

6 CINEMA

Staying focussed

Malaika Arora talks about how she deals with rumours and being busy as a reality show judge on the small screen

She is one of the fittest celebrities in Bollywood and is currently in the news more for her personal relationship, but Malaika Arora says that it comes with the territory. She feels one needs to strike the right balance and say "no"

when required. "It comes with the territory. You have to be able to strike the right balance and say 'no' when required. It comes with the business," the actress said in an email.

The grapevine has been abuzz that Malaika is currently dating actor Arjun Kapoor and that they may soon tie the knot. However, neither of them have either confirmed or denied this. In 2016, Malaika split from actor Arbaaz Khan, whom she got married to in 1998. Asked about how she handles the lows in her life, Malaika said: "At the risk of sounding cli-

ché, my friends, family and yoga really keep me going."

She comes across as someone who is very calm and balanced deep down, and explaining that, she said: "Like I said earlier, it's all a part and parcel of the business. You have to accept that it is a part of the profession you're in. You must learn to strike a balance."

Malaika was one of the judges for the auditions of models for the forthcoming edition of Lakme Fashion Week (LFW) Summer/Resort 2019. The platform has previously given stars like Deepika Padukone and Katrina Kaif. So,



how much of a pressure did she feel while selecting the faces this time and what were the qualities she looked for?

"I think it is very important to express your individuality at such platforms. I don't like the clone, cookie-cutter vibe. I like girls to have their own individuality. They should be different -whether she is tall, dark or slightly heavy, it is important to be different, to be able to stand out. She must offer something new and refreshing... or else they are all clones of each other," said Ma-

laika. She has been a model herself earlier, so does she think that gone are the days when models were not considered apt to portray powerful roles because of their limitations as actors? "Times have changed. Some of the biggest names in the business currently have come from a modelling background. There is always an interest of seeing a new model on-screen. Models are being beautifully accepted on-screen and in the business," said Malaika.

I like girls to have their own individuality. They should be different -whether she is tall, dark or slightly heavy, it is important to be different, to be able to stand out.

HealthCare

Blood tests to get heart ailment

Clinical examination & tests like ecg, x-ray, 2d-echo are well established tests for initial evaluation of heart disease. Of late blood tests like blood troponin and BNP tests has become very popular to detect heart attack & heart failure. This change is called 'bed to bench method' Bed means examination of patient on bed & bench means lab bench (blood test) to detect heart ailment.

To detect heart attack blood troponin test is widely available. Troponins are cardiac muscle enzymes and are released when heart is damaged. Trop I strip test kits are available in emergency room to detect heart muscle damage. HS Trop Test are highly specific and are done in advanced labs.

Higher BNP (Brain Natriuretic Peptide) levels in blood indicates heart fai-

lure and heart is working under pressure. More the level of BNP more severe the heart failure. Another important blood test that can detect incoming heart disease is called HSCRP (High Specific C Reactive Protein). Heart attack can happen if HSCRP is more than 3 milligrams per litre. It indicates Blood vessels are in inflamed state and Heart attack is Imminent. If HSCRP is high medicines like statins (Atarvastatin and Resavastatin) prevent incoming heart attack. Recently more helpful blood test for incoming heart attack called LP-PLA2 is available in some centres. This test is specific (definite test) for blood vessel inflammation and detect heart attack in advance.

Dr. Nekkanti Venkata Rayudu, MD, DM,
Senior Consultant Cardiologist
Apollo Hospitals,
Jubilee hills.

Arthritis and joint replacement

Arthritis: With growing age the cartilage between the two bones in a joint starts to wear out and cause pain and it becomes very difficult in performing daily activities, which is known as arthritis.

Primary: Arthritis which occurs with age is called primary osteoarthritis or degenerative arthritis.

Secondary: Arthritis which occurs due to some pathology is secondary arthritis, example Rheumatoid arthritis, Gouty arthritis, Psoriatic arthritis. 95% of the patients suffering from arthritis is due to primary Osteoarthritis.

Why the Knee Pain?
When the cartilage at the end of bones gets eroded, irreversible damage happens this leads to pain in the joint when the two bones rub against each other, which is scientifically described as arthritis.

Factors aggravating degeneration:
A) Squatting or cross legged sitting on floor for long time.
B) Obesity
C) Reduced exercise
D) Lifting of heavy weights

These factors predispose to Osteoarthritis but at times, it is genetically predisposed too.
Symptoms
a) Severe pain in joint especially while climbing stairs
b) Difficulty in getting up from squatting while using Indian toilets
c) Stiffness, swelling of joint
d) Deformity of joint

Investigations
Clinical examination by the surgeon warrants a few investigations to make accurate diagnosis.
a) Blood investigation to test anemia and inflammation
b) Radiological investigation (X ray) to know the stage of the disease to help

in planning for surgery
How to prevent arthritis from progressing

a) Reduce weight
b) Exercise, if you have a sedentary life style make sure that you walk for 30 minutes, 5 days a week
c) Those prone for arthritis must give minimal rest to joints.
d) Those involved in running and jumping must reduce sports activity and can replace them with brisk walking and swimming
e) Avoid sitting on floor and squatting
f) Consult a doctor when in severe pain

Management
There is no cure for Osteoarthritis, but the condition can be managed using exercise, weight loss, braces or orthotics, medications and surgery if necessary.
a) Physiotherapy and life style modification strengthening of the muscles around the joint which is affected by arthritis will help the patient to get relieved from pain in the early stages of arthritis.
b) Medication: Analgesic (pain killers), glucosamine calcium and vitamin D supplements help in relieving the pain in early stages of arthritis.
c) Surgery: Arthritis which is not relieved with medication or physiotherapy and which has progressed to serve arthritis can be managed with surgery.

Total Knee Replacement is the gold standard for management of arthritis. Total Knee Replacement involves excision of the damaged cartilage, then preparation of lower end of thigh bone and upper end of leg bone for metal implants and then implantation of the artificial knee joint with or without cement.

Dr. AV Gurava Reddy MD & Chief Joint Replacement Surgeon.
Sunshine Hospitals
Secunderabad.

Suffering from Foot, Ankle, Knee & Back Pain

Have you tried All treatments ?????????? **Patronized by Corporate Hospitals** **We assure relief without medication and Non-invasively HOW?**

Avail our most Advance technology

Foot Scanner custom insole Custom insole & Shoe Foot Replica & Shoe Shoe Scanner

Use customized Foot-Match insoles in your shoes

Get instant pain relief and initiate deformity correction

More than 6000 people satisfied

If not satisfied in 1 week take back 100% insoles cost

Also advanced Magnetron 's (PEMF)Therapy to cure 72 ailments such as Osteo-arthritis, Rheumatoid Arthritis, Psoriasis & Many More.....

For Free Consultation Call 9849542662/9908052921/ 7993514084
D.No.7-1-48/2/3 Raja Shyam Karan road, Ameerpet, Hyderabad-16.
www.magnet-ron.com/ [footdoctorclinic@gmail.com/](mailto:footdoctorclinic@gmail.com) www.footdoctorclinic.com

Pancreatic Problems - Over view

The pancreas is a gland associated with digestive system, located behind stomach. It produces juices that help to break down the food and also produces hormones that help to control blood sugar levels. Pancreas is affected by various disease processes like infections, inflammations, Stones, cancers etc., Of these affections most common problems in India are Acute and chronic pancreatitis and pancreatic cancer.

Dr. R.V. Raghavendra Rao
MS, M.Ch. (SGPGI), FHPB, FLT (SNUH)
Surgical Gastroenterologist & Liver Transplantation Surgeon
Director, National Institute of Gastroenterology and Liver Diseases

National Institute of Gastroenterology and liver diseases Doctors are internationally trained surgeons and the place has well equipped high end facilities like state-of-the-art operation theaters and other infra structure to cure problems of the digestive system. It has eminent man power to handle these kind of cases. Quality medical care is available here.

Commonly presents with severe pain which is sometimes agonizing. The pain is also commonly perceived in the lower back. Depending on the severity of problem patient can also have vomiting, jaundice, fever, breathing difficulty, low urine output etc.

a) Acute Pancreatitis: It is the inflammation of the pancreas that occurs suddenly and usually resolves in a few days with treatment. It can be a life-threatening illness with severe complications. The swelling is generally because of a stone blocking the Pancreatic duct or because of direct damage inflicted by alcohol particularly after binge drinking.

b) Chronic pancreatitis - This is a problem where in there is a slow progressive damage to organ due to which the pancreas shrinks in size. This is common in middle age patients more commonly men. This generally is due to long time alcohol consumption or blockage by stones. It may also be seen in very young patients.

c) Pancreatic cancer - This is commonly seen in middle aged or elderly men. Ethnolics and chronic smokers have higher predilection for cancer. It presents with pain in abdomen associated with weight loss. Significant number of patients also have associated jaundice and vomiting.

Diagnosis
Majority of pancreatic problems can be diagnosed by simple blood tests, stool test and ultrasound scan (USG) of abdomen. However special tests like Endoscopy, CT scan, MRI scan, Tumour markers etc may be required to characterise the lesion or to know the severity of disease or to know the extent of the disease.

Treatment :
a) Acute pancreatitis: In about 80% patients the disease is mild and usually responds to simple medication. However in the remaining cases due to severe necrosis in the gland patients may have Multi organ failure as well as sepsis.

b) Chronic pancreatitis : In early phase these patients may be managed with artificial pancreatic enzyme supplements and pain killers. Some of these cases can also be managed by dissolving the stones with lithotripsy or other endoscopic methods. However those who don't respond to these modalities can be helped by surgery where in the obstructed MPD can be joined directly to intestine by a procedure called Bypass.

c) Pancreatic cancer: It is important for these patients to be picked up at early stage of disease. Such cases can be offered complete cure by surgery. For those who present at advanced

Director, National Institute of Gastroenterology and Liver Diseases,
MLA colony, Road No-12,
Banjara Hills, Hyderabad.
Ph.79930 89995
Email: drvrrao@gmail.com

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

Masters Homeopathy
The only treatment for Hepatitis and Herpes

Hepatitis
Everyone is fearing about this virus in these days. Doctors find this Hepatitis with their examinations when the patients come to visit the doctors for other diseases. With that, they come to a decision that they are going to die. They think that the virus will not come out of the body due to which there are chances of liver damage for a long time. But truly there are medicines in home to control hepatitis. The patients will lead a happy and healthy life when they get homeo treatment without fear after the confirmation of Hepatitis. There are symptoms like hungeriness, vomiting, body pains, yellowness in urine, jaundice, herpes on skin and also uneasiness in stomach, pain in abdomen. However, it can be controlled totally after taking full time medicines by experienced homeo doctors.

Herpes simplex
You will find some water pocks like sweat pocks on penis. With this the people will neglect that they are normal pocks. Later the pocks will become boil. Women too will witness the same kind of boils on vaginal parts with severe pain. If they ignore, it will lead to some more problems. Due to this, they will not be happy during sex and the couple gets embarrassed. Homeo treatment will show wonderful results for herpes problems. The people will suffer a lot when they take other medical treatments but with homeo treatments they will lead a happy and healthy life.

"Sciatica is treated Successfully"
A middle-aged man came once to my clinic and asked "doctor, please give good treatment for my back pain as I have been suffering for long time. I will pay the bill whatever it is. I will be in debt to you." I asked the man to tell the details will patience. Then he told doctor, I am Narayana and native of Kurnool. I am working in a private company. Since one year I have been suffering with back pain which is gradually increasing. Now,

After treatment:
I gave him medicines after observing symptoms, psychological points. There is best treatment with homeo medicines for sciatica problems. Back pain can be cured completely with homeo medicines. By avoiding changes that will take place in back bone, there will be good results by giving treatment to strengthen the muscles. I advised him to visit after using medicines for one month. Then after a month, he came very happy and his face is looking joyous without pain. And he said that numbness in legs is cured. I advised him to continue full course not to discontinue medicines. After six months sciatica problem was solved. As usual he is attending work. I gave some precautionary measures not to go on bike and not to sit long time.

You can survive even if you have HIV
This is a case from karimnagar Branch. He is about 30 years. He is trembling. When I asked about this problem, he said, "doctor, I belong to Jammikunta. Four years back, I had sex with a girl. I didn't expect that she has some disease. Since two months, I am suffering with fever, cough and loose motions. When I consulted doctor, he said that I have HIV. And I lost weight. There is no hope of survival. Please let me live." I said not to worry about life and took some details.

After treatment:
During some weather changes, we can see the symptoms like cold, fever, TB infection, loose motions in some persons infected by HIV. That means if disease control system weakens, diseases can be infected. If you are strong HIV can not harm you. Homeo treatment will focus on disease control system. When he was examined it was found that the number of CD cells is 320. So, I said not to worry about and said I would start treatment. I gave him prescription and asked him to come after one month. After one month I saw a lot of change in him. He said that he was so hungry, and free from tiredness. He said he has some hopes of life. I advised him to continue medicines for one more month. Later after Examining second time, CD4 count is 710. Now he is leading a happy and normal life.

MASTERS HOMEOPATHY
Ameerpet, Kukatpally, Dilskhannagar
Hyderabad, Vijaya-wada, Karimnagar
Visakhapatnam, Tirupati
Ph: 7842 108 108, 7569 108 108

Watch Doctors live programme in
V6 on every Tuesday @ 2.30 PM,
Sakshi on every Saturday @ 2.30 PM
and .10tv on every Sunday@ 4.30 PM.

Emotional support- a key to successful infertility treatment

Today after practicing in the field of reproductive medicine for more than 10 years and dealing with a wide variety of cases, I have noticed a distinctive change in scenario among couples.

For example:
Six years ago my husband and I got married. We knew that children would definitely be a part of our life. The question was not very early but we waited a few years so that I could get myself settled before we were ready to bring children into the world... I sit here many years later with a supportive husband, the house of my dreams, years of teaching experience but the children we had presumed we would have ... are denied us."

Infertility is the inability to achieve pregnancy after a year of regular sexual relations or the inability to carry pregnancy to live birth. One in every six couples of Childbearing age, couple is facing the problem of infertility which established 15% of the population.

Medical investigation and treatment of infertility is important in diagnosing and curing problems of infertility in recent years. It is estimated that 60% to 80% of all infertility can be treated with the aid of expert medical care.

For some individuals, it proves impossible to conceive or carrying a pregnancy to live birth. These individuals are one of the most neglected and silent groups in our country. They are not sick, merely heartsick. They continue to work, to function, to carry out their lives in a state of involuntary childlessness and make decisions for the future impossible and at last adoption for them is not difficult.

Infertility that is conclusive represents many losses: the loss of children, genetic continuity, fertility, as well as sexuality and loss of the pregnancy experience. For each individual some aspects of loss are keener than others.

Infertility leads to emotional and social stress in an individual or a couple. The feelings of infertility range from shock and denial to anger and ultimately grief. In few years of my experience I realised that we play a key role in understanding the emotional condition of the couple by treating them as a whole & involving them in the plan of care, we are able to integrate emotional support into the total management of infertility and have been highly successful.

Only when medical expertise is combined with psychosocial & emotional support then all couples can have a successful treatment towards the gift of having their own child.

For more queries email us at:
Info@hegdehospital.com

Dr. VANDANA HEGDE
MS - OBG
Post-Doctoral Fellowship
in Reproductive Medicine
-RGUHS
Diploma in Reproductive
Medicine & Embryology
-ISM GERMANY

Contact: 8880 74 74 74
Madhapur I Dilskhannagar | www.hegdefertility.com
Info@hegdehospital.com