

Not every couple needs advanced ART treatment; simple IUI can suffice

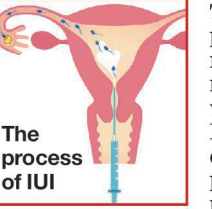
Renuka (name changed), 28 from Vikarabad recently approached Hegde Fertility due to frustration and anxiety arising from difficulty in conceiving a baby. Renuka has been married for four years and has been trying to get pregnant for the past three years. When she went to the hospital, Dr Sneha Shetty did a detailed evaluation. She informed, "The examination showed no significant medical or surgical history or even menstrual problems. Renuka is a non-smoker; non-alcoholic and has been following a healthy diet. But she did reveal that her husband had ejaculation issues." An extensive investigation of the couple was needed to decide the most suitable treatment. "We conducted basic tests for general health assessment, pelvic scan, blood tests to assess her ovarian reserve and fallopian tube patency test," shares Dr Sneha adding, "Results showed that Renuka was fine and even her husband's semen analysis test was normal but premature ejaculation during intercourse was the cause of failure in conception."



Dr. Sneha Shetty



This picture is for representational purposes only.



The process of IUI

The process of IUI
The collected semen sample was processed in the andrology laboratory and the best sperms with good motility and normal morphology were separated. Dr Sneha says, "An IUI catheter was passed through the cervix and the processed semen sample was injected into the uterus. This might be uncomfortable but not painful. After the IUI, the patient was put on progesterone support medication for 15 days. A beta HCG test after 15 days was done and it was confirmed she was finally pregnant." Not every couple requires advanced ART treatment; sometimes simple treatment like IUI can suffice.

IUI - A saviour for couples trying to conceive
In the case of Renuka, intrauterine insemination was the most suitable option. Sneha said, "We asked her to come on her second day of the period for ovulation induction using oral medication to regulate and track ovulation. Afterward, serial follicular monitoring was done to assess the size of the follicles. On the 12th day of her cycle, Renuka's follicle was ready and trigger injection was given. After 36 hours, her husband was asked to visit the hospital to give his semen sample. IUI was performed using the husband's semen."

Dr. Sneha Shetty
Consultant Reproductive Medicine, DGO, Fellowship in Minimal Access Surgery, Fellowship in Reproductive Medicine & IVF - London; Branches: Hitec City, Malakpet, Miyapur, Suchitra Contact: 8880 747474 www.hegdefertility.com

BENNETT UNIVERSITY
THE TIMES GROUP
bennett.edu.in

ENGINEERING | MANAGEMENT | MEDIA | LAW | LIBERAL ARTS

SUDOKU CHALLENGE

6			7		3			
		4		5				
			9				7	1
	4				2	7		
	5		3	1			2	
		3	2				6	
					9		2	
	1		4					3

Level: Medium

How To Play
Fill in the grid so that every horizontal row, every vertical column and every 3x3 box contains the digits 1-9, without repeating the numbers in the same row, column or box. You can't change the digits already given in the grid. Every puzzle has one solution.

TIMES HITORI

5	8	1	3	8	7	8	2
5	3	1	2	8	9	6	4
7	7	7	5	7	3	2	2
3	5	6	1	4	2	6	9
5	2	1	7	8	4	1	3
8	1	3	9	7	7	5	6
4	4	4	8	4	5	4	1
1	9	7	4	2	6	3	5

How to play
1. A number may appear just once in each row or column. Eliminate repeat numbers by darkening cells. (see example)
2. Darkened cells must never be adjacent in a row or column.
3. Unmarked cells must create a single continuous area, undivided by darkened cells.
4. Every time you darken a cell, you can automatically circle its vertical and horizontal neighbours, which cannot be eliminated.
5. Any cell "sandwiched" between neighbours of the same value can be circled. (e.g. 6 4 6)
6. A "triple" is a special case of sandwich. Circle the centre cells, and darken the ends. (e.g. 6 6 6)

LOOP THE LOOP

Rules
■ Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A).
■ Crossovers or branches are not allowed (As shown by dotted lines in Fig B).
■ Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines.
■ You can't draw lines around zeroes.
■ Each puzzle has just one unique solution.

How to begin:
Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a deadend (Fig B)

#GoodRiddance2020

memezar

Me trying to protect my mental health during the pandemic

AstroNegro 333 @TMitch2Cool

Season 2 of 2020 is WILD as hell so far

GARFIELD

I, FOR ONE, AM AGAINST THE ARRIVAL OF AUTUMN!
I SEE THAT I'VE BEEN OUTVOTED!

ANIMAL CRACKERS

I THOUGHT YOU SAID THIS WAS A BIRD SANCTUARY.
I SHOULD HAVE READ THE FINE PRINT.

BEAU PEEP

The Secret of Golf - CHAPTER TWO.
Etiquette on the course is paramount in the game.
For example, you're not allowed to punch your opponent.

BIG NATE

AH, GOOD I'M GLAD YOU'RE STILL HERE, NATE.
I OVERREACTED TO YOUR BODY LANGUAGE EARLIER. I SHOULDN'T HAVE GIVEN YOU DETENTION. PLEASE ACCEPT MY SINCERE APOLOGIES.
I WON! I HAVE TRULY NEVER SEEN EVERYTHING.

B.C.

WHIP?
RRRRHIP
NEED TO WORK ON THAT BACKHAND.

MANDRAKE THE MAGICIAN

ALL MOVEMAKING EQUIPMENT WILL ARRIVE LATER TODAY!
EVERYTHING IS ON SCHEDULE. PRODUCTION IS ALREADY UNDER WAY!
ALL I SEE IS -- SOMEBODY PAINTING THE WALL BLUE!
EXACTLY WHAT I MEAN, PRINCESS-- TRUST ME!

MUTT & JEFF

MAYBE GIRLS NEED A LITTLE ENCOURAGEMENT!
HI VA, BABE! HOW ABOUT A LITTLE KISS, HUH?
HOW DARE YOU! I'VE ALWAYS DO THAT!
HELLO TOOTS! GIRL, I'VE A MIND TO DALL WITH YOU!
ARE YOU NUTS? ASKIN' STRANGE GIRLS FOR KISSES?
OH, SURE!
BUT DON'T GET TOO CLOSE!
BUT IT GETS ME A LOT OF KISSES! TOO SOMETIMES!

SCRAMBLE

Rearrange the letters in the four word jumbles, one letter to each square/circle, to make four ordinary words.

AGWER **EHYLT**
FGNSUU **EHPSYC**

How To Play
Now arrange the letters in the circles to form the answer to the riddle or to fill in the missing word as indicated.

makes all men gentle... Menander (?)

whistle. tour

SOLUTION: tour, whistle, men, gentle

WHAT?!

Find the familiar phrase, saying or name in this arrangement of letters.

whistle. tour

SOLUTION: tour, whistle, men, gentle

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

6	9	8	7	2	4	6		
8	6	9	1	5	2	7	3	4
9	6	7	8	1	9	2		
9	2	1	6	8	5	6	7	1
1	7	2	9	5	6	7	1	8
2	6	8	3	9	5	2	7	4
4	5	2	3	6	7	8	9	1

LOOP THE LOOP

TIMES HITORI

5	8	1	3	8	7	8	2
5	3	1	2	8	9	6	4
7	7	7	5	7	3	2	2
3	5	6	1	4	2	6	9
5	2	1	7	8	4	1	3
8	1	3	9	7	7	5	6
4	4	4	8	4	5	4	1
1	9	7	4	2	6	3	5

FinOlex FORTUNE

Anupam V Kapil
finolexpipes.com | 1800 200 3466

For appointments mail at anupamvkapil@gmail.com or sms on 9822042295.

BIRTHDAY TODAY
You shouldn't be content about your success. Keep things going with your initiative.
Tip: Your lucky colours are crimson and white. Your lucky gems are turquoise and opal.
You share your birthday with: Bobby Deol

ARIES March 20 - April 18 You have an opportunity to meet a person who brings out the excitement in you. Your past has helped you develop kindness and compassion. Solitude feels right for you now, let your friends know. **TAURUS April 19 - May 19** It is easier to attract whatever or whoever makes you feel good. The most ordinary events usually end up becoming the sweetest memories. You have an opportunity to gather information on some issue that means a great deal to you. **GEMINI May 20 - June 20** You like trying different ways of fulfilling your desires since experimentation makes a relationship come alive. It is wise now to head for cover and steer clear of people or situations that can cause trouble. **CANCER June 21 - July 21** It is important that you complete whatever project you start today. You are filled with drive and are ready to go ahead. Intimate settings help to open up a relationship. Stay out of treacherous people. **LEO July 22 - August 21** There is positive thinking, mental stability, good feelings and opportunities coming your way. You may have a disagreement with someone. **VIRGO August 22 - September 21** You are feeling energised and rather competitive. This is a great day for intellectual matters. You need to stay on your toes and do what you can to resist outdoor pressure. **LIBRA September 22 - October 22** Your spir-

Plan to make some changes with regard to your finances. Concentrate on your work. Keep your thoughts positive and encourage others. **AQUARIUS January 20 - February 18** You will see positive results today. Someone close to you needs your help. Others could follow your lead. Do honour your commitments to others. You can make things happen today. You might overspend on luxury items or pleasurable pursuits. **PISCES February 19 - March 19** This is a time of much energy and drive, unexpected sources give you the information you have been waiting for. You must make your current dreams come true.

THE BETTER HALF

"We'll have enough money to heat the house this winter...but only if we sell the house."

HEALTH CAPSULE

OTHER THAN ORANGES, WHERE CAN I GET VITAMIN C?

VITAMIN C IS A CRUCIAL ANTIOXIDANT THAT PLAYS A PROFOUND YEAR-ROUND ROLE IN YOUR HEALTH. FIND VITAMIN C IN PAPAYAS, RED AND YELLOW PEPPERS, BROCCOLI, BRUSSELS SPROUTS, CAULIFLOWER, CANTALOUPE, KIWI, STRAWBERRIES, CHERRY TOMATOES AND KALE. DON'T FORGET ABOUT ORANGES.

SPELLATHON

Today's Ratings:
06-average | 07-good | 09-outstanding

A	N	R
N	A	R
A	R	N

How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper names are not allowed. British English Dictionary is used as reference.

MINDBENDER

Below you will find three uncommon titles to three well-known Alfred Hitchcock movies. Can you decipher them?

- Unstable Personality
- The Pelicans, Crows, and Penguins
- To Apprehend a Criminal

SCRAMBLE

Mander

Answer: Culture means all men gentle.

MINDBENDER

1. Psycho, 2. The Birds, 3. To Catch a King