

“I am an artist in service of the story”

Actress Sobhita Dhulipala on her involvement with her role in *Ghost Stories*, and the success of *Made in Heaven*

by AISHWARYA UPADHYE

Seven years ago one may have been forgiven for thinking of Visakhapatnam-bred Sobhita Dhulipala as the geeky student. Today she is an established actress who has successfully worked her roles as the ambitious Tara Khanna in *Made In Heaven*, Smrutika Naidu in *Raman Raghav 2.0* and Isha Khanna in *Bard of Blood*.

Stories an anthology of films directed by Zoya Akhtar, Anurag Kashyap, Dibakar Banerjee and Karan Johar.

Sobhita is in Anurag's film. She plays Neha a paranoid pregnant woman who miscarries her baby. "This is my second release with Netflix, after *Bard of Blood*. I was overcome by the story from the moment I read it. It is a very sensitive subject and I sur-



rendered to it," says Sobhita who admits it was quite an unnerving experience.

"I can't help but get affected by the surroundings and situation. I'm very emotional as a person. It wasn't just about the horror or thriller, for me it was also about the trauma. I'm very willing to submit to the writer's words and world. I always have been. Besides, working with Anurag is always a delight."

This is not the first time, Sobhita teamed up with Anurag Kashyap. She made her acting debut in his psychological-thriller *Raman Raghav 2.0* that also had Nawazuddin Siddique and Vicky Kaushal.

The movie that was a commercial success was pre-

mièred in the Directors' Fortnight section at the 2016 Cannes Film Festival.

The year gone by

In the last one year, Sobhita had two major releases on online streaming platforms— *Made in Heaven* and *Bard of the Blood*. "It's been a very interesting year, most definitely. All the projects that I shot for in the last two years released and it was quite a relief to see them take shape..." she says.

She catapulted to fame after *Made in Heaven*, which garnered praise for dealing with the sensitive subject of homosexuality. "I had auditioned for the role of Tara and was quite thrilled when I landed it," says Sobhita though she says when it comes to business, she has no idea of what does well and what doesn't.

"I am an artist in service of the story, I like to focus on that. If I think much about the outcome, it inhibits me from taking risks," says the 27-

year-old actress.

Looking back, Sobhita reflects that acting was never on cards while growing up. "At the end of college I took part in a Miss India and won the title. I followed it up with modelling and then many auditions and learnings later, I was called in for my first film audition. I knew that acting was my calling. I ended up getting the part, which became my first film - *Raman Raghav 2.0*," she says.

On the cards

The actress is currently wrapping up her schedule for her *Kurup* which stars Dulquer Salmaan. She made her debut in Malayalam industry in 2019 with *Moothu*. The bilingual film was also released in Hindi. "After *Kurup*, I will begin shooting with the production house RSVP on an exciting Telugu film and then jump into *Made in Heaven* season 2 shoot," she adds.

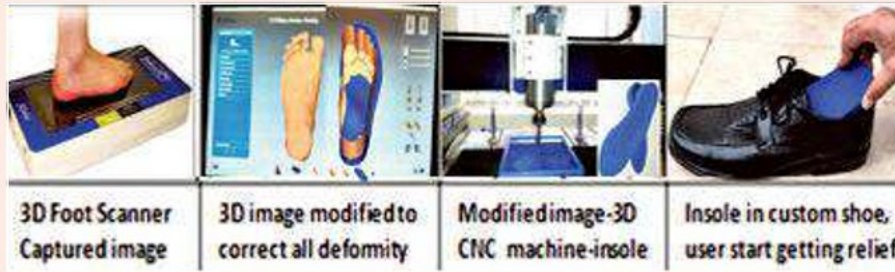
Ghost Stories is streaming on Netflix

Steady climb
Sobhita Dhulipala
SPECIAL ARRANGEMENT

A Space Marketing Feature



Avoiding Foot Deformities



70% of patients with Foot, Ankle, Knee, Hip and Back pain could have avoided only if simpler techniques were used, needing no medications or surgeries. The 26 bones of feet maintain the body balanced only when feet are placed at healthy position. Any

change in foot position shall cause foot deformity. Research study attributes in 80% patient's foot position changes due to use of ill fitting shoes /footwear [not of their foot sizes]. Footwear sold in standard sizes which are either over or under sizes to them lead-

ing to foot deformities. To know whether feet deformed or not, just lift your used shoes and see the wear pattern on out soles. If wear is at center, feet are healthy, but if wear on sides, foot started deforming or already deformed. No two feet of any person are alike.

Foot deformities from birth are treatable if attended within first few years of birth. For best results, reach advanced 3D CAD CAM technology equipped Foot Doctor Clinics at early stage. These low cost FDC's are equipped with Foot pressure scanners, Full foot 3D scanner, Orthotic CAD CAM software, 3D CNC machines and all testing and measurements instruments specially dedicated to custom orthotics.

This technology was developed only 20 yrs ago in western countries.

Avoiding foot deformi-

ties is only in your hand. Use custom orthotics in all the footwear.

Ensure not to walk bare foot more than 5% each day. Do not step out of home with chapel and Sandals as they destroy feet most. They are only good for home use. Custom Shoes are essential when you step out of Home. Regulated life with full body exercises for min 40 mints/day is must to be mobile for rest of your life.

Dr.N.Dhanalakshmi,
PhD Podiatry
Consultant,
Foot Doctor Clinic,
Amepet

Angioplasty a Boon to Heart

The best benefit of angioplasty is in acute myocardial infarction patients or a sudden heart attack. In sudden heart attacks, one of the major blood vessels is suddenly and completely blocked, stopping blood supply to the heart muscle. The best treatment is coronary angioplasty by introducing balloon into the heart blood vessel and opening it and also keeping a stent at the level of the block.

This will improve the blood flow to the heart muscle and restores muscle contractility. If this is not done on time, the heart muscle gets damaged and the heart pump becomes weak. So reaching the hospital on time is very important. If the hospital has no facility for balloon treatment, then medication like streptokinase or tenecteplase will dissolve the clot in the vessel of the heart and improves chances of opening the vessel if given early within 2-4 hours.

If the main vessel or vessels which supply blood to a large part of heart is blocked, the patient may collapse or come with shock. In such situation, balloon treatment may be the only method of treatment. Another benefit of balloon treatment to heart vessels is when a patient is not improving with medication or getting chest pain very frequently or if main vessel called left main is blocked. Also when vessels are blocked with weak heart muscle, Balloon treatment or bypass surgery improves pump function and prevents further damage to the heart muscle.

Hence, they are lifesaving and also improves the

working capacity of the person. The patient may not get symptoms until a vessel is narrowed for upto 70% or more. Some people with blocks lesser than this may not have symptoms, hence identification and prevention of further progression of blocks, medications like statins and blood thinners like aspirin are essential.

These medications prevent worsening of blocks and sudden heart attacks. Sometimes when one vessel is blocked supply comes from the side blood vessels called collaterals. In such situations, a patient may not have symptoms at rest or with mild activity but may develop breathlessness or chest pain with moderate activity. Many of such patients can be managed with medication for some time.

But if the collateral vessel also develops block, then they may develop symptoms and balloon treatment or bypass surgery may be needed depending upon the length and type of the block. In such situations, revascularization procedures like angioplasty and bypass surgery may be needed. Although medicines are useful along with balloon treatment, they may not be able to completely benefit in many of these heart disease patients. As balloon treatment and stent placement needs continuity of blood thinners and statins (cholesterol reducing medicines); both treatments are complementary.

Medicines have to be properly and regularly used after stenting. As stent contains metal, polymer and a drug, blood thinners and statins should not be stopped. For any

side effects, patient has to report to the doctor for alternative medication but should not stop medication on their own.

So the public should be aware of the limitation of

the recent ischemic trial and should not be going with the idea that angioplasty or bypass surgery is not beneficial. Each patient should be treated separately depending on the

merits of the case to get best benefit of present day Medicare.

Dr. N. V. Rayudu
Cardiologist
Apollo Hospitals
Jubilee Hills

BE ALERTFUL OF REGULAR HEALTH ISSUES, IT MAY BE CANCER !

While illiteracy, rural background, financial issues and lack of awareness are some of the reasons for deterioration of health; busy lifestyle, medicines without prescription, over the counter medication, antibiotics, pain killers and too much dependence on internet knowledge might lead to only temporary relief and then cause serious trouble. Many of us might label certain health conditions as arising due to heat, indigestion, food allergy, tiredness due to travel and strain etc., but we may not realize until the conditions get worse, causing cancer.

Cultivating awareness and trying to identify the disease in initial stages itself can be more helpful. There are many advances in diagnosis and treatment these days. Getting over panicked for every small issue and then hurrying up for some quick pain relief is an undesirable trend and hence, the psychology of a patient plays a key role in treatment since cancer is one condition where everything depends on how quickly the problem is identified.

Headache
It is something that many of us face often due to work stress, strain, sunlight, hunger, certain smells, migraine etc., for which we take known medicines. This may severely impact Liver, Kidney and affect blood pressure. It is important to know the underlying cause for headache or migraine if it is occurring frequently. Heaviness in head, severe pain, frequent vomiting and anorexia are signs of Brain Tumor.

Throat Pain
Consuming cold items, unfamiliar weather and areas, drinking water lead to sore throat often. But sometimes this may be a sign of Thyroid cancer and Lung Cancer!

Cough and Breathing
People who smoke cigarettes often face this problem. But this may lead to lung cancer and other cancers. Repeated cough, and difficulty in breathing are signs of TB and Lung Cancer.

Bloated Stomach and Irritation
Irregular eating habits and sleeping patterns, stress, certain food items cause irritation in

the stomach for which we may take antacids and other known medicines. It is more important to therefore have a healthy lifestyle with fiber rich diet. If problems persist, then it is important to undergo Endoscopy and scanning because it may be a sign of Cancers related to Liver, Pancreas and Gall Bladder.

Changes in Urinary Discharge
Blood in Urine, prolonged and painful urination, and irritation while urinating is sometimes signs of heat and many of us drink more water and consider this to be due to infections, kidney stones etc. But in case the symptoms persist for long, it is important to get tested as it may be sign of cancer in urinary bladder. It may be case of Prostate Cancer in men while irregular menstruation can be mistaken as PMS in women, which may be ovarian or uterine cancer.

Defecation Pattern
Indigestion, loose motions and blood in feces can be due to Piles, Fissures or Fistula but if there is frequent occurrence of blood in stool then diagnosis is highly recommended. South Indian Men are prone more to Colon Cancer due to spicy food intake regularly.

There are many occasions when we approach quacks and consider this to be cured by divine intervention as this may be a curse. Many such superstitions and beliefs are among the reasons why patients approach doctors in the final stages of Cancer, seeking relief and treatment while the stage of recovery might have already passed. Healthy diet and lifestyle along with proper awareness and knowledge regarding health issues play an important role in cancer detection and treatment.

Dr.Ch.Mohana Vamsy
Chief Surgical Oncologist
Omega Hospitals
Hyderabad : 9848011421
Kurnool : 08518 273001
Guntur : 0863 2223300
Vizag : 9121179114

IVF : PLANNING IS THE KEY TO ENSURE RESULTS

In spite of all the hype around fertility treatments even the most advanced procedure like IVF-ICSI has an average success rate of 30-50% world over. Couples would be required to go through multiple cycles of IVF and it being an emotionally stressful procedure it is important for couples to have it all well planned out.

Whereas, IUI is a simple treatment and can be managed within a small clinic IVF is an elaborate, precise & quality dependent procedure requiring a well-orchestrated sequence of medical intervention to ensure successful results. It is the Clinical Head of the centre who shall evaluate the couple and subsequently after careful planning prescribe the right protocol that needs to be diligently followed by the IVF Specialists, Sonologists, Counsellors, Embryologist's, Andrologist's, Paramedical staff to result in deriving the best oocytes & semen from the respective partners resulting in well fertilized embryos, ready for transfer.

The entire process is methodical & hence requires a large well qualified and experienced team of specialists & a technologically updated embryology lab to deliver results to ensure a high success rate.

STEPS TO BE TAKEN TO ENSURE SUCCESS IN YOUR FIRST IVF:

- 1.Age is a cause for egg/sperm quality decrease & couples are advised to plan their child earlier in life.
2. Make sure you are mentally prepared to undergo the procedure by clarifying all your doubts regarding the treatment through your doctor/counsellor.
3. Get personalised stimulation protocol with recombinant hormone injections by a well-qualified and experienced professional.
4. Manage your health through strict diet control, exercise & other wellness services to reduce stress of the treatment.
5. Ensure the latest efficient sperm selection techniques are being used.
6. Ensure the centre is equipped with latest embryology lab equipment.
7. Freezing of embryos where indicated.
8. Adjuvants in IVF like Hysteroscopy, PGT-A, Laser hatching, Embryo glue, NK



cells, Intraplids and Endometrial PRP can be used in indicated cases to ensure higher success.

With all these steps being followed the couples chances of conceiving in the first attempt greatly increases. It is very important for couples to have an emotional connect with your fertility team so as to share your anxiety and apprehensions so as to cope better with the outcome of the results.

Also, today the various wellness therapies that we have included like Acupuncture, Fertility Yoga, Meditation, fertility diet, Fertility massage etc. also act as adjuvants to improve results. At HEGDE FERTILITY, the team of fertility experts, therapists, counsellors & clinicians are sensitive to the couples needs while at the same time provide the necessary latest infrastructure and technological advancements to ensure the best outcomes & a great overall patient experience.

HEGDE FERTILITY
CONCEPTION. A MIRACLE. A SCIENCE
Touching Hearts of Millions since 1977

Dr. VANDANA HEGDE
CLINICAL DIRECTOR
MS - OBG
Post-Doctoral Fellowship
in Reproductive Medicine
-RGOHS
Diploma in Reproductive
Medicine & Embryology
-ISH GERMANY
Contact: 8860 74 74 74
www.hegdefertility.com
Hitech city | Madhapur | Hyderabad