

SHORT TAKES

A biopic on Ujjwal Nikam

Umesh Shukla, the director who won a National Award for the Hindi film *Oh My God*, is making a film on well known public prosecutor Ujjwal Nikam. Titled *Nikam*, the film will tell the story of the man behind some of the toughest cases such as the Bombay blasts in 1993, the Gulshan Kumar and Pramod Mahajan murder cases, among others. The

film is being written by Bhavesh Mandalia and Gaurav Shukla. Ujjwal Nikam says, "I have been pursued for years to write a book or make a movie on my life. I was reluctant. But I agreed to collaborate with this talented team, as I trust them to tell a story that will hopefully inspire and do justice to what we have fought for." Umesh Shukla adds, "Not all heroes wear capes, some wear the black coat. And Nikam is a true hero."



Suraj Pe Mangal Bhari keeps it real

The cast and crew of Abhishek Sharma's Hindi family comedy *Suraj Pe Mangal Bhari*, produced by Zee Studios, was recently filmed outside the crowded CSMT station in Mumbai. The film stars Manoj Bajpayee, Diljit Dosanjh and Fatima Sana Shaikh. The unit shot the pre-climax sequence on platform no 10 of the station. Manoj Bajpayee and Diljit Dosanjh were part of the shoot that also involved 150 junior artists. Says director Abhishek Sharma, "A pre-climax scene required a railway station. Usually filmmakers like to shoot in a controlled environment on a set, but it felt inauthentic. The film is set in 90s and Victoria Terminus was the perfect place to shoot. We took permissions from the Central Railways. The engine drivers were precise and professional. We shot for two days from 7am to 7pm. We all were so excited that we took turns to check out the engine and blow the train's horn."

A Space Marketing Feature



Diagnosis and treatment of male infertility

Infertility, defined as a couple's inability to achieve a pregnancy after one year of regular, active married life, could have more than one cause. About 50% of these cases could be due to female problems, 20-30% due to male factors and the rest 20-30% due to issues in both the female and male partner.

This implies that in about 50% of infertile couples, male factor seems to be a major contributory factor.

While a general physical examination can give clues to inherited conditions, chronic health problems, illnesses, injuries or surgeries; a routine semen analysis looks closer at the quantitative and qualitative capacity of the sperms. Concentration, motility and morphology of the sperms have proven to be good indicators of a fertile man. However, many infertile men have sperms that are within the normal parameters and proven fertile men have shown to have poor ranges of sperms. Added to that, these parameters fluctuate grossly between semen samples.

Numerous investigations are carried out to further scrutinize the cause of male infertility. A Scrotal ultrasound helps in locating vari-

coeles, or other concerns in the reproductive tract. Abnormalities in the pituitary gland, hypothalamus and testicles can be identified by hormonal testing.

Urine-analysis can indicate ejaculation that travels back into the bladder (retrograde ejaculation). Genetic testing can explore genetic causes of infertility that could be inherited or congenital.

Recognizing abnormalities originating in the Y-chromosome could help understand abnormal semen parameters. Azoospermia (absence of sperms in semen) could be due to an obstruction in the reproductive tract (obstructive azoospermia) or because of hormonal imbalances, congenital factors (non-obstructive azoospermia).

A testicular biopsy shows whether sperm production in the testes is normal. Although standard methods for sperm selection such as double density gradient and swim-up have been used with good results, many patients failed to accomplish pregnancy with these procedures.

To improve the diagnosis and treatment of male infertility, basic semen analysis is now complemented with spe-

cialized tests that give more evidence on sperm functionality.

In recent times, Sperm DNA fragmentation has become a widely used specialized test.

Many studies on the same have shown that sperms with genetic defects are contributors of infertility.

Assisted reproductive techniques (ART) is being offered to numerous couples with varied indications. Despite advances in the field, there is yet scope for improvement in the pregnancy rates.

The development of an ideal sperm selection technique has led to the evolution of novel techniques. To improve the diagnosis and treatment of male infertility, basic semen analysis is now complemented with specialized tests that give more evidence on sperm functionality. Amongst them are, the Magnetic activated cell sorting (MACS) and the Microfluidics method.

Magnetic activated cell sorting- All cells, including sperms are programmed for cell death (Apoptosis); a natural on-going physiological phenomenon that maintains the number of cells. Sperms that are heading

toward apoptosis give a sub-optimal fertility outcome. The main objective of this technique is the selection of a sufficient number of viable motile sperms capable of fertilizing oocytes (eggs). Current sperm preparation methods previously mentioned, overlook the fact that apoptotic sperms need to be separated from normal sperms. Motivation for development of this technique came from the fact that apoptotic sperms have markers (or signals) on their surface that can be identified and eventually separated from non-apoptotic sperms. Typically, this technique employs the use of specialized particles that label those sperms that have damaged outer membranes.

MACS separation leads to a high yield of sperms that have an intact functional membrane; with the highest fertilization potential demonstrated by way of egg penetration. MACS followed by a double density gradient sperm preparation helps in the elimination of leukocytes, debris, plasma, etc from the ejaculate.

MACS has shown to significantly improve the success rate in assisted repro-

ductive techniques. Additionally, the physical, psychological as well as financial burden for patients is brought down considerably. Microfluidics- Microfluidic technology in male fertility is rapidly leading to optimization of sperm preparation and analysis.

It is used for the collection of a purified sperm population for treatment of indicated male infertility. The device closely mimics the natural selection process. Micro channels are designed into the microchip aiding the swimming up of normal sperms with intact DNA thereby helping in the sperm selection. Dead and damaged sperms are separated from healthy, motile morphologically normal sperms. These normal sperms can be used during fertility treatment techniques. The use of these devices has proven to considerably increase success rates and decrease miscarriage rates.

Dr Chekuri Suvachala,
Master Clinical Embryology (Monash, AUS),
Master Clinical Embryology (Leeds, UK),
PhD (Genetics),
Scientific Director,
Ziva Fertility, Manikonda

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Health for the Elderly

Quite many of us often take our health for granted when we are young, and are generally quite indifferent about maintaining healthy habits.

As we get older and reach into our 50s, the body slows down and starts to show some warning signs. We then begin to understand how important it is to have a healthy, trouble-free body. We become more and more aware of the value of good health, and how easily and quickly it can be worsened by leading a careless life. At middle age, therefore, it is very important to take every care to preserve our health, so as to continue to have a good quality of life as we progress into senior citizenship.

Although aging is inevitable for all of us, it is possible to lead a very cheerful and positive life right through old age. By maintaining a healthy lifestyle, you can take on old age with confidence and even be able to cope well with many genetic/ hereditarily predisposing risk factors. You can effectively manage them, and even keep them comfortably at bay.

Here are a few very useful suggestions on adopting good habits and a healthy lifestyle, to help you stay fit, healthy and even feel younger:

Take a nutritious, varied and balanced diet
- Eat plenty of vegetables and fruit; they are important sources of vitamins, minerals, dietary fibre, plant protein and antioxidants. People with diets rich in vegetables and fruit have a significantly lower risk of obesity, heart disease, stroke, diabetes and certain types of cancer.

- Reduce your intake of fats, oils and concentrated sources of energy. Eating too much of them, especially saturated and industrially-produced trans-fat, can increase the risk of heart disease, diabetes, stroke and

certain types of cancer. Take unsaturated vegetable oils (olive, soy, sunflower or corn oil), and avoid animal fats or oils high in saturated fats (butter, ghee, lard, coconut and palm oil). Limit your consumption of total fat to 30% of your overall energy intake; this will help keep your weight in check.
- Watch your intake of sugars. Ideally, they should only constitute 5-10% of your total energy intake. Choosing fresh fruits instead of sweet snacks such as cookies, cakes and chocolate helps reduce sugar consumption.

You can also minimize sugar intake by limiting your consumption of soft drinks, soda and other sugar-rich drinks (fruit juices, cordials and syrups, flavoured milks and yogurt drinks).
- Keep your salt consumption very low. Doing so helps prevent hypertension and reduces the risk of heart disease and stroke. Limiting the amount of salt and high-sodium condiments (soy sauce and fish sauce) when cooking and preparing foods helps reduce salt intake.

Maintain a healthy weight. Keep your Body-Mass Index (BMI) between 18 and 25. BMI is derived by dividing weight (in kg) by the square of height (in metres). Being overweight has harmful physical effects, and can also affect your morale and confidence. Weight management can be helped along through strength training: low intake of carbs/ sugar; drinking plenty of water; doing yoga and ensuring you get enough quality sleep.
Quit smoking. Learn to relax through activities like yoga and meditation. Be happy! Have fun! Enjoy yourself! Laugh heartily! Being happy is a very healthy habit. It combats stress. Keep your brain active and alert. Consult your doctor regularly.

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

Homo is the best method to treat Hepatitis

Hepatitis: It is the one of the virus, which is a threat to human beings. Liver cells will be swollen up due to infection of this virus, leading to Fibrosis and Cirrhosis. Functioning of liver will slow down gradually and become life threat. No permanent solution to this problem exists in other systems of medicine. But wonderful solution is available in homeopathy treatment.

Reasons: Sexual contact with many people, contaminated blood transfusion, homo sexuality, usage of contaminated syringes are the main reasons for hepatitis. New born babies may be affected from diseased mother through womb.

Symptoms: Loss of appetite, vomiting sensation, body pains, coloured urination are few symptoms of this problem. Jaundice may be affected slowly. Swelling on skin will be noticed. Hepatitis B will be diagnosed after later, may be after years. It is known as chronic hepatitis.

Homeo Treatment: hepatitis B, C viruses are multiple in liver generally. It is known as replication. It will be controlled by Homeopathic medicines.

Better treatment for HIV, Herpes

HIV: Its a myth that HIV is fatal. But best medicines are available in homeopathic system to control HIV virus. Main reason for the spread of HIV rapidly in the body is incubation of virus for years of period. Symptoms may be exposed only after many years. Diagnosis of the original disease directly is almost impossible. Symptoms of the disease will be exposed, when immunity is lost. Diarrhoea, loss of weight, extended suffering from seasonal diseases, frequently affected by ailments will be noticed.

Herpes: Blistering on penis will be noticed along with itching. Sometimes it may become wound. If not treated it may spread to other people also. This sexually transmitted disease is known as herpes.

Homeo Treatment: Immunity will be strengthened by homeopathic medicines. Seasonal diseases will be controlled in the later stage. Viral attack will be reduced drastically. Healthy life will be restored. Sexual diseases like Herpes simplex will be cured

from root level by homeopathic treatment.

Ulcer problem may not be recur.

"Burning sensation is a regular problem post food intake. I couldn't take night meal many times. I had controlled consuming roadside food totally, which was a frequent habit earlier. I was unable to take non vegetarian food at home. Few tablets were used before lunch as per advice of a local doctor. Normal conditions were faced when I used the tablet, but otherwise problem would be repeated."

One patient had explained the above symptoms at our clinic. We initially identified as ulcer, even though we have recommended for endoscopy. He had come back with endoscopy report. Ulcer was diagnosed. We have explained the features of ulcer and given medicines along with diet chart.

What is Ulcer: Ulcer is a wound like structure, may be formed in three places. Those are Stomach ulcer (formed in stomach), Duodenum ulcer (formed in small intestine), and Esophagus ulcer (formed in internal food pipe).

After Treatment: I have given few medicines to him and advised him to come back after one month. He has followed the diet principles and visited our clinic after stipulated period. He was quite relaxed and informed that problem is controlled. I have suggested usage of medicines for another three months. Ulcer was cured permanently.

Sciatica Its Gone:

Sciatica is the one of the health issue that affect the joints region. Unbearable pain is observed in these patients. Pain will spread from back region to legs. Actually sciatica is large nerve in the body. Few muscles will hold the bone parts in back bone. These muscles will be diluted by the defects through our daily routine activities. It may create stress on sciatica region. Finally pain spreads along this nerve.

Symptoms: Sever Pain on the right side is observed in many people. Back ache will be aggravated due to physical stress. Pain may spread to upper part of leg, from back side of the body. It may reach to knee joints, ankle and foot region. Electric shock like pain will be observed.

Homeo Treatment: Any kind of pain will be cured permanently by only way i.e., homeopathic treatment. Wonderful treatment options will be available for sciatica problem. Homeopathic medicines can cure back ache. Good result will be observed by treatment which is meant for strengthening of muscles

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PGT-A is a genetic test performed on the embryos produced through IVF. It examines the chromosomal material of an embryo and can tell if the appropriate number of chromosomes are present. This will help your physician select the best embryo for transfer and improve your chances of achieving a successful pregnancy.

Benefits of PGT-A

- Increases the chance of pregnancy.
- Decreases miscarriage rates. Increases the chance that a healthy baby is born.
- Reduces the number of IVF cycles needed to achieve pregnancy, potentially reducing the time and costs of extra cycles.
- Enables confident single embryo transfer, avoiding health complications associated with twin or triplet pregnancies.

Incidence of aneuploid blastocysts according to maternal age

Ongoing pregnancy rate per blastocyst transfer

PGT-A can help women of all ages increase the chances of successful pregnancy.

Eggs donor	Maternal age (years)	IVF with PGT-A (%)	IVF without PGT-A (%)
<35	<35	42.6%	51.8%
35-37	35-37	54.4%	67.9%
38-40	38-40	77.9%	79.8%
41-42	41-42	-	-
>42	>42	-	-

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How does it work?

- Embryos with the correct number of chromosomes are called euploid.
- Embryos with extra or missing chromosomes or pieces of chromosomes are called aneuploid.
- Aneuploid embryos are significantly more likely to fail to implant, result in miscarriage, or lead to the birth of a child with a genetic disease.

Dr. VANDANA HEGDE
CLINICAL DIRECTOR
MS - OBG
Post-Doctoral Fellowship
in Reproductive Medicine -
-ROHS
Diploma in Reproductive
Medicine & Embryology
-ISM GERMANY
Contact: 8800 74 74 74
www.hegdefertility.com
HITECH city | Makapet | Miyapur