Postpartum Headaches: Causes, symptoms, diagnosis and treatment

Most women experience headaches during pregnancy and postpartum, which are relieved by general measures and simple pain killers. However, persistent headaches need a closer evaluation and management.

What causes postpartum headaches?

They occur within 6 weeks following delivery, primarily due to stress, shifting hormone levels, and migraine. Breast feeding can cause lack of sleep, dehydration, emotional and physical fatigue causing headaches. This can be corrected with diet and oral fluids.

Postpartum headaches can also result from secondary conditions like hypertension / preeclampsia, certain drugs, postdural tap due to epidural analgesic, brain haemorrhage, infections like meningitis, cerebral venous thrombosis and caffeine withdrawal.

Dr Bhavana Kasu

Headache due to high blood pressure occurs on both sides of head, and worsens with physical activity. They cause vision changes, shortness of breath and decreased urine.

How are they treated?

Tension and migraine headaches are treated by simple analgesics which are safe during breast feeding. Secondary headaches require consultation with specialist doctors for further investigation.

How are post-delivery headaches prevented?

a) Drink atleast 3-4 litres of liquid/day
b) Eat nutritious healthy food
c) Take adequate rest & relax

What are postdural puncture headaches?

These headaches occur after epidurals (pain relief injections). If there is an accidental puncture of brain matter with epidural needle, 70-80% of patients develop headache. The ache is usually in front and back regions of head and neck. It worsens on standing and typically develops 24-48 hrs post puncture. Women often recover in 7-10 days.

How are postdural headaches treated?

a) Lots of oral liquids
b) Pain killer tablets
c) Rarely, epidural blood patch is done

How do you identify serious headaches?

Post-delivery if women complain of limb weakness or receive an abnormal neurological examination, it may be central venous thrombosis, a serious problem. If headaches change with posture, it could be due to change in CSF fluid pressure. Headache awakening the patient can be migraine.

What is cerebral venous thrombosis (CVT)?

This occurs due to blood clot in brain vessels, usually the cortical veins. It is experienced during pregnancy or first four weeks post-delivery especially amongst those who had c-section, anaemia or infections. The life threatening condition can lead to convulsions and altered consciousness.

CVT is diagnosed with MRV. A neurologist may advise LMWH injections for six months. It can affect next pregnancy also.

When you should see a doctor?

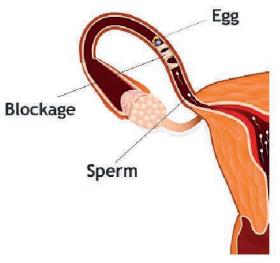
Consult a doctor for severe headache with fever, nausea, vomiting, visual changes, cognitive problems and when the ache changes with posture or wakes you from sleep.

For more details, contact:
***Dr Bhavana Kasu**, Obstetric & Gynecologist*
BirthRight By Rainbow
Vikrampuri, Secunderabad,
Mail at: drbhavana@rainbowhospitals.in
Visit: www.rainbowhospitals.in
Call: 1800 2122

How to overcome tubal factor infertility

Fallopian tubes are small slender structures measuring about 10 centimetres that play a pivotal role in fertility. The fimbrial end of the tube picks up the egg from the ovary and transports it to a part called ampulla where the egg meets the sperm and fertilisation occurs and the fertilised zygote is transported to the uterus.

Any impedance to this either in the form of a blockade or any functional disruption results in tubal factor infertility. Tubal factor accounts for 25-50 % of female factor infertility.



Dr Sneha Shetty

CAUSES

1. Infection of tubes (salpingitis) is one of the most common causes of tubal factor infertility. It can occur due to sexually transmitted diseases, genital tuberculosis etc.
2. Peritubal adhesions caused by conditions like endometriosis or previous surgeries leading to impairment of tubal function
3. Pelvic inflammatory diseases
4. Intrauterine adhesions, cornual submucous fibroid or polyps
5. Ectopic pregnancies managed medically or surgically
6. Tubal sterilisation (family planning surgery)

DIAGNOSIS

Fallopian tubes are not visible on ultrasonography unless it is filled with fluid (hydrosalpinx) or pus (pyosalpinx) or swollen due to any cause.

Despite advancements in imaging tools HSG (hysterosalpingography) is still the standard first line screening test for evaluation of tubal infertility, as it is less invasive, and is performed between day 7-10 of a women's cycle. Apart from diagnosing tubal blocks, it has an additional advantage of tubal flushing which increases pregnancy chances.

Other tests like saline infusion sonohysterography and hysteroscopic guided tubal evaluation are done in selected cases. Tubal blockage is confirmed by diagnostic hysterolaparoscopic chromopertubation. This technique also throws light on pelvic pathologies like endometriosis, tuberculosis, adhesions due to previous surgeries or PID etc. and helps in planning therapeutic management.

During the procedure — fallopian tube catheterisation can also be done to attempt opening blocked tubes.

MANAGEMENT

Tubal factor infertility is managed mainly by surgical correction of the blocks or by advanced ART techniques like IVF/ICSI. The choice and success depends on cause, site and extent of the block and surgical skill as it is a microsurgical technique. Surgical correction is more affordable compared to IVF and patients may attempt for conception after it.

However, in this era of advanced ART techniques, IVF is preferred for tubal factor infertility as it ensures higher per cycle pregnancy rate.

Decision of surgical correction or IVF depends on factors like egg reserve, patient's age, husband's sperm factor etc.

***Dr. Sneha Shetty**. Consultant Reproductive Medicine, DGO*
Fellowship in Minimal Access Surgery
Fellowship in Reproductive Medicine & IVF - LONDON
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www.hegdefertility.com

CINEMA

TELUGU

CHECK (U/A) ★★½
58888 Code: che
Nithiin, Priya Prakash Varrier, Rakul Preet Singh
Aditya is an ex-con-man on the death row looking to escape his situation. He leaves everyone surprised when he turns out to be a grandmaster in chess.
AMB CINEMAS 10.20AM, 1.15, 4.15, 7.10, 10.10, 10.40PM; **ASIAN GPR** 10.30AM, 1.25, 4.20, 7.15, 10.10PM; **ASIAN M CUBE** 10.40AM, 1.35, 4.30, 7.25, 10.20PM; **ASIAN MUKTA** (NARAKPALLY) 10.40AM, 1.35, 4.30, 7.25PM; **ARJUN** 11.30AM, 2.30, 6.30, 9.30PM; **ASAIN MUKUND** 11.00AM, 2.00, 6.00, 9.00PM; **ASIAN RADHIKA** 10.30AM, 1.20, 4.10, 7.00, 10.00PM; **ASIAN CINEPLANET** 10.35AM, 1.30, 4.25, 7.20, 10.15PM; **ASIAN CINESQUAE** 10.30AM, 1.25, 4.20, 7.15, 10.15PM; **AMBA** 11.3AM, 2.30, 6.30, 9.30PM; **ALANKAR PRATAP** 11.00AM, 2.00, 6.00, 9.00PM; **BHUJANGA** 11.00AM, 2.00, 6.00, 9.00PM; **BR HITECH** 11.00AM, 2.00, 6.00, 9.00PM; **BVK MULTIPLEX** 10; 45AM, 145, 4.45, 7.45, 10.45PM; **BIG CINEMAS** 10.20AM, 10.45, 1.25, 4.30, 7.35, 10.10, 10.35PM; **CINEPOLIS** (MALKAJGIRI) 10.00AM, 10.45, 1.00, 1.50, 4.00, 7.00, 8.00, 10.00PM; **CINEPOLIS** (DSL) 112.0AM, 12.30, 1.30, 2.25, 3.45, 5.40, 7.10, 9.00, 10, 00.10.45PM; **CINEPOLIS** (SUDHA) 10.00AM, 10.40, 11.30, 1.05, 1.45, 4.10, 4.50, 7.15, 7.55, 10.20, 11.00PM; **INDRA VENKATARAMANA** 11.15AM, 2.30, 6.15, 9.15PM; **INOX** (GSM) 11.00AM, 11.30, 1.00, 2.20, 2.50, 4.20, 5.30, 6.10, 7.40, 8.40, 9.30, 10.20, 11.00PM; **INOX** (GVK) 10.05AM, 11.30, 1.00, 2.50, 3.40, 4.15, 6.10, 7.30, 9.30, 10.50PM; **KRISHNA CINEMA** 11.00AM, 2.00, 6.00, 9.00PM; **METRO** 11.30AM, 2.30, 6.00, 9.00PM; **MIRAJ** (BALANGAR) 10.00AM, 11.00, 2.00, 3.00, 4.00, 5.00, 7.00, 8.00, 10.00, 11.00PM; **MIRAJ CINEMAS** (CHANDANAGAR) 12.00PM, 1.00, 3.15, 4.15, 7.30, 9.45, 10.30PM; **MIRAJ SHALINI** 10.00AM, 11.00, 1.00, 2.00, 4.00, 5.00, 7.00, 8.00, 10.00, 11.00PM; **MUKTA RAMAKRISHNA** 11.30AM, 2.30, 6.00, 9.00PM; **MUKTA SHAMSHABAD** 11.30AM, 2.30, 6.00, 9.00PM; **LAKSHMIKALA** 11.15AM, 2.30, 6.30, 9.30PM; **PLATINUM MOVIE** 9.00AM, 10.35, 11.45, 2.30, 4.15, 5.15, 6.55, 8.00, 9.45, 10.45PM; **PRASADS** 8.45AM, 8.45, 11.30, 11.45, 12.00, 2.15, 5.00, 7.45, 10.40PM; **PRASADS LARGE SCSREEN** 8.45AM, 11.45, 2.30, 5.30, 8.15, 11.00PM; **PVR FORUM MALL** 10.00AM, 10.30, 11.00, 1.00, 1.30, 2.00, 4.00, 4.30, 5.00, 7.00, 8.00, 10.00, 11.00PM; **PVR ICON** 12.00PM, 1.00, 3.00, 4.00, 6.00, 7.00, 9.00, 10.00PM; **PVR CENTRAL** 10.00AM, 11.00, 12.00, 1.00, 2.00, 3.00, 4.00, 6.00, 7.00, 8.00, 10.00, 11.00PM; **PVR INORBIT MALL** 10.00AM, 11.00, 12.30, 1.00, 2.00, 4.00, 5.00, 7.00, 8.00, 10.00, 11.00PM; **PVR IRRUMMANZIL** 11.45AM, 12.45, 2.45, 3.45, 5.45, 6.45, 8.45, 9.45PM; **PVR MUSARAMBAGH** 11.30AM, 12.15, 1.30, 2.30, 3.15, 4.30, 6.15, 7.30, 9.15, 9.45, 10.30PM; **PVR NEXT** 10.00AM, 11.00, 11.30, 1.00, 2.00, 4.00, 8.00, 10.00, 11.00PM; **PVR PRESTON** 12.00, 1.30, 3.00, 4.30, 6.00, 7.30, 9.00, 10.30PM; **PVR RK** 10.00, 11.20, 1.00, 2.20, 4.00, 7.00, 10.00PM; **SAIRANGA** 11.00AM, 2.00, 6.00, 9.00PM; **SVC MAHALAKSHMI** 11.00AM, 2.00, 6.00, 9.00PM; **SVC EESHWAR** 11.00AM, 2.00, 6.00, 9.00PM; **SVC SANGEETA** 11.00AM, 2.00, 6.00, 9.00PM; **SANDHYA** 11.00AM, 2.00, 6.00, 9.00PM; **SENSATION** 11.00AM, 2.00, 6.00, 9.00PM; **SHANTI** 11.00AM, 2.00, 6.00, 9.00PM; **S2 MALLAPUR** 10.00AM, 11.00, 1.40, 2.00, 4.10, 5.00, 8.00, 10.20, 11.00PM; **SRIKRISHNA** 11.00AM, 2.00, 6.00, 9.00PM; **SV CINESQUARE** 11.00AM, 2.00, 6.00, 9.00PM; **SVR SHIVASHAKTHI** 11.00AM, 2.00, 6.00, 9.00PM; **SREERAMANA** 11.00AM, 2.00, 6.00, 9.00PM; **SREERAMULU** 11.30, 2.30, 6.30, 9.30PM; **SHIVAGANGA** 11.00AM, 2.00, 6.00, 9.00PM; **SHA** 11.00AM, 2.15, 6.00, 9.00PM; **TIVOLI CINEMA** 10.50AM, 1.45, 4.40, 7.40, 10.30PM; **VIJETHA** 11.00AM, 2.00, 6.00, 9.00PM; **VYJAYANTHI** 11.00AM, 2.00, 6.00, 9.00PM; **VLS SRIDEVI** 11.30, 2.30, 6.00, 9.00PM.

AKSHARA(U) ★★
58888 Code: aks
Nandita Swetha, Shakalaka Shankar, Ajay Ghosh
Akshara tells the story of a determined college teacher who must deal with the dangers of the education system. The film also makes a commentary on education in India.
AMB CINEMAS 10.35AM, 1.35, 10.20PM; **ASIAN CINEPLANET** 1.40PM, 4.40PM; **ASIAN CINESQUARE** 10.55AM, 7.40PM; **ASIAN GPR** 1.45PM, 4.40PM; **ASIAN LAKSHMIKALA** 11.15AM, 6.15PM; **ASIAN MUKTA** (NARAPALLY) 11.00AM, 7.15PM; **BIG CINEMAS CINEPLIS** (DSL) 3.40PM, 9.30PM; **CINEPOLIS** (SUDHA) 1.30PM, 7.40PM; **DEVI** 2.15PM, 9.00PM; **INOX** (MP MALL) 12.40PM, 7.25PM; **MIRAJ** (CHANDANAGAR) 6.45PM; **MIRAJ SHALINI** 2.50PM, 10.40PM; **INOX** (GSM) 1.10PM, 6.55PM; **INOX** (GVK) 10.30AM, 7.20PM; **PRASADS** 8.15PM; **RADHIKA** 10.55AM, 4.35PM; **SHIVA** 2.15PM; **ASIAN M CUBE** 1.30PM; 7.45PM; **PVR FROUM MALL** 10.45AM, 1.40, 7.05PM; **PVR MUSARAMBAGH** 1.25PM, 6.50PM; **PVR NEXT** 10.20AM, 4.25, 9.50PM; **SHA** 2.30PM; **TARAKARAMA** 11.15AM, 6.00PM.

BALAMITRA (U/A)
58888 Code: bal
Ranga, Shashikala Dharmavarapu
Arjun and Deeksha are in love but their happiness is shattered when someone kidnaps the latter and asks the former to kill three people. Will he able to pull it off and save his love?
DEVI 11.00AM, 6.00PM.

KSHANA KSHANAM (U/A)
58888 Code: ksh
Uday Shankar, Jia Sharma
Satya is stuck in a loveless marriage, with a mediocre job while trying to stay sober. Things take a turn when he is introduced to an extramarital dating website.
AMB CINEMAS 10.50AM; **ASIAN CINEPLANET** 1.50PM; **ASIAN GPR** 4.30PM; **ASIAN LAKSHMIKALA** 11.15AM; **ASIAN M CUBE** 10.40PM; **ASIAN MUKTA** (NARAPALLY) 10.30PM; **ASIA RADHIKA** 1.45PM; **BIG CINEMAS** 10.40AM, 1.45PM; **CINEPOLIS** (MALKAJGIRI) 1.40PM; **CINEPOLIS** (SUDHA) 4.30PM; **CINEPOLIS** (DSL) 4.50PM; **INOX** (MP MALL) 4.05PM; **MIRAJ CINEMAS** (CHANDANAGAR) 8.10PM; **INOX** (GSM) 4.15PM; **INOX** (GVK) 4.35PM; **PVR FORUM MALL** 4.35PM, 10.00PM; **PLATINUM MOVIE** 2.20PM; **PVR ICON** 7.40PM; **PVR CENTRAL** 8.25PM; **PVR INORBIT MALL** 8.10PM; **PVR IRRUMMANZIL** 10.00PM; **PVR PRESTON** 10.15PM; **PVR RK** 8.30PM; **PVR MUSARAMBBAGH** 4.20PM; **PVR NEXT** 7.20PM; **S2 MALLAPUR** 8.10PM; **SAPTAGIRI** 11.00AM, 2.00, 6.00, 9.00PM; **TARAKARAMA** 2.15PM, 9.00PM; **TIVOLI CINEMA** 11.15AM, 7.20PM

LAWYER VISWANATH (U/A)
58888 Code: law
Ali, Naya
Viswanath is a lawyer who fights for the rights of women in court. What happens when his own family faces threat due to evil forces?
INOX (GSM) 1.35PM; **SHIVAPARATHI** 11.30AM.

MMOF (U/A)
58888 Code: mmo
JD Chakravarthy, Akshata Srinivas
Deepak, a mild-mannered, honest man, finds a dead body in the theatre he runs. But he soon finds out the murder wasn't as random as it seems.
ASIAN CINESQUARE 1.55PM; **INOX** (GSM) 10.30PM; **INOX** (GVK) 1.50PM; **PVR FORUM MALL** 3.30PM; **PVR MUSARAMBAGH** 8.25PM; **PVR NEXT GALLERIA** 8.20PN; **INOX** (MP MALL) 2.05PM; **MIRAJ SHALINI** 5.40PM; **PVR CENTRAL** 2.00PM; **PVR INORBIT MALL** 10.20PM; **PVR IRRUMMANZIL** 2.05PM; **S2 MALLAPUR** 4.20PM.

CHAKRA (U/A) ★★½
58888 Code: cha
Vishal, Shraddha Srinath
An officer has to go on a mission to crack down on cyber-crime. A bunch of goons wreak havoc on the internet and he must stop them before it's too late.
AMB CINEMAS 4.55PM; **ASIAN CINEPLANET** 10.35PM; **ASIAN CINESQUARE** 10.25PM; **ASIAN M CUBE** 1.45PM; **INOX** (GSM) 2.00PM; **PVR FORUM MALL** 2.20PM; **PVR NEXT GALLERIAL** 2.30PM; **PLATINUM MOVIE** 1.15PM; **TIVOLI CINEMA** 1.40PM, 10.20PM.

NAANDHI (U/A) ★★★½
58888 Code: naa
Allari Naresh, Varalaxmi Sarathkumar
Surya Prakash is an under-trial prisoner who is languishing in jail awaiting judgement for a crime he did not commit. How does he manage to escape his situation?
AMB CINEMAS 10.45AM, 1.40, 4.10, 7.05, 10.00PM; **ASIAN CINESQUARE** 10.40AM, 1.35, 4.40, 7.25, 10.30PM; **ASIAN M CUBE** 10.30AM, 1.45, 4.20, 7.35, 10.25PM; **ASIAN MUKTA** (NARAPALLY) 10.30AM, 1.25, 4.45, 7.35, 10.35PM; **ASIAN GPR** 10.50AM, 1.35, 7.35, 10.30PM; **ASIAN CINEPLANET** 10.30AM, 4.50, 7.35, 10.25PM; **CINEPOLIS** (DSL) 12.00PM, 3.25, 6.50, 10.15PM; **CINEPOLIS** (MALKAJGIRI) 10.20AM, 4.30, 10.40PM; **CINEPOLIS** (SUDHA) 10.20AM, 4.30, 10.40PM; **INOX** (MP MALL) 9.20AM, 3.50, 7.10, 10.30PM; **MIRAJ** (CHANDANAGAR) 6.30PM; **MIRAJ SHALINI SHIVANI** 10.00AM, 4.20, 10.20PM; **INOX** (GSM) 12.35PM, 4.00, 7.25, 10.00, 10.50PM; **INOX** (GVK) 10.00AM, 4.00, 7.20, 10.40PM; **LAKSHMIKALA** 2.30PM, 6.15, 9.15PM; **RADHIKA** 10.40AM, 4.20, 7.15, 10.20PM; **PRASADS MULTPLEX** 12.00PM, 2.45, 5.30, 8.15, 11.00PM; **PVR FORUM MALL** 10.10AM, 1.20, 4.30, 7.40, 10.50PM; **PLATINUM MOVIE** 10.00AM, 3.00, 6.45, 10.35PM; **PVR ICON** 12.20PM, 3.30, 6.40, 9.50PM; **PVR CENTRAL** 10.00AM, 1.10, 7.15, 10.25PM; **PVR INORBIT MALL** 10.15AM, 12.15, 4.40, 10.20PM; **PVR IRRUMMANZIL** 4.10PM, 7.20, 10.20PM; **PVR RK** 10.25AM, 5.20, 11.00P; **SANDHYA** 11.00AM, 2.00, 6.00, 9.00PM; **SREERAMANA** 6.15PM, 9.15PM; **PVR MUSARAMBAGH** 12.50PM, 4.00, 7.10, 10.20PM; **PVR NEXT GALLERIA MALL** 10.20AM, 1.20, 4.00, 7.10, 10.20PM; **SHA** 11.15AM, 6.15PM; **SHIVA** 11.15AM, 6.15PM; **TIVOLI CINEMA** 11.00AM, 1.50, 4.50, 7.45, , 10.45PM.

UPPENA (U/A) ★★★
58888 Code: upp
Vijay Sethupathi, Vaisshnav Tej,Krithi Shetty
A boy from the fishing community falls for an upper-class girl. The couple has to fight social stigma, political oppression and her father to find a way to be together.
AMB CINEMAS 10.50AM, 1.20, 4.30, 7.30, 10.30PM; **ASIANCINEPLANET** 10.55AM, 4.35, 7.20, 10.35PM; **AARADHANA** 11.00AM, 2.00, 6.00, 9.00PM; **ASAIN M CUBE** 10.55AM, 4.40, 10.30PM; **ASIAN CINESQUARE** 10.25AM, 1.15, 4.10, 7.05, 10.00PM; **ASIAN GPR** 10.40AM, 7.25, 10.25PM; **ASIAN MUKTA** (NARAPALLY) 1.50PM, 4.20, 7.45, 10.05PM; **CINEPOLIS** (SUDHA) 10.10AM, 1.20, 7.00, 10.15PM; **CINEPOLIS** (DSL) 11.45AM, 3.10, 6.30, 10.20PM; **INOX** (MP MALL) 10.40AM, 12.40, 6.50, 10.40PM; **INOX** (GSM) 12.00PM, 3.30, 7.05, 10.30PM; **INOX** (GVK) 10.20AM, 1.40, 6.50, 10.20PM; **MIRAJ CINEMA** (CHANDNAGAR) 12.15PM, 9.30PM; **MIRAJ SHALINI SHIVANI** 11.40AM, 1.10, 7.30PM; **GOKUL** 11.15AM, 2.15, 6.15, 9.15PM; **LAKSHMIKALA** 2.30PM, 9.30PM; **PRASADS MULTIPLEX** 2.30PM, 5.15, 8.00, 10.45PM; **PLATINUM MOVIE** 11.00AM, 1.5, 4.30, 5.45, 7.10, 10.00PM; **PVR ICON** 12.10PM, 3.20, 6.30, 9.40PM; **PVR CENTRAL** 10.50AM, 4.30, 7.45, 10.50PM; **PVR IRRUMMANZIL** 12.30PM, 3.4, 6.50, 10.00PM; **PVR RK** 1.35PM, 7.40, 10.50PM; **PVR FORUM MALL** 10.00AM, 1.10, 4.20, 7.30, 10.40PM; **PVR INORBIT MALL** 12.00PM, 3.10, 6.20, 9.30PM; **PVR NEXT GALLERIA MALL** 10.00AM, 1.10, 4.20, 7.30, 10.40PM; **SIRKRISHNA** 11.00AM, 2.15, 6.00, 9.15PM; **SRISAIRAM** 11.15AM, 2.30, 6.15, 9.30PM; **SUDARSHAN** 11.00AM, 2.15, 6.00, 9.15PM; **SHIVA** 9.15PM; **RADHIKA** 1.30PM, 7.30, 10.30PM; **SHA** 9.30PM; **TIVOLI CINEMA** 2.00, 4.45, 10.45PM; **VISHWANATH** 11.45AM, 2.45, 6.45, 9.45PM.

ZOMBIE REDDY (U/A) ★★★
58888 Code: zom
Teja Sajja, Daksha Nagarkar, Anandhi
When a failed experiment to discover a vaccine for COVID -19 creates a new epidemic, a young game developer desperate to save his best friend has to fight off zombies.
PVR FORUM MALL 7.45PM, 10.35PM; **PVR NEXT GALLERIA MALL** 5.25PM.

★ Trash ★½ Poor ★★ Below Average
★★½ Average ★★★ Above Average
★★★½ Good ★★★★ Very Good
★★★★ ½ Very Good + ★★★★★ Outstanding

On occasions, the cinema listings in print may not reflect the actual shows running in theatres on account of mid-week changes in schedules, which have either not been communicated to us, or not communicated in time to meet print timelines. While any inconvenience caused to readers on this account is regretted, the responsibility for it is the individual theatre/ multiplex's.

Get movie details on mobile

• Type ASK <space> movie name <space>Hyderabad and send to 58888 to get the latest movie timings and theatres

SMS your movie reviews/ratings

• Type rev <space> short code of movie as given under each movie name <space> your name <space> your rating (choose from 1,1.5,2,2.5,3,3.5,4,4.5 or 5) <space> • Add your comments if any and send to 58888. **Eg: rev rar 2.5 Average movie.** To read your review, go to review.timesofindia.com

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SUDOKU CHALLENGE

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

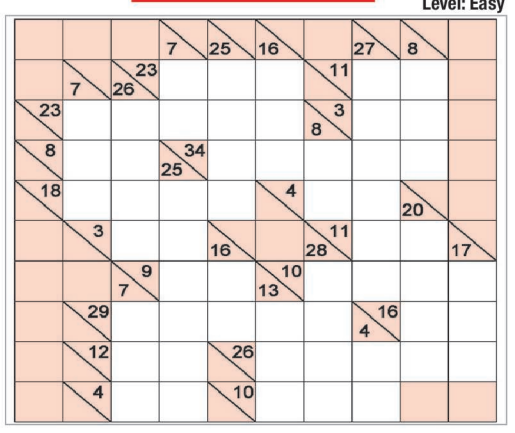
Level: Medium

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 KAKURO

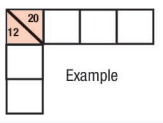
Level: Easy



How To Play

The numbers in the coloured squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the coloured square containing the number. For instance, in the given example, the 2 boxes below 12 must contain 2 digits that add upto 12, whereas for 20, the 3 boxes placed horizontally next to it must add upto 20. No zeroes are used here, only the digits one through nine.

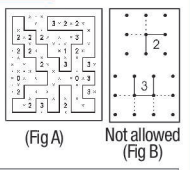
Note: A digit cannot appear more than once in any particular digit combination. For instance in the example, we cannot have the combination of **8**+4+**8** for 20.



LOOP THE LOOP

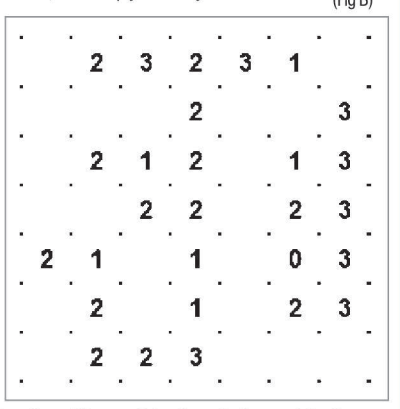
Rules

■ 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.



(Fig A)

Not allowed (Fig B)



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)

MINDBENDER

What makes more noise when it is dead than when it is alive?

SCRAMBLE

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

EEGES
BEUTT
BDENNU
EEELTD

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

Whoever ceases to be a ___ has never been a ___ - George Iles (7,.,7) (same word twice)

SPELLATHON

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

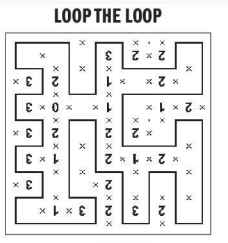
How many words of four or more letters can you make from the letters shown in today's puzzle? In making a word, a letter can be used as many times as it appears in the puzzle. Each word must contain the central letter. There should be at least one seven letter word. Plurals, foreign words and proper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

SOLUTIONS TO GAMES/PUZZLES

TIMES SUDOKU

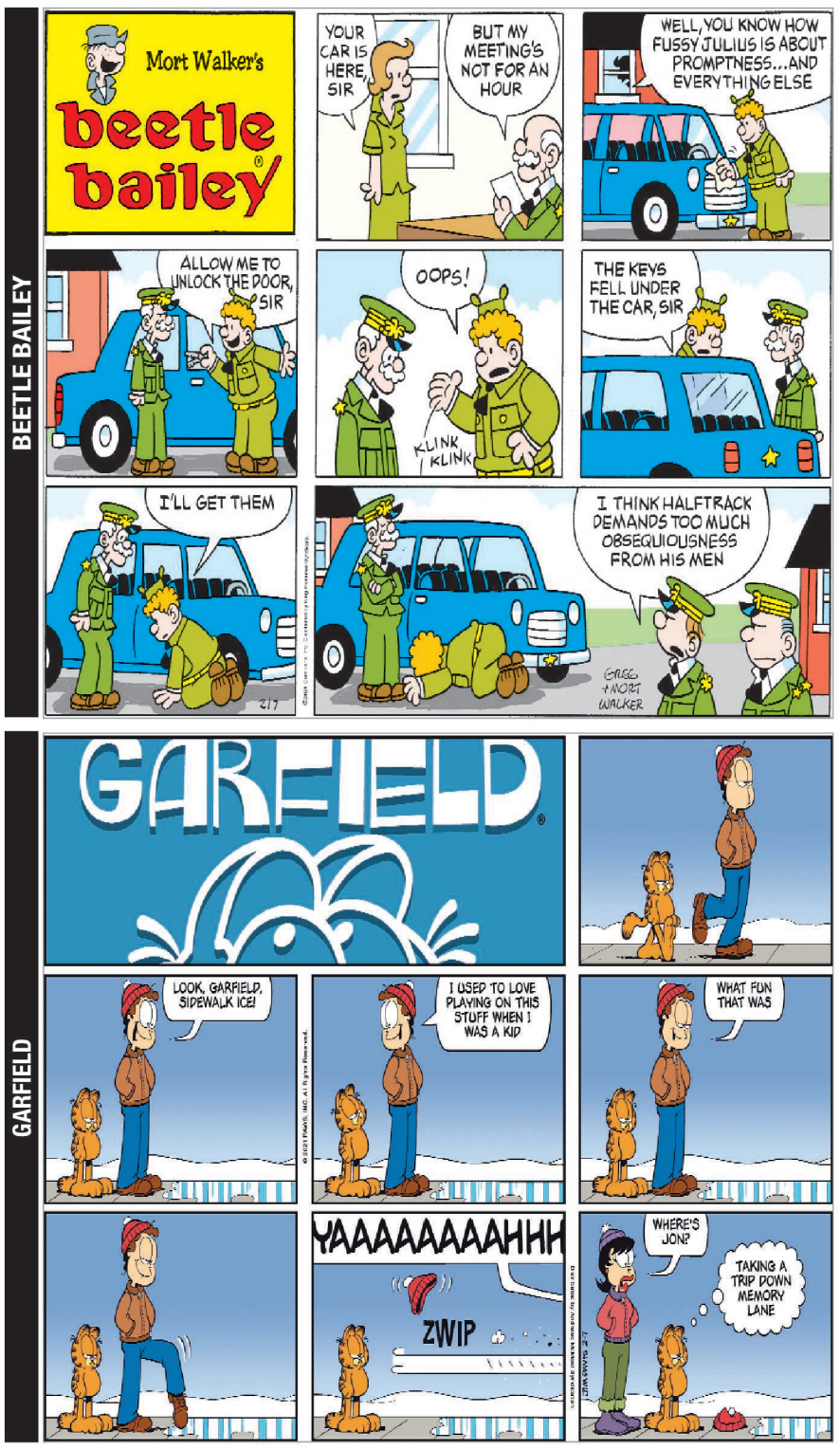
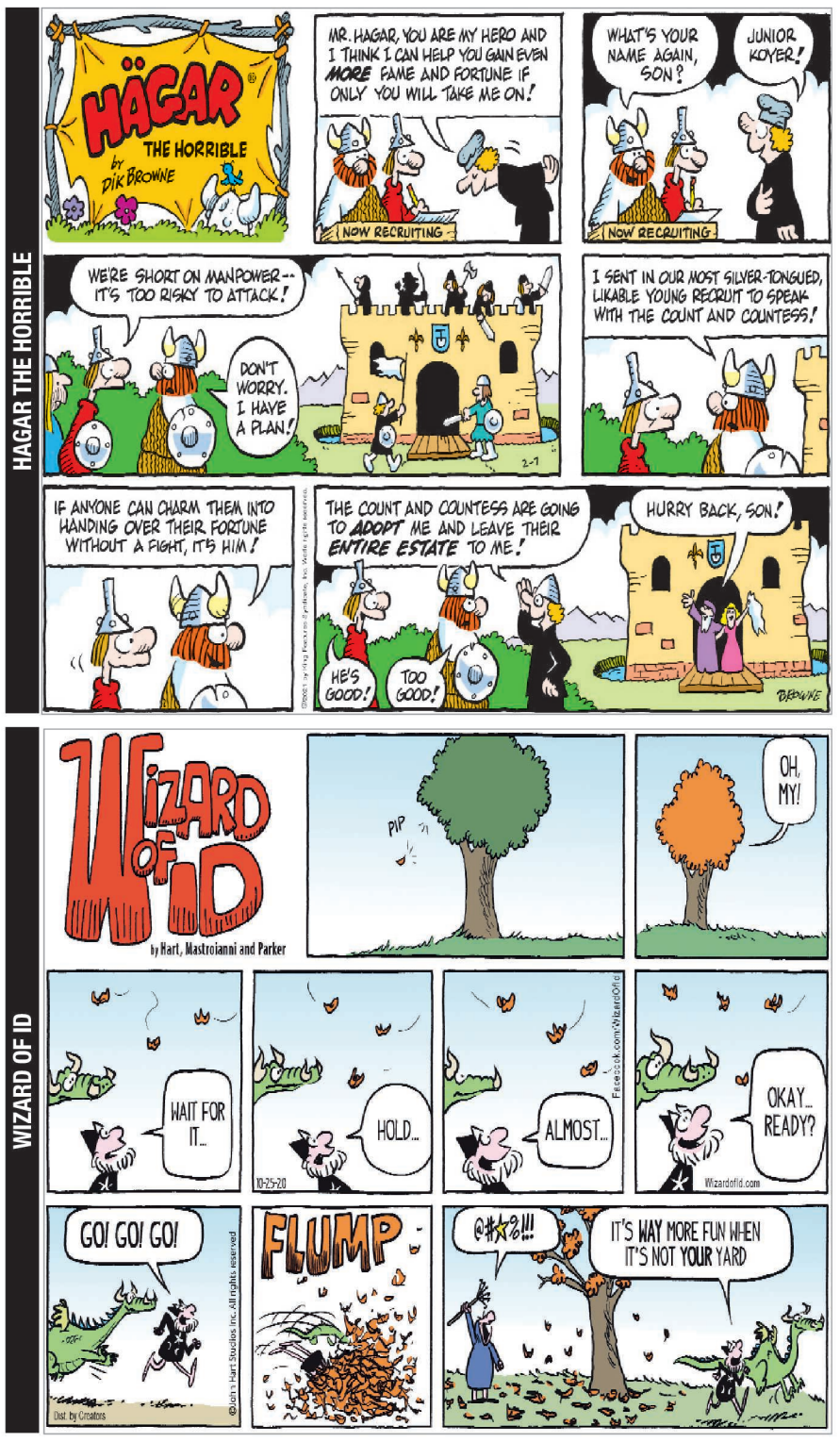
8	5	1	7	9	3	6	4	2
4	9	3	8	2	6	1	5	7
2	6	7	1	4	5	8	3	9
9	3	5	6	7	1	2	8	4
6	8	4	9	3	2	5	7	1
1	7	2	5	8	4	9	6	3
7	1	9	3	5	8	4	2	6
5	4	6	2	1	7	3	9	8
3	2	8	4	6	9	7	1	5

LOOP THE LOOP



TIMES KAKURO

SPELLATHON
acne, cane, CHEAPEN, hence, nape, pane, paehen, pecan, pence

SCRAMBLE
Words: Geese, butte, unbend, delete
Answer: Whoever ceases to be a student has never been a student - George Iles

MINDBENDER
A leaf