

## COVID-19 claims activist U. Sambasiva Rao

Popular by his pen name Usa, he was an intellectual of the Leftist-Ambedkarite school of thought

SPECIAL CORRESPONDENT  
HYDERABAD

Well-known poet, writer, activist and intellectual from the Leftist-Ambedkarite school of thought U. Sambasiva Rao, popular by his pen name Usa, expired on Saturday in the early hours, while under treatment for COVID-19. He was 70, and is survived by daughter.

Sources informed that Usa had been suffering from diarrhoea for one week before he got tested for COVID-19. When situation worsened, he got admitted in a private

hospital, where he stayed for two days before he passed away. Usa was born in Brahmanakur village of Guntur district, and while in college, got attracted to rationalism and revolutionary politics. He was a member of Democratic Students Organisation, and later became a full time member of Unity Centre of Communist Revolutionaries of India (Marxist-Leninist) of which Communist stalwart Tarimela Nagi Reddy was an important functionary.

He was arrested and jailed during Emergency imposed



U. Sambasiva Rao

by the then Congress government, and after release, was sent by the party to organise farmers in East Godavari district. Later he also worked with farmers in the drought-hit areas of Nalgonda dis-

tricts such as Motkur, from where he eventually contested for the MLA seat, but lost. His exit from the party, along with Kancha Ilaiah, came when they together penned a statement on behalf of the party's frontal organisation OPDR, naming the castes of the victims and perpetrators in Karamchedu massacre, Prof. Ilaiah recalled.

When another Marxist stalwart K.G. Satyamurthy came out of the People's War Group, Usa joined him to start a magazine *Edureetha*, through which he propagat-

ed Ambedkarite thought. Through his writings, he always strove for Marxist-Ambedkarite alliance in people's and progressive movements. Himself married out of the caste, Usa is also known for his ground work against honour killings pertaining to inter-caste marriages. Together with other like-minded persons, he launched *Desi-Disa* web channel to spread the Marx-Phule-Ambedkar ideology, and worked as State coordinator for Bahujana Pratighatana Vedika.

## Lab technician succumbs

He was involved in collection of samples from COVID suspects at Chest Hospital

STAFF REPORTER  
HYDERABAD

A 57-year-old Lab Technician (Grade-I) at the Government General and Chest Hospital who suffered from COVID-19 died on Saturday. The victim, Goverdhan, was involved in collection of samples from COVID-19 suspects admitted at the hospital.

Only suspects with respiratory illnesses are admitted

at the hospital. After admission, swab samples are collected to test for presence of coronavirus. Upon testing positive, they are shifted to Osmania General Hospital.

Mr. Govardhan tested positive on July 13 and was initially isolated at home. Chest Hospital Dr Mahaboob Superintendent Khan said that when the lab technician complained of breathlessness, he was admitted to the government hospital. Around three days later, he was shifted to NIMS. However, he died on Saturday. Telangana State Government Medical Laboratory Technicians Association expressed

condolences (TSGMLTA).

**Risk allowance**  
Meanwhile, members of TSGMLTA have requested the State government to grant them ₹ 3,000 risk allowance per month. Currently, they are paid only ₹ 100. The lab technicians are involved in collecting swab samples from suspects who visit the testing centres. A few lab technicians have already contracted and have recovered. The association's president Ravinder Manchala requested that they be allowed one week quarantine followed by one week of work.

A Space Marketing Feature

# HealthCare

## Appendicitis in Children -A new lifestyle disorder

WHEN Mr Prasad who was 37 years was diagnosed to have appendicitis and underwent an emergency appendicectomy, his family and colleagues in office were only concerned about when he would come back to work. A few months later, his son who was 6 years old was also diagnosed to have appendicitis. That was when everyone was shocked. "Appendicitis in a child? Never heard of such a thing. Must be a wrong diagnosis. Should take a second opinion" they said.

### What is Appendicitis?

The Appendix is a worm like structure attached to the first portion of the large intestine called cecum and found in the right lower part of the abdomen. Initially thought to be a useless structure, it is now found to aid the immune system. It harbors bacteria. Appendicitis occurs when mucus, stool, or a combination of the two blocks the opening of the appendix that leads to the cecum. Bacteria proliferate in the trapped space and infect the lining of the appendix. If the inflammation and blockage are severe enough, the tissue of the appendix can die and even rupture or burst, leading to a medical emergency.

### Why do children get appendicitis?

Studies have reported that the appendicitis incidence to vary according to dietary habits, hygiene, socioeconomic status, ethnicity, seasonal changes, positive family history, age and gender. Low fiber intake and the resulting constipation are thought to be the cause of childhood appendicitis in 70% of the cases.

### Has the incidence of appendicitis in children increasing in recent times?

Some advances which are obviously good for any society like better hygienic conditions and better socioeconomic status are paradoxically related to increasing incidence of appendicitis. India is in this league of countries where appendicitis in children is unfortunately increasing. In a study published from Canada in 2017, the incidence of appendicitis is increasing rapidly in the developing countries. Even more concerning data emerged from University Hospitals; Leicester, UK in the same year where researchers concluded that the incidence of appendicitis was significantly increasing in children less than 14 years.

### How do we diagnose appendicitis in a child?

The common complaint or symptom of appendicitis is a sudden appearance of abdominal pain in the right lower abdomen often associated with vomiting and fever. The surgeon elicits several clinical signs to diagnose appendicitis, the most common being the 'MC Burney's point rebound tenderness'. However these symptoms and signs described may not always be present in a child making the diagnosis more difficult and resulting in delays in diagnosis.

The progress of the disease is more rapid in children resulting in the rupture (perforation) of the appendix causing progressive pus formation.

Many a times, other conditions in children mimic appendicitis like pneumonia, severe intestinal infection or rarely an ovarian condition in a girl child. It is important to accurately establish the diagnosis before any surgical intervention. A good history and a detailed examination of the child clinches the

diagnosis most of the time, but sometimes need confirmation by imaging in the form of an ultrasound scan or rarely CT scan.

### How does the Pediatric Surgeon treat appendicitis in children?

Once the diagnosis of appendicitis is confirmed, emergency surgery to remove the appendix is undertaken. Conventional open surgery has now given way to laparoscopic or key-hole surgery even in small children and in advanced stages of the disease with good results in experienced hands. However a small percentage of children with very early or uncomplicated appendicitis can be treated with antibiotics under the watchful eye of the surgeon for sudden complications like rupture of the appendix. Even if the child improves without surgery, there is always a chance of appendicitis coming again sometime in the future.

### Can there be problems after successful surgery?

There can be disease related or procedure related long term issues. If the appendix was found ruptured with lot of pus in the abdomen, there is a small chance of bowel loops getting stuck in these areas and cause blockages requiring re operations. If the operation

is done laparoscopically, then the procedure related complications like wound infection, hernia in the wound and intestinal blockages are very minimum.

### FACTS ABOUT CHILDHOOD APPENDICITIS

- Childhood appendicitis is on the raise and increasingly seen in younger and younger children.
- Rarely newborn babies too have been reported to have appendicitis
- A general trend towards a diet with less fiber could be the cause of increasing incidence of appendicitis in children.
- The symptoms of appendicitis may not be as classical as seen in adults and may delay the diagnosis.
- Appendicitis in children more commonly progresses rapidly to advanced stages like rupture.
- Appendicitis is treatable by laparoscopy just like in adults in any stage.

**Dr. Harish Jairam**  
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## WELCOMING A BABY INTO THE WORLD IS THE MOST CHERISHED MOMENT FOR ANY COUPLE HAPPY PARENT'S DAY

### Here are a few tips to help you plan your pregnancy better –

- Have sex near the time of ovulation. If having sex every other day is not possible – or enjoyable – have sex every two to three days per week starting soon after the end of your period. This can help ensure that you have sex when you are most fertile. Understanding when you are ovulating – and having sex regularly five days before and on the day of ovulation – can improve the odds of conceiving.
- Ovulation is the process in which a mature egg is released from the ovary. Those six days are important because the egg can be fertilized for about 12 to 24 hours after it is released. In addition, sperm can live inside the female reproductive tract if five days after sexual intercourse under the right conditions. Your chance of getting pregnant is highest when live sperm are present in the fallopian tubes during ovulation.
- Maintain a normal weight. Overweight and underweight women are at increased risk of ovulation disorders.
- Do not smoke. Tobacco has multiple negative effects on fertility, not to mention your general health and the health of a foetus.
- Do not drink alcohol. Heavy alcohol use might lead to decreased fertility.
- Curb caffeine. Research suggests that fertility is not affected by caffeine consumption of less than 200 milligrams a day. That is about one to two cups of coffee per day.
- Do not overdo strenuous exercise. Strenuous, intense exercise of more than five hours a week has been associated with decreased ovulation.

### When to talk to a doctor?

With frequent unprotected sex, most healthy couples conceive within one year. If you are younger than 30 and you and your partner are in good health, try it on your own for one year before consulting a doctor. Consider seeking help sooner if you are age 30 or older or you or your partner has known or suspected fertility issues.

Infertility affects both men and women – and gender specific treatment is available and your fertility specialist offers the best hope. Today with advanced fertility treatments like artificial insemination and IVF (In-Vitro Fertilization) many couples are achieving their dream of parenthood. These procedures have a higher success rate if done at the right time. So "Time" plays a crucial factor and I advise couples to take their first step early on.

Contact: +91 8880 747474

www.hegdefertility.com | www.Hegdehospital.com

## LET'S KEEP A CHECK ON CANCER TO AN EXTENT

Cancer is one deadly scourge which affects anyone irrespective of whether they are male, female or child, adult, and their financial status etc. What might be a normal medical ailment initially may turn into fatal cancer. It may not be possible to completely avoid cancer but one can try their best to prevent its occurrence. If identification of the disease happens in initial stages, then there are good chances of successful cure.

India ranks second in the world in fatalities due to cancer. In the last decade, those who die due to cancer has become double. The incidence of cancers in children is 5%, while Breast and Cervical cancers are more common in women, lung cancer and digestive system related cancers are common among men. Since the incidence of Hepatitis B virus is more in Asian countries, liver cancer rate is also more.

Cancer lumps occurs when there is an imbalance between the growth of new cells and elimination of old cells. This form of uncontrolled division of cells spreads to other organs too, and as cancerous cells increase, they spread to other parts through blood and lymph nodes. Cancer can affect any part of the human body. Smoking, profession-based hazards, family history, certain viruses, bacteria, over use of hormones, overweight, radiation, age are different factors for cancers. While some factors are not under control, certain lifestyle factors are definitely under our control.

### Age

According to a survey done by National Cancer Institute among the newly occurring cancers, about 60 percent of them are being seen in those aged 65 and among them, 70 percent are passing away. The chances of cancer among the elderly is 10 times more than the youngsters. Colon, Rectal, Prostrate, Pancreas, Lung, Liver, Urinary, Stomach and Breast cancers are more common among the aged people.

### Alcohol & Smoking Habits

Smoking and usage of Tobacco by men and women as well as passive inhalers are prone to cancer. Among men, 50 percent of cancers are due to smoking and tobacco. This is not restricted to lung cancer or cancer of Head & Neck but also cancers that affect other organs. Women with smoking habit are predisposed to Uterus cancer and in case they are addicted to alcohol, any other cancer may strike them at any point of time.

### Weight & Diet

The chances of Cancer occurrence is more in those who consume meat, fried products, masala etc. In those who consume red meat, cancer of Large intestine and Colon cancer occurs often. Overweight or obesity also leads to cancers. Those who undergo Bariatric surgery to reduce weight are also prone to cancer.

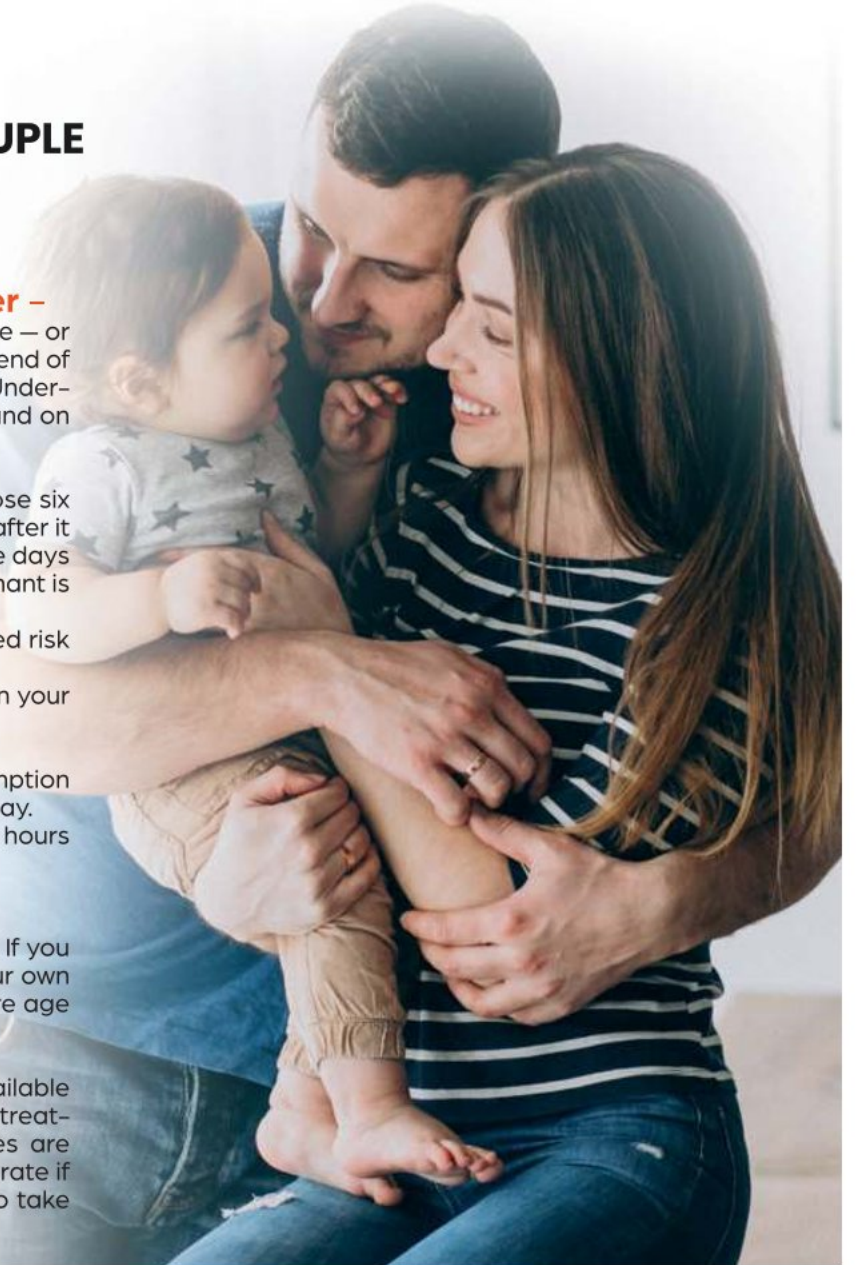
### Genetic Factors

If there is incidence of breast cancer in family, then caution is advised. Controlling Breast cancer is easy if it is detected in initial stages. Apart from self-examination, women after the age of 40 should undergo mammogram tests regularly.

Healthy lifestyle, satisfied family life, Hepatitis B vaccination, balanced diet, weight under control, avoiding radiation and harmful hormones, avoiding smoking and alcohol are some of the measures which can help in avoiding cancer to an extent. During the process of ageing, one has to be careful enough to observe any visible changes in the body and they have to ensure that they don't neglect it.

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