room to operate. It can even prevent Liver Damage. Giving blood stimulates the Bone marrow to produce new red blood cells.

What motivates the Blood Donors to donate blood?

The Joy of Saving Human Lives, according to latest study on Donor motivation "Altruism or Joy of saving human lives" has been the sole motivator in 78% of the blood donors.

Giving blood can help your mental state. While there are several physical benefits to donating blood, the most powerful health benefit is arguably in the psychological realm.

Donating blood means that someone (or multiple people) somewhere will be getting the help they desperately need.

This kind of regular, altruistic interaction has major psychological benefits.

What is the major Barrier for Blood donation?

The major Barrier for Blood Donation in the modern society is "Lack of time". Fortunately Government of India has given a provision for availing '1 day special leave' in all private/public institutions



as per G.O.Ms.No. M&H 137(Ni) dt 3-2-1984. However lack of awareness of this provision is the prime reason for this excuse.

What is the Demand for Platelet/SDP donation?

Demand for SDP or platelet donations by apheresis is high in cancer patients and in viral fevers like Dengue hemorrhagic fever.

The lack of awareness that modern day Apheresis donations are practically more safe & useful than normal blood donation is the reason for Fear in some donors. However once we explain & they experience it, they usually become a Regular platelet donor

The final word.. "Once a Donor ..always a Donor"

Usually it takes only 1 donation experience to make Blood donation a habit. I had the first blood donation experience at an age of 19 years and have become a regular blood donor since then.

If we inculcate the habit of Blood & platelet donation it becomes the culture & tradition of the society.

- Dr. K. Hitesh Kumar, MBBS,M.D (Transfusion Medicine) Transfusion Medicine Consultant, KIMS Hospitals, Secunderabad.

TROUBLE IN URINATION, A SIGN OF PROSTATE CANCER

Prostate Cancer is a serious form of Cancer, which affects Prostate Gland in Men. It is a small gland in the shape of walnut, which secretes the fluid, responsible for the motility of Sperm. It occurs widely among men, and it is confined to Prostate Gland in the first stage. This is a common form of cancer affecting men. There may be no treatment required at this stage. However, certain types of Prostate cancer spreads rapidly. Hence, it is important to diagnose the condition in the initial stages itself when it is confined to the gland, when the treatment process is less and may not even be required.

Symptoms may not be visible in the initial stage, whereas in final stage, there will be difficulty in Urination, Blood in Semen or Urine, Pain in bones, lower abdomen and swelling in legs. There are no established causes for the occurrence of Prostate Cancer. Old age, family history of Prostate cancer, Obesity are some of the risk factors. If the cancer is neglected, then it may spread to other organs and there may be difficulty in attaining erection.

The best advice is that men beyond 50 years need to undergo prostate screening. Digital Rectal Exam (DRE) and Prostate Specific Antigen (PSA) are helpful in advanced detection, followed by

Ultrasound and Biopsy tests if the first set of tests shows abnormality. The extent of abnormality in cancerous cells compared to regular cells indicates the severity of this cancer. It is expressed as Gleason Score, on a scale of 2 to 10 with 10 indicating highest severity of this form of cancer. In order to identify, whether it has spread to other organs, further tests are required such as Bone Scanning, CT scan and MRI scan.

Stages of Cancer
Stage-1 Here, the cancer can be detected using a Microscope, which shows initial stage.

Stage-2 Here, cancer is confined only to Prostate Gland. It is detected easily at this stage.

Stage-3 The Cancer would have spread to spermatozoa or other mass of cells nearby.

Stage-4 Cancer is detected in Lymph node, bones, lungs and other organs.

Treatment
The treatment of Prostate cancer depends on the intensity of the condition and how quickly it spreads to other organs. In the first stage, treatment may not be necessary and the patient has to undergo regular tests prescribed by the doctors. Here, regular biopsy is helpful to observe any changes occurring in the cells. This can be later

followed by surgery, radiotherapy, chemotherapy etc., once it starts spreading. In radiation therapy, radioactive rays are used to destroy the cancer cells. Other treatment options are Hormonal therapy, halting the production of testosterone using Medicine, preventing the contact between testosterone and cancerous cells through Anti-Androgen and removal of testicles, based on the stage of disease in a particular patient. Removing testicles through surgery is only done in advanced stage of this form of cancer. During surgery, removal of Prostate gland and the surrounding mass of cells including removal of certain portion of Lymph gland is done. Radiation therapy after giving hormonal therapy gives best results.

Regular exercise, healthy diet with fresh fruits and vegetables, and refraining from smoking and alcohol can help in reducing the risk of Prostate cancer.

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PSYCHOLOGICAL COUNSELLING AND INFERTILITY

-ADVERTORIAL

In 2002, the World Health Organization estimated that infertility affects approximately 80 million people from all parts of the world.

The inability to conceive children is experienced as a stressful situation by individuals and couples all around the world. The consequences of infertility are manifold and can include societal repercussions and personal suffering. Advances in assisted reproductive technologies, such as IVF, can offer hope to many couples where treatment is available, although barriers exist in terms of medical coverage and affordability.

The medicalization of infertility has unwittingly led to a disregard for the emotional responses that couples experience, which include distress, loss of control, stigmatization, and a disruption in the developmental trajectory of adulthood. Evidence is emerging of an association between the stress of fertility treatment and patient drop-out and pregnancy rates. Fortunately, psychological interventions, especially those emphasizing stress management and coping skills training, have been shown to have beneficial effects for infertility patients. The content of counseling may differ depending on the patient and the treatment choice but will usually involve at least some form of information and implication counseling, support or therapeutic counseling. Information and implication counseling might focus on ensuring that individuals understand the different psychosocial issues involved in their treatment choice whereas therapeutic counseling might involve an understanding of the emotional consequences of childlessness. These issues might include whether the counselor will be involved in the assessment and/or screening of patients for treatment and whether counselors will work independently or within the clinic environment.

Many infertility treatment programs, particularly those offering assisted reproductive technologies such as IVF, either provide the opportunity for or require couples to participate in, an assessment and/or counseling process prior to treatment. This provides the opportunity to screen for individual problems (anxiety, depression, substance abuse)

or relationship concerns that might compromise a couple's ability to cope, comply with, or agree about treatment

Goals in Counselling the Couple

There are numerous potential goals in providing couples counselling, which can often partially overlap with the goals of individual counselling. The goals of couples counselling regarding infertility fall into three broad categories:

- Facilitating the couple's management of treatment as a team by increasing awareness of treatment implications;
- addressing decision conflict reducing stress on the relationship encouraging more active participation in decision making
- Improving or facilitating communication between the couple and medical staff
- Facilitating the management of infertility as a couple through identifying differences in motivation for having children; differences in reaction to infertility and in coping styles;
- problems in constructive communication.
- Assisting in dealing with infertility strains on the relationship related to infertility or its treatment through support for grief work; help for the couple in identifying alternatives and new life perspectives.

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Psoriasis it won't reoccur...

I suffered with Psoriasis for around 10 years. I am 45 years old right now. I was under the impression that wad a normal skin disease but it didn't take much time for me to identify that problem as psoriasis. And from that day I have been using all the ointments and medicines referred by many dermatologists for around 1 year. The problem of Psoriasis would subside as soon as I apply the ointment but later on it used to spread all over and become worst than before.

The burning sensation and itching would increase even more as a change the medicine the itching and the burning sensation WhatsApp side but the scars would remain as many people said I supposed that it was a permanent problem. I came to know about Dr Ravi Kiran at that moment

There was a small Ray of hope. I immediately consulted doctor ravikiran.

Dr Ravi Kiran enquired about the origin of the problem, the medicines I have used, the symptoms and my sleeping habits. After the diagnosis was done I was given medicines for 3 months and I was supposed to consult him after 3 months. With lot of faith I started using the medicines and observe drastic change in my skin. The discharge of skin started reducing. I was confident that Psoriasis would completely subside and I consulted the doctor once again. He has changed the medicines and in around 6 months 90% of the problems subsided and I had got a chance to lead a normal happy life. I am grateful to the doctor throughout my life. And before I close I am Ramesh and I hail from Guntur.

Homeo treatment for Hepatitis and herpes

A 40 year old person walked into my clinic one day and as I enquired about the problem he shared his issue as follows. "I was suffering from stomach ache around 6 months ago, when I consulted the doctor it was diagnosed as jaundice. I have used medicines but it wasn't of any use. There was a severe loss of appetite and vomiting sensation. I have fatigue and yellow colour deposits in my urine. My stomach started bloating and there is swelling in my feet" The patient has given his version of the problem. I enquired about alcohol consumption and his answer was yes to it do the previous reports suggested it as jaundice I was suspecting hepatitis so I have asked him to get it

confirmed in most of the people hepatitis will be identified with herpes. Many people hesitate to share the symptoms of herpes and that's the reason I asked him to undergo many tests and consult me along with the reports. On that evening he has arrived along with the reports. As I suspected hepatitis was diagnosed and herpes was confirmed. I shared the same with him. On enquiring about observing any small water bubbles short of infection on his private parts he has accepted. I have counselled him to be strong enough use the medicines regularly.

Post treatment
hepatitis virus can be treated successfully using homeopathy. By reducing the viral load completely the patient can get back to a healthy normal life. homeopathy treats liver problems successfully. Good result was observed in one month of starting the homeopathy treatment. He started feeling hungry after three months. Homeopathy treatment works excellently for sexual diseases like herpes simplex. Homeopathy believes in treating the root cause of the disease. By increasing the immunity of the patient the diseases will be treated. Within three months all the symptoms of Hepatitis and herpes have subsided and the person is leading a healthy life right now.

Life after HIV attack

HIV can be treated successfully. Life doesn't stop with HIV attack.

I couldn't believe it when the doctor said the above words. But he has proved it and made me lead a normal life within 6 months. I will be thankful to him throughout my life. I am Subhash. I am married and have two children. Mine is a very happy family. But all of a sudden my family was shattered and I am the reason for that. By profession I am a van driver. One day I participated in sex with another lady. That mistake punished me in the form of HIV. Before I could diagnose, my wife also got affected. As we consulted a doctor the answer we got is nothing could be done as HIV cannot be cured. Due to loss of appetite and severe weight loss and fatigue I had to restrict myself to food. Days started becoming worst. It was very difficult for me to earn my livelihood and the major worry for both of us was the future of our children. I came to know about Dr Ravi Kiran at that moment and I consulted the doctor immediately. The doctor filled confidence in us. We had positive hope about life. The doctor made us strong by saying HIV affected people can lead a normal life. I couldn't believe this and on asking the same the doctor has suggested excellent medicines. By using those for six months regularly we could have wonderful result. With that confidence we both have started using the medicines regularly. The Cdc count was 310 when we consulted the doctor. Both of us were very weak and couldn't walk even for small distances. After using the medicines for one month there was a drastic change in the condition. The appetite regained and we started feeling strong. Exactly after 6 months when it was tested the Cdc count has crossed 1,300. We owe this happy life to doctor Ravi Kiran.

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