

A simple fertility guide for young couples



The chances of conception for a couple in a single month of planning during the fertile period of the woman's cycle is around 15%. Around 70-80% of couples conceive within the first year of planning. But the rest who fail to conceive during the first year of trying, require assistance to conceive. Today global infertility is increasing and multiple factors play a role in it — genetic, lifestyle and environment. So just like you research a lot before you plan your education, career, select a partner or buy a house, you also need to understand and be aware of your own fertility status and your partner's. This knowledge will help you conceive easily whenever you plan.

● Try to avoid night shifts as they do affect the hormone release patterns.

● Any problems related to sexual dysfunction faced by the male or female partner like erectile dysfunction, premature ejaculation, decreased libido or vaginismus and painful intercourse need to be addressed early on in your marital life and don't postpone them till you plan a family.

When to consult a Fertility Specialist:

● If a couple having regular intercourse fails to conceive within 12 months of trying during fertile period.

● If the female partner's age is above 30 years, then consult within 6 months of trying.

Pre-conceptual evaluation is required if:

● Genetic problems within the family. Menstrual cycle irregularities, painful periods, painful intercourse.

● Females with past history of tuberculosis, endometriosis, ectopic pregnancy or abortions.

● Male with history of childhood genital surgeries, tuberculosis and mumps.

● Female on chronic medications for thyroid, hypertension, diabetes, epilepsy, psychiatric illness etc.

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Dr Vandana Hegde

Few steps for enhancing fertility:

- The fertile period for the female starts about 4 days prior to ovulation and ends on the day of ovulation. So, a girl with a regular cycle of 28 days is fertile between day 10 to 16 of her cycle. This is not applicable if cycles are irregular.
- Eating a healthy high protein nutritious diet at least 6 months before planning pregnancy, avoiding fast food, artificial colours, preservatives, taste makers, canned foods, caffeine drinks, alcohol and smoking.
- Be physically active by inculcating an exercise regimen such as yoga, workouts, swimming or games like badminton and have adequate sunlight exposure.
- Have a harmonious relationship with your partner and plan short holidays during the fertile period to be away from work related stress factors.

Lose weight the healthy way

Pritam Sarkar had been overweight for almost a decade, largely because he was a foodie and had a weakness for biryani. He had an erratic lifestyle due to his work schedule that would extend into the night and also add to his stress levels.

GYM AND RANDOM DIETS DIDN'T HELP

Pritam says, "I went through a vicious cycle, which many people go through. I joined a gym, which I would miss by making small excuses; I followed a random diet I came across on social media and lost some weight only to regain it (and some more) and then repeat the whole cycle again. Eventually I was introduced to Truweight by a family friend and everything changed thereafter."

Three members of Pritam's family also started the program along with him. The initial health consultation helped Pritam realise how the high visceral fat level in his body could lead to multiple diseases and how desperately his body needed to be rescued.

"My dietitian coached me and my family brilliantly. She kept a close watch on everything I ate and gave feedback. She was a knowledgeable, personable and passionate coach, who was concerned about my uric acid more than me. Her guidance not only helped me lose extra kilos, but my elevated uric acid level came down," he adds.

POSITIVE RESULTS

Today Pritam is almost 19 kgs lighter even after the

occasional indulgence and a few cheating phases. "This program is more than just a simple diet plan. It has changed my approach towards food and influenced my life in several ways. Combine this with some amount of physical activity and you will see faster results," says Pritam.

MOBILE APP SUPPORT

Another beneficial part about the program is the support provided through its app. It helps members become a part of an active weight loss and healthy eating community that provides support and encouragement to each other. "I'm grateful to the Truweight team for creating a program and helping people lose weight in a healthy way."

This program has shown health benefits in disorders such as obesity, diabetes, hypothyroid, PCOS, hypertension, knee pain and back pain.

Truweight is a 4.5 year-old company founded by an IIM-A and MDI alumni. It has helped thousands of people successfully lose weight. The program doesn't claim to cure any diseases and results may vary from person to person. It is currently running bumper discounts and New Year offers.

Call: 1800 102 8751, 080-65450000 to book a free health consultation at your home. Disclaimer: The views/opinions/updates in the article are the sole responsibility of the expert/organisation.

THERE ARE 2 WAYS TO LOSE WEIGHT

Asking Everyone

How to lose weight?
How to lose weight in one month
How to lose weight in 2 weeks
How to lose weight at home

WRONG WAY

Asking The Experts

TRUE WAY

BEFORE

AFTER

Pritam Sarkar

THE TALLEST EDIBLE CHRISTMAS TREE IN TOWN!

WHAT'S HOT

IF IT'S HAPPENING, IT'S HERE

In the spirit of the season, The Westin Hyderabad Mindspace has unveiled a glorious Christmas Tree that towers approximately 36 feet tall! It is also one of the most sustainable Christmas trees. Planning and preparations that encompassed 30 days, combined with the dedication and hard work of a team of 30 associates at The Westin Hyderabad Mindspace ultimately came to a grand fruition at a fun-filled and delightful tree lighting ceremony. It took a team of chefs led by Chef Mahesh Padala, Executive Chef at the hotel, along with the assistance of the enthusiastic engineering department, who worked for over 168 hours and 7 days non-stop, to craft this delicious edible treat which is filled with 300 kgs of chocolate and 250kgs of edible sugar art!



team's efforts and the tree itself is absolutely bespoke in craftsmanship and beauty. We hope to undertake many more such fun activities and involve our guests in environment-friendly themes while leading into the celebrations for our hotel's 10th anniversary."

The largest edible Christmas tree is also decked with a ton of Christmas goodies that one can also choose to buy and gift. From fruit-filled Christmas cakes, plum puddings and cookies; it's a wonderful time to visit with family, friends and indulge in these delectable festive treats. Address: Raheja IT Park Hitech City, Madhapur; Cost: ₹500/- onwards; Timing: 11 am to 10 pm; Contact: 040 6767 6818

Calorie intake is likely to increase in future: Study

Researchers have now analysed how the actual quantity of food that people would like to eat is likely to change. A rising Body Mass Index (BMI), which evaluates weight in relation to height, and an increasing body height lead to a marked increase in global calorie requirements.

In most countries, the average body height and body size is increasing. More needs to be eaten to maintain a higher weight. Development economist Professor Stephan Klasen, from the Faculty of Business and Economics at the University of Göttingen, and his then doctoral student, Lutz Depenbusch, have designed a scenario to investigate how calorie intake could develop between 2010 and 2100.

Earlier changes in the Netherlands and Mexico were used as a benchmark. "The developments in these countries are very pronounced," says Depenbusch, "but they do represent a realistic scenario." Even if both BMI and height were to remain constant, global calorie requirements would still increase by more than 60% by 2100 because of population growth.

With rising BMI, as observed in Mexico, and increasing height, as seen in the Netherlands, there would be a further increase of more than 18%. This means the increase in



global calorie requirements between 2010 and 2100 would be one-third larger, reaching a total increase of nearly 80%.

If global food production does not meet this increased need, the researchers fear that this problem will not be controlled by a corresponding decrease in BMI.

While richer people will be able

to maintain their eating habits, the poor would suffer greatly from higher prices due to increased demand. "This would lead to increased consumption of cheap food, often rich in calories but poor in nutrients," says Depenbusch. "As a result, body weight among the poor would continue to rise alongside malnutrition and poorer health outcomes." —ANI

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PRATIROJU PANDAAGE VEDUKA - PRE RELEASE CELEBRATIONS

TODAY FROM 6:00 PM ONWARDS @ ITC KOHENUR, OPP : INORBIT MALL, MADHAPUR, HYD.