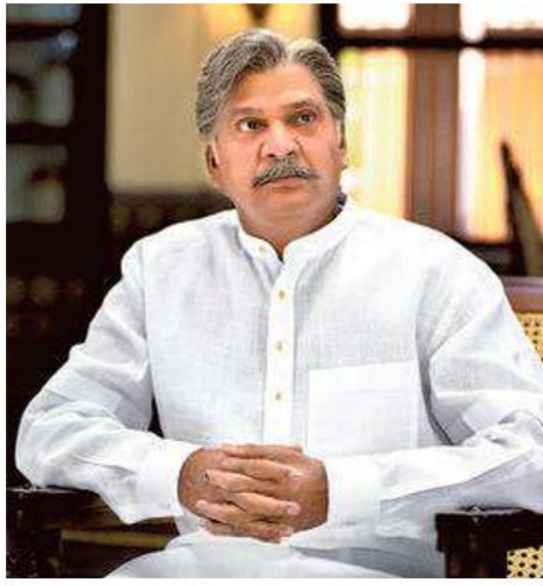


SHORT TAKES



**Puppetry of life**

One of the most dependable actors in Telugu cinema, Rajendra Prasad, recently impressed the audience as Chanti in *Oh! Baby*. The actor will soon be seen in *Tholubommatala*, a family drama that's built on the idea of life being like a puppet show. Written and directed by Vishwanath Maganti, the film stars Rajendra Prasad, Viswant, Harshitha, Vennela Kishore and others. The first look was unveiled on Friday to coincide with Rajendra Prasad's birthday. In the film, he essays the part of an elderly man called Somaraju, also known as Sodalaraju for his fondness of goli sodas. The film traces how he resolves tricky issues in his family. The film has been shot in Hyderabad and Amalapuram.

**Intriguing premise**

With the makers of *Saaho* officially announcing that their film will hit the screens on August 30 as opposed to the August 15, the makers of *Evaru* and *Ranarangam* are stepping up the pre-release promotions, as their projects will vie for the audience attention during the Independence Day weekend. The teaser of *Evaru*, starring Adivi Sesh and Regina Cassandra and directed by first-timer Venkat Ramji, promises to be an edge-of-the-seat thriller. It shows Regina's character caught in a sticky situation that culminates in a crime. The investigation that follows brings on board a police officer, essayed by Adivi Sesh. Unveiling the teaser, Samantha Akkineni commented that each time she does the honours for an Adivi Sesh film, she is left intrigued by its premise and is keen to know more, and this one is no different.



# HealthCare

## Enhancing Fertility - A Gynaecologist's Perspective

**M**otherhood is the fulfilment of a woman's dream. To achieve pregnancy is easy for most women but a few do face difficulties. If a woman has difficulty in conceiving after trying for 12 months or 6 months if she is more than 35 years old, she should consult her gynaecologist for investigations and treatment (if necessary).

A woman can always ensure to keep her fertility levels healthy by regular exercise, diet and a happy disposition.

Most women have a strong desire to conceive a child at some time during their lifetime. It is ideal to have a baby before the age of 35.

Advancing age curtails the chances of pregnancy. Fertility declines from 35 years and the oocytes (eggs) start depleting in quantity and quality. It's always better to plan early to have

healthy and successful pregnancy. Even the success of fertility treatments reduce after the age of 35. A woman is rarely fertile after 45 but she can conceive with donor eggs.

**Factors impacting Fertility:**

**Obesity:**

Excess weight has an adverse impact on fertility and can lead to a number of hormonal disorders. Obesity leads to deposition of fat in the adipose tissue of the muscles. This fat attracts the male hormone Androgen that leads to acne, loss of hair, irregular menstrual cycle, annulation, poor quality of eggs, impaired fertilization and increased chances of miscarriages. A waist circumference of >85cm means a bad prognosis for pregnancy. The best way to tackle over weight is to have a regular exercise pattern. One hour of exercise is important, the

type of exercise also plays a role to enhance fertility. Brisk walking, swimming, aerobics, & yoga help in improving fertility. But the key to success is to exercise regularly. Exercise drives away the androgens from the fatty tissue thereby increasing the release of fertility hormones.

**Diet:**

Skipping meals does not regulate weight instead it increases fat deposition. A healthy diet is very important to improve the success rate of pregnancy. Eat every 2 hours, but eat healthy and balanced diet. Consume more of nuts, vegetables, fruits, green leafy veggies, curd, milk, egg whites, & millets.

Avoid eating junk food, oily snacks, fast foods, sweets, chocolates, ice creams & carbonated drinks. A healthy balanced diet and regular exercise go a long way to increase your fertility

Avoid alcohol and smoking as soon as you decide to

try for a pregnancy. Active and passive smoking causes constriction of the blood vessels supplying blood to the uterus thereby preventing implantation. Alcohol impairs the liver function and compromises the blood supply to the oocytes and the endometrium. It also indirectly helps deposition of fats in the body.

**Mental State:**

Psychological dysfunction should be avoided when planning for pregnancy. The most important hormones (FSH) which help the follicle to grow are suppressed when there is stress and tension. Once stress is relieved women conceive naturally. Those on antipsychotic drugs should consult their psychiatrist and have a proper plan of medications to help them.

**Gynaec Problems:**

Simple problem like excessive white discharge can hamper pregnancy. It has to

be treated before embarking on pregnancy. Irregular and infrequent menstruation should also be tackled. Treating Urinary tract infection, vaginitis and cervical infections is as important as managing pain during menstruation.

If it is imperative that you need to postpone pregnancy, meet a fertility specialist for advice regarding storing (Cryo preservation) your oocytes (eggs) while they are healthy.

Every woman has the ability to conceive given time. Most might need to enhance their fertility while others may need medication and procedures like IVF and ICSI. Patience and perseverance helps. Don't lose hope as there is a solution to every problem.

**Dr. G. Shailaja, MD,**  
DGO  
Clinical Director, Ziva Fertility  
Trained in ART at Bourn Hall, UK

### Total Knee Replacement Surgery

**T**otal Knee Replacement will be recommended by your doctor for severe arthritis that cannot be cured by medication and physiotherapy exercises. During Total Knee Replacement surgery, the worn out surfaces of the knee joint are removed and replaced with implants (also called prosthesis).

There are two main factors to evaluate when considering a hospital for a Knee Replacement Surgery:

- a) The expertise and experience of the surgeon who will perform the surgery.
  - b) Equally important is the ability of the hospital to deal with any of the post-surgery complications.
- A typical patient for a Knee Replacement Surgery is usually between 60-80 years of age. This is also the age for getting post operative problems in various other organs. Unless appropriate post operative support services are available, the comprehensive treatment of the patient is compromised leading to suboptimal outcomes.

**1.Pre Operative:**

As a routine, to evaluate the fitness of a patient for the Knee Replacement Surgery, the following tests are performed:

- a) Cardiac evaluations are done and the results are seen by a senior in-house cardiologist. If required, we do a DSE (Dobutamine Stress Echo) or an Angiogram based on the advice of the cardiologist. In addition regular blood tests are done too.
- b) Dental tests are a must too for infection control as even minor dental infections can at times lead to joint infections too.
- c) For Rheumatoid arthritis patients, a rheumatologist will advise on pre-operative and post-operative procedures.
- d) In case of diabetes, an endocrinologist will attend and optimize the sugar levels pre and post surgery to minimize wound healing problems.
- e) Finally the anesthetist team will review everything and get the patient ready for the procedure.

**2.Post Operative**

- a) The first 24 hours post surgery is the critical period for complications to arise. Patients are kept in the Surgical ICU, which is monitored 24 X 7 by doctors.
- b) Nutritionist provide personalized diet plan for every patient.

**Dr.A.V.Gurava Reddy**  
Managing Director & Chief Joint Replacement Surgeon  
Sunshine Hospitals  
Secunderabad

### CANCER CAN EVEN AFFECT EYES AND HEART

There are hundreds of types in Cancer. It affects many organs in the body and it is not a surprise that Cancer can also affect eyes and heart. Cancer first begins in cells. Our body is made of many cell lumps that together form tissues. Usually, old cells die and new cells are born in our body but if there is imbalance in this natural process, it leads to lumps which are designated as Malignant tumours or cancer. These spread into blood circulation and then through lymph nodes they affect all parts of the body. This phenomenon of proliferation is also termed Metastasis.

Although there may be no conclusive reason, certain viruses, weakened immune system, genetic reasons, one's habits, lifestyle, surrounding environment as well as age are some of the factors that causes cancer. It may be due to changes in chromosome, DNA, Proteins or enzymes but the exact cure for such cancers is still not established.

Termed as Angiogenesis, it affects blood circulation, reduces oxygen supply for blood and results in uncontrolled blood vessels. The best way to address cancer is prevention rather than cure. If it is identified in the initial stages, it becomes easier to address cancer. However, rapid advances in diagnosis, treatment and cure offers a lot of hope. There is a vaccine now to prevent cervical cancer along with advanced screening tests.

Although there may be no visible symptoms in healthy individuals or those with risk factors, cancer may arise due to genes, smoking, alcohol, and the profession of individuals. Screening tests are those that helps in early identification of the condition. Mammogram for Breast Cancer, Pap Smear test for Cervical cancer and tests for Colon Cancer and Prostate cancer are some of the examples.

There are many among us who are usually apprehensive of hospitals and health checkups. Some feel it involves unnecessary costs and unnecessary tests. Cancer cells are highly sensitive, minute and they manifest differently in each individual. Hence, customized treatments for cancer is common these days. It is also called targeted or personalized treatments. The size of cancer, its proliferating capacity, stage, the exact lymph nodes it has affected, age of the patient and other health ailments of patients are the factors considered during the process of diagnosis and treatment.

The diagnosis and treatment depend on the organ affected. Usually X-ray, biopsy, Ultrasound are the tests done followed by CT scan, PET scan, MRI tests etc., that helps in identifying the stage and size of cancer.

**AFP (Alfa Feto Protein)**  
This protein concentration is high in those suffering from

**CA15.3**  
This blood marker level is high in blood cancer

**CA19.9**  
The level is high in gastric and pancreatic cancers.

**CA125**  
Indicates the presence of reproductive cancers in women

**CEA (Carcinocimbronic Antigen)**  
Used in identifying digestive, colon and rectal cancers

**DR-70**  
Useful in identifying 13 forms of cancers

**PET (Positron Emission Tomography)**  
Indicates the metabolic rate of cancer cells and which organ the cancer has spread to. Cancer cells consume more glucose than normal cells

**Endoscopy**  
By inserting a small tube, it helps in analysis of organs internally especially during Colonoscopy, Nasal endoscopy etc.

**PSA**  
Indicates Prostate Cancer in Men

Cancer cannot be diagnosed by one method alone. Hence, it is important to be aware of the symptoms involved right from beginning. Changes in urination and defecation pattern, loss of appetite and weight, wounds that don't heal, lump formation, regular fever, severe tiredness, and menstruation changes in women are all advanced hints of cancer.

**Dr.Ch.Mohana Vamsy**  
Chief Surgical Oncologist  
Omega Hospitals  
Hyderabad : 9848011421  
Kurnool : 08518 273001  
Guntur : 0863 2223300



**Dr. K Ravikiran M.D.,**  
M.Sc.(Psych), P.G.  
(Virology) London  
Gold Medal for Excellency  
in Medicine

### Masters Homeopathy The only treatment for Hepatitis and Herpes

**Hepatitis**

Everyone is fearing about this virus in these days. Doctors find this Hepatitis with their examinations when the patients come to visit the doctors for other diseases. With that, they come to a decision that they are going to die. They think that the virus will not come out of the body due to which there are chances of liver damage for a long time. But truly there are medicines in home to control hepatitis. The patients will lead a happy and healthy life when they get homeo treatment without fear after the confirmation of Hepatitis. There are symptoms like hungeriness, vomiting, body pains, yellowness in urine, jaundice, herpes on skin and also uneasiness in stomach, pain in abdomen. However, it can be controlled totally after taking full time medicines by experienced homeo doctors.

**Herpes simplex**

You will find some water pocks like sweat pocks on penis. With this the people will neglect that they are normal pocks. Later the pocks will become boils. Women too will witness the same kind of boils on vaginal parts with severe pain. If they ignore, it will lead to some more problems. Due to this, they will not be happy during sex and the couple gets embarrassed. Homeo treatment will show wonderful results for herpes problems. The people will suffer a lot when they take other medical treatments but with homeo treatments they will lead a happy and healthy life.

**"Sciatica is treated Successfully"**

A middle-aged man came once to my clinic and asked «doctor, please give good treatment for my back pain as I have been suffering for long time. I will pay the bill whatever it is. I will be in debt to you." I asked the man to tell the details with patience. Then he told doctor, I am Narayana and native of Kurnool. I am working in a private company. Since one year I have been suffering with back pain which is gradually increasing. Now,

**MASTERS HOMEOPATHY**  
Ameerpet, Kukatpally, Dilskhannagar  
Hyderabad, Vijaya-wada, Karimnagar  
Visakhapatnam, Tirupati  
Ph: 7842 108 108, 7569 108 108

Advertorial  
I spread to the legs and feet. I am not able to move here and there and walk. I feel some electric current is passing through my body. When I consulted one doctor, he said that it is sciatica and prescribed pain killers. I am getting relief when using pain killers and it will remain after some time. Now, I came to you for permanent solution." I told him not to worry about it and said that there is permanent remedy for sciatica.

After treatment  
I gave him medicines after observing symptoms, psychological points. There is best treatment with homeo medicines for sciatica problems. Back pain can be cured completely with homeo medicines. By avoiding changes that will take place in back bone, there will be good results by giving treatment to strengthen the muscles. I advised him to visit after using medicines for one month. Then after a month, he came very happy and his face is looking joyous without pain. And he said that numbness in legs is cured. I advised him to continue full course not to discontinue medicines. After six months sciatica problem was solved. As usual he is attending work. I gave some precautionary measures not to go on bike and not to sit long time.

**You can survive even if  
you have HIV**

This is a case from karimnagar Branch. He is about 30 years. He is trembling. When I asked about this problem, he said, «doctor, I belong to Jammikunta. Four years back, I had sex with a girl. I didn't expect that she has some disease. Since two months, I am suffering with fever, cough and loose motions. When I consulted doctor, he said that I have HIV. And I lost weight. There is no hope of survival. Please let me live." I said not to worry about life and took some details.

After treatment:  
During some weather changes, we can see the symptoms like cold, fever, TB infection, loose motions in some persons infected by HIV. That means if disease control system weakens, diseases can be infected. If you are strong HIV can not harm you. Homeo treatment will focus on disease control system. When he was examined it was found that the number of CD cells is 320. So, I said not to worry about and said I would start treatment. I gave him prescription and asked him to come after one month. After one month I saw a lot of change in him. He said that he was so hungry, and free from tiredness. He said he has some hopes of life. I advised him to continue medicines for one more month. Later after Examining second time, CD4 count is 710. Now he is leading a happy and normal life.

**Watch Doctors live  
programme in  
V6 on every Tuesday @ 2.30 PM,  
Sakshi on every Saturday @ 2.30 PM  
and .10tv on every Sunday@ 4.30 PM.**

### Success rates in Fertility Treatments

Infertility treatment can be a long, anxious emotional journey but the success rates are gradually improving and procedures are being much safer than before. The treatment advised depends largely on the cause of infertility. Success rates vary with the treatment given and the couple's reproductive profile.

Fertility treatments are broadly categorized into 3 types: -

- 1) Ovulation induction with timed intercourse (OI + TIC) - medicines are given to grow the egg and intercourse is timed based on ultrasound evaluation. Success rates vary between 5-20%, which further depend on
  - Menstrual regularity
  - Number of eggs released
  - Fallopian tube status
  - Endometrial thickness
  - Treatment protocol
  - Presence of any medical conditions
  - Sperm count, motility etc
- 2) Intrauterine insemination (IUI)- After ovulation induction and ultrasound follicular monitoring, partner's sperms are washed to remove dead & non-motile sperms. The most potent sperms are then placed in female partner's womb with a small catheter. Success rates vary between 10-30%. In addition to the factors mentioned in OI+TIC, success depends on
  - Sperm washing technique and the media used
  - Technique of IUI
  - Time gap between preparation and insemination of prepared sample.
  - Use of self/donor sperms
- 3) In-vitro fertilisation (IVF, test tube baby procedure) - it is a process where egg and sperm are fertilised outside the body in an artificial environment. From day 2 of menstrual cycle hormonal injections are given for 8-10 days after which eggs are collected under ultrasound guidance for fertilisation. Well fertilised and good quality embryos are then selected and transferred



- back to the womb. Success rates vary between 30-60% which further depends on
  - Age & ovarian reserve of female partner
  - Stimulation protocol
  - Quality of the drugs
  - Clinician's & embryologist's expertise
  - Embryology laboratory conditions
  - Presence of fibroids, polyps, hydro-salpinx
  - Use of testicular sperm
  - Use of third-party reproduction like donor eggs, donor sperms, donor embryos.
  - Use of advanced treatments like PGS/ERA
  - Frozen vs fresh embryo transfer
  - Sperm DNA fragmentation index etc.

Hence, it is very important that the treatment protocol should be designed depending on the couple's profile rather than just a blanket therapy.

For any queries Email us at:  
Info@hegdehospital.com



**Dr. Durga Vytha**  
Reproductive Medicine  
Consultant,  
DGO, Fellowship in  
Reproductive Medicine  
Diploma in IVF &  
Reproductive Medicine  
- GERMANY  
HITECH CITY | MALAKPET | MIYAPUR  
Contact: 8880 74 74 74  
www.hegdefertility.com  
Info@hegdehospital.com