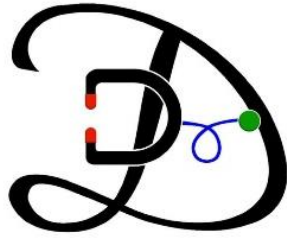




Dr. Deepak Anjana V. Chaturvedi

M.B.B.S.; M.D.(Medicine)



- **Doctor**
- **Philanthropist**
- **Speaker**
- **Educationist**
- **Opinion Maker**
- **Poet**
- **Common Man**

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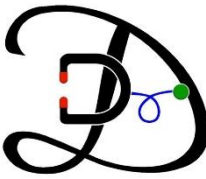
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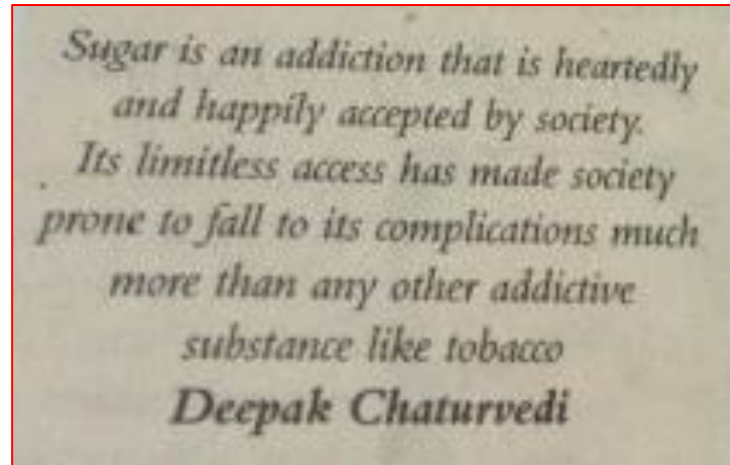
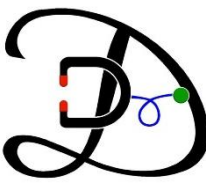


Key areas of functioning as a “Doctor”

- Internal Medicine
 - Hormone Replacement Therapies (HRT)
 - Thyroid
 - Diabetes & Metabolic Medicine
 - Obesity
 - Menopause (Including HRT)
 - Andropause (Including Testosterone Replacement Therapy)
 - Growth Hormone Replacement Therapy.
 - Geriatrics
 - Age Management & Medical Antiaging
 - Stress Management & Life Style Medicine
 - Wellness Medicine & Corporate Wellness
 - Motivational Speaking & Medical Spirituality
 - Sexual Dysfunction
 - Adult Immunization
 - Regenerative Medicine
 - Second Opinion on ongoing treatments
- Hormone treatment for patients undergoing SRS (Mainly MTF)
 - Awareness programs for Obesity Management & overall fitness
 - Awareness programs for Stress Management
 - Awareness programs to explain about myths and facts of “Hormones Replacement”
 - Awareness programs to explain about myths and facts of “Stem Cell Therapy”



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)

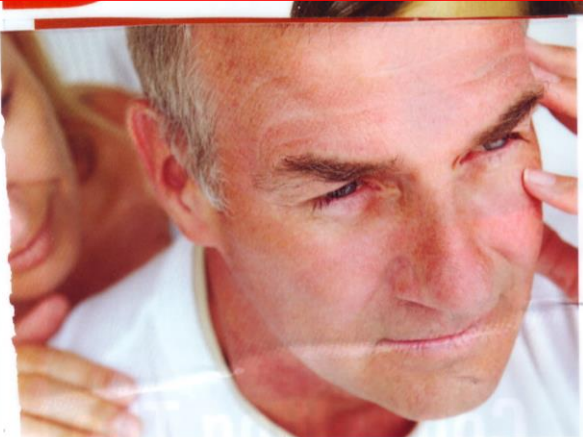


Quote in “Speaking Tree” (June’2016)

The quote on “Sugar Addiction” appeared with other stalwarts in “Speaking Tree”.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



What Is Andropause?
Dr Deepak Chaturvedi

Men suffer from a condition called 'male pause' or andropause. The only difference between menopause and andropause is that there is no cut off age for reaching it, in men like menopause in women. There is also no objective evidence that andropause in men is like the cessation of menstruation in women.

As men go through andropause features like putting on weight/fat in the female pattern start developing (breast, lower abdomen, thighs) libido goes down, sexual dysfunction in the form of erectile dysfunction/insufficient ejaculate develop. Exercise endurance decreases, muscle tone decreases, mood swings develop and inappropriate responses to stress becomes a tendency.

Difficulty In Diagnosis
The diagnosis of andropause is often ignored because all symptoms and

signs of androgen deficiency are nonspecific and readily accounted for by co-morbidities. A spouse does not often understand the agony that a man can go through because of andropause mainly due to lack of awareness. This becomes the reason for recurrent arguments and fights between them and invariably becomes the reason for separation.

It Is Now Developing Early
Testosterone and DHEA are not just sex hormones, these are the 'hormones of desire' and should be seen as total body hormones affecting every aspect of a man's life. The changes seen in aging men such as increased fat mass, loss of lean body mass, decline in energy, strength and stamina, unexplained depression and decrease in sexual desire and performance are all directly related to testosterone and/or DHEA deficiency.

Other diseases like heart ailment,

stroke, diabetes/insulin resistance, metabolic syndrome, atherosclerosis, arthritis, osteoporosis, easy bone fractures and hypertension are all directly or indirectly related to testosterone (androgens) deficiency in men. Andropause is no more considered as issue restricted to old age. In the current fast-paced stressful world, andropause is developing earlier than we think and is more prevalent than expected.

Causes

- ♦ Aging
- ♦ Chronic Stress (emotional, physical, financial, social etc.)
- ♦ Diseases of hypothalamus, pituitary, testes.
- ♦ Sleep disorders
- ♦ High Prolactin levels
- ♦ Chronic alcoholism
- ♦ Medicines
- ♦ Obesity
- ♦ Very heavy exercise
- ♦ Trauma
- ♦ Very tight clothing
- ♦ Low calories, high fibre diets
- ♦ Long term abstinence from sexual activity

A consistent finding in scientific literature is that supervised androgens (testosterone/DHEA) replacement therapy in men leads to a well-balanced endocrine system and produces an increased sense of wellbeing and better quality of life. However, androgen replacement therapy should be instituted only if the symptoms, clinical features and laboratory parameters are consistent with androgens deficiency.

Dr Deepak Chaturvedi
Physician Endocrinologist,
Diabetologist, Antiaging Specialist
& Obesity Consultant, Mumbai,
President, Antiaging Medicine
And Research (Amar)

ANDROPAUSE

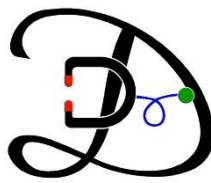
(B Positive;1st July'2015)

The causes of early Andropause are Stress, Social Jet lag, Diabetes, Obesity, Smoking, Alcoholism, Trauma, Some medicines and illnesses.

A doctor should be consulted if the symptoms of Testosterone deficiency are evident like Low libido, Fatigue, Lethargy, Sexual Dysfunction, Night Sweats, Mood swings, Weight gain, Gynecomastia etc.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



TESTOSTERONE DEFICIENCY

THE TIMES OF INDIA, MUMBAI
MONDAY, DECEMBER 23, 2013

Testosterone deficiency may be striking early

A host of lifestyle factors are leaving Indian men with low levels of the hormone

Shobita Dhar | TNN

Women aren't the only ones at the mercy of hormonal fluctuations. Now men, in the age group of early 30s and 40s, are grumpy, tired, sleepless and lacking libido because of low levels of testosterone — the male hormone. Though no official statistics are available, many endocrinologists are reporting an increasing incidence among younger men.

Dipping testosterone threw Vipul Khanna's work and family life out of gear two years ago. "I had problems like tiredness, insomnia and low libido. I even had difficulty in concentrating and remembering things," says Khanna, now 38. Diagnostic tests revealed that his testosterone level had plunged down to below 200; normal range is 400-450. "Immediately, he was put on testosterone shots, to be taken once in 21 days in addition to a B12 supplement, as he was also deficient in this vitamin," says **Dr Deepak Chaturvedi**, his endocrinologist based in Mumbai. Gradually, his levels became normal.

Like Khanna, 32-year-old Nishant Srivastava from Allahabad is being treated for low testosterone. He suffers

from obesity and type 2 diabetes — risk factors for low testosterone. "He was prescribed T gel and now his symptoms have eased," says Dr Suneet Jha of Max hospital, Delhi, who says the number of younger men with this complaint has swelled in last 2-3 years mostly because of lifestyle reasons — smoking, obesity, stress and lack of sleep.

Testosterone is dubbed as the sex hormone but it is also responsible for a strong heart and bones, muscle mass, sharp cognition and general well-being. Its deficiency can cause irritability, tiredness and slow cognition. With age, T levels tend to decline. According to a small 2009 study — the only such available right now — done by researchers at Lucknow's King George Medical College, testosterone deficiency syndrome (TDS) is present in 26.1% of Indian males aged between 40 to 60 years.

Testosterone replacement therapy (TRT) is the standard treatment for deficiency of this hormone, however, in certain cases it can lead to complications. A major study published in the Journal of the American Medical Association in November this year showed a 29% increase in the risk of heart attack in older men, many of who had heart disease, when administered testosterone. Therefore, it is best to take testosterone supplements under medical supervision.

In India, it seems lifestyle factors are leaving younger men testosterone challenged. Dr Prakash Kothari, well-known sexual health expert based in Mumbai, says that he regularly sees men in their 20s with this condition. Dr Chaturvedi claims that if anyone were to take a random sample of 1,000 men in the age group of 20 to 30 years, almost 10% would have T deficiency.

Dr SK Wangmoo, a senior endocrinologist with Apollo hospital in Delhi, too, gets 3-4 patients in this age group every day. "The number is much higher than what it was a decade ago. I see many working couples with high levels of stress-induced prolactin," says Dr Wangmoo, who has been treating hormonal disorders for 25 years. Prolactin is a hormone present in both the sexes and its high levels inhibit testosterone.

Strenuous exercise with no or little rest and extreme dieting too impact hormone levels. The standard treatment in such cases involves testosterone injections, transdermal gels, patches and oral tablets. Dr Kothari says that in certain cases he first puts the patient on a diet of urad dal (rich source of plant-based testosterone). "Advise consumption thrice a week. If the levels don't increase then I prescribe injectables and gels," he says.

RISK FACTORS

Prostate cancer TRT carries an inherent but low risk of prostate cancer. That's why it is very important to take testosterone medication/supplements only under medical supervision

Liver damage Testosterone supplements are often misused to bulk up. This can have adverse effects on the liver. Abuse of T supplements is rampant in India, say doctors. Gym trainers, reportedly, often give supplements sourced from grey market to aspiring bodybuilders

Cardiac disease Studies have shown an increased risk of heart attack in older men who are on TRT, especially if they already suffer from heart disease

Statements and Opinion on Testosterone Deficiency (The Times Of India; 23rd Dec'2013)

Life Style aberrations, Undue Stress and Social Jet lag can cause Testosterone Deficiency in early age. This comes with many complications including Diseases and bad quality of life. This is manageable with Life style modification and medical interventions (including Testosterone Replacement).



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



SLEEP LIKE A BABY

A NORMAL SLEEP is essential for the facilitation of motor functions, consolidation of learning and memory, and restoration of strength and physical and mental energy, says **Dr Deepak Chaturvedi, Physician, Endocrinologist, Diabetologist, Anti-aging Specialist and Bariatrician at the AMAAYA™ Anti-aging Wellness Clinic.**

A newborn baby sleeps for 16 to 20 hours a day and a child, 10 to 12 hours. The total sleep time drops to nine to 10 hours at age 10 and about seven to seven and a half hours during adolescence. An adult needs at least six and a half to seven hours of sound sleep daily.



In the current fast paced world, people are not getting enough sleep. Working against the circadian rhythm has completely distorted the sleep-wake cycle, leading to various neuro-hormonal changes in the body. People are living in complete 'Social Jet Lag'.

The sleep deprivation leads to the following hormonal imbalances:

- Increased levels of stress hormones (Cortisol)
- Decreased secretion of the growth hormone
- Decreased secretion of the luteinizing hormone in females
- Decreased secretion of testosterone in men

If continued to remain for a long period, these hormonal changes may lead to infertility, obesity and other metabolic

and reproductive disorders. Long standing sleep deprivation brings about premature aging.

Sleep deprivation (whether total or partial) has deleterious effects on emotions and cognition. It also causes day time sleepiness, fatigue, irritability and difficulty in concentration. Skilled performance goes down. Self care is neglected, judgement is impaired and communication skill suffers. With increased deprivation, neuropsychiatric symptoms like illusions and hallucinations may occur.

Chronic sleep deprivation is a pro-inflammatory state and may lead to generalised systemic inflammation, leading to chronic diseases (Ischemic heart disease, diabetes, etc).

People try to catch up with their sleep deprivation on weekends by sleeping extra hours. But, the sleep obtained in these extra hours is never equal to the sleep lost in the week. This way, the damage caused is never recovered completely and accumulative effect occurs, leading to long term complications. Secondly, sleeping in the odd hours of the weekends again disturbs the circadian rhythm and brings more damage.

The best way to deal with sleep deprivation complications is to avoid sleep deprivation and maintain good sleep hygiene throughout the week. A restorative six and a half to seven hours of uninterrupted night sleep is mandatory for good health and happiness.

The following lifestyle changes may help

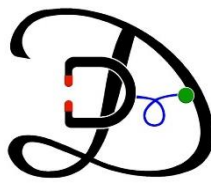
- Avoid caffeine at least six hours before bedtime
- Avoid alcohol or smoking two hours before bedtime
- Get regular exercise, but at least three hours before bedtime
- Establish regular bedtime hours, waking up each morning at the same time
- Do not use bedroom to work
- Meditation and light music may help

A NORMAL SLEEP is essential for the facilitation of motor functions, consolidation of learning and memory, and restoration of strength and physical and mental energy, says **Dr Deepak Chaturvedi, Physician, Endocrinologist, Diabetologist, Anti-aging Specialist and Bariatrician at the AMAAYA™ Anti-aging Wellness Clinic.**

A newborn baby sleeps for 16 to 20 hours a day and a child, 10 to 12 hours. The total sleep time drops to nine to 10 hours at age 10 and about seven to seven and a half hours during adolescence. An adult needs at least six and a half to seven hours of sound sleep daily.

About importance of Sleep (Society; Dec'2013)

Chronic Sleep deprivation is equivalent to Chronic Stress and is a pro-inflammatory condition leading to Chronic Diseases and early aging.



IS **Sugar** THE NEW **Tobacco**?

DR DEEPAK Chaturvedi, MD, Physician, Endocrinologist, Diabetologist, Antiaging Specialist and Obesity Consultant at AMAAYA Clinic and Anjana Multiphasic Clinic, Mumbai, and the President of Antiaging Medicine and Research (AMAR) thinks so.

- Is sugar as addictive as tobacco?
- Is eating sweets/sugar on all occasions an Obsessive Compulsive Disorder (OCD)?
- Is sugar consumption in excess associated with adverse consequences like in tobacco?
- Does sugar give a rush like tobacco?
- Is sugar a bigger problem than tobacco?

Probably, the answer to all the above questions is yes, he says. With the introduction of refined concentrated sugar in our lives, we have probably lost the taste for the natural sweeteners available. The threshold of sweetness has gone so high that we now don't feel the sweetness of any natural source. Natural sweetness is difficult to

access, but the artificial sugar is available everywhere.

Why eating sugar can be considered an OCD? The answer is very simple: We have become too fond of eating sweets on every occasion, from birth to death. More importantly, if you ask somebody to quit sugar consumption, he/she resists it as vehemently as one does when asked to quit tobacco or alcohol. That means sugar is addictive. The withdrawal symptoms of sugar are as bad as that of tobacco or alcohol. Sugar craving and sugar rush are very well-known entities.

Sugar consumption in excess is supposed to be directly associated with hyperinsulinemia, insulin resistance, obesity and subsequently pancreas exhaustion and can possibly lead to Diabetes Mellitus. The overall health and economic burden of obesity, diabetes and metabolic syndrome is nothing less than those caused by tobacco.

Why sugar is a bigger problem than tobacco?

- It is easily available
- There are no restrictions
- It is a part of everybody's day to day life
- There is no age limit or age bar for the consumption of sugar
- Sugar and sweet packs are not labeled with warnings
- Hormones, metabolic and systemic complications from sugar are nothing less than tobacco
- The most important aspect is the unawareness of the population towards the complications of sugar.

How is sugar causing problems?

Sugar stimulates the hedonic pleasure centres in the brain and thus has the propensity for compulsion and addiction. Excessive sugar intake suppresses sex steroids (testosterone, estrogens, progesterone, DHEA, etc) and hence causes adverse effects on overall, sexual and reproductive health. Excessive sugar intake causes a sudden

Is Sugar the new Tobacco (Society; Aug'2015)

Sugar is as addictive (or may be more) as Sugar. Its easy accessibility and availability in every home has made it more difficult to treat. The “Sugar” is associated with more Physical, Mental, Social and Economic burden than Tobacco. Its association with Life style diseases, Diabetes, Obesity, Heart diseases and Cancer is more pronounced than Tobacco.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)

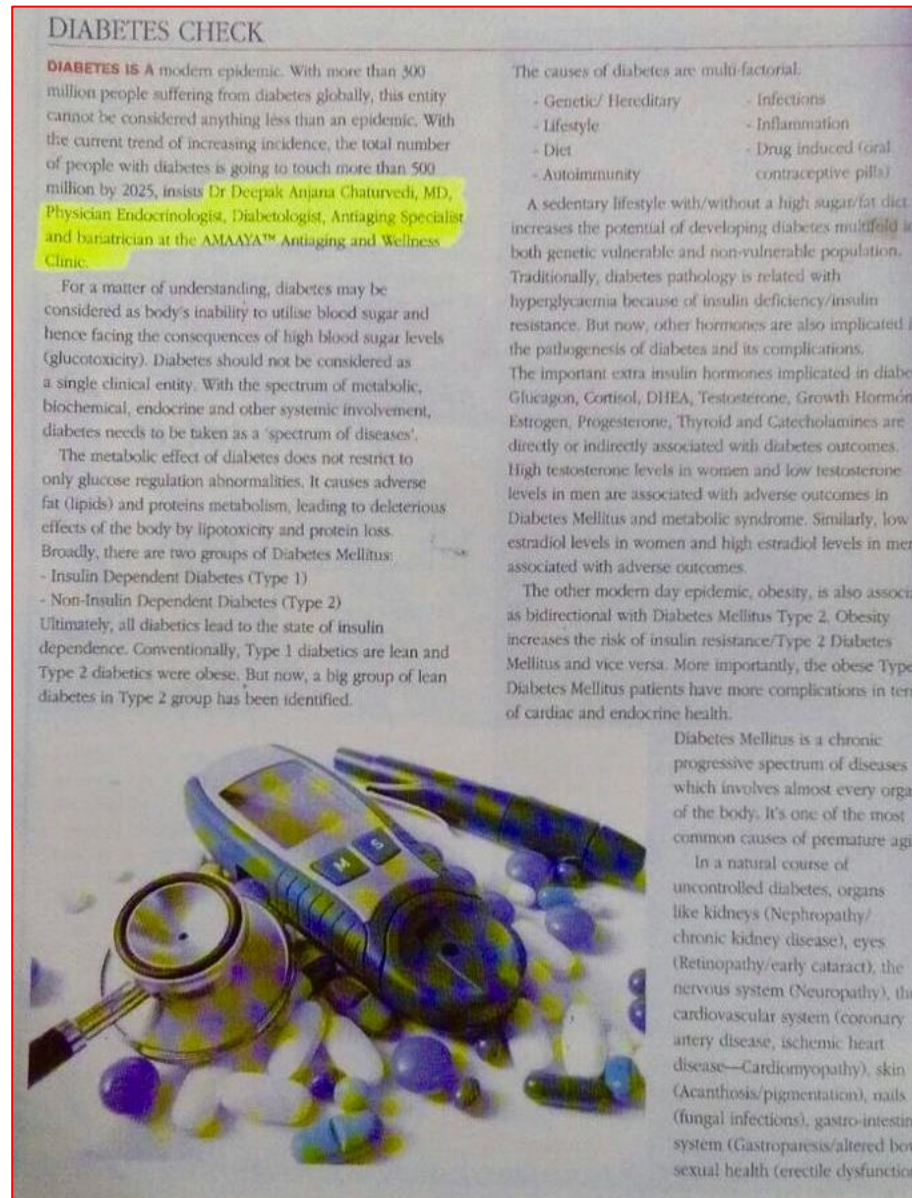
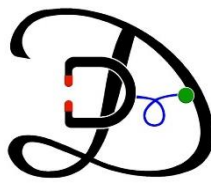


Statement and opinion on “Productive Aging” (Society;2015)

Where “Longevity” means “Adding Years to Life”, “Antiaging” focuses more on “Improving Quality of Life”. The Aging needs to be Independent and Productive.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)

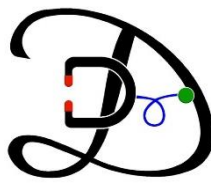


Statements and Opinion **on Diabetes Management** **(Society; April'2014)**

Diabetes can be managed as long term remission or near reversal with multimodal approach of Lifestyle management, Regular Follow ups and Compliance.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



low libido, anorgasmia) and almost all other organs are involved.

The current trends of managing diabetes focuses on tight blood sugar control by medications, lifestyle modification, exercise, dietary modification, sleep management and stress reduction.

Now, we have started to look at the other potential hormonal and metabolic implications of diabetes and started focusing on fixing them.

Once diagnosed with diabetes, one should not leave hope. The current medical world is working very hard to give an array of hope to people living with diabetes.

- Key to successful diabetes management is:
1. Be vigilant about blood sugar—fasting blood sugar, Post Prandial (PP) blood sugar, glycosylated haemoglobin.
 2. Regular screening for diabetes complications—blood cholesterol, kidney function test, liver function test, nerve testing, complete eye check up, complete cardiac work up, other hormones evaluation and Sex Hormone-Binding Globulin (SHBG).
 3. Control of blood cholesterol.
 4. Modifying lifestyle.
 5. Healthy eating.
 6. Yoga, meditation.
 7. Sleep/stress management.
 8. Avoidance of smoking/alcohol.
 9. Taking medicines on time.
 10. Following up with your doctors very regularly.

Diabetes can be prevented to some extent. Its complications can be delayed or prevented if the above points can be followed.

Instituting Early Insulin Therapy in newly diagnosed diabetes patients is a proven measure to delay/prevent the complications of diabetes. The therapy needs to be closely supervised and all the measures need to be taken to prevent any episode of hypoglycaemia.

LONG LIVE MEDITERRANEAN DIET

RECENTLY, THREE large studies added support for the long-term health benefits of a Mediterranean diet—as well as plant-based diets in general. A Mediterranean-style diet focuses on whole or minimally processed plant foods—lots of fresh fruits, vegetables, beans, nuts and whole grains—along with moderate amounts of fish, limited dairy (mostly yogurt and cheese), and a little red meat or sweets. Olive oil is a main source of fat, though according to studies, few people consumed as much olive oil as the typical Spaniard or Greek.

A moderate intake of alcohol—usually red wine—is another key feature.

Here's what the new studies found:

Younger brains: Both a Mediterranean-style diet and the DASH (Dietary Approaches to Stop Hypertension) plan help preserve age-related cognitive functions, according to a study of 3,800 people (average age 74) living in Utah, published in *The American Journal of Clinical Nutrition*. Those who adhered most closely to either diet did best on cognitive testing over the 11-year period—scoring as if they were three years younger than those veered farthest from the diets. Whole grains, nuts, and legumes were independently linked to better cognition. Like the Mediterranean diet, DASH is a semi-vegetarian plan; in addition, it emphasises low-fat dairy products and low sodium intake, but not olive oil and wine.

Healthier aging: Women who followed a Mediterranean-style diet in middle age were more likely to stay physically and mentally healthy later in life, according to a Harvard study in *Annals of Internal Medicine*. Researchers initially reviewed data about the diet and health of 10,670 female nurses in their late 50s and early 60s and then correlated this with information about their health 15 years later. Women who adhered most closely to a Mediterranean diet were 46 per cent more likely to live past age 70 with no chronic illnesses and no major physical or cognitive impairments.

Longer life: People with cardiovascular disease (such as a history of heart attack, stroke, or angina) who closely followed a Mediterranean-style diet were nearly 20 per cent less likely to die during an eight-year follow-up than those who veered farthest from it. This comes from another Harvard study of health care professionals (6,100 men, 11,300 women, average age 68). No single food or food group was responsible for the benefit, suggesting there were 'synergistic effects' of the Mediterranean diet. Even for those with advanced cardiovascular disease, a Mediterranean-style diet can be very beneficial, the researchers concluded.



Statements and Opinion on Diabetes Management (Society; April'2014...Contd...)

Diabetes can be managed as long term remission or near reversal with multimodal approach of Lifestyle management, Regular Follow ups and Compliance.



Decoding obesity: The lifestyle disease

Debarati.Sen@timesgroup.com

If you thought obesity is a mere lifestyle disorder, think again. The fact that there is a billion dollar industry thriving globally to prevent excessive weight-gain and obesity says a lot, does it not? A few years ago, obesity was officially recognised and classified as a multifactorial disease, for the first time. It is not a disease to be taken lightly, rather, it needs to be managed medically with appropriate treatment and expert supervision. One needs to keep in mind that merely losing weight and actually managing obesity are two completely different things altogether. We spoke to obesity surgeon Dr Sanjay Boriwade, endocrinologist and obesity consultant Dr Deepak Chaturvedi and bariatric, metabolic surgeon Dr Ramen Goel, for busting myths about this lifestyle disease...

MYTH: Surgeries are dangerous when one is obese
FACT: Laparoscopy or key hole surgeries are the biggest boon to surgery, when it comes to morbidly obese patients. Bariatric surgeries help induce and maintain weight loss by way of restriction of the intake of foods and normalising the hormonal status.

MYTH: There is weight regain after any bariatric surgery
FACT: Obesity surgery helps reduce excess weight which is otherwise very difficult to lose. Once achieved, one has to follow a strict lifestyle pattern with adequate diet, exercise and rest to avoid regaining weight.

MYTH: Heredity and food habits are the only causes for obesity
FACT: Other than heredity and lifestyle, the other cause is endocrine hormonal changes. But it gives more of water retention.

MYTH: Obesity is merely a lifestyle disorder
FACT: Obesity has now been classified as disease with multifactorial etiology. Being a disease, obesity needs to be managed medically under supervision.

MYTH: Obesity always means low thyroid. Taking thyroid medicines will treat it
FACT: Not all the obesity is due to hypothyroidism. Also, only hypothyroidism can not be labelled as the sole cause of obesity in any individual. Taking unsupervised and inadvertent thyroid supplementation may lead to detrimental health effects. Obesity indeed has underlying endocrine (hormonal) issues as the cause and complications effect. The assessment should not restrict to thyroid only.

MYTH: OTP slimming alternatives and fat burners can help
Fact: The fancy over-the-counter (OTP) alternative (herbal) medicines, ayurvedic massages, and well-marketed equipment cannot treat obesity. Obesity is a multi-factorial disease, a modern epidemic and it needs a multimodal and serious approach to management. There is nothing like fat burners. These products by increasing sympathetic over-activity can lead to serious cardiac side effects (including death).

MYTH: Diet and exercise can treat any obesity.
Fact: The mainstay of the mild to moderate obesity is supervised diet and exercise. Obesity surgery will be the mainstay for morbid obesity with or without medical issues.

MYTH: Non-vegetarian diet causes obesity
Fact: Vegetarian diet is healthy; lacks a lot on proteins, minerals, trace elements. Flesh proteins non-vegetarian diet is best accepted by human body.

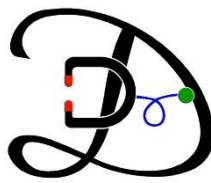
Emphasis on exercise for weight loss could result in fatigue and muscle injury. Too much exercise might lead to frustration or depression when expected results are not achieved

Statement and opinion on Obesity” (Bombay Times;09th Feb’2016)

Discussion about the commonly prevalent
“Myths and Facts about Obesity and its
management” with the title; “Decoding Obesity:
The Life Style Disease”.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Obesity 'epidemic' on the rise

Zeenia F Baria

Just look around. No matter where you go, chances are you will find overweight or obese people. Obesity bariatric surgeon Dr Abhay Agrawal says for several people, reducing weight has become an urgent need. "A lazy lifestyle, coupled with unhealthy eating habits, have made us obese, not just overweight. According to the National Family Health Survey of India, approximately 15% of our country's population is obese. That's more than 10 million people. This is a side-effect of prosperity, stress and the lack of time for maintaining one's health."

Laparoscopic surgeon and obesity expert Dr Mufazzal Lakdawala defines obesity as accumulation of fat that exceeds the existing standards. "The National Institute of Health (NIH) states that excessive weight becomes a health hazard when it is 20% or more above the ideal body weight. More and more youngsters these days are becoming obese," he says.

CAUSES

Research blames changed lifestyles, energy-dense diets and low levels of physical activity for the rise in obesity.



Obesity management is not merely weight management and hence, cannot be dealt with temporary measures. "Going to the gym and other weight-loss parlours without identifying the underlying cause is foolish. A patient needs to be interviewed in detail about his/her past, family and occupational history, interpersonal relationships and drug intake. A thorough clinical examination follows, to identify the root cause and related complications. Treatment also includes lifestyle modifications," says Dr Chaturvedi.

Bariatrician Dr Deepak Chaturvedi says obesity has become a modern epidemic. "Statistics prove that death rate is 50% higher if a person is 40% overweight. Obesity is an underlying cause of many diseases, which requires prompt medical attention. For healthy weight management, appropriate nutrition and scientifically determined caloric value is required. Starvation or skipping meals may create hormonal changes that conversely contribute to obesity."

EMOTIONAL EATING

Says Dr Agrawal, "Today's youngsters overeat to reduce their anxiety, which can be caused by trauma, social insecurity, neglect or abuse. Here's what one should keep in mind:

- All foods have calories, so avoid large servings and second helpings. Portion control is very important.
- Limit alcohol consumption.
- Don't skip meals because this can lead to overeating the next time.
- Monitor your calorie intake.
- Avoid eating while watching TV or sitting in front of a computer. Limit eating out.

TREATMENT

Obesity can be treated with diet regulation, physical activity, medical management and, in extreme cases, bariatric surgery. "Following a healthy diet and exercising regularly is the first recommended step. Behavioural therapy helps obese people develop eating and exercise habits that enable them to decrease their weight. Pharmacological therapy may also be added to diet, exercise, and behavioural therapy. Medications are an adjunct to lifestyle modifications, not a replacement. Pharmacological therapy includes medicines that work as appetite suppressants, block digestion and absorb only one-third of the dietary fat ingested. Unfortunately, the safety and efficacy of

established, and discontinuation of medication usually results in regaining the weight. Bariatric surgery is a proven long-term weight loss method. It works by either causing restriction in the amount of food eaten and/or causing incomplete digestion," says Dr Lakdawala.

Obesity management is not merely weight management and hence, cannot be dealt with temporary measures. "Going to the gym and other weight-loss parlours without identifying the underlying cause is foolish. A patient needs to be interviewed in detail about his/her past, family and occupational history, interpersonal relationships and drug intake. A thorough clinical examination follows, to identify the root cause and related complications. Treatment also includes lifestyle modifications," says Dr Chaturvedi.



Keep kids away from junk food which is a leading cause of obesity

DID YOU KNOW?

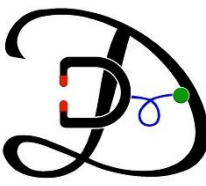
A normal person's Body Mass Index (BMI) is usually between 18 and 25. If your BMI is in the range of 25 to 30, you are overweight. And if it exceeds 30, you are medically termed morbidly obese.

Statement and opinion on "Obesity Epidemic" (Bombay Times)

Obesity is modern epidemic. Obesity management is not merely "Weight management" and shouldn't be dealt as temporary measures. It should be managed with thorough Medical and Life style evaluation.

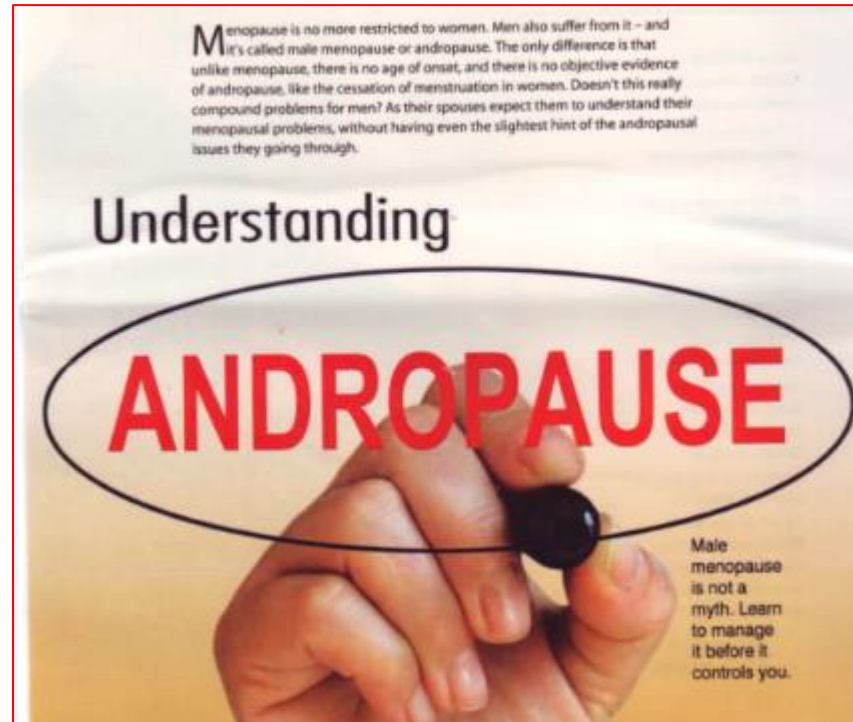
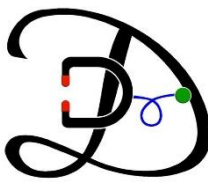


Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



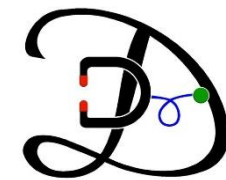
Statement and Opinion on “Slowing Aging” (DNA; 2009)

Aging can't be stopped, but it can be slowed down with certain life style related interventions like Physical Activity, Right Eating and Thinking Positive.



Statement and Opinion on “Andropause” **(Health; Sept-2015)**

Men do suffer with condition like Menopause in women. Its known as “Andropause” in men. The only difference is that there is no objective evidence of Andropause(like the cessation of menstruation in menopause).



What Exactly Is Andropause?

Andropause symptoms due to declining hormone levels are common in men as they age. The modern lifestyle of high stress levels and poor fitness and nutrition habits paired with an increased life expectancy have a substantial effect on the male body. With the hormone-producing glands being forced to work harder and longer, it is no wonder that hormones become imbalanced over time.

- ▶ It begins when the androgens (testosterone) fall, the growth hormone decreases, the estrogens (female hormones) start rising, and a journey from 'Adam' to 'Madam' or 'Steve' to 'Eve' starts.
- ▶ Putting on weight/ fat in those womanly areas (breast, lower abdomen, thighs) begins.
- ▶ The libido goes down, and sexual dysfunction occurs in the form of erectile dysfunction/ insufficient ejaculate.
- ▶ There is a decrease in exercise endurance and overall muscle tone.
- ▶ Mood swings develop, and there is also an inappropriate response to stress.

Causes

Other diseases like heart ailment, stroke, diabetes/ insulin resistance, metabolic syndrome, atherosclerosis, arthritis, osteoporosis, easy bone fractures, hypertension



are all directly or indirectly related to testosterone (androgen) deficiency in men.

However, some of the causes of andropause are:

- ▶ Aging.
- ▶ Chronic stress (emotional, physical, financial, social etc).
- ▶ Diseases of the hypothalamus, pituitary, - testes.
- ▶ Sleep disorders.
- ▶ High prolactin levels.
- ▶ Chronic alcoholism.
- ▶ Side-effect of medications.
- ▶ Obesity.
- ▶ Very heavy exercise.
- ▶ Trauma.
- ▶ Very tight clothing.
- ▶ Low calorie high fibre diets.
- ▶ Long-term abstinence from sexual activity.

Andropause begins when the androgens (testosterone) fall, the growth hormone decreases, the estrogens (female hormones) start rising, and a journey from 'Adam' to 'Madam' or 'Steve' to 'Eve' starts.

Statement and Opinion on “Andropause” (Health; Sept-2015 contd...)

Andropause begins when the androgens (Testosterone) fall, Growth Hormone decreases, the Estrogen (Female Hormone) start rising, and a journey from “Adam” to “Madam” ; or “Steve” to “Eve” starts.



Healthy lifestyle choices will help you maintain your strength, energy and lean muscle mass.

Treatment

Just like a hormone replacement therapy is advised for women, a supervised androgen (testosterone) replacement therapy in men leads to a well balanced endocrine system and produces an increased sense of wellbeing and a better quality of life.

However, androgen replacement therapy should be instituted only if the symptoms, clinical features and laboratory parameters are consistent with androgen deficiency.

Management

Although your doctor will help you decide if testosterone treatment is right in your situation, lifestyle changes such as increased exercise, stress reduction, and good nutrition also help.

- ▶ Work with your doctor to identify and treat any health issues that might be causing or contributing to

your signs and symptoms — from medication side effects to erectile dysfunction and other sexual issues.

- ▶ Eat a healthy diet and include physical activity in your daily routine. Healthy lifestyle choices will help you maintain your strength, energy and lean muscle mass. Regular physical activity can even improve your mood and promote better sleep.
- ▶ Depression in men doesn't always mean having the blues. Depression can cause men to suppress their feelings and become more aggressive or irritable. Men also might try to self-medicate by abusing alcohol or other substances. Find ways to manage depression.

DR DEEPAK CHATURVEDI

Physician Endocrinologist, Diabetologist, Antiaging Specialist & Obesity Consultant, AMAAYA Clinic & Anjana Multispecialty Clinic, Mumbai.

The symptoms of andropause can be divided in three categories:

A. PHYSICAL SYMPTOMS:

- ▶ Decreased vigour
- ▶ Increased fatigue
- ▶ Poor exercise tolerance
- ▶ Diminished strength and muscle mass
- ▶ Decreased bone mineral density
- ▶ Decreased body hair

B. SEXUAL SYMPTOMS:

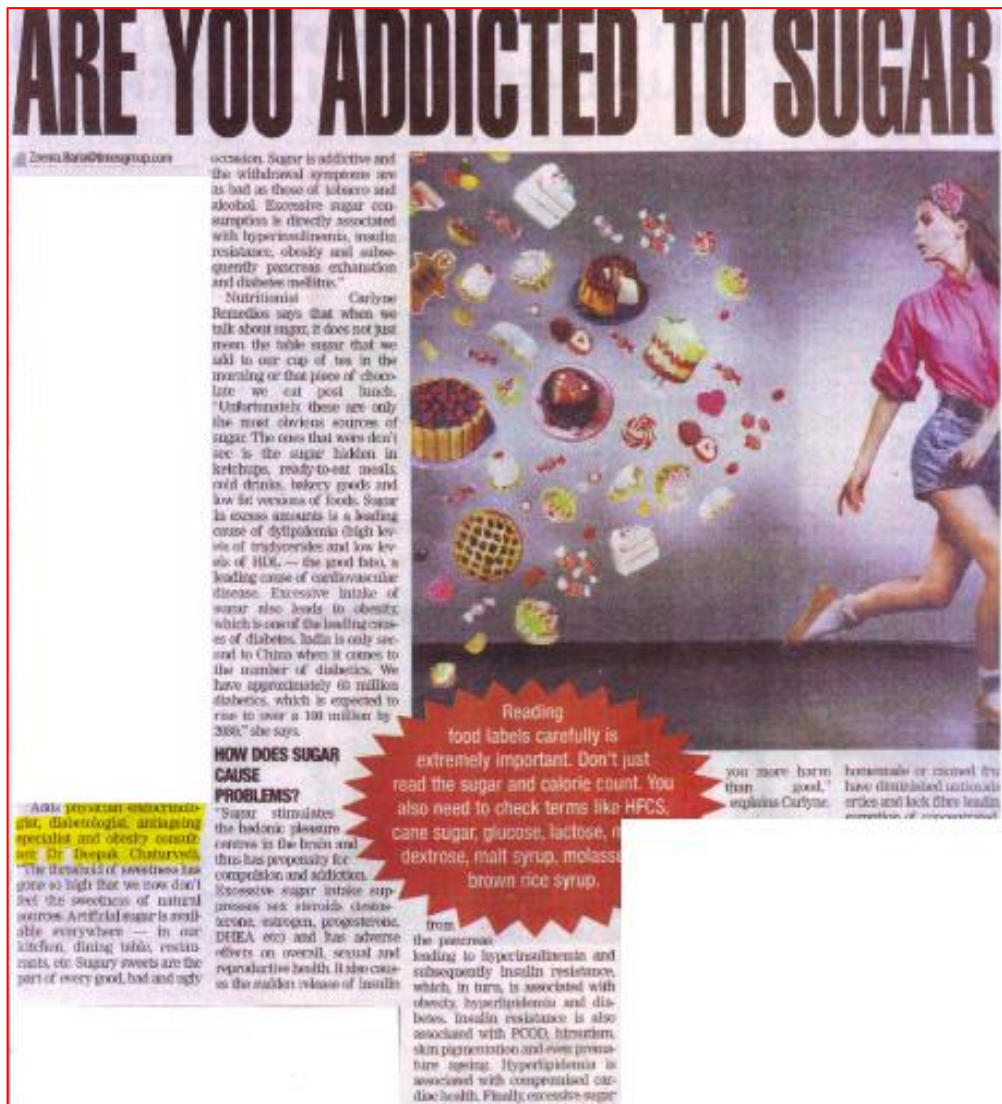
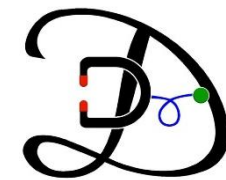
- ▶ Decreased libido
- ▶ Decreased sexual activity
- ▶ Limited quality of orgasm
- ▶ Reduced ejaculate strength and volume
- ▶ Premature ejaculation

C. PSYCHOLOGICAL SYMPTOMS:

- ▶ Mood changes
- ▶ Decreased concentration
- ▶ Loss of motivation
- ▶ Memory impairment
- ▶ Anxiety
- ▶ Depression
- ▶ Irritability
- ▶ Insomnia
- ▶ General reduction in intellectual activity

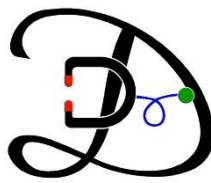
Statement and Opinion on “Andropause” (Health; Sept-2015 contd...)

Symptoms of Andropause can be divided in three categories: Physical , Sexual and Psychological Symptoms. Andropause is manageable.



Statement and Opinion on “Sugar Addiction” (TOL; May’2015)

The threshold of sweetness has gone so high that we now don't appreciate the sweetness of naturally occurring sweet fruits. Artificial Sugar is available everywhere (in our kitchen, on dining table, restaurants etc). Sugary sweets are part of every good, bad and ugly occasions. Sugar is addictive and its withdrawal symptoms are as bad as tobacco and alcohol. Excessive sugar consumption is associated with Hyperglycemia, Hyperlipidemia, Insulin Resistance, Obesity and subsequently Pancreatic exhaustion leading to Diabetes Mellitus.



ARE YOU ADDICTED TO SUGAR

cession. Sugar is addictive and the withdrawal symptoms are as bad as those of tobacco and alcohol. Excessive sugar consumption is directly associated with hyperinsulinemia, insulin resistance, obesity and subsequently pancreatic exhaustion and diabetes mellitus."

Nutritional Carlyne Bernades says that when we talk about sugar, it does not just mean the table sugar that we add to our cup of tea in the morning or that piece of chocolate we eat post lunch. "Unfortunately these are only the most obvious sources of sugar. The ones that we don't see are the sugars hidden in ketchup, ready-to-eat meals, cold drinks, bakery goods and low fat versions of foods. Sugar in excess amounts is a leading cause of dyslipidemia (high levels of triglycerides and low levels of HDL — the good fats), a leading cause of cardiovascular disease. Excessive intake of sugar also leads to obesity, which is one of the leading causes of diabetes. India is only second in China when it comes to the number of diabetics. We have approximately 60 million diabetics, which is expected to rise to over a 100 million by 2030," she says.

HOW DOES SUGAR CAUSE PROBLEMS?

"Sugar stimulates the hedonic pleasure centres in the brain and this has propensity for compulsion and addiction. Excessive sugar intake suppresses sex steroids (estrogen, progesterone, DHEA etc) and has adverse effects on overall, sexual and reproductive health. It also causes the sudden release of insulin from the pancreas, leading to hyperinsulinemia and subsequently insulin resistance, which in turn, is associated with obesity, hyperlipidemia and diabetes. Insulin resistance is also associated with PCOD, hirsutism, skin pigmentation and even premature ageing. Hyperlipidemia is associated with compromised cardiac health. Finally, excessive sugar

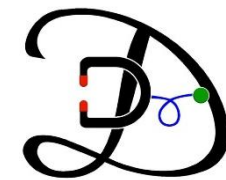
Reading food labels carefully is extremely important. Don't just read the sugar and calorie count. You also need to check terms like HFCS, cane sugar, glucose, lactose, dextrose, malt syrup, molasses, brown rice syrup.

you more harm than good," explains Carlyne.

homemade or canned. Do have distributed national centres and look after health.

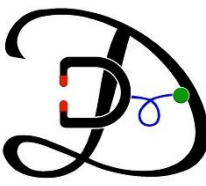
Statement and Opinion on “Sugar Addiction” (TOI;May’2015...contd...)

Sugar Stimulates the hedonic pleasure centres in the brain and this the propensity for compulsion and addiction. Excessive Sugar intake suppresses the Sex Steroids and has overall negative effects on the Sexual and Reproductive health. It also causes increased release of Insulin from Pancreas leading to Hyperinsulinemia, Insulin Resistance, Obesity and Diabetes. Excessive Sugar stores as Fat in the Body. The Insulin resistance causes PCOD, Hirsutism and Pigmentation. Hyperlipidemia causes heart problems.



Statement and Opinion on "Gluten Free Diet" (DNA)

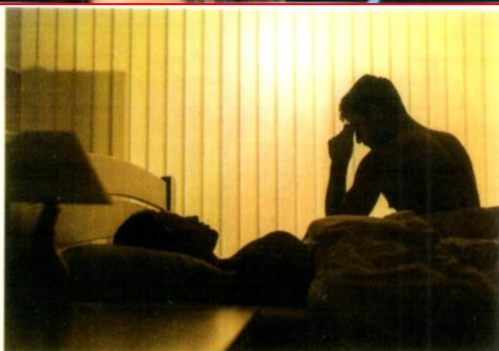
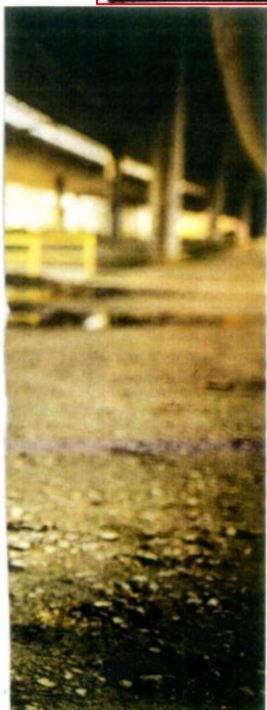
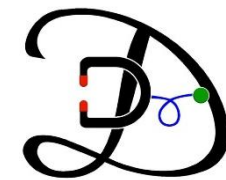
Gluten is a storage protein in certain grains like Wheat, Barley and Rye. The sensitivity to Gluten may lead to "Coeliac Disease (Gluten Sensitive Enteropathy)". This leads to malabsorption, Anaemia, Cachexia. The Gluten induced autoimmunity may lead to autoimmune thyroid disease in sensitive individuals. The promotion of Gluten Free Diet for weight loss and as the treatment of Hypothyroidism is unwarranted and lack the scientific evidences.



Testing times

Statement and Opinion on
“Low Testosterone in Men”
(SMARTlife;Aug’2017)

Low Testosterone levels no longer a problem of aging population alone. Even young men are troubled by Low Testosterone conditions.



Hormonal issues are often believed to be faced only by women. Hormone imbalance, however, can lead to physical and emotional problems in men, too. If earlier only men above 50 had to worry about low testosterone levels, today even young men experience symptoms of male hormone deficiency.

Men can suffer from deficiency of androgens (male sex hormones) like testosterone and DHEA (dehydroepiandrosterone), says Dr Deepak Chaturvedi of Diabetes, Thyroid & Hormone Clinic, Mumbai. "The usual slow decline of testosterone and DHEA can happen with ageing, but it's not as marked and sharp as the decline of oestrogen and progesterone in women [menopause]," says Chaturvedi. "This decline of testosterone can be arbitrarily referred to as andropause. Current medical literature uses the term 'Partial Androgen Deficiency in Adult Male' (PADAM). In a world of social jet lag and undue stress, there is no age at which PADAM cannot occur. While the usual age is 50 years, it is now seen to occur at any age."

Chaturvedi recalls the case of a 38-year-old man, who was diagnosed with low levels of testosterone. "It was his 35-year-old wife who came complaining of headaches and feeling low, for a routine examination," says Chaturvedi. "On taking a detailed his-

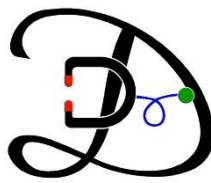
tory, including sexual history, it was found that the husband was a frequent traveller and the number of sexual encounters were few. The husband was requested to come to the clinic and a detailed history showed that he was diabetic, on controlled medication, overweight and borderline hypertensive. The husband mentioned that he had no libido and also suffered from erectile dysfunction. Lab evaluations were ordered for both and while the wife had only a mild vitamin deficiency, the husband was found to have low testosterone, low DHT (5 alpha-dihydrotestosterone), high prolactin, low DHEA (dehydroepiandrosterone), low vitamin B12 and D."

Doctors believe there are many cases where hormonal deficiencies lead to problems in a relationship. But the deficiencies can be easily addressed. As in this case, the husband was prescribed Hormone Replacement Therapy (HRT) which comprised testosterone, DHEA, vitamins B12 and D, along with a few other treatment options. The follow-up involved resolving the wife's issues and also focusing on weight loss. Their condition improved significantly in a couple of months.

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Statement and Opinion on **"Low Testosterone in Men"** **(SMARTlife;Aug'2017...contd..)**

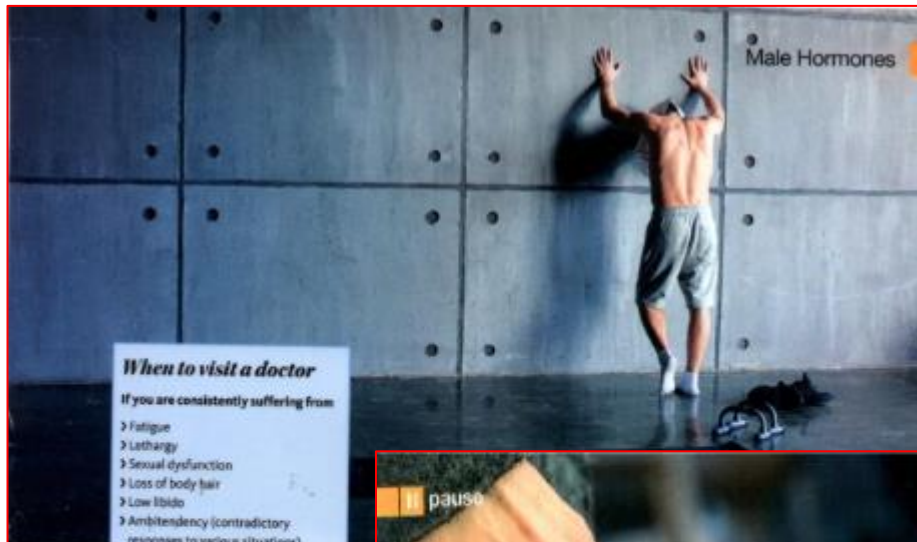
The decline of Testosterone can be arbitrarily referred to as "Andropause". Current medical literature uses the term "Partial Androgen Deficiency in Adult Male (PADAM)". In the world of social jet lag and undue stress, there is no age at which "PADAM" can not occur. While the usual age is 50 years , it is now seen to occur at any age. Thorough evaluation and management of Andropause does not only improve the health of the man, but it can save a relationship too.



Statement and Opinion on “Low Testosterone in Men” (SMARTlife;Aug’2017...contd..)

The causes of early Andropause are Stress, Social Jet lag, Diabetes, Obesity, Smoking, Alcoholism, Trauma, Some medicines and illnesses.

A doctor should be consulted if the symptoms of Testosterone deficiency are evident like Low libido, Fatigue, Lethargy, Sexual Dysfunction, Night Sweats, Mood swings, Weight gain, Gynecomastia etc.



When to visit a doctor

If you are consistently suffering from

- Fatigue
- Lethargy
- Sexual dysfunction
- Loss of body hair
- Low libido
- Ambiguity (contradictory responses to various situations)
- Non-decisiveness
- Behaviour change
- Sleep disturbances
- Night sweats
- Loss of memory
- Loss of concentration and attention
- Belly fat gain
- Loss of muscle mass
- Difficulty in building body muscles
- Gynecomastia (enlarged breasts in men)
- Osteoporosis
- Aches and pains
- Irritability
- Mood issues (mainly anxiety and depression)

Deepak Chaturvedi, Diabetes, Thyroid & Hormone Clinic, Mumbai



Early andropause

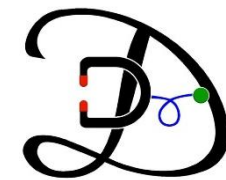
Causes include:

- Stress
- Social jet lag
- Obesity
- Diabetes mellitus
- Certain drugs (such as anabolic steroids for body building)
- Smoking
- Alcoholism
- Trauma
- High temperature exposure to testes
- Diseases like tuberculosis, malignancy

Dr Deepak Chaturvedi, Diabetes, Thyroid & Hormone Clinic, Mumbai



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Covered by “Dainik Bhaskar”
(Sept’2017)

Antiaging Training Seminar conducted in Jabalpur in association with Indian Medical Association.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



WHAT IS Gestational Diabetes Mellitus (GDM)? Mumbai based physician, endocrinologist, diabetologist, antiaging specialist and obesity consultant attached to Amaaya Clinic and Anjana Multispecialty Clinic, Dr Deepak Chaturvedi, gives us a low down:

- Some physiological alteration occurs in the carbohydrate metabolism in pregnancy.
- Human pregnancy is characterised by increased insulin resistance, which helps to ensure a steady glucose supply to the foetus.
- The hormones like human placental lactogen, estrogen and progesterone, contribute to this state.
- If these alterations are exaggerated, then there is abnormal glucose tolerance, leading to gestational diabetes.

Alternatively, pregnancy may unmask an underlying pre-diabetic state.

- It can be diagnosed by a Glucose Tolerance Test (GTT). This can be done during the first visit and then repeated at 24 weeks and then 32-34 weeks.
- Two hours GTT of more than 140mg/dl or above indicates gestational diabetes.
- Obesity, over weight are also causes for GDM.
- A family history of diabetes are risk factors for developing GDM.
- High occurrence in Asians.

How does it affect the mother and the baby?

- Excessive foetal growth (big baby).
- Obstructed labour.
- Increased chances of developing Gestational Hypertension.
- Increased mortality rate of mother and foetus.

Is there any way to avoid it?

- Weight Control.
- Maintaining your calorie intake.
- Small, frequent meals during pregnancy (balanced diet).
- Avoiding obesity/overweight before conception.
- Staying active throughout pregnancy.
- Pre-conception screening and counselling.

How is it treated?

- Calorie control—30-35 Calories/Kg of present weight.
- Diet should be 50-55 per cent carbohydrate, 20-25 per cent proteins and rest in the form of fat.
- Split daily meals in five to six portions.
- Insulin therapy whenever needed.
- Normal physical activity, plus graduated daily exercise, like walking.
- Monitor bodyweight, blood pressure, haemoglobin, glycosylated haemoglobin, blood sugar and other parameters.
- Foetal development assessment by ultra-sonography.
- Educate the patient and the family about GDM.

It needs to be a team approach comprising a gynaecologist, diabetologist, neonatologist, trained nurse and an educator.

Where is it more common?

- In developed countries, the rate is almost 7 per cent.
- In developing countries, including India, the prevalence is almost 16-17 per cent.
- It seems to happen almost equally in rural and urban areas in India.

Increased chances of developing overt diabetes in mother (almost 50 per cent).

- Chances of Respiratory Distress Syndrome in baby.
- Increased risk of abortion.

GESTATIONAL DIABETES DECODED

LOW NORMAL HIGH ALARMING

DIABETES LEVEL

DECEMBER 2016 | SOCIETY 67

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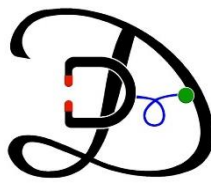
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About Gestational Diabetes (Society; Dec'2016)

Gestational Diabetes is preventable and manageable. Stay vigilant!



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



SUGAR Alert



WITH more than 300 million people suffering from diabetes globally, this entity cannot be considered anything less than an epidemic. With the current trend of increasing incidence, the total number of people with diabetes is going to touch more than 500 million by 2025, according to Dr Deepak Chaturvedi, MD (Medicine) Metabolic Physician, Endocrinologist, Diabetologist, Anti-aging Specialist and Bariatrician. For a matter of understanding, diabetes may be considered as the body's inability to utilise blood sugar and hence facing the consequences of high blood sugar levels (glucotoxicity).

Diabetes should not be considered as a single clinical entity. With the spectrum of metabolic, biochemical, endocrine and other systemic involvement, diabetes needs to be taken as a 'Spectrum of Diseases'.

The metabolic effect of diabetes does not restrict to only at glucose regulation abnormalities. It causes adverse fat (lipids) and proteins metabolism, leading to deleterious effects of the body by lipotoxicity and proteins loss.

Broadly, there are two groups of diabetes mellitus:

- Insulin dependent diabetes (Type 1 Diabetes)
- Non-insulin dependent diabetes (Type 2 Diabetes)

Ultimately, all diabetics lead to the state of insulin dependence.

Conventionally, Type 1 diabetics were lean and Type 2 diabetics were obese. But now, a big group of lean people with diabetes type 2 has been identified.

The causes of diabetes are multi-factorial:

- Genetic/Hereditary
- Lifestyle
- Diet
- Autoimmunity
- Infections
- Inflammation
- Drug induced (oral contraceptive pills)

A sedentary lifestyle with/without a high sugar/fat diet increases the potential of developing diabetes manifold in both genetically vulnerable and non vulnerable population. Traditionally, diabetes pathology is related with hyperglycemia because of insulin deficiency/insulin resistance. But now, other hormones are also implicated in the pathogenesis of diabetes and its complications.

The important extra insulin hormones implicated in diabetes are glucagon, cortisol, DHEA, testosterone, growth hormone, estrogen, progesterone, thyroid and catecholamines—these are directly or indirectly associated with diabetes outcomes.

High testosterone levels in women and low testosterone levels in men are associated with adverse outcomes in diabetes mellitus and metabolic syndrome. Similarly, low estradiol levels in women and high estradiol levels in men are associated with adverse outcomes.

The other modern day epidemic, obesity, is also associated as bidirectional with diabetes mellitus type 2. Obesity increases the risk of insulin resistance/ Type 2 diabetes mellitus and vice versa. More importantly, the obese Type 2 diabetes mellitus patients have more complications in terms of cardiac and endocrine health.

Diabetes mellitus is a chronic, progressive spectrum of diseases which involves almost every organ of the body. It's one of the most common causes of premature aging. In a natural course of the uncontrolled diabetes, organs like the kidneys (nephropathy/ chronic kidney disease), eyes (retinopathy/ early cataract), nervous system (neuropathy),

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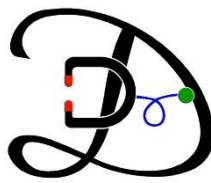
The metabolic effect of diabetes does not restrict to only at glucose regulation abnormalities. It causes adverse fat (lipids) and proteins metabolism, leading to deleterious effects of the body by lipotoxicity and proteins loss.

About Diabetes Mellitus **(Society; Nov'2014)**

Discussion about Pathophysiology, Prevention and Management of Diabetes Mellitus and its complications.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



What is Gestational Diabetes Mellitus (GDM)?

Some physiological alteration occurs in the carbohydrate metabolism in pregnancy. A human pregnancy is characterised by increased insulin resistance, which helps to ensure a steady glucose supply to the foetus. Hormones like human placental lactogen, estrogen and progesterone contribute to this state. If these alterations are exaggerated, then there is abnormal glucose tolerance, leading to gestational diabetes.

Alternatively, pregnancy may unmask an underlying pre-diabetic state. Gestational diabetes can be diagnosed by a glucose tolerance test (GTT). This can be done during the first visit and then repeated on 24 weeks and then 32-34 weeks. Two hours GTT of more than 140mg/dl or above indicates GDM. Obesity, overweight, family history of diabetes are risk factors for developing GDM. A high occurrence of this is found in Asians.

How does it affect the mother and the baby?

1. Excessive foetal growth (big baby).
2. Obstructed labour.
3. Increased chances of developing gestational hypertension.
4. Increased mortality rate of mother and the foetus.
5. Increased chances of developing overt diabetes in mother (almost 50 per cent).
6. Chances of respiratory distress syndrome in baby.
7. Increased risk of abortions.

Is there any way to avoid it?

1. Weight control.
2. Maintaining calorie intake.
3. Small frequent meals during pregnancy.
4. Avoid obesity or being overweight before conception.
5. Stay active throughout pregnancy.
6. Pre-conception screening and counselling.

How is it treated?

1. Calorie control: 30-35 calories/kg of present weight.
2. 50-55 per cent carbohydrate, 20-25 per cent proteins and rest in the form of fat.
3. Split the daily meals into five to six portions.
4. Insulin therapy whenever needed.
5. Normal physical activity, plus graduated daily exercise like walking.
6. Monitor body weight, blood pressure, haemoglobin, glycosylated haemoglobin, blood sugar and other parameters.
7. Foetal development assessment by ultra sonography.
8. Educate the patient and the family about GDM.
9. It needs to be a team approach, comprising a gynaecologist, diabetologist, neonatologist, trained nurse and an educator.

cardiovascular system (coronary artery disease, ischemic heart disease, cardiomyopathy), skin (acanthosis, pigmentation), nails (fungal infections), gastro-intestinal system (gastroparesis, altered bowel), sexual health (erectile dysfunction, low libido, anorgasmia) and almost all other organs are involved.

The current trends of managing diabetes focuses on tight blood sugar control by medications, life style modification, exercise, dietary modification, sleep management and stress reduction. Now, we have started to look in the other potential hormonal and metabolic implications of diabetes and started focusing on fixing them.

Once diagnosed with diabetes, one should not leave hope. The current medical world is working very hard to give hope to people living with diabetes.

Key to success in diabetes management:

1. Be vigilant about blood sugar (fasting blood sugar, Post Prandial (PP) blood sugar, glycosylated haemoglobin).
 2. Regular screening for diabetes complications (blood cholesterol, kidney function test, liver function test, nerve testing, complete eye check up, complete cardiac work-up, other hormones evaluation, sex hormone-binding globulin—SHBG).
 3. Control blood cholesterol.
 4. Modify lifestyle.
 5. Healthy eating.
 6. Yoga, meditation.
 7. Sleep/stress management.
 8. Avoid smoking/alcohol.
 9. Take medicines on time.
 10. Follow up with your doctors very regularly.
- Diabetes can be prevented to some extent. Its complications can be delayed or prevented if the above points can be followed.

Instituting early insulin therapy in newly diagnosed diabetes patients is a proven measure to delay/prevent the complications of diabetes. The insulin therapy needs to be closely supervised and all the measures need to be taken to prevent any episode of hypoglycemia.

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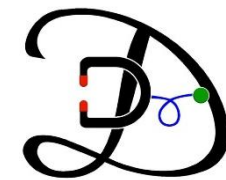
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About Diabetes Mellitus (Society; Nov'2014...contd...)

Discussion about Pathophysiology, Prevention and Management of Diabetes Mellitus and its complications.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



STAY BEAUTIFUL!

Dr Deepak Chaturvedi shows you how to balance your hormones and stay young forever.

When our hormones are in balance, our bodies function like well-oiled engines; when the balance is off, we become squeaky wheels.

Hormones are the chemical messengers that keep our body functioning. From regulating metabolism and growth to controlling immune function and reproduction, they are major players in all that we do. Hormones like the growth hormone, testosterone, estrogen, thyroid, cortisol and DHEA play a pivotal role in the aging process. If the delicate balance of any one of these hormones is disrupted, it can take a toll on our body, mind and spirit. Heart disease, osteoporosis, obesity, diabetes, frailty, memory decline, loss of sexual function and libido, depression, thinning skin and hair, fine lines and wrinkles on the face and urinary incontinence are just a few age-related symptoms of hormonal imbalance.

While some require medical care, others may be addressed with lifestyle adjustments; but almost all hormone problems are treatable. Here's a guide to what you can do to restore harmony in your hormones.

HORMONE HEALTH

Let's look at the different hormones that modulate the different features of our bodies.

- Skin health and texture: Thyroid hormones, growth hormone, estrogen, DHEA, melatonin.

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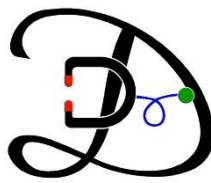
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Role of Hormones in Aesthetics and Beauty (Health Savvy; 1st March'2014)

Discussion about Role of Hormones in Wellness, Aesthetics and maintaining Beauty.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



- Hair: Thyroid hormones, growth hormone, estrogen, testosterone, melatonin.
- Bone and muscle strength: Growth hormone, testosterone, estrogen, progesterone, DHEA.
- Mood, memory and brain health: Growth hormone, thyroid hormones, testosterone, estrogen, progesterone, DHEA, melatonin.
- Libido, orgasm and sexual health: Testosterone, estrogen, DHEA, thyroid hormones.
- Fertility: Testosterone, estrogen, progesterone, thyroid hormones, growth hormone.
- Metabolism, lean body mass and body weight: Insulin, thyroid hormones, growth hormone, testosterone, DHEA, progesterone.
- Immunity: Cortisol, DHEA, thyroid hormones, estrogen.

BOOSTING HORMONAL HEALTH

Natural ways of hiking up hormonal secretion in the body are:

- Eating a balanced diet — with optimum proportion of proteins, carbohydrates and fats, vitamins, minerals, antioxidants and fiber.
- Exercising regularly.
- Having seven-eight hours of restful sleep every night.
- Indulging in yoga, meditation and recreational activities.
- Staying sexually active.

THERAPY WISE

Medical science has progressed significantly to make it possible to replace many of the hormones that are lost due to the aging process.

- Where treatments are concerned, a judicious use of natural micronized HRT (Hormone Replacement Therapy) may help.
- Since the last few decades, there has been a lot of controversy about the existence of Bio Identical Hormone Replacement Therapy. Bio Identical Hormones are micronized hormones (they are said to offer people the opportunity to use plant-derived hormones that are identical in structure and function to those that are produced in the



Hike up your hormonal secretion with a balanced diet of proteins, carbohydrates, and fats, vitamins, minerals, antioxidants and fiber.

human body to restore and maintain health). Check with your doctor if it suits you before going for it though.

One of the biggest barriers to staying youthful is hormonal imbalance. Better understanding of your hormones in your various life processes and correcting them will help you look and feel beautiful all through your life.

Dr Deepak Chaturvedi is Physician Endocrinologist, Diabetologist, Anti-Aging Specialist & Bariatrician, AMAAYA™ Antiaging & Wellness Clinic, Mumbai

STAY BEAUTIFUL!

Dr Deepak Chaturvedi shows you how to balance your hormones and stay young forever.

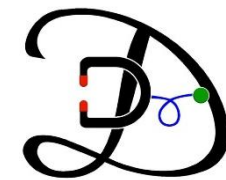
When our hormones are in balance, our bodies function like well-oiled engines; when the balance is off, we become squeaky wheels.

Role of Hormones in Aesthetics and Beauty (Health Savvy; 1st March'2014...contd...)

Discussion about Role of Hormones in Wellness, Aesthetics and maintaining Beauty.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



WRINKLE FREE

Move over Botox and anti-ageing creams, the well-heeled now take hormones to get younger from within

NEHA BHAYANA

Soon after she turned 40, Kamal Doshi found herself slowing down. The busy interior designer who once used to spring from bed to get dressed for work every morning now lacked the inspiration to even move a finger in the first hour after waking up. She felt bloated, irritable and often forgot the names of her domestic help and acquaintances. Alarmed, the Civil Lines resident consulted many doctors but they couldn't zero in on the cause. Her despair only increased after she visited a dentist last year, complaining of teeth-chattering and pain in the gums. The dentist said her gums were receding and casually called it a sign of ageing, adding that it was happening early in her case. "I was shocked. I was in my 40s, not 60s. How could I be ageing?" said the 45-year-old mother-of-two. Last year, Doshi finally found a remedy to turn back the clock and is now "happier, livelier, and more active".

Doshi has not found the fountain of youth. She has turned to anti-ageing medicine: a new, albeit controversial, system of medicine that aims to make one younger "from within", primarily by boosting hormone levels (see box).

A growing number of well-heeled urban Indians are taking this new-age therapy, be it for looking younger, improving their overall health or for specific concerns like obesity and hypothyroidism. Unlike anti-wrinkle creams and Botox that work on the appearance, anti-ageing medicine (AAM) claims to beat age-related decline of the entire body, including organs, by using a combination of lifestyle modification, anti-oxidants and multi-importantly, Bio-identical Hormone Replacement Therapy (BHRT).

Anti-ageing medicine practitioners believe that we age because our hormones decline. They, therefore, artificially replace hormones to slow down the ageing process which is marked by grey hair, wrinkles, memory lapses, lack of energy, decreased libido, among other symptoms. "Ageing is inevitable but we can now delay the process to maintain youthful looks and productivity," claims Mumbai-based anti-ageing specialist Dr Deepak Chaturvedi.

Though there is little scientific evidence

to prove the efficacy of anti-ageing medicine, the treatment (first introduced in the US in 1993) has become much sought after in Western countries. Popular talk show host Oprah Winfrey swears by BHRT's benefits and has been promoting it on her show. AAM made its way to India three years ago with doctors from abroad tying up with physicians here. Several clinics in Mumbai, Delhi, Bangalore and Hyderabad and even one in Rajkot are now offering the treatment.

FROM TEENAGERS TO AN OCTOGENARIAN GOLFER

Plastic surgeon Dr Lokesh Kumar, who heads the Delhi Aesthetic Clinic at Greater Kailash II, added AAM to his centre's menu, alongside lip-enhancements and nose reshaping, three months ago. At a time when even septuagenarians colour their hair instead of showing off their grey, it comes as no surprise that AAM has become popular. More than 80 people have already enrolled for the treatment at his south Delhi clinic. Two specialised anti-ageing clinics in Mumbai — AMAYA in Andheri and Santacruz and Yousinees Juhu — have treated 1,500 and 600 individuals, respectively. The demand for this new-age therapy is comparatively less at centres in Hyderabad and Bangalore but the doctors foresee a spurt in clients. "There was no awareness about anti-ageing when we started offering the treatment two years back. But now eight to 10 people walk in every week with enquiries," said Dr Praveen Saxena, who heads the Centre for Progressive Medicine in Hyderabad.

AAM clinics across the country say that most patients belong to the 35 to 55 age bracket though younger people are opting for it as well. Dr Chaturvedi, who runs AMAYA, has treated an 18-year-old male "whose energy level was as low as a 40-year-old because of obesity". Yousinees's Dr Sumit Banerji, on the other hand, recently put her 84-year-old father on AAM. "He just won a golf championship. He is agile, alert and walks fast despite his age," she said. The treatment seems to have become a hit in B-Town where good looks and stamina are essential for survival.



PHOTOS: © CORBIS

What is Anti-Ageing Medicine?

Anti-ageing medicine aims to prevent or reverse age-related decline and improve the quality of life. This is done by a combination of lifestyle modification, exercise, anti-oxidants and, most

importantly, artificially boosting hormone levels. Hormones are chemicals that regulate the activities of our cells and organs. Our body produces many hormones to carry out normal functioning. However, after the age of 40,

conventional hormone replacement therapy, which itself is controversial," said Dr Anubrah Mithal, who heads the endocrinology division at Medanta-The Medcity, Gurgaon. Doctors used to put post-menopausal women on oestrogen hormone in the past but have of late stopped prescribing it unless absolutely essential as studies have shown that it increases the risk of breast cancer. "It was only after using hormone replacement for 40 to 50 years that doctors realised it is not safe. BHRT is marketed in a way that gives the impression that it is completely safe but the truth is that we don't know yet," Dr Mithal warned.

AAM specialists, however, claim that bio-identical hormones are derived from natural sources like yam and soy plants. Unlike synthetic ones that were used earlier, they have no major side effects. Minor side effects such as acne or facial hair growth are reported at clinics but doctors say they can be managed. "Women who are given oestrogen may notice a change in their menstrual cycle, the ones who are given progesterone sometimes experience vaginal dryness and men who are given testosterone may lose some hair or their prostate may get enlarged," said Dr Chaturvedi. "But if we administer the right dose and take the right precautions, these can be avoided."

While most doctors agree that it is helpful

goes for a face correction or anti-ageing medicine. Colouring one's hair or going for a facial is acceptable but I don't know how healthy it is to interfere with our hormones and the body's natural processes," said Mumbai-based psychiatrist Dr Anjali Chhabria, warning that people are not thinking about the possible long term repercussions.

COST NO BAR

But the lack of scientific evidence and the steep cost — roughly between Rs 5,000 and Rs 8,000 per month — has not discouraged people from going for AAM. Tushar Banerji, a marketing professional with a Mumbai-based firm, reckons the Rs 60,000 he spent on AAM over the past year was worth every penny. "I am 39, but I feel and look like a 30-year-old now," gushed Banerji who was suffering from chronic fatigue syndrome. The Mira Road resident was overweight and constantly tired. "My energy level had become so low, I had to drag myself to work and never played with my five-year-old son when I got home," he recounted. Based on his anti-ageing prescription, Banerji started rubbing a hormone-

Though there is little scientific evidence to prove anti-ageing medicine's efficacy, the treatment has become much sought after in the West. Popular talk show host Oprah Winfrey swears by BHRT's benefits and has been promoting it on her show

laced cream on his wrist, woke up at 6 am for a walk and stuck to home-cooked food. Ten months down the line, he says he has lost eight kilos, his hair has stopped falling and he can even muster up energy for a swim, something he had not done in a decade.

FAD OR FUTURE?

Practitioners say that AAM has become the need of the hour due to both increase in life expectancy and pre-mature ageing. "People are living longer these days but our hormone levels start dropping post 40 when our reproductive function is over. These days, the process is kicking in even sooner so we spend a major part of our life on low hormones and this has affected its quality," said Dr Banerji. She blamed a fast-paced lifestyle, stress, chronic conditions like obesity and diabetes as well as poor nutrition for accelerating the ageing process. Nearly 75 per cent of patients who are put through tests turn out to have a hormonal imbalance, according to practitioners. "Cows are given hormone injections to increase milk production so we are bombarded with oestrogen through the milk we drink and the mineral content in vegetables has become negligible. All this is playing havoc with our health," said Dr Banerji. Independent experts like Dr Mithal, however, consider the therapy a fad. "It is a grey

Role of Hormones in Aesthetics (HT; 2012)

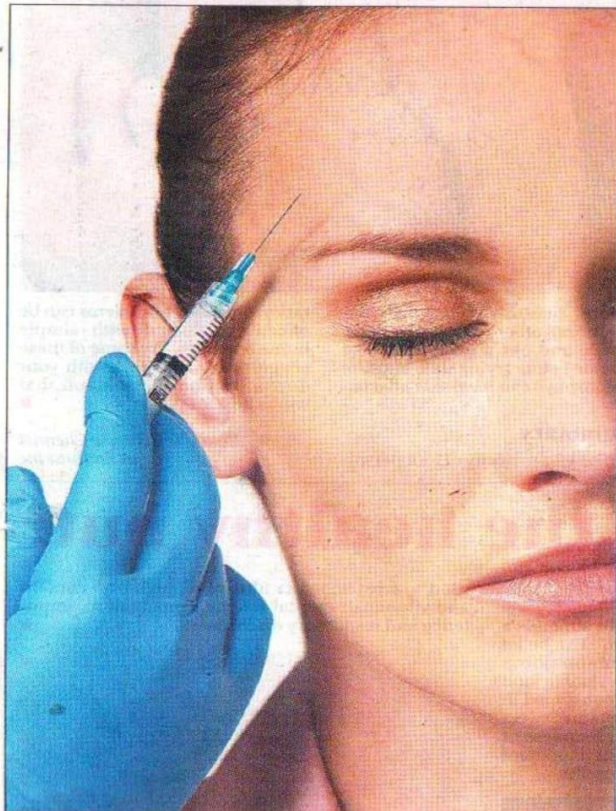
Discussion about Role of Hormones in Aesthetics.



BY PHILIP VARGHESE

With increasing pressures in daily life, more and more people in the city are showing signs of premature ageing. The common symptoms are excessive weight gain, depression, fatigue, insomnia and hair loss. "In India, we treat the symptoms without trying to identify the underlying causes. So, typically, we would see a victim of premature ageing enrolling for a weight loss programme, taking sleep pills or other

symptomatic cures," says Dr. Deepak Chaturvedi, Co-Founder of Anti-Aging Medicine and Research (AMAR). "Curing obesity or hair loss will merely control the symptom even as the real problem continues to grow. Premature ageing is a disease by itself and requires specific treatment," he says. "Anti-aging medicine is a specialty and a field of scientific research, which is aimed at early detection, prevention, treatment and reversal of age related decline in the quality of life. It is not merely anti-wrinkle



Anti-aging remedies

Hormone Replacement Therapy as cure for obesity, depression, fatigue, insomnia and other illnesses

or geriatric medicine, but can be defined as wholesome approach to health."

So what is the anti-ageing treatment? According to Dr. Chaturvedi, there are no 'simple one-medicine-for-all' solutions. "Each case is different and requires customized treatments. Broadly speaking, the anti-ageing protocol identifies the stressor and modifies the perception and reaction to it through intensive counseling." Once the stressor – physiological or psychological – has been identified, the patient is put through either one, all or a combination of treatments that include Preventive Medicine, Therapeutic Medicine, Hormone Replacement Therapy, Stem Cells Therapy, Neutrogenomics and Life Style Medicine.

"This form of treatment is regarded by many in the West as the future of medicine. In the field of anti-aging practice, it is believed that our hormones do not decline because we age, but we age because our hormones decline. Restoring the hormones to their optimal levels can help treat a variety of illness including menopause, andropause, memory lapses, wrinkles, sagging skin, loss of focus, fatigue, decreased libido, loss of muscle tone and endurance,

Statement and Opinion on "Antiaging Remedies" (DNA;2009)

Premature Aging of today's youth can be managed by customized treatments with Life Style modification and Hormones corrective therapies.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Your face is your fortune

Today there is a much greater awareness amongst people about the benefits of using natural anti-ageing products as against their chemical counterparts

RAI UMRAOPATI RAY

THE ASIAN AGE

Nature touches your life everyday from the clothes you wear to the products you eat or drink to those you use on your skin. When you use something which is natural and organic it is a win-win situation for the environment — and for you!

Interestingly, apart from herbal remedies and organic health and beauty products, there has been an increasing demand for a wide range of quality natural products that slow down the ageing process and help in anti-ageing treatments. So much so that the anti-ageing segment is currently the leading component of the aesthetics market in the world including India.

The Indian aesthetics market is set to attain high growth rates. Market projections see a 10 to 15 per cent surge in growth. And the good aspect is that people are beginning to believe in the magic of herbs and herbal compounds — that they have the ability to contribute to the entire spectrum especially when it comes to anti-ageing products. Says Raghu Kumar, managing director, Allergan Healthcare India, which launched their next-generation dermal filler portfolio, Juvederm Voluma to physicians and patients in India, "India is an interesting market for us as the demand for natural products especially in the anti-ageing segment is on the rise. Today, there is a much greater



awareness about the benefits of using such products and the dangers of chemical ingredients."

Says well-known aesthetic consultant and cosmetologist, BLUSH, Dr Jamuna Pai, "As the skin ages and loses volume, facial wrinkles and folds form. Natural products revolume facial hollows and recontour cheeks and cheekbones for a fuller and softer appearance. Since, the key ingredient in the dermal filler range is hyaluronic acid which is a naturally occurring, biodegradable complex sugar found in the human body, the malleable gel flows easily into the skin and creates a smooth, natural look and feel. It helps restore the balance of the face, making a person look younger and in time, feel more confident."

Dermal fillers are used widely in aesthetic clinics to enhance facial aesthetics by addressing folds and wrinkles that develop as

men and women age, predominantly in their mid-thirties and forties. The market is responding well towards these products that are natural as they are closest to human components and hence have minimal side effects.

In fact, anti-ageing is becoming a movement where the concept of medicine is shifting from treatment to prevention to promotion and wellness. Since, it's all about your inner and outer health and rejuvenation, people do prefer natural products as they avoid any unnecessary complications.

Says Dr Deepak Chaturvedi, the country's leading specialist in anti-ageing medicine and co-founder of Anti-Ageing Medicine and Research, India, "Yes. There is an obvious tendency for people to shift towards natural anti-ageing products. Education and awareness have also played a huge role in this. Anti-ageing products that are natural are more

friendly to the human body. The side effect profile is very minimal as compared to products that contain chemicals. So much so that health professionals are also advocating this trend."

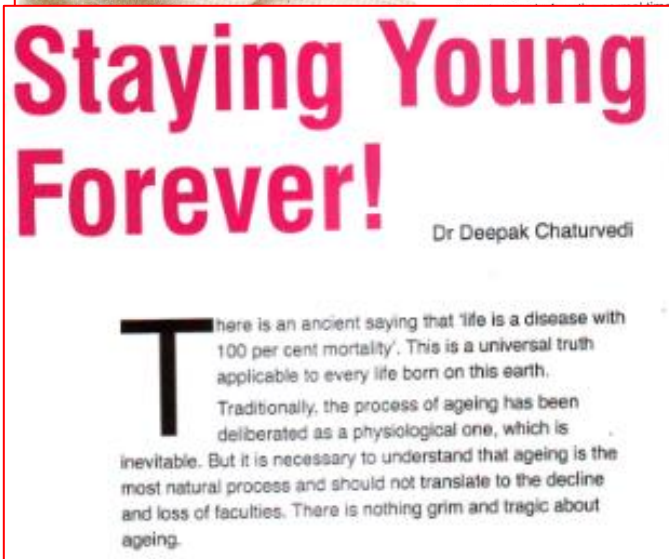
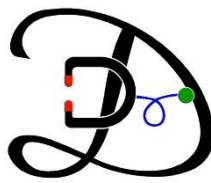
For instance, Bio Identical hormones are becoming synonymous with the anti-ageing approach of medicine in the Western world that is now spreading across India at its own pace. "Being Isomolecular with natural human hormones, these products are recognised as the body's own products and thus the body responds to these hormones (phytohormones) as if they were produced by it," adds Dr Chaturvedi. Resverterol, carotenoids, Phaseolus vulgaris, Pycnogenol, nutraceuticals, grape seed extracts, pineapple extracts, neem, turmeric, henna, amla etc are some popular ingredients used in anti-ageing treatments. And while they have the power to revitalise and rejuvenate, they are also environment friendly and safe!

So why not go natural to go green?

ANTI-AGEING
PRODUCTS
THAT ARE
NATURAL ARE
MORE
ENVIRONMENT
FRIENDLY

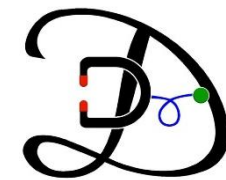
Role of Hormones in Aesthetics (The Asian Age; 2011)

Discussion about Role of Hormones in Facial Aesthetics.



Hormones, Pauses of Life and Aging (B Healthy; 2015)

Discussion about Pauses of Life (Menopause, Andropause, Somatopause) and Aging. Further discussion about various Hormone Replacement Therapies.



Staying Young Forever!

Dr Deepak Chaturvedi

linked to a rapid increase in the waning of muscle mass and overall strength in an ageing individual.

The 4 pauses of life define the milestones of ageing process:

- ◆ Menopause (when oestrogen and progesterone levels fall in a woman)
- ◆ Andropause (when testosterone levels start falling in men)
- ◆ Adrenopause (when adrenal hormones start declining)
- ◆ Somatopause (when growth hormones starts falling)

Altogether, the features of hormonal imbalances and ageing are so much in common that the role of hormonal imbalances in bringing about ageing prematurely cannot be ignored. Although ageing is not simply due to a variety of hormone deficiencies, however, timely medical treatment in delaying the onset of menopause, andropause, adrenopause or somatopause may avert or defer the ageing process.

Hormones modulate almost all the features of being young

- ◆ The health and texture of skin
- ◆ The texture of hair, its quality and quantity
- ◆ Bone density and strength in muscles
- ◆ Mood fluctuations, strength in memory power and brain health
- ◆ Sexual health including libido and orgasm
- ◆ Fertility functions
- ◆ The body's metabolism, body mass and body weight
- ◆ Body's immunity functions

Hormones such as testosterone, oestrogen, thyroid, cortisol, do play a pivotal role in the ageing process. It is always better to have a good



understanding of their total working, in the hope of formulating a suitable anti-ageing medicine.

The judicious use of natural micronised hormone replacement therapy under supervision may help to retain youthful nature and keep an individual young irrespective of the calendar age.

Bioidentical Hormone Replacement Therapy

Since the last few decades there has been lot of controversy and debate about the existence of bioidentical hormone replacement therapy. In reality, the bioidentical hormones are nothing but 'natural micronised hormones'. The compounding of these hormones and the various dispensing techniques have made the doctors comfortable in prescribing the doses as per requirement of the patient and hence not giving the fixed dose regimen or keeping the dose same for all.

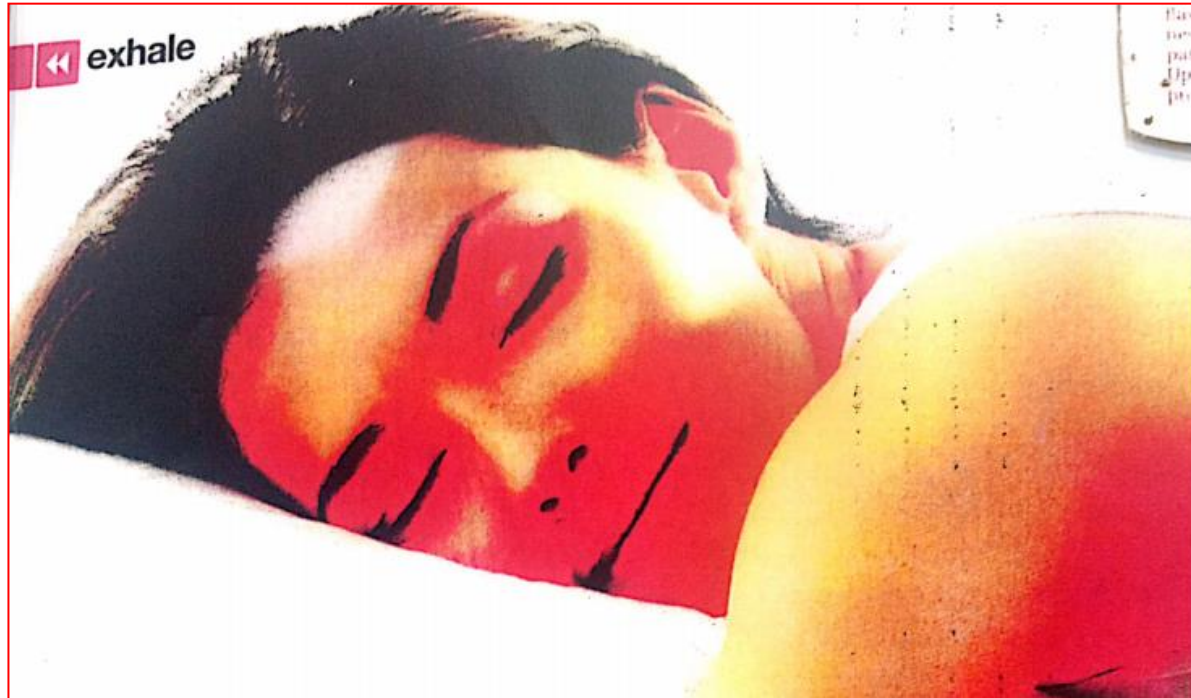
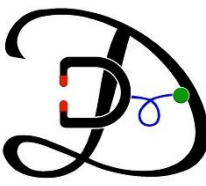
Better understanding of the hormones in various life processes (almost all) has made the pathway of ageing graceful. The aim of productive and prolonged life is no more a dream. With all the disciplines of medicine coming together, the life expectancy will touch more than 100 years, with the hope that this life expectancy will be productive.

Hormones, Pauses of Life and Aging (B Healthy; 2015...contd...)

Discussion about Pauses of Life (Menopause, Andropause, Somatopause) and Aging. Further discussion about various Hormone Replacement Therapies.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Benefits of sleep

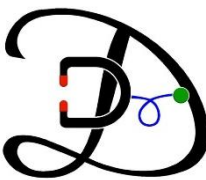
Given the conditions described above, it is not surprising that the benefits of a good seven to eight hours of sleep are many. As Dr Deepak Chaturvedi of the Diabetes, Thyroid and Hormone Clinic in Mumbai puts it, "A normal sleep is essential for the facilitation of motor functions, consolidation of learning and memory, and restoration of strength and energy. In our current, fast-paced life, a sound sleep brings relaxation to the mind and body."

About Benefits of Sleep **(Smartlife; Sept'2014)**

A normal sleep is essential for the facilitation of motor functions, consolidation of learning and memory, and restoration of strength and energy.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



About importance of Regular Sleep (DNA;2015)

Chronic Sleep deprivation is equivalent to Chronic Stress and is a pro-inflammatory condition leading to Chronic Diseases and early aging. The Binge Sleeping may not compensate for the sleepless nights.

Melissa D'Costa

W Sleepiness, stress and inflammation within the body, it cannot make up for the lack of sleep in the long run. Sleep deprivation is a ticking time bomb and a harsh reality that working professions have to battle with on a daily basis. Most delude themselves thinking they can make up for it by sleeping for extra time on weekends. However, it's unknown whether this 'recovery' sleep can adequately reverse the adverse effects. Research has shown that even a few days of lost sleep can result in increased daytime sleepiness, worsened daytime performance, an increase in molecules that are a sign of inflammation in the body, and impaired blood sugar regulation. To help answer this question, researchers led by Alexandros Vgontzas of the Penn State University College of Medicine, in the US, placed 30 volunteers on a sleep schedule that mimicked a sleep-restricted week, followed by a weekend with extra 'recovery' sleep.

At various points during this schedule, researchers assessed the volunteers' health and performance using a variety of different tests.

What the study revealed?

The researchers found that the volunteers' sleepiness increased significantly after sleep restriction, but returned to baseline after recovery sleep. Levels of a molecule in blood that's a marker for the amount of inflammation present in the body increased significantly during sleep restriction, but returned to normal after recovery. Levels of a hormone that's a marker of stress didn't change during sleep restriction, but were significantly lower after recovery.

However, the volunteers' measures on a performance test that assessed their ability to pay attention deteriorated significantly after sleep restriction and did not improve after recovery.

This last result suggests that 'recovery' sleep over just a single weekend may not reverse all the effects of sleep lost during the week.

Expert speak

Dr Vikas Agrawal, Sleep Apnea and Transoral Robotic Surgeon, Asian Heart Institute, Mumbai, says, "I fully agree with the study. Sleep is a state in which the body cells repair themselves after whole day's trauma. In sleep deprived state, this does not happen. Result is insulin resistance, hypertension, etc. Some of the changes in the body like sleepiness, lethargy, etc. can be reversed after a weekend sleep binge, but changes like hypertension, diabetes are chronic affair and do not reverse. In starvation for a long time the body metabolism changes drastically, there are ketone body formations causing irreversible changes, which do not reverse even after food intake.

In case of snoring, and sleep apnea, even when the patient tries to sleep for a long time on weekends, his sleep quality still remains bad, as he is unable to go to deep sleep; therefore his sleep deprivation is not compensated.

In today's life we all are under stress of performance on weekdays, late night sleep and early morning waking up worsens our sleep. But we need to understand the value of good sleep and accordingly modify our work, travel, and duties to get enough time for a seven-hour sleep. Bedroom condition should be made suitable for sleep hygiene. Decibel levels, air conditioning, allergy control, use of proper pillows and mattresses, lighting, and above all mental peace are requirements for good sleep.

Research has shown that even a few days of lost sleep can result in increased daytime sleepiness.

the facilitation of motor functions, consolidation of learning and memory, and restoration of strength and physical and mental energy.

The newborn baby sleeps for 16 to 20 hours a day and a child, 10 to 12 hours. Total sleep time drops to 9 to 10 hours at age 10 and about 7 to 7.5 hours during adolescence. An adult needs at least 6.5 to 7 hours of sound sleep daily. In the current fast paced world people are not getting enough sleep. Working against circadian rhythm has completely distorted the sleep-wake cycle leading to various neuro-hormonal changes happening in the body. People are living in complete "Social Jet Lag".

WHY YOU SHOULD GET A GOOD NIGHT'S SLEEP?

- Lack of energy/work efficiency
- Lack of libido/marital discord
- Heart disease and heart attacks
- Stroke
- Diabetes
- Hypertension
- Increased levels of stress hormones (cortisol)
- Decreased secretion of Growth hormone
- Decreased secretion of Luteinizing hormone in females
- Decreased secretion of testosterone in men

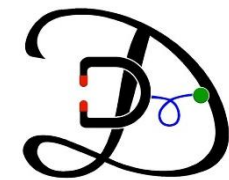
The above hormonal changes, if remain long standing may lead to infertility, Obesity and other metabolic and reproductive disorders. Long standing sleep deprivation brings aging prematurely. The sleep deprivation (whether total or partial) has deleterious effects on emotions and cognition. It also causes the daytime sleepiness, Fatigue, Irritability, and difficulty in concentration. Skilled performance goes down. The self care is neglected, judgement is impaired and the communication skill suffers. With increased deprivation the neuropsychiatric symptoms like illusions and hallucinations may occur. Chronic Sleep deprivation is a pro-inflammatory state and may lead to generalized systemic inflammation leading to chronic diseases (Ischemic Heart Disease, Diabetes etc.)

What you can do?

- People try to catch up with their sleep deprivation on weekends by sleeping extra hours. But the sleep obtained in these extra hours is never equal to the sleep lost in the week. This way the damage caused is never recovered completely and the cumulative effect occurs leading to long term complications. Secondly, sleeping in the odd hours of the weekends again disturbs the circadian rhythm and brings more damage.
- The best way to deal with sleep deprivation complications is to avoid sleep deprivation and maintain good sleep hygiene throughout the week. A restorative 6.5 to 7 hrs of uninterrupted night sleep is mandatory for good health and happiness.
- Following life style changes may help:
 - Avoid caffeine at least 6 hours before bedtime.
 - Avoid alcohol or smoking 2 hours before bedtime.
 - Get regular exercise, but at least 3 hours before bedtime.
 - Establish regular bedtime hours, waking up each morning at the same time.
 - Do not use the bedroom to work. Meditation and light music may help.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



75 की उम्र में 35 साल जैसी स्फूर्ति देती है एंटी एजिंग पद्धति
एंटी एजिंग एक्सपर्ट डॉ. दीपक चतुर्वेदी से बातचीत, कहा कोर्स में इसे जल्द शामिल किया जाएगा

भास्कर न्यूज | जबलपुर

एंटी एजिंग यानी उम्र बढ़ने पर भी शरीर को युवा या तंदुरुस्त रखना, पूरी दुनिया में इस पर काम हो रहा है। दस साल पहले तक भारत में एंटी एजिंग का कोई जिक्र नहीं था, लेकिन अब इस पर काफी काम हो रहा है। इसका मुख्य उद्देश्य शरीर पर उम्र जनित बीमारियों को रोकने के साथ ही उसे तंदुरुस्त रखना है। पिछले पचास साल में देश में स्वास्थ्य सेवाओं में हुई तरक्की का परिणाम है कि भारत में औसत आयु का पैमाना 40 से 70 साल की उम्र तक पहुंच गया, अब जरूरत है स्वस्थ लंबी उम्र की जो कि एंटी एजिंग से पाई जा सकती है। इसमें 75 साल की उम्र में 35

जैसी स्फूर्ति कायम रहती है। यह कहना है एंटी एजिंग एक्सपर्ट मुंबई के डॉ. दीपक चतुर्वेदी का। शनिवार को शहर आगमन पर उन्होंने दैनिक भास्कर से विशेष खर्चा में एंटी एजिंग के फलसफे को विस्तार से बताया। उन्होंने कहा कि देश में पिछले कुछ दशकों में समाज में काफी बदलाव आया है, पहले सम्मिलित परिवार, समय पर शादी होने और बच्चों के आत्म निर्भर होने तक पिता क्रियाशील रहते थे, लेकिन अब समय बदल गया है देर से शादी और बच्चे पैदा करने की मानसिकता का परिणाम है कि पिता और बेटे के तम्र में अंतर बढ़ा है। बेटा जवान होता है तो पिता रिटायर होता है ऐसे में दोनों को ही निर्भरता की जरूरत होती है।

चौलचेयर, बेड पर न बीते जिंदगी

डॉ. चतुर्वेदी का कहना था कि वर्तमान चिकित्सा व्यवस्था उस तो अधिक दे सकता है, लेकिन शरीर स्वस्थ रखना उतना संभव नहीं है। एंटी एजिंग चिकित्सा बीमारियों पर अंकुश रख शरीर को स्वस्थ रखती है, जिससे बढ़ी उम्र में भी वह चलता-फिरता रहे उसे क्लीन चेयर या बेड की जरूरत न पड़े।

चार बिंदुओं पर होती है जांच

डॉ. चतुर्वेदी का कहना है कि शरीर में चार कारणों से उम्र में बदलाव होता है। इनमें हार्मोन्स, न्यूट्रोट्रांसमिशन, एंटी ऑक्सीडेशन और एंटी इन्फ्लेमेशन(शरीर के अंदरूनी अंगों में सूजन आना) प्रमुख हैं। उनका कहना था कि समाज में यदि लोगों को तीन भाग में बांटा जाए जिनमें बीमार, स्वस्थ और ठीक हैं कहने वालों को रखा जाए तो इनमें बीमारी की बीर्डर पर खड़े ये ठीक है कहने वालों को इलाज की अधिक जरूरत है। जांच में इनमें से अधिकांश को बीमारी होती है, लेकिन उन्हें इसका आभास नहीं होता। लाइफ स्टाइल, योगा, ध्यान और व्यायाम के द्वारा इनको अधिक उम्र में भी कम उम्र जैसा स्फूर्त रखा जा सकता है।

बाजार में बिक रही दवाइयां बेकार

डॉ. चतुर्वेदी का कहना है कि बाजार में एंटी एजिंग के नाम पर बिकने वाले उत्पादों को दवा के तौर पर लेना गलत है। इससे शरीर को विपरीत नुकसान भी हो सकते हैं। उनका कहना था कि एंटी एजिंग के प्रति लोगों को जागरूक होकर स्वस्थ रहते हुए लंबा जीना चाहिए। पी-4

एमडी मेडिसिन डॉ. चतुर्वेदी कई वर्षों से एंटी एजिंग पद्धति पर काम कर रहे हैं। उनका कहना है कि अभी देश की मेडिकल पढ़ाई में इसे शिक्षा के तौर पर शामिल नहीं किया गया है, लेकिन इसकी शुरुआत हो गई है। यह अत्यंत महत्वपूर्ण है और जल्द ही कोर्स में शामिल किया जाएगा।

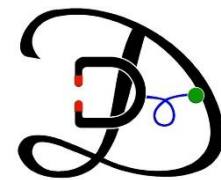
Opinion on Antiaging Medicine:

“Dainik Bhaskar “(Sept’2017)

Antiaging Training Seminar conducted in Jabalpur in association with Indian Medical Association. The importance of Hormones, Neurotransmitters, Anti-inflammation and Anti-oxidation discussed.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



एंटीएजिंग पर सयाजी होटल में सेमिनार संपन्न

बालीवुड प्रसिद्ध डॉ. दीपक चतुर्वेदी ने व्याख्यान दिया



इंदौर। एंटीएजिंग आज बहुत ही चर्चा का विषय बना हुआ है देश विदेश में प्रसिद्ध अनुसंधान केंद्र में एंटीएजिंग पर अध्ययन किया जा रहा है। आज की अर्थ व्यवस्था के साथ अगर इंसान को कदम से कदम मिलाकर आगे बढ़ते रहना है तो उसके लिए हमारा स्वस्थ रहना बहुत ही महत्वपूर्ण है और आज कौन नहीं चाहता कि इस प्रकार से स्वस्थ रहते हुए हम अपने जिंदगी के अंतिम क्षण तक किसी के ऊपर बोझ बने बिना काम करते रहें। जिस प्रकार हम अपने शरीर की गुणवत्ता को जिंदगी के अंतिम क्षण तक बनाए रख सकते हैं। इसी विषय पर प्रकाश डालने के लिए इंदौर के सयाजी होटल में पहला एंटीएजिंग सेमिनार आयोजित हुआ जहाँ पर प्रसिद्ध हार्मोन एंड एंटी एजिंग विशेषज्ञ डॉ.

दीपक चतुर्वेदी ने अपना अनुभव बताते हुए हमारे डॉक्टरों को एंटी एजिंग पर अध्ययन करने के लिए प्रेरित किया।

डॉ. चतुर्वेदी अमाया एंटीएजिंग क्लिनिक मुंबई में प्रेक्टिस करते हुए एंटीएजिंग और हार्मोन विषय पर अध्ययन अत्यंतनीय हैं। डॉ. दीपक चतुर्वेदी ने इस विषय को और आगे ले जाने के लिए भारत में सबसे पहली एंटीएजिंग सोसाइटी की नींव रखी। जिसका नाम एंटीएजिंग मेडिकस एंड रिसर्च है इंदौर में डॉ. एस.जेड. जाफरी ने एंटीएजिंग के विषय में रुचि दिखाते हुए इस सेमिनार के आयोजन में बड़ चढ़ कर योगदान दिया और एंटीएजिंग मेडिसिन को इंदौर में भी शुरू किया। एंटीएजिंग मेडिसिन एंड रिसर्च डॉक्टरों को इसमें ट्रेनिंग देने के लिए मुंबई में सेमिनार, कान्फ्रेंस और कोर्स प्रोग्राम भी आयोजित करती है। अधिक जानकारी के लिए आप इनकी वेबसाइट



www.antiagingindia.com पर सर्च कर सकते हैं। इस प्रकार का एक सेमिनार बंबई में 19, 20, 21 जून को आईएमए जुड़ मुंबई में आयोजित किया जा रहा है। इसके रजि. हेतु 09769912270 पर संपर्क किया जा सकता है। इस सेमिनार में ओबिसीटी, मेटाबोलिक सिंड्रोम कोर्स के साथ एससीजी डाइट एंड जेरोना वर्कशॉप का आयोजन किया गया है।

Opinion on Antiaging Medicine: **(World Samachar ;June'2015)**

Antiaging Training Seminar conducted in Indore in association with Indian Medical Association. The importance of Hormones replacement Therapies and Obesity management Explained.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Shunned sisters hopeful, with love from Russia

TV channel offers to fund treatment for their rare condition, document their journey to be featured on a show

Yogesh Pawar

Anita Raut yells at her daughters for disturbing the two bags kept in corner of their two-room home at Kavthe Ekhand village in Maharashtra's Sangli district. "I don't know how to stop them. They are so excited about going to Russia," says the 59-year-old mother.

Savita, 24, Manisha, 19, and Savitri, 16, rarely go out of their village. Apart from helping their mother on the fields and with running the house, they avoid stepping out for fear of being ridiculed. "We only go out with our mother as people start making nasty comments every time we step out," says the eldest daughter, Savita, who says the trip to Russia, this week seems like a dream.

Of Anita's six daughters, three suffer from Hypertrichosis lanuginosa universalis.



Manisha, Savitri and Savita Raut with their mother (second from right) at their Kavthe Ekhand residence

A hormonal treatment will not be expensive but can't guarantee a complete cure either. Also, cosmetic treatment costs lakhs depending on the extent of hair and is a recurrent cost –Deepak Chaturvedi, endocrinologist

Due to this condition, they have excessive body hair that covers most of their faces as well. This has led to them being shamed, shunned or "treated like a freak-show."

Mansoor Chetlu of the New Life Foundation, a Bangalore-based NGO, is coordinating between the family and a Russian state-run television channel, Rossiya 1,

which has offered to sponsor their travel and treatment at Moscow's Institute of Plastic Surgery and Cosmetology around February. According to Chetlu, the channel wants to document their entire trip and treatment, which will be presented on a special show.

While Chetlu called the channel's effort humanitarian, Anita seems unsure.

"They are spending nearly Rs2 lakh on our travel and stay and giving us Rs1 lakh. Will they not want something in return? But I can't marry these girls or do anything for them. So if this is going to help them, then why not?" she says.

Anita gets exasperated when asked if she has tried approaching anybody in the

government for help. "I've fallen at the feet of various officials several times. Aaba (as local MLA and home minister RR Patil is called here) keeps promising us land, employment and financial help every time he is here, but nothing has materialised over the last ten years."

A spokesperson for Rossiya 1 confirmed that the

WHAT THE DISEASE IS

Hypertrichosis lanuginosa universalis is a condition where one has abnormal hair growth on their body. This growth is dense and long. The disease can either be congenital or acquired, and the growth may either be confined to a particular region of the body or occur all over.

The first case was recorded in Petrus Gonsalvus' family. Their portraits found in 1648 from the Canary Islands showed members of the family with hyper hair growth.

schooling till class X. But studying further would mean travelling by bus to get to Sangli town. When Savita completed her Xth, the SSC board exam centre was in a village nearby. "I went to the bus stop and got into the bus but a huge crowd always gathered. I somehow got off and ran all the way home. I dreamt of studying till at least class XII and getting a job, but because of my looks, I've become a burden on my mother instead of helping her out."

When DNA spoke to specialists in the city, they admitted there is little research to help treat this rare disorder. Endocrinologist Deepak Chaturvedi said, "A hormonal treatment will not be expensive but can't guarantee a complete cure either. Also, cosmetic treatment costs lakhs depending on the extent of hair and is a recurrent cost."

Chaturvedi added working with the patient and their family and helping them learn to live with this non life-threatening condition would be better for them. "Only prolonged counselling and therapy can help them come to terms with the social effects," he said.

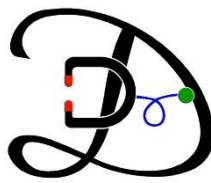
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Opinion on Hypertrichosis: (DNA; 2014)



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Dr. Preeti Sali of AMAYA clinic in Santacruz uses Zerona, whose four robotic arms beam laser rays to reduce fat. PCS/ SATYAJIT DESAI

AMAYA Clinic, which in August 2010 became the first clinic to offer Zerona in India, claims to have seen over 140 patients till now. "While most use the machine to lose weight from their abdomen, thighs, and arms, many have even used it to lose weight from their face and neck," says Dr. Deepak Chaturvedi, who runs the clinic. Barely three months after they opened, Chaturvedi invested in another machine for his Santacruz clinic.

One of his patients is 37-year-old Sangeeta Thomas, a social worker who runs an NGO in Chembur. At 5'2", she weighed 67 kg and had a waist size of 34 inches. "I had made desperate attempts to lose weight earlier. I would exercise and lose a kilo or two. But then in a month or two it would return," says Thomas. Then when her niece's wedding was fixed, she had less than a month to shed the fat. "I wanted to look good that day. No exercise would help me see results that quickly and I didn't want to opt for surgery. I started looking for options and learnt about Zerona," she says. After a 10-session course, she claims to have lost four inches from her waist and reached her target weight of 60 kg.

LASERS THAT ZAP FAT

As the battle against the bulge rages unabated, and weight-loss clinics mushroom across the country, laser beams and ultrasound machines are the latest tools to fight this 'war' against fat. LHENDUP G BHUTIA reports

car into a bylane to reach an anti-ageing clinic located close to Asha Parekh Hospital. Here, he exchanges his spectacles for a pair of anti-ray glares, and stripping down to just his Y-front briefs, lies down on a bed in a darkened room. A large machine with four robotic arms gets working on him. Each of these arms, placed six inches away from his body, beams a strange red light onto his midriff and thighs.

CONTD ON PG 2

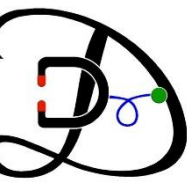
How EFFECTIVE is Zerona?

The clinical trial to investigate the efficacy of Zerona commenced in 2008 in the US. The trial enrolled 67 subjects, 35 of whom were randomly assigned to receive "active" or "real" treatment, with 32 randomly assigned to the "sham" or inactive group. Both groups were asked to sign an affidavit stating that during the clinical trial they would make no changes to their lifestyle and would not participate in any other programme or consume any supplements that would promote slimming. Furthermore, patients were asked to track their daily activities and caloric intake through the entire duration of the trial. This daily journal

ensured that patients were not making any changes that could have an impact on the outcome of the trial. Patients received treatment every other day for two weeks, receiving a total of six treatments. Patients' waist, hips, and thighs were treated concurrently for 40 minutes, including 20 minutes of anterior or front treatment and 20 minutes of posterior or back treatment. After two weeks the "active" treatment group averaged a cumulative reduction of 3.54" compared to the "sham" group which averaged a cumulative reduction of just 0.65". The study was reported in the science journal *Laser's in Surgery and Medicine* in 2009.

***Covered by "Mid Day"
(27th Nov'2011)***

**Coverage about US-FDA approved
Non Invasive Lipolaser "ZERONA" in
"Amaaya® Clinic" by Mid Day.**



નોન ઇન્વેઝિવ સ્લિમિંગ થેરપીના પ્રયોગોમાં મુંબઈના તબીબની સફળતા

ભાસ્કર વ્યૂઝ, મુંબઈ

વજન-સ્થૂળતા ઘટાડવા માટે આહારમાં પરેજી, વ્યાયામ અને યોગાસન જેવા ઉપાયોથી પણ નોંધપાત્ર રાહત ન થાય ત્યારે દર્દીઓ ભારીયાદિક સર્જરી અથવા લાઈપોસક્શનની પ્રક્રિયામાંથી કોઈ એક તબીબી સારવારનો ચિકિત્સક પસંદ કરે છે. પરંતુ એ બે પ્રક્રિયાઓ કરતાં સાવ ઓછી તકલીફ આપતી નોન-ઇન્વેઝિવ સ્લિમિંગ થેરાપી દ્વારા સરેરાશ પાંચથી નવ ઈંચ અને વિશિષ્ટ કિસ્સામાં પંદર ઈંચ જેટલો કમરનો ઘેરાવો ઘટતો હોવાનું તબીબી પ્રયોગોમાં નોંધાયું છે.

આ અમેરિકન સંશોધન વિશેષ સુધારા-વધારા સાથે ભારતમાં રજૂ કરનારા ડૉ. દીપક ચતુર્વેદીએ જણાવ્યું.

હતું કે “આ નોન સર્જિકલ લાઈપો લેસર ટ્રીટમેન્ટ ઝેરોના પ્રોસીજર તરીકે ઓળખાય છે. આ ટેકનોલોજીના ઉપયોગથી દર્દીઓના પેટ, કમર, હાથ, નિતંબ, ગાલ વગેરેના આંતરિક ભાગોમાં જમા થયેલી ચરબી પીગાળી શકાય છે, જે પછીથી ડીટોક્સિફિકેશનની સામાન્ય પ્રક્રિયા દરમિયાન શરીરમાંથી નીકળી જાય છે. સર્જરી કે અન્ય કાપકૂપ વાળી પ્રક્રિયા વિના એ શરીરને યોગ્ય આકાર આપે છે. ઈંચ લોસ કેટેગરીમાં અમેરિકના ફૂડ એન્ડ ડ્રગ્સ એડમિનિસ્ટ્રેશનની માન્યતા પ્રાપ્ત કરનારી આ પ્રથમ પ્રક્રિયા છે. તેની મદદથી વૃદ્ધાવસ્થા નિવારણ, સૌંદર્ય જાળવણી, એન્ટી એજિંગ કેર, હોર્મોન રીપ્લેસમેન્ટ થેરાપી વગેરેમાં પણ મદદ મળે છે,” એમ ડૉ. દીપક ચતુર્વેદીએ જણાવ્યું હતું.

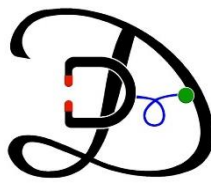


Covered by
“Divya Bhaskar” (2011)

Coverage about US-FDA approved Non Invasive Lipolaser “ZERONA” in “Amaaya® Clinic” by Divya Bhaskar.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Covered by “THE TIMES OF INDIA” (2011)

Coverage about US-FDA approved Non Invasive Lipolaser “ZERONA” in “Amaaya® Clinic” by TOI.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



THE FAT ZAPPERS

ERONA

Zerona employs low-level laser rays of 634 nanometer wavelength. When the doctor positions the arms of the machine above the target area, it beams the lasers into the skin till it reaches the fat cells. The rays generate a temporary hole in the fat cells,



allowing the fat to seep out. It is most like a balloon being struck by a needle. This fat, which is primarily in the form of triglycerides, is taken up by the body's lymphatic system and is broken down into free fatty acids and glycerol. These are then small enough to enter the blood stream. Once there, they are converted into energy for the body's functioning. What is not consumed as energy is taken up by the liver where it is oxidized or reprocessed for storage or excreted out. As a result of the collapsed fat cells, the volume of the waistline, hips or thighs is reduced.

used for investigations - for diet and volume reduction. The doctor applies gel on the target area of the patient's body and moves the ultrasound transducer around the area to deliver focused ultrasound waves. The waves break open fat cells, causing the triglycerides and other cellular wastes to come out in a liquefied form. These are metabolised through the natural physiological and metabolic process and come out of the body in the form of

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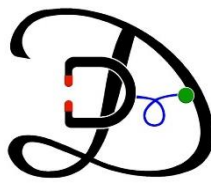
(5th Nov’2011)

Coverage about US-FDA approved Non Invasive Lipolaser “ZERONA” in “Amaaya® Clinic” by TOI

(The Crest Selection).



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)

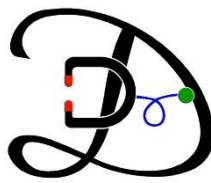


***Covered by “Business Standard”
(10th April’2011)***

Coverage about US-FDA approved Non Invasive Lipolaser “ZERONA” in “Amaaya® Clinic” in Business Standard.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Once considered as a marker of well-being, being overweight is now a red carpet to a constellation of diseases. In the current era, when the world is tackling the epidemic of diabetes, obesity is indeed posing a parallel threat. Let's get to the bottom of the problem right away to truly understand it.

First, calculate your BMI

The BMI calculator can be used for determining obesity. Here, a person's weight in kilograms is divided by the square of his or her height in meters. A result of over 24 is cause for serious concern. Obesity is a disease and thus medical management of obesity is of great importance and must be used as a remedy along with commonly suggested diet plans and lifestyle changes. When a person's BMI exceeds 32, he or she is diagnosed as morbidly obese. In such a situation, bariatric surgery is often recommended.

Various diseases like heart disease and diabetes are linked with obesity. With every kilogram lost, an obese person gains an advantage in the fight over diabetes and blood pressure problems amongst other chronic conditions. In order to truly and effectively control obesity, one needs to sustain the weight loss achieved by an individual. This management is as vital as any treatment method itself.



Various diseases like heart disease and diabetes are linked with obesity.

Advances in Treatment Modalities for Weight Loss and Obesity

When we talk about clinical advancements in the treatment of obesity, it is important to tackle the problem thoroughly. The first step in obesity management is to identify the causes using patient history, clinical examination, laboratory tests and imaging. One should also identify the complications associated with obesity through the same method. Once we know the cause, it becomes easier to tackle the condition. The obvious first step includes dietary modification, exercise promotion and lifestyle changes. After these, come medical and surgical management. The last two options are aimed at moderate to serious cases of obesity where the disease has overtaken the life of the individual. As doctors, we focus

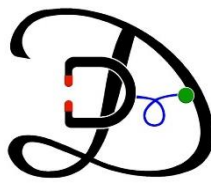


Statement and opinion on "Obesity" (HEALTH; June'2015)

Discussion about the modalities for Obesity Management and Body Contouring.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Medical Breakthroughs

on weight loss as well as on inch loss to help tackle the problem of obesity itself along with the psychological state of the patient.

We shall now talk about medical management, surgical management, non-invasive body contouring, the advances that have taken place in obesity control and weight loss and also the pros and cons of each of most options.

Medical Management

- Appetite suppressants are now increasingly available in the market.
- One can also use medications to boost the resting metabolic rate of the patient.
- Medications that improve insulin sensitivity help with blood sugar control and weight control.
- Hormone medication may also be used to iron out any imbalances that might be triggering weight gain.
- A patient may even receive medication that slows down

A patient may even receive medication that slows down intestinal absorption to reduce weight gain.

Complications of Obesity

Intestinal absorption to reduce weight gain.

- Similarly, medicines that provide a feeling of fullness help reduce the intake of food in the first place.

Pros: There are several advantages to choosing medical management of obesity.

- The process is affordable and non-surgical, and hence does not require hospitalisation.
- The patient benefits from the positive lifestyle changes which also help him or her manage the complications associated with obesity.
- Less risky and can be easily repeated.

Cons: However, there are disadvantages when choosing medical bariatrics.

- This method involves absolute motivation, compliance and active participation of the patient.
- The use of medication often means that the patient has to consume pills at regular intervals which may be cumbersome.
- Dietary plans have to be followed strictly. These plans tend to be less effective over time as the body weight comes closer to normal.

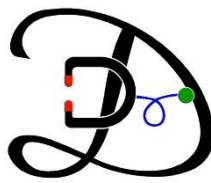


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Patients have to follow a restricted diet



● Patients have to follow a restricted diet plan which often promotes drop-outs followed by rebounds in weight gain.
● Side effects or nutritional deficiencies may occur.

Surgical Management
Through bariatric surgery, the size of the patient's stomach is reduced. The gastrointestinal tract is also reduced in length. Hormonal changes tend to reduce one's appetite and the patient will usually feel full quite quickly after the procedure is complete.

Pros: The advantages of bariatric surgery lie in the speed and extent of the weight loss experienced by the individual.

- The chances of the patient rebounding in weight are also lowered.
- Patients often do not need to actively participate in the post-care process and will also have to consume fewer medicines.
- Bariatric surgery is most effectively applied to morbidly obese individuals who often may not be able to exercise because of their sheer weight.

Mini-Gastric Bypass



Bariatric surgery has its disadvantages as well. They include high costs and the need for hospitalisation. All surgeries carry the risks associated with anaesthesia and the procedures themselves.

Cons: As with most medical procedures, bariatric surgery has its disadvantages as well.

- These include high costs and the need for hospitalisation.
- All surgeries carry the risks associated with anaesthesia and the procedures themselves.
- Some patients do suffer from post-operative complications.
- Strict dietary protocols are applied to patients within the first three months of recovery.
- Finally, patients often suffer from hair loss, nutritional deficiencies and sagging skin.
- Furthermore, weight loss may occur disproportionately across the body.

Inch Loss or Body Contouring
The science behind body contouring is related to adipocytes or fat cells, fat cell storage through triglycerides and the relation between these and the bulges across the body.

- Adipocytes are extremely important in the body's functions of energy storage, hormone regulation and other endocrine functions.

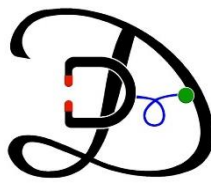


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Medical Breakthroughs



- Adipose cells store energy for intermediate or long-term periods and are thus vital.
- When a person consumes more calories than he or she uses, adipocytes get swollen with triglycerides. As these cells continue to bulge, convex distortions occur in the soft tissue of the body.
- This creates undesired contours on the body. In women, bulges or distortions occur in the hips, lower abdomen, outer thighs, inner knees, arms and bra-line. In men, common distortions occur around the breast area, the abdomen area, around the flanks and the submentum.

Methods of Body Contouring

There are several mechanisms involved in non-invasive modulation of the body. The modification of adipocytes can be done by any of these methods.

- The first mechanism uses heat which increases the localised metabolic rate, allowing for a natural exit of triglycerides out of the fat cells. This results in the reduction of bulging or distention of the fat cells.
- The second mechanism uses either high-voltage radio frequency or high frequency ultra-sound energy to destroy fat cells through permanent membrane damage. This leads to release of all the contents of the fat cell.
- The third and most advanced method involves the use of a low-level laser therapy. In this procedure, the cell membrane gets temporarily disrupted allowing for fat cells to exit. However, the membrane is not destroyed and it repairs itself, thus restoring the cell. As mentioned above, adipocytes do help in many endocrine and physiological functions. The third option is therefore the most advanced method in dealing with weight loss and obesity. Apparently, it is the most desired method of body contouring.



Using any of these methods results in the reduction of the size of fat cells, or their quantity. When we apply this over the millions of cells in the body, the measurable fat and circumference of the patient's body will be reduced. But the possible drawback is the potential for complications during and after the surgery.

— DR DEEPAK CHATURVEDI
Metabolic Physician, Endocrinologist,
Bariatrician & Hormones Specialist,
Amaaya Antiaging & Wellness Clinic,
Mumbai

46 June 2015 HEALTH & NUTRITION

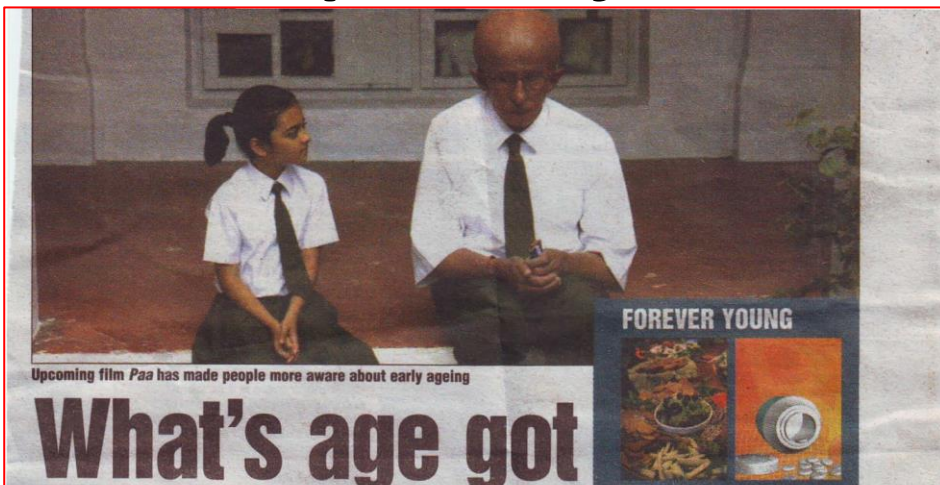


Statement and opinion on “Obesity” (HEALTH;June’2015..Contd....)

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Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Upcoming film *Paa* has made people more aware about early ageing

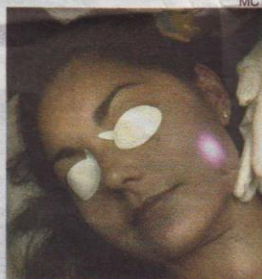
What's age got to do with it?

Anti-ageing treatments are catching on not just among city elite but also a sizeable proportion of the middle class

EDLYN G. D'SOUZA

THE ASIAN AGE

There's a glow about 37-year-old Anita Singh when she talks about the turn her life has taken post her treatment at an anti-ageing and weight loss clinic in the city. The mother of two teenagers says her perspective on life has changed after experiencing drastic changes in symptoms usually associated with ageing. "I had low energy levels and I had put on a lot of weight. My confidence was very low. After 15-20 days of being treated with hormone replacement, I saw drastic changes. My skin was glowing, my hair fall stopped and I had a lot more energy. Now I'm doing very well and I hardly have any problems," says Singh.



While 37 is not considered old, Dr Deepak Chaturvedi, who has been running Amaya clinic in Andheri for a year now, says ageing is happening more prematurely today. "We treat almost 300 patients for a variety of ailments that all contribute to ageing. Ageing is inevitable but we can prevent it from happening prematurely," he adds. He feels that people reading more stories about anti-ageing therapies and hearing about it in films like *Paa* has given them more insight into early ageing. "Though we do have a majority of patients from the elite class, there is a sizeable propor-

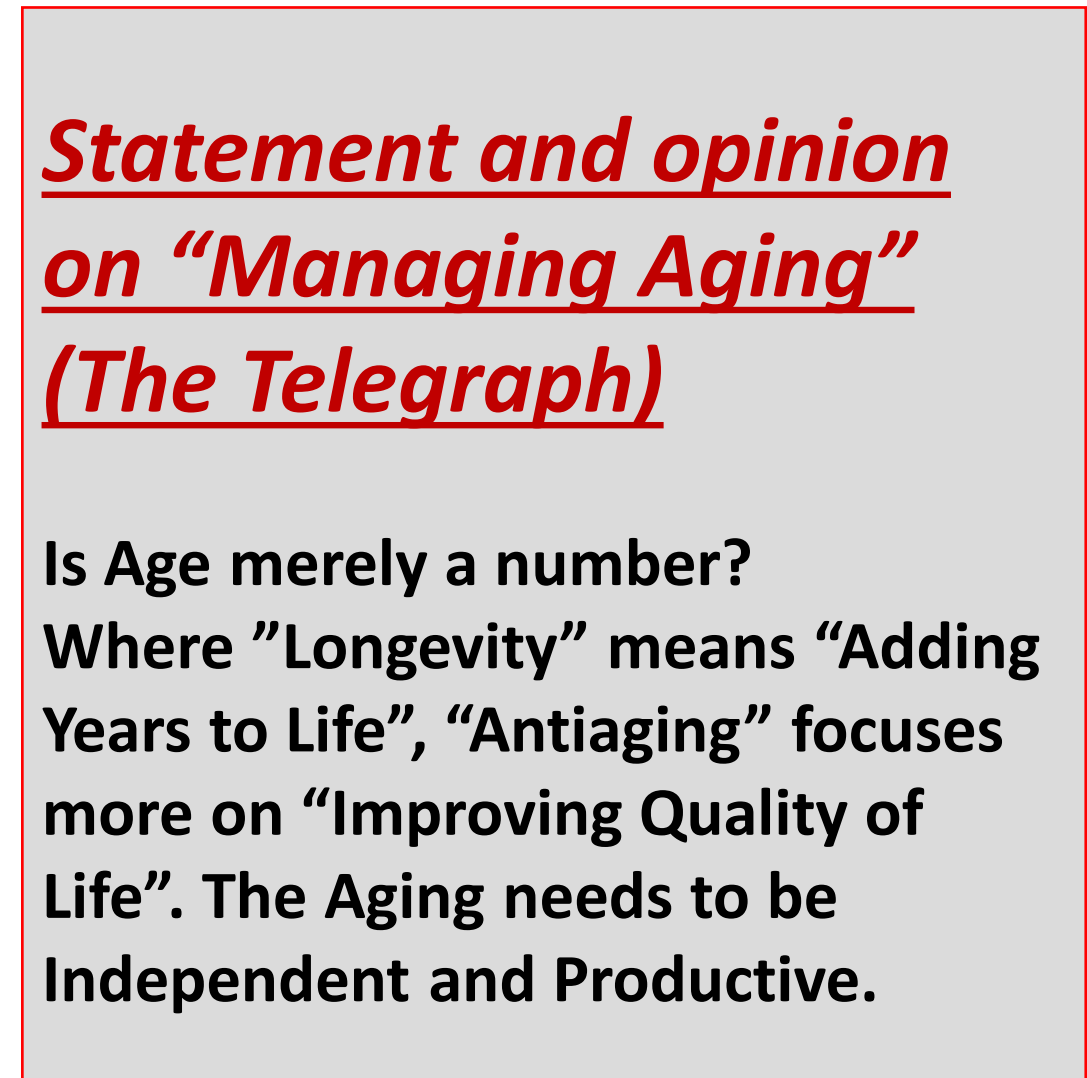
While 37 is not considered old, Dr Deepak Chaturvedi, who has been running Amaya clinic in Andheri for a year now, says ageing is happening more prematurely today. "We treat almost 300 patients for a variety of ailments that all contribute to ageing. Ageing is inevitable but we can prevent it from happening prematurely," he adds.

He feels that people reading more stories about anti-ageing therapies and hearing about it in films like *Paa* has given them more insight into early ageing. "Though we do have a majority of patients from the elite class, there is a sizeable propor-

Statement and opinion on "Aging & Antiaging" (The Asian Age)

Is Age merely a number?

In today's world, people are getting features of aging before the calendar age. Antiaging focuses on prevention of premature aging secondary to lifestyle disorders.





Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



'HCG IS NOT A MIRACLE REMEDY FOR OBESITY MANAGEMENT'

Dr. Deepak Chaturvedi is a Physician Endocrinologist, Diabetologist and Obesity Consultant at "AMAAYA™ Antiaging & Wellness Clinic" located at Santacruz (w) and Andheri (w) in Mumbai. He is the President of "Antiaging Medicine And Research (AMAR)" and "INDOMEDICON". His area of expertise include management of various endocrinologic conditions such as Obesity, Diabetes, Thyroid Dysfunction, PCOD, Menopause, Andropause, Sexual Dysfunction (in men and women), Metabolic, and Immunologic conditions and other hormonal imbalances and AGING. Deepak Chaturvedi spoke about HCG Hormone and its role in weight loss with our Group Editor Vaidehi Sachin.

What is HCG Hormone?

HCG is Human Chorionic Gonadotrophin. This hormone is secreted by the placenta of pregnant females.

There is general myth that hormone doses can cause, cancer and chronic disorders?

HCG is not associated as causal with any form of cancers.

Which age is preferable for HCG and how it functions?

After attaining puberty (18 years of age).

HCG suggests rigorous diet, don't you think, with such diet pattern anyone can reduce reasonable weight? Then what is the role of HCG?

Calorie restriction is key to any sort of obesity management and HCG protocol is no exception to this. HCG itself is not an obesity medicine. It is hypothesized that HCG drives your body to utilize fatty acids as the primary source of energy in a situation of calorie deficit. Also, with rigorous diet, the thyroid gland goes in suppression due to decreased thyroid Stimulating Hormone leading to a situation similar to Non Thyroidal Illness syndrome or Subclinical hypothyroidism. HCG can stimulate this suppressed thyroid gland

physiologically and improve the metabolic rate.

Can you explain what difference does HCG bring to weight reduction? Is there any side effects?

In HCG protocol you don't see the adverse effects of crash dieting like depression, cravings, feeling low energy, low libido etc. As HCG drives your

body to utilise fatty acids (Fat) from your own reserves, the body does not feel deprived of energy.

The goal of obesity management is not merely weight loss. The goal is Fat loss. HCG by its inherent property makes your body to utilise its own fat and hence paves way for fat reduction. The reason for the strict fat free diet is that if the fat is provided from outside then body will utilise that fat and not the

stored ones.

There can be some menstrual irregularities in women taking HCG protocol. This anyways happens with patients taking any other treatment for obesity too. Some acne eruptions can happen, though rare. Very rapid weight loss may lead to fatty liver. Chances of pregnancy are there as HCG is a pregnancy hormone. Libido goes up.

How do you train a person to undergo HCG treatment?

The training happens in the clinic. All the information (including Do's and Don'ts) is given and explained in detail. Daily diet plan is given and regular follow up is done.

Why, they say one should avoid exercise and workout during this treatment?

You can exercise while on the protocol. The only thing is that you will develop muscle mass (lean body

mass) which will show as weight on the scale. Few people are apprehensive of this and hence ask not to exercise. Exercise is a good habit and should never be discouraged. I advise all my patients to continue exercise at least in form of 40 minutes walking daily. HCG has been promoted by lot of pharmacies and weight loss centers worldwide. They have also made it as a style statement that "Follow HCG diet and no need for exercise". I personally don't advocate staying away from exercise.

HCG is not a miracle remedy for Obesity management. It needs to be employed with other modalities of Obesity management under the supervision of a doctor.

What happens if someone eats something which is not permissible? He or she may not lose weight.

Is there any probability of skin sagging or vitamin deficiency?

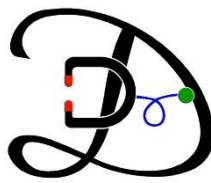
Skin sagging can happen with any obesity management modality. Vitamins should be supplemented with HCG protocol, wherever needed.

What would be your endorsement line as doctor?

Obesity is multifactorial. It needs multimodal approach to control fatness. HCG protocol is worth trying.

Myths & Facts about HCG Obesity management (Afternoon Voice)

Discussion about the commonly prevalent "Myths and Facts about Obesity management with HCG".



Ready for the hCG diet?

Can a hormone secreted during pregnancy induce weight loss? Finds out Lisa Antao

We all know that pregnancy is synonymous with weight gain. But did you ever think that a hormone secreted during pregnancy, if taken artificially, could in fact, make you lose weight? Sounds paradoxical, right? But this is the principle behind the hCG diet, which used to help people with moderate and severe obesity to shed excess pounds. Read on to know more about this controversial diet.

THE DIET

The term hCG stands for human chorionic gonadotropin, a hormone that is secreted naturally in the placenta during pregnancy, enabling the mother to draw energy from the fat stored in the body for nourishing the baby. British endocrinologist Dr Albert TW Simeons discovered the use of the hCG hormone to induce weight loss among obese people a few decades ago. The hormones are available in the form of pills, drops and injections. Though not marketed by Indian pharmaceutical companies, the products for this diet can be bought online.

RISKS

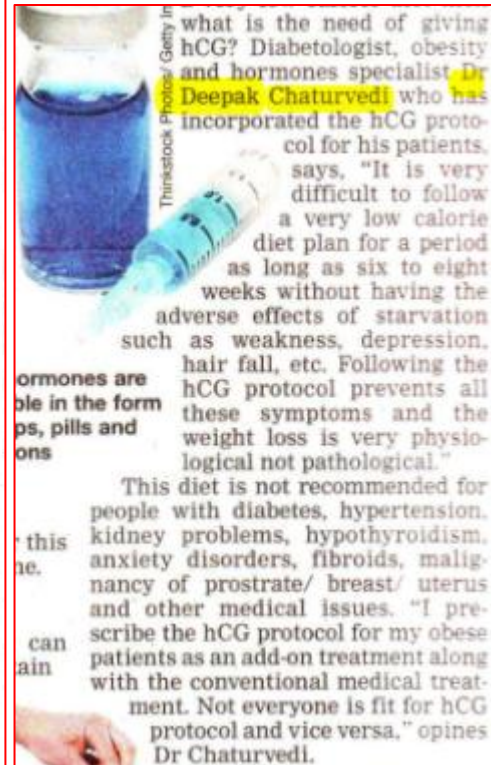
If one can attain

the desired weight loss with a very low calorie diet then what is the need of giving hCG? Diabetologist, obesity and hormones specialist Dr Deepak Chaturvedi who has incorporated the hCG protocol for his patients, says, "It is very difficult to follow a very low calorie diet plan for a period as long as six to eight weeks without having the adverse effects of starvation such as weakness, depression, hair fall, etc. Following the hCG protocol prevents all these symptoms and the weight loss is very physiological not pathological."

This diet is not recommended for people with diabetes, hypertension, kidney problems, hypothyroidism, anxiety disorders, fibroids, malignancy of prostate/ breast/ uterus and other medical issues. "I prescribe the hCG protocol for my obese patients as an add-on treatment along with the conventional medical treatment. Not everyone is fit for hCG protocol and vice versa," opines Dr Chaturvedi.

Laparoscopic and bariatric surgeon Dr Shashank Shah says, "Any very low calorie diet can induce weight loss; and it's not surprising to have some weight loss with hCG diet." However, he wouldn't approve this diet to his patients as it has not been approved by the Food and Drug Administration (FDA) and also because there are many ways to induce weight loss but few are available for the maintenance of weightloss. The same is true about the hCG diet and there is no long term data available for this.

BE PREPARED:
This diet can help you lose weight but comes along with its own share of side-effects



HCG Obesity management (Bombay Times; 28th May'2012)

Discussion about the potential role of medically supervised HCG protocol in Obesity management.



Dr. Deepak Anjana V. Chaturvedi explaining about “HCG Weight loss Diets” in an interview



Myths & Facts about HCG weight loss diets. : (Excerpts from an Interview with Dr. Deepak V. Chaturvedi)

HCG protocol works on a hypothesis that, in a situation of calorie deficit, the exogenous HCG primes the hypothalamus to signal the mobilization of body fat stores and hence use the stored fat as primary fuel for energy. In this way it helps in attaining the weight loss in overweight individuals.

I prescribe the HCG protocol for my overweight/Obese patients as an adjuvant to the ongoing treatment along with the conventional medical treatment. The results attained in term of weight loss are remarkable. Not everyone is fit for HCG protocol and vice versa. Patients having underlying medical issues and frequent travelers need extra attention, precision and care.

I suggest, before starting the HCG protocol for any individual the screening for underlying medical issues should be done. A female should make sure that she is not pregnant.

HCG protocol is not a substitute/alternative for Bariatric surgery for morbidly obese patients, but it can be used to give initial weight loss to the patients looking for Bariatric surgery. Obesity is a complex process, and no single approach can give



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diet food can be customized for every individual. There is no need to buy the same from any company which is neither

best results. Hence the multitude of the treatment protocols may be required to give long term treatment of Obesity. HCG protocol is not a single line treatment for obesity and it should be taken under medical supervision. In spite of all the good results attained by number of physicians worldwide, FDA has not yet given its clearance for the use of HCG for weight loss.

The HCG diet foods promoted by various companies internationally are nothing more than a mere fad. HCG

palatable nor economical. Remember, the weight management is a lifelong process and hence the remedies for it should be practical and economical. I never advise my patients to buy the HCG diet foods/treatment online. The HCG diet/treatment needs to be planned as per their needs considering their beliefs/customs/traditions in mind.

As, we have been doing the HCG protocol under close supervision and counseling, I have seen very good results with the addition of this protocol in the conventional weight management protocols. We customize the HCG diet for every patient without hurting the cultural sentiments of our patients. This gives them a confidence and learning about the process. As they learn to get the best HCG diet from their usual food habits the compliance is best and hence results are remarkable.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



BEWARE OF HIGH-PROTEIN DIETS

Don't go by their popularity, as these diets have undesirable effects in the long run

Lisa Antao

The Atkins Diet, is perhaps the most popular high-protein diet since it came into the limelight in the 90s with Hollywood celebrities like Jennifer Aniston, Catherine Zeta-Jones and many more, as its followers. In 2013, the diet bounced back in popularity thanks to Kim Kardashian (who allegedly lost an estimated 25 pounds post-delivery following the diet) and Sharon Osbourne. But whether you're following The Atkins Diet or The Dukan Diet or The Protein Power Diet, taking cue from your favourite celebrity/celebrities, it's time you think before blindly aping them, as these high-protein diets do have their share of

Case in point

Pritesh Kumar (name changed), 35, a banker by profession and marathon runner suffered from irritable bowel symptoms. He was advised to maintain a dairy and record his weekly diet. It was found that being a bachelor he had no proper meals and was on a high protein diet since he was training for the marathon. His meals consisted of egg whites, chicken, cheese, milk and artificial sugar. Lack of fibre and carbohydrates made him constipated, bloated and irritable at work, recounts consultant dietician Zainab Syed, AVIVA Hospitals. Later, Pritesh was advised to control his protein intake and was advised to include more fruits and steamed vegetables in his diet. Also, he was advised to drink plenty of water, avoiding tea, coffee, fruit juices and artificial sweeteners.

High-protein diets are quite popular

Proteins are the building blocks of the body. Also, they do play important role in catalysing various physiological reactions. They play a vital role in maintaining the immunity of the body. Then how does one know, how much is too much? Physician, endocrinologist, diabetologist and bariatrician Dr Deepak Chaturvedi, AMAAYA Antiaging & Wellness Clinic says, "The daily requirement of dietary proteins is 0.75 to 1 gm per kilogram of ideal lean body weight. The requirement increases in the state of pregnancy, lactation, recovery from illness and during the growth phase. However, in last few years, high-protein diets have become very prevalent in the weight loss industry. Many dieticians, gym instructors and weight loss doctors are promoting exclusively high-protein diet to an extent of more than 2-3 grams of proteins per kg body weight. This amount of concentrated proteins intake may bring following adverse effects on the body."

Gives rise to nutritional deficiencies

Syed definitely agrees that most high-protein diets give rise to various nutritional deficiency, saying "They restrict consumption of carbohydrates, which may cause insufficient fibre leading to constipa-

tion, increases your risk of vitamin B and E deficiency, as well as Irritable Bowel Syndrome (IBS) and in the long run, colon cancer. Cutting off fruits and vegetables means cutting off vitamins and minerals. Besides such diets advise one to eat more of meat, chicken and eggs which could lead to elevated cholesterol levels, which in turn could also lead to damage to internal organs."

Can lead to hyperacidity, renal problems and hormonal imbalance

Dr Chaturvedi lists the following adverse effects of a high-protein diet:

- Proteins need acidic environment in the stomach for digestion. Very high protein intake leads to hyperacidity and complications of the same, also leading to indigestion and flatulence.
- Very high protein intake may lead to increased protein filtration load on the kidneys. On chronic overexposure, this may lead to kidney failure. Therefore, a high-protein intake is not recommended for individuals with kidney failure and liver dysfunction.
- Exclusively high protein diet with restricted carbohydrates and fats lead to decreased thyroid hormone secretion in the body, leading to hypothyroidism.
- Exclusively high protein diet with restricted carbohydrate and fats lead to decreased synthesis of steroid hormones, including estrogen, progesterone and testosterone. This decreased synthesis may bring menstrual irregularities in women, and decreased libido and sexual dysfunction in men.

Can lead to osteoporosis in women

Some health studies say that a high-protein diet can also lead to reduce bone density leading to osteoporosis. But should you believe these studies? "There is enough scientific evidence to prove that a high-protein diet causes low bone density resulting in osteoporosis. One main reason would be consumption of only meat and poultry products. The second important reason is that a high-protein diet requires your body to process more calcium. So even if you eat a lot of cheese and yoghurt, your body might still extract calcium from your bones resulting in decrease bone density leading to osteoporosis," explains Syed.

lisa.anta@chandra.net

Statement and Opinion about High Protein Diets (Bombay Times)

Discussion about the commonly prevalent "Myths and Facts about commonly popular High Protein Diets".



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



HORMONES AND AGING

TRADITIONALLY, the aging process has been considered physiologic and unavoidable, but it may not be necessary to accept the grim stereotype of aging as an unalterable process of decline and loss.

Genetic factors, lifestyle, and societal investments in a safe and healthful environment are important aspects of successful aging.

In the current fast-paced lifestyle and social jetlag, the features of aging are appearing in early age groups, says a concerned Dr Deepak Chaturvedi, MD, Metabolic Physician Endocrinologist, Diabetologist, Bariatrician and Anti-aging and Hormones specialist at Ammaya Anti Aging & Wellness.

At one time, we were concerned about prolonging life and then our concerns shifted to prolonging productive life. Currently, the issue has become more difficult as the features

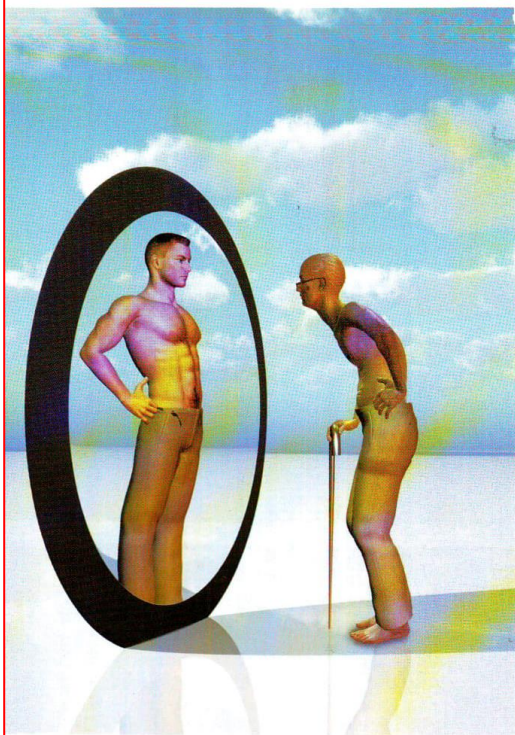
of aging are appearing prematurely. The age group of onset of diabetes mellitus, hypertension, ischemic heart disease, sexual dysfunction and other chronic diseases has gone down from 50-60 to 20-30 years.

The age of menopause and andropause has gone down in the last few decades. The phenomenon of subclinical hypothyroidism and subclinical Addison's disease are very well-understood now. Adult Onset Growth Hormone Deficiency has emerged as an independent clinical entity. Altogether, the features of hormonal imbalances and aging have so much in common that the role of hormonal imbalances bringing the aging prematurely cannot be ignored.

The hormones, neurotransmitters, inflammatory mediators and antioxidants play important roles as signalling mediators of the aging process. A state of inflammation, reduced levels of testosterone and Insulin-like Growth Factor 1 (IGF-1) combined with loss of motor neurons, have been linked to accelerated decline of muscle mass and strength in an aging individual.

Although aging does not simply result from a variety of hormone deficiency states, medical intervention in the processes of menopause, andropause, adrenopause, or somatopause may prevent or delay many aspects of the aging process. Since the hormones, inflammatory markers, and antioxidants are integrated into complex signalling networks, levels of individual biomarkers may well reflect adaptation within homeostatic feedback loops rather than true causative factors. Thus, the therapeutic strategy of single-molecule replacement may be ineffective or even counterproductive. The presence of such signalling networks and feedback loops may help explain why single-hormone replacement therapy for the problems of aging has demonstrated little benefit. The focus of research in this area is now on multiple-hormonal dysregulation. For example, taken one at a time, levels of testosterone, dehydroepiandrosterone (DHEAs), and IGF-1 do not predict mortality, but in combination, they are highly predictive of longevity.

As the medical fraternity is opening up to discuss aging as a clinical entity, the understanding of endocrinology of aging and the impact of various hormones on the aging process is mandatory. Hormones like the growth hormone, testosterone, estrogen, thyroid, cortisol and DHEA do play a pivotal role in the aging process and a better understanding and expertise in their manipulations is definitely a ray of hope in anti-aging medicine.

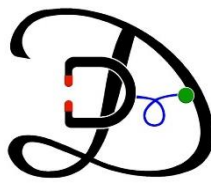


Statement and Opinion about “Hormones and Aging” (Society; June’2016)

Discussion about managing Aging with Hormones.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Diet Management

Dr. Deepak Chaturvedi

The right eating pattern is a key to healthy life. Calorie restriction has been proved to be a great tool to retard aging process. The calorie restriction differs from under nutrition and starvation.

Calorie restriction: Means avoid over eating. Eat as per the requirement of the body and that too the balanced nutrition.

Under nutrition
Deprivation of nutrition. This leads to many deficiency diseases and premature aging.

Starvation: Staying hungry either due to non affordability, non availability or psychologically in an attempt to be in shape (e.g. Anorexia Nervosa).

Adverse effects of Crash diets:
1. Hormonal Imbalances.
2. Premature aging.
3. Loss of skin texture.
4. Wrinkles.
5. Hair loss.
6. Premature graying of hairs.
7. Loosening of tooth.
8. Weight fluctuations.
9. Water loss/Dehydration.
10. Loss of muscle mass.
11. Exercise intolerance.
12. Loss of Bone mass.
13. Loss of libido.
14. Irregular menstrual in women.
15. Impotence in men.
16. Infertility
17. Irritable mood.
18. Depression.
19. Neuro-psychiatric problems.
20. Memory loss.
21. Poor sleep.
22. Lack of concentration.
23. Deficiency diseases like :
Anemia.
Nerve damage.
Oral ulcers.
Non healing wounds.
Rashes.

The diet management should be done by the trained physicians (M.D.) or a nutritionist under supervision of a physician.

Various factors to be kept in mind while formulating a diet plan:
1. Increased protein intake may cause kidney failure in Diabetic patients.
2. Low Carbohydrate and high fat diets are useful in Chronic patients.

3. High Carbohydrate diet is good for Liver Cirrhosis patients.
4. Low Calorie balanced diet is appropriate for weight loss in otherwise healthy individuals.

Obesity has many causes; hence merely diet management may not help. On the contrary avoiding the underlying cause may aggravate the problem. The physician with his thorough knowledge of Medicine can find the underlying cause and plan the best protocol of Medicines + Diet + Exercise regimen for the patient.

Food Faddism, Food Cultism and Food Quackery are few concerns to be dealt with while consulting an individual for diet management.

What is Food Faddism?
Exaggerated belief in the effects of specific aspects of nutrition on health and diseases.

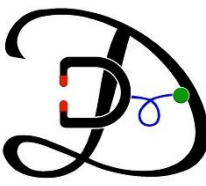
What is Food Cultism?
Belief about food that contain a religious or philosophical component, often with the involvement of charismatic authority figure.

What is food Quackery?
Implication of fraud but also



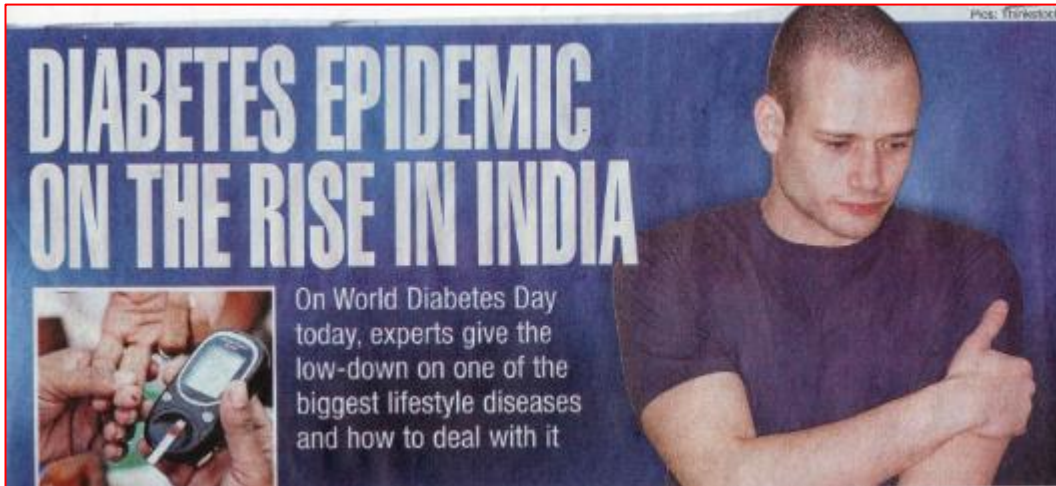
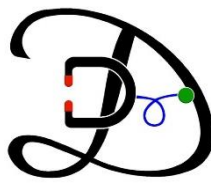
Statement and opinion on “Diet Management” (Afternoon Voice;2010)

Discussion about the Food Faddism, Food Cultism, Under-nutrition, Food Quackery.



Statement and opinion on “Anorexia Nervosa” (Afternoon Voice;2010)

**Management of “Anorexia Nervosa”
discussed.**



Statements and Opinion on Gestational Diabetes (Bombay Times)

GESTATIONAL DIABETES

Gestational diabetes is a condition in which women without previously diagnosed diabetes exhibit high blood glucose levels during pregnancy. "In developing countries including India, the prevalence is almost 16-17%. Those who are overweight and have a family history of diabetes, are at the risk of developing GDM," says Dr Deepak Chaturvedi, endocrinologist and diabetologist. Is there any way to avoid it? "Control weight through calorie intake for one. Have small, frequent meals during pregnancy (balanced diet), avoid obesity before conception and stay active throughout your pregnancy," he advises.

How it's treated:

- Split the daily meals in 5-6 portions
- Use insulin therapy, whenever needed.
- Follow normal physical activity plus graduated daily exercise like walking.
- Monitor bodyweight, blood pressure, haemoglobin, glycosylated haemoglobin, blood sugar etc.
- Foetal development assessment by ultra sonography

ALARMING STATS!

- India has over 60 million diabetics between 20-79 years and this number is steadily rising.
- By 2030, diabetics may jump to 101 million, according to the International Diabetes Federation.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



ARE WE IGNORING PREDIABETES?

With an estimated seven crore Indians diagnosed as diabetic, diabetes is undoubtedly an epidemic. And what is even more worrying is the fact that the number of prediabetics is pegged at a whopping 50 crores in the country.

Physician endocrinologist, diabetologist, anti-ageing specialist and obesity consultant Dr Deepak Chaturvedi, MD, says that this is an alarming sign.

"Being an Indian itself is a non-modifiable risk factor for diabetes. This means that every Indian is at a high risk of developing diabetes. There are two situations in this case. Either we diagnose an individual when he develops diabetes and then spend time, money and energy in preventing and managing the complications. Or, we screen an individual and identify the prediabetes condition, which, by altering lifestyle and minimum medication, may prevent or delay the development of full blown diabetes," he says, and adds, "Though the second option seems a bit difficult practically (screening every Indian), if it happens, it will surely decrease the disease burden on the nation."

Assess your risk of developing diabetes:

- Does your parents or siblings have diabetes?
- Do you lead a sedentary lifestyle? Are you overweight or underweight? Do you have an increased waist circumference?
- Do you have high blood sugar during pregnancy? Do you consume oral contraceptive pills?
- Are you on steroids or body building medicines and supplements?
- Do you crave for sweet foods items often?
- Do you live in a stressful work or home



Dr Deepak Chaturvedi

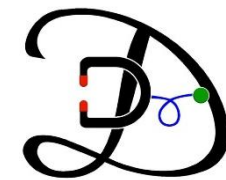
- Are you an alcoholic? Are you a chain smoker?
 - Do you take antidepressant or antipsychotic medicines?
 - Do you have heart disease or thyroid disorder?
- If you answered in affirmative to a few of the above, it is advisable to consult a doctor and screen yourself for diabetes.

Statements and Opinion on Pre-Diabetes (Bombay Times)

Prediabetes is the state when Diabetes is knocking your door. It's the time when you can choose to return it back or allow to enter in your life. Be vigilant.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Sugar is the new Killer *(Speaking Tree; July'2016)*

Sugar is as addictive (or may be more) as Sugar. Its easy accessibility and availability in every home has made it more difficult to treat. The “Sugar” is associated with more Physical, Mental, Social and Economic burden than Tobacco. Its association with Life style diseases, Diabetes, Obesity, Heart diseases and Cancer is more pronounced than Tobacco.



Want to look young at 50? Here's how

Neha Bhayana

neha.bhayana@hindustantimes.com

MUMBAI: When Lokhandwala resident Vimal Mehra (54) attended the wedding of a college friend's son in Delhi recently, his appearance became the envy of his old buddies.

"We had met after over 20 years. They told me that I did not look old," boasted Mehra, who runs a garment export business.

Mehra's secret is not an anti-wrinkle cream or botox.

He is on anti-ageing medicine, a line of treatment that claims to make a person

younger primarily by boosting hormone levels.

Mehra decided to try the new treatment six months back, as age had started taking a toll on him.

"I would easily get tired and had little interest left in things around me," he said.

Now, he says, "I feel like a 35-year-old."



JISHU



People go for treatment of the signs of premature ageing. But we consider premature ageing a disease by itself and treat its cause. DR DEEPAK CHATURVEDI

medical conditions related to hormonal imbalance or for premature ageing like grey hair, wrinkles, memory lapses or decreased libido.

"My youngest patient is an 18-year-old boy whose energy level is as low as that of a 40-year-old because he is obese," said Dr Deepak Chaturvedi, who runs AMAYA.

Anti-ageing medicine aims to reverse the age-related decline in the quality of life. This is done by a combination of lifestyle modification, use of bio-identical (natural) hormones and anti-oxidants.

Though there is little evidence to prove its efficacy, the therapy, which was first introduced in the US in 1993, is popular in western countries.

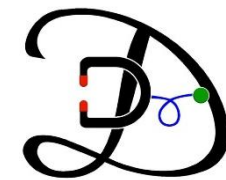
» LIFESTYLE, STRESS MAKING PEOPLE AGE EARLY, PE

Statements and Opinion on Lifestyle and Stress (HT; 2009)

Life Style aberrations, Undue Stress and Social Jet lag are the causes which are bringing the aging features prematurely in the younger population.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



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Lifestyle, stress making people age early: Docs

ANTI-AGEING TREATMENT aims to reverse effects by modifying lifestyle, using natural hormones and anti-oxidants

Neha Bhayana
#neha.bhayana@hindustantimes.com

MUMBAI: A growing number of well-heeled Mumbaiites are going for anti-ageing medicine, be it for improving their overall health or simply to look younger.

Modern lifestyle, stress, obesity and diabetes were making people age early, said Dr Deepak Chaturvedi, who runs AMAYA in Andheri.

"People go for treatment of the signs of premature ageing. But we consider premature ageing a disease by itself and treat its cause," he added.

Yuvanesse, which opened up in Juhu in March, claims to get at least four new clients every day. AMAYA, which was set up in Andheri in September 2008, has over 300 patrons.

Dr Sunita Banerji, who started Yuvanesse with Dr Mohammed Ali from the American Academy of Anti-Ageing Medicine, said anti-ageing medicine had become more relevant with the increase in life expectancy.

"People are living longer these days but the body's production of hormones reduces drastically after 40," she said.

She and other anti-ageing proponents believe that we age because our hormones decline and replacing hormones can substantially mitigate effects of aging.

Anti-ageing medicine aims to reverse the age-related

ANTI-AGEING MEDICINE

- Anti-ageing medicine aims to prevent or reverse the age-related decline in the quality of life. This is done by a combination of lifestyle modification, exercise, anti-oxidants and, most importantly, artificially boosting hormone levels.
- Our body produces many hormones to carry out normal functioning. However, after the age of 40, hormone levels start declining in both men and women.
- Anti-ageing specialists put their patients through tests to check the hormone levels and then start corrective therapy.
- While some hormones like testosterone and progesterone are in the form of creams that have to be rubbed on the arms, others are oral tablets.
- The 'holistic' treatment also includes vitamin/mineral supplements, diet and exercise plan.

modification, use of bio-identical (natural) hormones and anti-oxidants.

In the absence of scientific evidence to prove its efficacy, independent experts remain skeptical about such anti-ageing medicine.

"If a man has a documented testosterone deficiency, it will help to give him the hormone. But there is no evidence to show whether it will reverse stop aging," said Hinduja hospital's endocrinologist Dr Manoj


The lack of comprehensive studies to prove the efficacy or its steep price — around Rs 8,000 per month — has not deterred people from going for it.

Singer Lucky Ali (51) started taking the treatment at Yuvanesse six months ago. "I don't believe in going to a doctor when I fall sick. I wanted to make my immune system stronger," said Ali, whose daily anti-ageing regimen includes taking four vitamin C tablets and anti-oxidants.

Anti-ageing medicine is also offered as a supportive therapy (with conventional medicine) for people with chronic conditions like obesity, hypothyroidism, arthritis and hypertension.

Poojita Gadodia (29) has been taking anti-ageing treatment because she has polycystic ovarian syndrome.

"I had developed polycystic ovaries, gained weight and hair had grown on my face due to high level of testosterone (male hormone). I was put on progesterone to balance it and I



People go for treatment of the signs of premature ageing. But we consider premature ageing a disease by itself and treat its cause.
DR DEEPAK CHATURVEDI

Statements and Opinion on Lifestyle and Stress (HT; 2009)

Life Style aberrations, Undue Stress and Social Jet lag are the causes which are bringing the aging features prematurely in the younger population.



Feeling overweight, tired or losing muscle tone? Face getting wrinkled? Is your sexual performance declining? Do you suffer mood swings, hot flashes and night sweats? You might be facing testosterone deficiency and going through Andropause (male menopause).

Testosterone is not just a sex hormone, it is a total body hormone affecting every aspect of a man's life. The changes seen — increased fat mass, loss of lean body mass, decline in energy, strength and stamina, unexplained depression, decrease in sexual desire and performance are all related to testosterone deficiency. Heart ailments, strokes, diabetes/insulin resistance, metabolic syndrome, arthritis, osteoporosis, hypertension are also directly or indirectly related to testosterone deficiency in men.

A consistent finding in scientific literature



Dr Deepak Chaturvedi aged.

is that supervised Testosterone (Hormone) Replacement Therapy in men leads to a well-balanced endocrine system and produces an increased sense of well being.

Testosterone Replacement Therapy should be instituted only if the symptoms, clinical features and laboratory parameters are consistent with testosterone deficiency. Other hormonal imbalances need to be corrected simultaneously. The inadvertent use/ abuse of Testosterone Therapy for body building and weight loss is discour-

Men & Andropause **(Bombay Times;** **2010)**

Testosterone is not just a Sex Hormone. It's a total Body Hormone for men.

Men need hormones too



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Hic, Hic, Hooray!

BENEFITS OF THE TIPPLE

From President Obama to James Bond, everyone seems to be in the pink of health. Touch wood. And here's probably why. Did you know that your favourite tipple could actually be protecting you from falling ill? The GUIDE tells you why it works, when consumed in moderation. Bottoms up!

Who would have thought that the frothy beer, the smoky whiskey or even that glass of luscious red wine could actually be beneficial? If recent studies are anything to go by, alcohol may not be half as bad as it has always been imagined to be. According to Eric Rimm, Sc.D., associate professor of Epidemiology and Nutrition at the Harvard School of Public Health, one of the most consistent findings in recent nutrition research is that moderate alcohol consumption can improve health and lead to a longer life.

The dual-sided nature of alcohol has often been compared to Dr. Jekyll and Mr. Hyde. For years, there have been debates on whether alcohol kills or cures, whether it is a tonic or a poison? Years of research say that it can be both, good and evil — it depends on your consumption.

Time to say cheers

According to data available at the Harvard School of Public Health, a review of more than 100 prospective studies showed that moderate drinking could actually reduce cardiovascular health causes by up to 40 per cent.

In 2010, a study published in The Archives of Internal Medicine found that women who had one or two drinks a day were less likely to gain weight than those who did not drink. Yes, it's true that moderate alcohol consumption can also help those afflicted with diabetes.

A 2005, Diabetes Care report found that up to a drink a day for women and two for men could actually reduce the condition by 30 per cent. Alcohol, basically, increases levels of a hormone that improves insulin sensitivity. According to Dr Vijay

Surase, Interventional Cardiologist at the Jupiter Hospital, Thane, numerous studies do suggest that moderate alcohol consumption helps reduce heart disease by raising HDL-high density lipoprotein or (good) cholesterol and reducing plaque accumulation in the arteries. "Alcohol has a mild anti-coagulating effect that keeps platelets from clumping together to form clots. Both actions can reduce heart attacks but exactly how alcohol influences is still unclear."

How much is too much?

A pioneering study led by Dr Kenneth Mukamal, an internist at Boston's Beth Israel Deaconess Medical Center and assistant professor at Harvard Medical School, also in Boston, examined the rules of drinking patterns and heart disease and found, after a 12-year follow-up, that men who consumed alcohol between three and seven days a week had fewer heart attacks than those who drank everyday.

Almost all studies seem to suggest that what counts is how much you drink rather than what you drink. Dr Surase says that moderate alcohol consumption is usually considered as one-two drinks per day for men and a drink a day for women.

One drink is defined as one-and-a-half (1.5) oz of 80 proof spirits such as bourbon, scotch, vodka or gin, 4 fl oz for wine and 12 fl oz for beer. Surase goes on to caution that anything more than these moderate amounts can cause heart-related problems such as high blood pressure, stroke and irregular heartbeats. "The average drink has 100-200 calories and these often add to fat of the body, which in turn, may increase the risk of heart ailments."

WHAT'S YOUR POISON?



BEER Fans of beer rejoice, recent research shows that beer can help in small quantities, of course. Restrict your guzzling to 12 fl oz beers a day for women and maybe two for men.

DRINK UP: A 2009 study at Tufts University showed that senior citizens who drank a couple of beers daily had stronger bone density than those who preferred wine. However, anything more than two a day leads to fractures. A study at the TN Nutrition and Food Research Institute, The Netherlands found that beer drinkers had 30 per cent higher levels of Vitamin B6 levels in their blood than teetotalers and twice as much as wine drinkers.

When it's not cool

While not as potentially alarming as excessive drinking, moderate drinking comes with its own share of risks. There is a fair amount of research that says that breast cancer rates are higher among women who drink moderately. That apart, people with hepatitis C should avoid drinks completely as it may cause permanent liver damage.

Dr Deepak Chaturvedi, Physician, Endocrinologist, Diabetologist, Anti-Aging specialist and Bariatrician at the Amaaya Anti-aging Clinic says that even though studies may suggest that wine in moderate amounts may be beneficial on cardio metabolic health, as a physician he does not advise drinking to any patient.

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"All alcoholic drinks may affect one's health, adversely. Molybdenum content of beer has carcinogenic effects. Besides, everyone knows about the beer belly phenomenon. Alcohol in excess affects all the organs of the body from the brain to the skin."

Chaturvedi and says that the association between alcohol and health has been known since ages. "Alcohol ravages almost every organ in the body and the heart is no exception. It affects the heart and circulation in many ways."

the guide to mid-day.com

SIDEWAYS

The movie Sideways celebrated the wonders of wine, in life across every kind of relationship.



WINE

This is the tipple most commonly known for protecting the heart, especially when it's red. It is said that the low rate of heart disease in France can be attributed to the consumption of red wine. Ideally, not more than a glass a day will keep the doctor away.

DRINK UP: Red wine has resveratrol, which is a compound with antioxidant properties. The antioxidants prevent the body from damaging the cells.

VODKA

Despite the recent controversy about 007 shifting allegiance to Henneken, there is no pushing the fact that no movie drink has made an imprint on public memory as Bond's shaken but not stirred vodka martini.

DRINK UP: Russian belief prescribes vodka as the miracle cure for everything from a common cold to a headache and even wounds. Though alcohol in all forms is meant to relax, vodka is said to be effective, especially when it came to busting stress. The magic amount is 25-30ml for women and around 40 ml for men, if had daily.



Halle Berry and Pierce Brosnan in Die Another Day. The Vodka Martini (right) is symbolic to every Bond film.

WHISKEY

It's the choice of drink for television's 'man of the moment'. Dr. Chaturvedi, the American advertising bond, in the malaga scotch series 21, 'N.C. Remembrance', says, 'Gin or whiskey creates whiskey. According to the US Department of Agriculture, 1.5 oz of whiskey contains zero fat and it is common knowledge that a low-fat diet is always healthy.'

DRINK UP: Ellagic acid is an antioxidant that destroys cancer cells. According to research conducted at the 2005 EuroMedLab conference in Scotland, whiskey has more ellagic acid than any other alcohol.



Don Draper from the series Mad Men has brought the cool back into whiskey.

PG COURTESY SHENKNEWS.COM

Statement and Opinion on Alcohol Consumption (Mid Day; 29th Jan'2013)

The definition of Optimum Alcohol Consumption is not defined. The quantity of alcohol consumption usually keeps on increasing. Its advisable to either restrict it to minimum quantity or to completely stay away from alcohol consumption.



Acidity on the rise among children

Unhealthy lifestyle and stress are causing acidity in children too, warn health experts

Lisa Antao

Acidity has always been an 'adult complaint'. However, recent years have seen a rise in the number of children suffering from it. Not surprisingly, stress and bad lifestyle habits are the villains here as well. Read on to know more...

CASE STUDY 1: Namit Rana (name changed), 14, often had bouts of severe nausea and vomiting. Many doctors rightly diagnosed and treated acidity, but despite that, he developed gastric ulcer and stomach bleeding. A detailed examination revealed exams and peer pressure were causing him stress.

CASE STUDY 2: Shubhamitra Des (name changed), 16, was addicted to junk food and fizzy drinks. She often complained of indigestion and heartburn. Despite treatment, her diet habits did not improve. Finally due to constant retching, the lower end of the food pipe (oesophagus) developed a tear and Shubhamitra had to undergo prolonged medical treatment.

THE REASONS

Consultant physician (Internal Medicine) Dr Amit A Saraf says, "Children in the age group of 10 to 16 years are routinely seen presenting themselves with symptoms of hyperacidity. This trend has been steadily increasing over the past few years." The main reasons include a high-calorie low-fibre diet, long intervals between meals, gulping down food rather than slowly chewing it thoroughly, academic stress, increased consumption of cold drinks and less consumption of water, he explains.

THE ROLE OF STRESS

Says metabolic physician and endocrinologist Dr Deepak Chaturvedi, "Stress is one of the most important factors behind hyperacidity. Acid secretion happens under autonomic control. Any alteration in this autonomic system, due to stress, causes an imbalance in acid secretion and inhibition. It leads to

hypersecretion."

HOW IT HAPPENS

Dr Chaturvedi explains how acidity develops:

CONDITION: Our body has some natural defence mechanisms. For example, the mucus lining in the stomach and chemicals (prostaglandins) protect our stomachs from acid (digestive juices) injuries. At the same time, these acids are required for digestion (especially proteins). Anything disrupting this barrier causes relative hyperacidity even in the absence of true acid hypersecretion.

CAUSE: The factors that increase acid secretion and/or disrupt the barrier are: Stress, inadequate sleep, inappropriate diet, long fasts, binge eating, excessive high-protein diet and excessive use of caffeine, colas, cigarettes, fried foods and painkillers. Another common cause of acid hypersecretion and defence-barrier disruption — across all age groups — in India is a bacteria named H Pylori.

CONDITION: There is a condition called Gastroesophageal Reflux Disease (GERD). In this, the acid is regurgitated to the food pipe because of laxity of the sphincter between it and the stomach. This regurgitation may, sometimes,

even reach the throat and enter the windpipe, leading to continuous throat irritation and cough. Continuous exposure of food pipe to acid can also lead to cancer.

CAUSE: The laxity of the sphincter can be caused by smoking and excessive intake of caffeinated drinks and colas. Lifestyle habits like sleeping immediately after eating can also lead to a similar situation.

TREATMENT

The most important line of action is to identify the underlying cause and treat it. There are drugs that reduce gastric acid hypersecretion. However, these need to be used as supportive therapy under a doctor's supervision, till the cause is cured, advises Dr Chaturvedi. He adds:

- Hyperacidity due to H.Pylori infection can be treated.
- Sleep and stress management help a lot.
- Smoking and intake of caffeinated beverages, colas and readymade fatty fried foods should be discouraged.
- Anatomical defects like Hiatus Hernia should be diagnosed and treated in time.
- Lifestyle modification is of utmost importance.



Stress is one of the most important factors behind hyperacidity

SHIELD YOUR CHILD FROM STRESS

Many studies have proved that children who felt loved by and connected to their parents suffer from significantly lower levels of stress. Psychologist Dr Sanjoy Mukerji has some tips for parents to help their children combat the problem:

- Talk to your child about their day at school. Ask if they need help. Whether you are able to help or not is not crucial; what is vital is your positive interest in the child and his/her problems.
- You should regularly hug your child; it will relax him/her instantly.
- Music as an effective tool as most children love it. There are plenty of studies about music's ability to reduce stress.
- Play with your child often. Sometimes, you can even try dancing with him/her, especially if your child likes to dance. Dancing and any form physical exercise are wonderful stress-busters for children.
- Teach your child some form of meditation or chanting. It will bring about a feeling of tranquility, apart from opening the mind to new experiences and learning.
- Teach your child to be positive. But it's possible only if you lead by example.

ARE ANTACID TABLETS AND SYRUPS IDEAL?

Many commercials advocate taking antacid tablets and syrups for relief from acidity. But are these ideal solutions?

"Medication should be used only if non-pharmacological remedies — a high-fibre diet, increased water intake and small, frequent meals — fail. This is because no allopathic drugs are without side-effects. Common side-effects of antacid tablets and syrups include diarrhoea or constipation, hypermagnesaemia (an electrolyte disturbance where there is an abnormally elevated level of magnesium in the blood) and allergies," warns Dr Saraf.

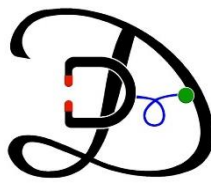


Statement and Opinion on Hyperacidity in Children (Bombay Times;2014)

The alteration in the circadian rhythm in Children secondary to Stress, Social Jet lag and Lack of sleep causes altered autonomic responses which further leads to Hyperacidity in Children. The food habits related to junk and ready food items are the independent causes of Hyperacidity in Children. Pathological causes like GERD , H.Pylori infection and Drug induced hyperacidity are other causes.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Bombay Times
ENTERTAINMENT INDUSTRY PROMOTIONAL FEATURE | MUMBAI
18
SUNDAY EDITION, 19th JUNE 2015

LONGEVITY DECODED

As scientists say that 80 will soon be the new 40, we ask experts how you can maintain optimal health

Zeena.Baria@timesgroup.com



When international longevity expert Terry Grossman stated recently that in a few years, 80 will be the new 40, it made news around the world. Experts, the world over, agree that the average lifespan of human beings has increased in the past few decades. And with the focus on all things anti-ageing, things will only get better.

Physician, endocrinologist, fertility specialist and obesity consultant Dr. Deepak Chaturvedi says that the average human life expectancy has increased globally. "Today, this figure stands at 81 years, which is dramatically higher than the 39-year expectancy of a century ago. A life expectancy of 100 years is not such a distant target any more. When we discuss longevity and anti-ageing, we need to understand these as two separate concepts, even though they are often considered together."

WHAT IS LONGEVITY?
Longevity is a direct increase in the lifespan of an individual. "It is simply determined by the age of the individual. Globally, several infectious diseases like smallpox, measles and

plagues have been eradicated. Along with controlling these killer diseases, medical technology and knowledge has advanced phenomenally over the past few decades. Many countries have national health and immunisation programs. Access to primary healthcare is easier and media campaigns about hygiene, cleanliness and healthcare have changed the way society views and deals with medical issues," explains Dr. Chaturvedi.

Adds diabetologist Dr. Pradeep Gadgil, "We can contribute an increase in longevity to infectious and parasitic diseases being dramatically tamed by man. Except the fall in life expectancy in some African countries due to HIV/AIDS, the trend all over the world is that life expectancy is increasing. Both child and adult mortality rates have considerably reduced since 1990. The average yearly rates of decline in mortality have been 3.7% per year for children and 1.2% per year for adults. While major diseases have been contained, non-communicable diseases have increased. These include cancer, diabetes, heart diseases, etc. Thanks to better medical infrastructure, these

patients live longer although their quality of life (at times) may decrease. Better living standards, healthier diets and cleaner drinking water has also helped curb deaths. Information technology is playing its role. Better ways to diagnose and treat has had a huge impact on longevity."

PREVENTIVE MEASURES
There are four preventive areas dealing with diseases and ill-health. "These are Primordial, Primary, Secondary and Tertiary prevention methods."

ANTI-AGEING SECRETS
Social issues, stress, diseases and chronic medical conditions have created a situation where old age may occur but without much productivity or good health. "Anti-ageing treatments help you feel and look younger. This would naturally make you more productive and, well, happier. The aim of anti-ageing is to keep young people young and make old people feel and behave like they are young. One's own mental state can also contribute to how you old you feel. Retirement and inactivity do not need to go together. An active lifestyle keeps one going for years and prevents the onset of the 'old person' feeling. Apart from these philosophical and psychological arguments, it is more realistic to achieve anti-ageing through improved physical and mental functioning. Optimum nutrition with calorie control is vital. The same can be said about hormone levels — maintaining them at a desired level is vital. Controlling inflammations and oxidative damage in the body is important. Stressful situations, activities and thoughts can be avoided to provide a healthy atmosphere for the body to flourish. Healthy pursuits like exercise and good hygiene can keep the body going strong. Sexual activity is also encouraged to keep the body running fine and fit. Finally one can use preventive medication to tackle a problem before it becomes a serious medical condition," ends Dr. Chaturvedi.

HOW TO MAINTAIN OPTIMAL HEALTH
"While life expectancy is increasing, somewhere we are straying from optimal health. Today we seem to go through life feeling tired, low on energy, suffering problems like indigestion with intestinal gas, at such speeds, heartburn or acidity. Our minds become dull. Depression, anxiety and emotional outbursts are increasing. Some of the food we eat is far less nutritious than earlier, contains pesticides, additives, preservatives. Therefore, storage person's diet is providing sufficient amount of nutrients needed for good health. Processed food and chemical additives upset our body chemistry. High intake of sugar is linked in many physical and emotional disorders. High consumption of salt can result in weight gain as it causes body to retain water," says Gadgil.

To maintain optimal health, one must:

- Stay active and energized.
- Cut down on smoking, alcohol and tobacco consumption.
- Find ways to de-stress self — yoga and meditation are effective options.
- Emotional and mental health is an important part of optimal health — pay attention to it. Remove some time for your hobbies.
- Go in for regular check-ups after your 30th birthday.

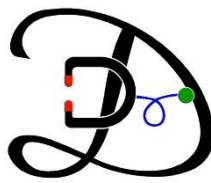
Optimum nutrition with calorie control is vital for good health!
ends Dr. Chaturvedi.

Statements and Opinion on Longevity (Bombay Times; 19th June'2015)

Measures of Longevity discussed including Primordial, Primary, Secondary and Tertiary Prevention.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



WEDNESDAY, MARCH 05, 2014
AFTERNOON VOICE, MUMBAI

HEALTH *Afternoon* **11**

Aging is inevitable yet modifiable

Dr. Deepak Chaturvedi

About the author
Dr. Deepak Chaturvedi is a Physician Endocrinologist, Diabetologist and Obesity Consultant at "AMAAYA Antiaging & Wellness Clinic" located at Santacruz (w) and Andheri (w) in Mumbai. He is President of "Antiaging Medicine And Research (AMAR)" and "INDOMEDICON".

Is the current fast paced and stressful life, people are aging faster. From "Young Adults", they are becoming the "Old Young". Working against the body clock has produced "SOCIAL JET LAG" among everyone, which by altering the body stress management (hormones) system has compounded the problem and aging is happening much before actual age. The age of onset of the diseases like Diabetes, Hypertension, Heart attack, cancers, etc have gone down from 50's to 20's and 30'. Early aging is multifactorial, and I feel that, the four key components of early aging need to be dealt with utmost expertise at the root level:

Obesity, Hormonal Imbalance, Stress, Skin and Aesthetics

The age of Menopause and Andropause has gone down in last few decades. The phenomenon of subclinical hypothyroidism and subclinical Addison's disease are very well understood now. Adult Onset Growth Hormone deficiency has emerged as an independent clinical entity. Altogether,

the features of Hormonal Imbalances and Aging are so much in common that the role of hormonal imbalances bringing the aging prematurely cannot be ignored. The Hormones, Neurotransmitters, Inflammatory mediators and Antioxidants play important role as signalling mediators of Aging process. A state of inflammation, reduced levels of Testosterone and IGF-1, combined with loss of motor neurons have been linked to accelerated decline of muscle mass and strength in an aging individual.

Although aging does not simply result from a variety of hormone deficiency states, medical intervention in the processes of menopause, andropause, adrenopause, or somatopause may prevent or delay many aspects of the aging process. Since hormones, inflammatory markers, and antioxidants are integrated into complex signalling networks, levels of individual biomarkers may well reflect adaptation within homeostatic feedback loops rather than true causative factors. Thus, the therapeutic strategy of single-molecule replacement may be ineffective.

the whole world is looking for the Obesity management solutions from Life style modification, Dietetics to Medical Management and Surgical Interventions.

The journey of the medical management of Obesity has travelled from appetite suppressants like Subutramine, Phenteramine, Amphetamines to Lipase inhibitors like Orlistat. Currently anti epileptic like Topiramate has found its place in the Obesity management. Bariatric Surgery though in its evolving phase is also an array of hope in grossly obese individuals.

With lots of trial and errors along with randomized control studies or Observational studies or Comparative studies, medical fraternity keeps highly vigilant towards finding the solution of this epidemic. Incretins like Liraglutide and Gonadotrophin

like Human Chorionic Gonadotrophin (HCG) have shown significant hopes at least in the observational studies.

Human Chorionic Gonadotrophin (HCG) has been hypothesized to drive the metabolic center in the hypothalamus to give signals to consume the stored body fat as the primary source of energy in a state of calorie deficit. This happens through a complex signalling network and is an area of extensive research today.

HCG has an inherent property of TSH and LH. This might be an underlying mechanism of its action on metabolic pathway and weight management. In an attempt to bring various specializations together to discuss the aging process and Antiaging approach, "Antiaging Medicine And Research (AMAR)" conducts frequent workshops and annual conference, INDOMEDICON.

After successful conferences in 2009, 2010, 2011 and 2013, Antiaging Medicine and Research (AMAR) successfully conducted INDOMEDICON-2014: 5th Antiaging Medicine And Research Conference on 14th, 15th and 16th of February at Holiday Inn, Mumbai. The theme of the conference was "Approach to the Aging Youth of Today".

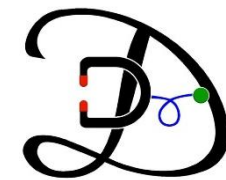
The conference was attended by more than 150 doctors from India and other countries. The issues of "Hormonal Imbalances", "Obesity" and "Skin Aesthetics" were discussed in the three days academic fiesta.

Aging is Modifiable **(Afternoon; 5th** **March'2014)**

Hormone Replacement Therapy and other modalities in Antiaging explained.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



POST MENOPAUSE BLUES

Sharada Sinha (name changed), 46, is an independent businesswoman whose regular and stable routine, in recent days, has started getting interrupted by an irregular menstrual cycle. She also started experiencing new symptoms that changed from month to month like tenderness of breasts, heavy periods with blood clots one month and a relatively problem-free, light period the next. Simultaneously, she started experiencing mood swings accompanied by depression and anxiety, often without any reason or external causes. Her vitality would be down and she would feel tired very fast. Her external appearance also started changing. Her face became pale and her hair started thinning at the top of the skull. Small vertical wrinkles began to appear above her lips and crow's feet started to develop at the corner of her eyes.

She accepted symptoms like hot flashes, night sweats, forgetfulness, decreased libido and bone pain as normal phenomenon. Upon full investigation, Sharada's problems were identified as typical of Female Hormone deficiency arising out of Menopause.

After thorough evaluation she was put on Bio Identical Hormone Replacement Therapy (BIHRT) and Nutraceuticals. Today she is as happy and as healthy as she was at the age of 35.

What is BIHRT?
"Bio Identical Hormones are derived from Diosgenin, an active ingredient of wild yam and soya. As these are structurally similar to the human hormones they are also known as Human-Identical Hormones or Iso-Molecular Hormones. The similarity allow these hormones to be read by the body as ones own and hence rejuvenate the body with minimal adverse effects," said Dr. Anoop Chaturvedi, research scientist and, founder of the society of Antiaging Medicine and Research (AMAR), India.

"In today's world the stresses of daily life bring the hormone imbalances in a young age and cause premature aging. BIHRT improves the productive age and is an important tool in the field of anti-aging. Once the imbalances are diagnosed clinically and with laboratory investigations, BIHRT can bring a big positive change in one's life.

BIHRT can be used under supervision at any age through the proper evaluation of hormone deficiency documented with lab investigations," added Dr. Anoop.

Dr. Deepak Chaturvedi, Specialist in Anti-Aging medicine and Co-Founder, AMAR, India confirmed that women spend more than one third of their lives in the menopausal state with complete deficiency of female hormones.

"Women are mistaken when they think that with cessation of menstruation every pleasure of life should cease. They keep on facing the painful symptoms of PMS / Peri-menopause / Menopause as integral components of their life. The fact is that while the menstrual flow may not be reverted back, the other symptoms and complications can be corrected and the woman can lead a healthy, productive and pleasurable life even after menopause," he said.

"During menopause a woman goes through a phase of hormonal imbalance. Through investigation it is possible to identify the imbalance and restore the hormonal levels and balance that will help the person lead a healthy and satisfying life. Aging cannot be reversed, but the symptoms of aging can be dealt with information, education and proper medical interventions," added Dr. Deepak.



HORMONE REPLACEMENT

Statement and Opinion on Menopause (Afternoon; 28th June'2010)

Hormone Replacement Therapy has the potential to relieve the symptoms of Menopause.



AGE OF ACCEPTANCE

Now, even Mumbai's 20-somethings seek treatment and solutions to the "problem" of ageing

SHREYA BHANDARY

THE ASIAN AGE

When 39-year-old Aditi Kedia knew she was not looking at "herself" in the mirror, she knew she had to do something about her skin and body. "After getting married, I put on 15 kg and have visited many health clinics in the city to lose weight," says Kedia. She also admits to having spent big money on various weight loss regimes offered by many known health clinics, but to no avail. The moment she stopped any treatment, she would start gaining weight again.

A chance



Panel members at the anti-ageing conference on Friday PHOTO: AA

tion of a new anti-ageing therapy by her cousin in the US brought new hopes. "Just nine months of moderate exercising and dieting — I've lost 12 kg and regained the glow of my skin," she says.

Explaining the concept of anti-ageing practice in modern times, Dr Anoop Chaturvedi, the pioneer who introduced this new therapy in India, said, "Ageing is not only about developing a paunch or wrinkles. Various hormonal activities can lead even a 20-year-old towards

ageing. This is called premature ageing."

Dr Chaturvedi said that due to a greater acceptance of anti-ageing therapies, they are getting cheaper and attracting more interest from younger women.

Vivek Tripathi of Mumbai-based Healthizen says there are growing number of inquiries related to anti-ageing from people. "But since there are many options available from superficial to internal, we advise the patients to take due care before opting for any kind of treatment," said Tripathi.

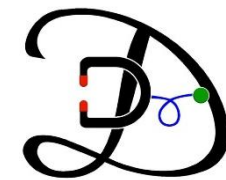
"Many fail to understand that one tends to age more because of hormonal imbalance than the actual process of ageing. I visited many doctors but nobody pointed this out to me. Now I spend not more than Rs 7,000 to 10,000 a month and I'm very happy with the results," says Jyotsana Bhattacharya (29), a follower of Dr Chaturvedi's therapy.

MCT

Statement and Opinion on Antiaging (The Asian Age; 19th Dec'2010)



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



METABOLISM AND ANTIAGING

All around the world people are looking for ways to increase their metabolism to maintain their appearance from their youth. These people are willing to try and do anything from drastic diets to surgery to maintain their youth. Little do most people know that simply watching one's diet and keeping an active lifestyle can assist in the antiaging process dramatically.

As the obesity epidemic continues to sweep the globe, doctors are saying in unison that people in general must lose weight. These doctors sight the risks of heart failure, heart disease, and overall poor health as good reasons to lose weight. These doctors often fail to touch on the vanity of the human race and explain that by keeping one's weight low and metabolism high, one can obtain that youthful appearance and recapture the feeling as well.

There are many disadvantages to obesity. There are many different health risks that one takes on by taking on a few extra pounds. The joints of the body do not want to work as well since they are holding extra weight. The digestive track has excessive pressure on it, causing heartburn and other digestive problems. Most people who are significantly over weight have problems with the simplest of exercises do to exhaustion and over exertion.

The health problems aside, being over weight causes several appearance issues as well. One such issue is the body's inability to drain fluids and wastes from different bodily regions, such as the legs, hands and face. This can lead to bloating and an overall puffy look. This can increase one's physical age significantly and lead people to believe that one is older than he is or she is. In extreme cases, the body is unable to move any of the fluid from a region and that reason develops lymph-hodemia, or a swelling that can be very painful and horrible

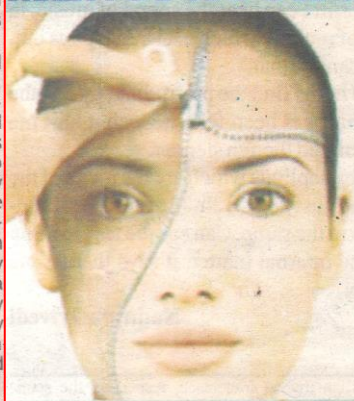
to see. A normal sized leg can weigh as much as a couple hundred pounds with lymphdemia.

By watching what one weighs and keeping one's body in good condition, one can prevent these aging problems. By exercising regularly, and keeping a good metabolism, one is able to help the body drain fluids properly by maintaining a good circularity system. One is also able to increase the body's resistance to the aging process by reducing the wear and tear on the joints by maintaining a healthy weight. The higher metabolism of a person who is exercising frequently helps to ensure that one heals quickly and that the body remains in good condition, able to repair skin damage and other aging symptoms quickly.

While watching one's weight seems too easy to be effective, it is amazingly so. Lotions and creams only help to fill in the lines caused by the aging process. Surgery only removes old skin and pulls the remaining skin tighter over the body. Diet and exercise increases the blood flow to the skin and other parts of the body to maintain true health and youth. While lotions are very good, and sunscreen is necessary for many, when used in conjunction with diet and exercise, the results can be amazing. An additional benefit to exercising and dieting, when one does decide to break the diet for a treat, the treat is easily processed and is not converted into fat.



MENOPAUSE AND ANTIAGING



If you are looking out for menopause and antiaging solutions, try to know first the changes that usually happen in the body with menopause. Menopause is inevitable. For some women it may be advanced due to problems with their reproductive system. Menopause triggers a number of interesting changes in the body, and most of them are initiated due to hormonal changes in the body, particularly estrogen.

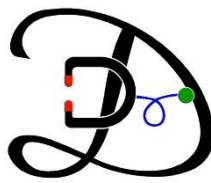
Menopause and antiaging are closely

related. The mind and body of a menopausal woman age fast. Several signs and symptoms show up such as mental dullness, overweight, lacklustre skin and general indifference. That is why women are keen to find out menopause and antiaging solutions. Obviously the first thing is good dieting. Protein-rich diets plus vitamin and mineral supplements are recommended. Soy is a good source of protein and plant-based estrogen.

So soy preparations must be consumed regularly. Fat and sugar intake must be minimized. The next thing about menopause and anti-aging is good lifestyle. Be in the company of family and friends and try to find out pleasure out of their company. Do some exercise regularly. Exercise alters secretion of many mood elevating hormones, apart from keeping you fit and full of strength. Smoking and alcohol consumption must be drastically minimized. And finally in your basic solutions for menopause and anti aging, take good care of your skin. The aging symptoms show up on the skin first. So by regular skincare-cleansing, moisturizing, exfoliating and messaging - you can keep your skin healthy and youthful and keep of the negative effects of menopause.

Discussion on Antiaging (Afternoon; 2014)

The Metabolism and Hormones related to Aging and Antiaging Explained.



DEFY NATURE, REVERSE AGE

Beauty was never skin deep, but it has gone way beyond creams. Anti-ageing hormones are now the latest rage.

HASSAN N. KAMAL

THE ANNA

If you are feeling less, unable to cope with work pressure, or failing to get a rise (at work and in the bedroom), it might well be your hormone levels. At least this is what city's leading doctors believe. And they say many people in the city are using their services everyday.

"The days of beauty creams and soaps are over," says Dr. Deepak Chaturvedi, who runs an exclusive anti-ageing clinic in Mumbai, adding, "People are now going for more effective methods like bio-identical hormone replacement therapy (BHRT) and various other anti-ageing medicines."

Thanks to the advertising industry, which is continuously putting numerous visuals everyday against ageing, and celebrities like Mandira Bedi endorsing brands like Biotex, people are now more open to turn the clock around.

"Everybody wants to look and feel better. Earlier, the only option we had were hair dyes, beauty creams or soaps, whose effectiveness is still doubtful. But with anti-ageing medicines, there is a long-standing and effective solution to skin and hair problems at hand. People want to look younger," says Dr. Hassan Patel, vice chairman of International Board of Clinical Metal Toxicology.

Chaturvedi says that this treatment is gaining popularity not just because it makes one feel younger, or even wrinkles, but also because it is effective in treating illnesses like obesity, menopause, osteoporosis, memory lapses and also helps in giving one a longer and healthier life.

"Menopause"

"NOT ONLY DO PEOPLE FEEL YOUNGER, EVEN ILLNESSES LIKE MENOPAUSE CAN BE TREATED"

and osteoporosis were, for a long time, considered a normal phenomenon, but these are now curable with a dose of hormone, which is available for anything between Rs 8,000 to 15,000," he says.

He says that people come for anti-ageing treatments mostly because their partners complain to them about their low sexual drive and energy, their friends complain of them becoming boring and looking older than their age, have lost interest in work or are just suffering from low confidence levels.

Chaturvedi mentions that when they started operating in Mumbai two years ago, people considered anti-ageing medicines as mystical, but since then their perspective has undergone a sea change. "Earlier people would go to a psychologist to get treatment for problems like low libido and energy.

But now they have realised a dose of hormone feels better than an hour-long session with a psychologist," says Chaturvedi.

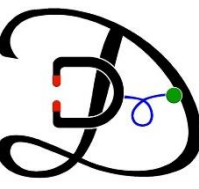
However, according to him anti-ageing medicines are still at a nascent stage compared to the west, and he expects it to grow in near future. "There are already a handful of clinics and hospitals offering anti-ageing treatments in Mumbai, and in the coming five-six months, we are expecting another 30-40 clinics to open here," Chaturvedi says.

Statements and Opinion on Antiaging (Asian Age; 30th June'2010)

Coverage about "INDOMEDICON®" (The Antiaging Medicine And Research Conference)



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Statements and Opinion on
Antiaging
(Divya Bhaskar;
10th Nov'2009)

Coverage about “INDOMEDICON®”
(The Antiaging Medicine And Research
Conference)



Body chemistry

The word hormones is often used to explain anything—from food cravings to bad hair days. Here is a low down on the functions of these chemicals to know them better

BY POOJA PILLAI

Hormones are often at the receiving end of almost everything that goes wrong in our bodies. If it is weight gain, we blame it on hormones. If it is acne-prone skin or dry, brittle hair, we assume it is because of hormones. In reality, hormones are imperative for the smooth functioning of the body and there is a lot more to them than the few imbalances they manifest as.

What are hormones?

In simple terms, hormones can be defined as chemicals secreted within the body which act as communicators between different organs and tissues to regulate every body function. So, there are hormones that regulate growth, digestion, movement, reproduction, sleep, sensory perceptions and even moods. These hormones are produced in different parts of the body, such as thyroid, pituitary gland, pineal gland, ovaries and testes, pancreas, liver and the adrenal glands.

Mumbai-based metabolic physician and endocrinologist Dr Deepak

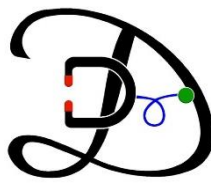
Chaturvedi says, "People often wrongly blame hormones for all their health problems. We need to understand the fact that hormones maintain harmony within the body, they play a strong role in harmonising all the functions. But other factors such as environment, stress, diet, sleep deprivation, infections and diseases can create imbalances in these hormones and this leads to complications." He gives the example of an orchestra to explain further. "If one musician in an orchestra goes haywire, the music changes to noise. In the same way, if any hormones alter within the body, it may bring about changes in other hormones and could affect other systems of the body."

When it comes to lifestyle changes to control fluctuations in hormone production, Dr Deepak says, "Eat a balanced diet with the optimum proportion of proteins, carbohydrates, fats, vitamins, minerals, antioxidants and fibre. Exercise daily and get about seven to eight hours of restful sleep every night. Indulge in some recreational activities and relax with yoga and meditation. Also, stay sexually active."

Here is a list of some of the most important hormones in the body and their functions:

Statement and Opinion on "Hormones in Body Chemistry"(SMARTlife:Feb' 2015)

The association of Hormones and Body Chemistry discussed.



pause



The protective effect of hormone replacement therapy lasts as long as the treatment is continued. The therapy is also associated with a reduction in the risk of heart diseases.

Melatonin
Produced in the pineal gland, this hormone is essential for regulating the circadian rhythms or the daily day-night cycle of the body. It regulates when we sleep and when we wake up, besides also performing some antioxidant functions. In a healthy person, the secretion of melatonin begins as it starts getting dark. This prepares the body for sleep.
The production of melatonin can get disrupted if the sleep and wake cycles are irregular, as this confuses the signal sent to the pineal glands to release melatonin. Too much exposure to artificial light after dark

and travelling across different time zones can also cause disruption in the production of melatonin. Too much melatonin can also be a problem as it can cause sluggishness and fatigue.

Thyroid hormones
The thyroid hormones—T4 and T3—control our metabolic functions. They determine how fast our body burns calories, besides regulating our heart rate and body temperature. These hormones also determine how quickly our body replaces dying cells.
Over-production of thyroid hormones can cause irregular heart

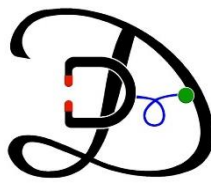
The obesity factor
Endocrinology is a field of study that helps us understand how hormones affect our body. One of the key findings is that obesity and the lifestyle practices leading to it are linked to hormone imbalances. Mumbai-based endocrinologist Dr Deepak Chaturvedi explains, "Obesity has emerged as an epidemic in the past few decades. Altered lifestyles, dietary habits and stress are considered to be the culprits. But all these factors work through an array of hormonal imbalances. While ghrelin is a hormone which acts as a feeding signal for the body, leptin works as a satiety hormone. The imbalance between the two is a key factor in obesity. The mediation of this process is done by other hormones like insulin, growth hormone, corticosteroids, GLP-1 and more. The more we study the impact of hormones on the overall health of an individual, the more we find out."

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Body chemistry

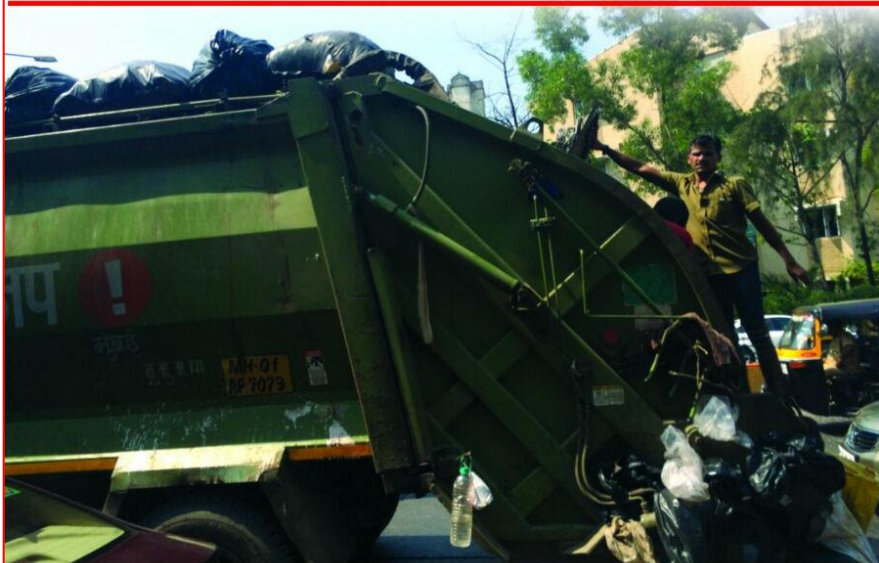
Statement and Opinion on “Hormones in Body Chemistry” (SMARTlife:Feb’2015.. Contd....)

The individual hormones discussed (Melatonin, Thyroid hormones, Testosterone, DHEA, Growth hormone, Estrogen, Progesterone). The Obesity factor discussed too.



Garbage **spreader** van

Often garbage collectors fill the garbage collection vehicle with loads of waste and it falls on the roads which may cause health problems to citizens.



"The senior BMC officials should intervene in this matter. They should ask the garbage collectors to properly dispose the waste and ensure that it doesn't fall on roads. They should refrain from overloading the vehicle with too much waste."

Dr. Deepak Chaturvedi

Newsmakers Bureau

The Brihanmumbai Municipal Corporation (BMC) might be aiming to make Mumbai a garbage free city but the manner in which waste is being picked up by garbage collectors raises questions about whether the civic body will achieve this objective. Often it has been observed that garbage collectors collect waste from the housing societies in an unhygienic manner. They fill the garbage collection vehicle with loads of waste and often it falls on the roads which may cause health problems to citizens. The foul smell emanating from the garbage van creates huge inconvenience to motorists who follow the vehicle.

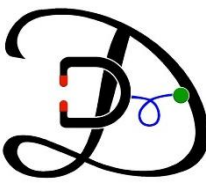
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Dr. Deepak Chaturvedi



**Statements and Opinion on
Garbage Mismanagement
(Afternoon Voice; Nov'2015)**



Maha Doctors voice in favour of Sexual Independence

Moumita Mukherjee

After a Delhi court on Saturday summoned a doctor for violating the Delhi Medical Council (DMC) norms by allegedly treating homosexuality as a 'genetic mental disorder' and using

to him, the Supreme Court decriminalising Section 377 to recognise sexual and constitutional rights of the LGBTQ community members was called into question.

The incident took no time to catch fire and received aggressive criticism. Cosmetologist Dr. Anshuman

tion is apparently illegal. As of today, there is no evidence that trying to change sexual orientation does any benefit in any way. Those who belong to the LGBTQ community can only get confused and suffocated by these attempts. But more than that, from the medical point of



“

Nature has given all of us a sexual attraction towards opposite sex because that's what leads to procreation (reproduction). Now, homosexuality is "non-reproductive" and hence it is "socially unacceptable". However, being socially unacceptable doesn't necessarily mean 'abnormal' or 'a disorder' or 'a disease'. If reproduction is not taken into account, then consensual sexual preference is one's right and choice."



Endocrinologist
and Diabetologist
Dr. Deepak Chaturvedi

Statement and Opinion on “Homosexuality” (Afternoon; 10th Dec 2018)

Nature has given all of us a Sexual attraction towards opposite sex because that's what leads to procreation (Reproduction). Homosexuality, is “non-reproductive” and hence it is “Socially unacceptable”. However being socially unacceptable doesn't necessarily mean “Abnormal” or a “Disorder” or a “Disease”. If reproduction is not taken into account then consensual sexual preferences is one's right and choice.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Maha Doctors voice in favour of Sexual Independence

>>PAGE 1

view, it has the propensity to harm those vulnerable people."

"The mental block in our society that forces the parents, friends, and relatives of such people to the quacks and unethical doctors, is torturous to these people. Moreover, such therapies don't work a bit. We must let these people live with Sexual Independence. Even in the historic times, in mythology, "Kinnars (transgender)" existed and were accepted!" Dr. Manaswi added.

"Conversion therapy" is an attempt to change a person's sexual orientation using psychological or spiritual interventions and it is not recognised either by medical science or by the legislature. When a complaint was received by Girish Tyagi, Registrar and Secretary of DMC, the court passed the order. The complaint read that the accused doctor, PK Gupta, was debarred by the DMC in 2016 from practising in Delhi and despite that, he continued to practice and was using hormonal and shock therapy to provide treatment. As per the court, Gupta was running a super speciality clinic at Karol Bagh in Delhi and was charging Rs 4,500 for 15 minutes counselling, after which he decides to go for hormonal therapy or psychological therapy.

Shamho Das, a 24-year-old homosexual who works as a Teacher and Theatre worker exclaimed, "It is not about whether homosexuality is legal or not but about mentality. We have fought long for decriminalising homosexuality and we won! Now our fight is more difficult as we have to make this society understand that this is not a crime. Otherwise, these kinds of incidents won't stop. It's really shameful and disheartening that these kinds of incidents are taking place even in 2018!"

The DMC took the decision after receiving a letter from Anjali Gopalan, the Executive Director of Naz Foundation in 2015. The letter informed them about a news report where some doctors upheld conversion therapy and claimed to convert homosexuals to heterosexuals. As reported, the letter also referred to another news article which said that 'the dubious procedure included talk therapy which would lead to depression, anxiety, self-harm and suicidal tendencies'.

Endocrinologist and Diabetologist Dr. Deepak Chaturvedi explained about Sexuality being an in-depth subject which cannot be described in few lines. He said that the subject needs thorough discussion and understanding. He further simplified how Nature has given the instinct of Sex for two main purpose — Procreation and Pleasure and the homosexuality does

Endocrinologist and Diabetologist Dr. Deepak Chaturvedi

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“Nature has given all of us a sexual attraction towards opposite sex because that's what leads to procreation (reproduction). Now, homosexuality is "non-reproductive" and hence it is "socially unacceptable". However, being socially unacceptable doesn't necessarily mean 'abnormal' or 'a disorder' or 'a disease'. If reproduction is not taken into account, then consensual sexual preference is one's right and choice.”



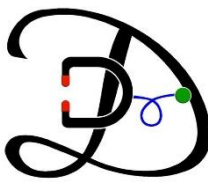
Endocrinologist
and Diabetologist
Dr. Deepak Chaturvedi

Statement and Opinion on “Homosexuality” (Afternoon; 10th Dec 2018..contd...)

Sexuality is an in-depth subject which can not be described in few lines. This subject needs thorough discussion and understanding. Nature has given the instinct of Sex for two purpose- “Procreation and Pleasure”.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



SHAMEFUL!
"Let people live with Sexual Independence"

practising without registration

10 PAGE 2
not fulfil the "procreation (reproduction)" purpose of Sex. "Nature has given all of us a sexual attraction towards opposite sex because that's what leads to procreation (reproduction). Now, homosexuality is "non-reproductive" and hence it is "socially unacceptable". However, being socially unacceptable doesn't necessarily mean 'abnormal' or 'a disorder' or 'a disease'. If reproduction is not taken into account, then consensual sexual preference is one's right and choice," Dr Chaturvedi interpreted.

He further said, "Describing Homosexuality as (genetic) mental disorder is completely insane. If self-sexual gratification (masturbation) is not an abnormal disorder, then having consensual sexual gratification with the same sex also is not abnormal. Labelling homosexuality as a disease/disorder and offering its treatment should be considered equivalent to quackery and fraud."

The court observed that the

“Nature has given all of us a sexual attraction towards opposite sex because that's what leads to procreation (reproduction). Now, homosexuality is "non-reproductive" and hence it is "socially unacceptable". However, being socially unacceptable doesn't necessarily mean 'abnormal' or 'a disorder' or 'a disease'. If reproduction is not taken into account, then consensual sexual preference is one's right and choice.”



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Dr. Deepak Chaturvedi

Statement and Opinion on “Homosexuality” (Afternoon; 10th Dec 2018..contd...)

Homosexuality does not fulfil the “Procreation (Reproduction)” purpose of Sex.

Describing Homosexuality as Genetic or Mental Disorder is completely insane. If self sexual gratification (masturbation) is not an abnormal disorder, then having consensual sexual relationship with the same sex is also not abnormal. Labelling homosexuality as a disease and offering a treatment to it should be considered as quackery or fraud.



Dr. Deepak Aniana V. Chaturvedi; M.D.(Medicine)



THE HINDU BusinessLine

New docs' body to fight denial of license renewal


Being Doctors to approach MMC, HC against govt's move to penalise doctors who avoid rural service

SPECIAL CORRESPONDENT
MUMBAI

Being Doctors, a newly formed doctors' body, will take on the state government for refusing to renew registrations of doctors who haven't served their bond of rural service. According to the Directorate of Medical Education and Research (DMER), nearly 4,000 doctors across the state have not served their bonds at various levels, ranging from MBBS and post-graduation to super-specialty degree holders.

City-based physician Dr. Deepak Chaturvedi, president of Being Doctors, said they are in the process of filing a legal appeal with the Maharashtra Medical Council, and will also approach the High Court. "The picture that the government is presenting is not correct. It's not that doctors don't want to serve the bond; the government has, time and again, failed to give postings to doctors who opted to serve the bonds."

He said they want the court to form a committee to work out a permanent solution. "The government can't wake up suddenly and say they will not renew li-

 The government can't wake up suddenly and say it will not renew licences

Dr. Deepak Chaturvedi
President, Being Doctors

around 500 members, was formed only after the government threat to stop renewing registrations.

As government-run medical colleges offer subsidised education, doctors are expected to serve a mandatory one-year posting in rural areas after completing the four-and-a-half-year MBBS course and a year-long internship. However, if the student plans to study further, he or she can serve two years in rural areas after post-graduation, or three years after a super-specialisation degree.

However, DMER officials said most doctors have been evading the bond on the pretext of preparing for further studies, and often join private hospitals or start their own setups. To curb this, the government has introduced a fine of ₹10 lakh for those who evade the bond after MBBS, ₹50 lakh for post-graduates and ₹2 crore for super-specialisation.

2010, fines were ₹1 lakh, ₹5 lakh and ₹10 lakh respectively. The amount was revised in 2012 to exert pressure on doctors to serve their rural bond. When nothing worked, the government finally decided to stop renewing registrations, so that doctors cannot practice legally. The government has also tried to attach properties of doctors to recover the bond money.

2010 is cut-off year

The government is planning to retrospectively implement the mandatory rural service bond for MBBS students who joined the course in 2010, State Medical Education Minister Girish Mahajan said. He said an online list of students completing their medical education would be compiled for their requirements in rural, semi-rural and tribal areas.

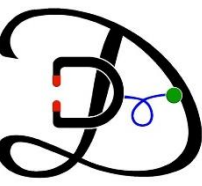
"The State government is also working on shifting the allocation of rural areas to students online. The plan is to implement the mandatory service for students who took admission in 2010. Those who are yet to complete mandatory service will be given the next two years to do so," he said in a state-

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As the President of "Being Doctors", the issues of Maharashtra Doctors brought to the notice of the Media, Public and Government.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



डॉक्टरों ने किया सरकारी बांड का विरोध

सामना संवाददाता / मुंबई

हाल ही में वैद्यकीय शिक्षण व संशोधन संचालनालय (डीएमईआर) ने बांड को लेकर एक फरमान सुनाया। इस फरमान में वर्ष २००५ से २०१२ तक सरकारी कॉलेजों में डॉक्टरों की पढ़ाई कर सफल होने के बाद एक साल का बांड पूरा न करनेवाले डॉक्टरों को जुर्माना भरने का फरमान सुनाया है। ऐसा न करने पर उनका रजिस्ट्रेशन कैसल करने की बात भी कही है। ऐसे में डॉक्टर के संगठन 'बीईंग डॉक्टर' सरकार के इस फरमान को तानाशाही फरमान बताया है।

बता दें कि सरकारी मेडिकल कॉलेज में शिक्षा प्राप्त करनेवाले सभी डॉक्टरों को एमबीबीएस व पोस्ट ग्रेजुएशन के बाद पोस्टिंग अनुसार किसी भी सरकारी, जिला

व प्राथमिक अस्पताल में एक साल काम करना होता है। डीएमईआर ने हाल ही में बताया कि लगभग ४,५०० डॉक्टरों ने बांड पूरा नहीं किया और उन्हें १० लाख से लेकर २ करोड़ रुपये तक जुर्माना भरना होगा वरना उनका रजिस्ट्रेशन रद्द कर दिया जाएगा। इस फैसले से नाराज 'बीईंग डॉक्टर' के डॉ. दीपक चतुर्वेदी ने कहा कि १० साल बाद सरकार अब उठी है। हमें पोस्टिंग नहीं दी गई तो बांड कैसे पूरा करे यह सरकार की गलती है। हमारा भी भविष्य, परिवार व अन्य

जिम्मेदारियां हैं। अब अचानक से यह फरमान सरकार की तानाशाही है। हम जल्द कोर्ट में इस मामले को लेकर जाएंगे और एक समिति गठित करने की मांग करेंगे ताकि इस समस्या का उचित हल निकले।



MUKHYA

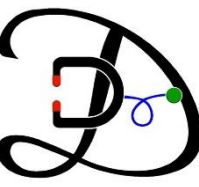
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Covered in "Saamna"
(01st Nov'2017)

As the President of "Being Doctors", the issues of Maharashtra Doctors related to Bond , brought to the notice of the Media, Public and Government.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



ગ્રામીણ વિસ્તારમાં સેવા નહીં આપતાં ૨૬ થયેલાં લાઈસન્સ સામે ડોક્ટરોએ બાંયો ચઢાવી

ભાસ્કર ન્યૂઝ | મુંબઈ

ગ્રેજ્યુએશન પૂરું થયા પછી નિયમ અનુસાર એક વર્ષ ગ્રામીણ વિસ્તારોમાં સેવા નહીં આપનારા ડોક્ટરોનું નોંધણી રદ કરવાનાં અને તેમની પાસેથી પાત્રતા અનુસાર રૂ. ૨ કરોડ ૬૮ વસૂલવાના તબીબી શિક્ષણ અને સંશોધન સંચાલનાલયના નિર્ણય સામે ડોક્ટરોએ બાંયો ચઢાવી છે. એનજીઓ બીઈંગ ડોક્ટર્સ ત્રયસ્ત ડોક્ટરોની વહારે આવી છે.

સંચાલનાલયનો નિર્ણય એકતરફી અને જુલમી છે. વાસ્તવમાં સંચાલનાલય દ્વારા જ ડોક્ટરોને પોસ્ટિંગ આપવામાં બેદરકારી દાખવવામાં આવી હતી. ડોક્ટરોએ સ્વૈચ્છિક રીતે બોન્ડ પર સહી કરી હતી અને તેઓ ગ્રામીણ વિસ્તારમાં સેવા આપવા માટે તૈયાર હતા, પરંતુ સંચાલનાલય તરફથી કોઈ જ પ્રતિસાદ પ્રાપ્ત થયો નહોતો. હવે આવાં કઠોર પગલાં જુલમી છે, એમ તેમણે જણાવ્યું છે.

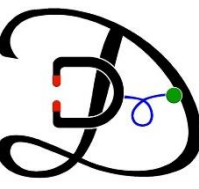
સરકારી ઠરાવ એવું કહે છે કે ડોક્ટરો ગ્રેજ્યુએશન પૂરું કરે પછી તેમને ગ્રામીણ વિસ્તારોમાં ફરજ સત્તાવાળાએ સોંપવી જોઈએ. જોકે જૂજ ડોક્ટરો સિવાય મોટા ભાગના ડોક્ટરોને આવો કોઈ જ સંદેશવ્યવહાર પ્રાપ્ત થયો નહોતો. આથી તેમણે ડોક્ટરી કરવાનું શરૂ કર્યું હતું. હવે આકરાં પગલાં અન્યાયી છે, એમ બીઈંગ ડોક્ટર્સના પ્રેસિડેન્ટ ડો. દીપક ચતુર્વેદીએ જણાવ્યું છે.

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As the President of “Being Doctors”, the issues of Maharashtra Doctors related to Bond , brought to the notice of the Media, Public and Government.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



डीएमईआरच्या कारवाईला डॉक्टरांचा विरोध

परवाने रद्द करण्याच्या निर्णयाला डॉक्टर आव्हान देणार

मुंबई : पदवी घेतल्यानंतर एक वर्षासाठी ग्रामीण भागात काम न केलेल्या राज्यातील डॉक्टरांवर वैद्यकीय शिक्षण आणि संशोधन संचालनालयाने (डीएमईआर) केलेल्या दंडात्मक कारवाईला आता डॉक्टरांकडून विरोध सुरू झाला आहे. ग्रामीण भागात काम करण्याची डॉक्टरांची तयारी असूनही इच्छुक डॉक्टरांना पोस्टिंगच मिळत नसल्याचे डॉक्टरांकडून सांगण्यात येत आहे. या सर्व अवैध कारवाई विरोधात डॉक्टरांची 'बीईग डॉक्टर्स' संघटना लढण्याच्या तयारीत असल्याचे वातावरण निर्माण झाले आहे.

डीएमईआरकडून ज्या डॉक्टरांचे प्रमाणपत्र रद्द करण्यात आले त्यांना त्यांच्या शैक्षणिक पात्रतेनुसार, २ कोटी रुपयांपर्यंतच्या दंडाची शिक्षा सुनावली.

डॉक्टर स्वेच्छेने या बॉण्डवर सद्द्या करतात. मग ते सेवा देण्यास का टाळाटाळ करतील. ग्रामीण भागात कुठेही ते जाण्यास तयार असतात. मात्र, डॉक्टरांचा परीक्षेचा निकाल जाहीर झाल्यानंतर त्यांना ठराविक काळात या बॉण्डनुसार ग्रामीण भागात तैनात करावे असे सरकारी अध्यादेशात म्हटले आहे. यात डॉक्टरांची काहीही चूक नाही. डॉ. दीपक चतुर्वेदी, अध्यक्ष, बीईग डॉक्टर्स संघटना

अशा डॉक्टरांच्या बाजूने ही संघटना उतरली आहे. मुळात डॉक्टरांवरील अशाप्रकारची कारवाई अत्यंत कठोर असून संचालनालयच डॉक्टरांना पोस्टिंग देण्याकडे दुर्लक्ष करत असल्याचे मत ही संघटना व्यक्त करत आहे. 'बीईग डॉक्टर्स' ही संस्था या दंडात्मक कारवाईचा विरोध करत असून डीएमईआरने याबाबत फेरविचार करावा, असे आवाहन करत

आहे. चांगल्या योजनांची अंमलबजावणी सरकारकडून योग्य प्रकारे झाली नाही. पायाभूत सुविधेचा अभाव, डॉक्टरांच्या क्षमता आणि कौशल्यानुसार त्यांच्या पोस्टिंगची ठिकाणे निश्चित करण्यात येणारी असमर्थता यामुळे या योजनेची अंमलबजावणी अपयशी ठरली असल्याचे 'बीईग डॉक्टर्स' संस्थेचे पदाधिकारी डॉक्टर सांगतात.

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Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



DMER पर भड़के डॉक्टर

खोला मोर्चा पोस्टिंग की जानकारी नहीं देने का लगाया आरोप

कार्यालय संवाददाता मुंबई. बांड सेवा नहीं देने वाले डॉक्टरों के खिलाफ कार्रवाई करने के सरकार के फैसले के खिलाफ डॉक्टरों ने मोर्चा खोल दिया है. डॉक्टरों के अनुसार पढ़ाई पूरी करने के बाद ग्रामीण भागों में सेवा देने के लिए वे तैयार थे, किन्तु डीएमईआर की तरफ से पोस्टिंग की जानकारी डॉक्टरों को उपलब्ध नहीं करवाई गई थी. सरकारी अस्पतालों से डिग्री हासिल कर बांड सेवा नहीं देने वाले 4 हजार 548 डॉक्टरों के खिलाफ डीएमईआर ने कार्रवाई करने का निर्णय लिया है. जिसके तहत स्वास्थ्य विभाग डॉक्टरों का रजिस्ट्रेशन रद्द करने की तैयारी कर रहा है.

डॉ. चतुर्वेदी के अध्यक्ष डॉ. दीपक चतुर्वेदी ने कहा कि डॉक्टरों ने स्वेच्छा से अनुबंध पत्र पर हस्ताक्षर किया था. सरकार के शासनादेश के अनुसार संबंधित अधिकारियों को मेडिकल परीक्षा परिणाम घोषित होने के निश्चित अवधि के भीतर डॉक्टरों को अनुबंध के तहत पोस्टिंग सौंपना जरूरी होता है. लेकिन डीएमईआर के अधिकारियों ने ग्रामीण क्षेत्रों में पोस्टिंग देने में लापरवाही बरती है. ऐसे में बांड सेवा पुरा नहीं करने के लिए डॉक्टर कैसे जिम्मेदार हो सकते हैं.

डॉ. चतुर्वेदी के अनुसार बांड सेवा पुरा नहीं करने वाले डॉक्टरों से बांड की रकम मांगी जा रही है. जो 2 लाख रुपए से 2 करोड़ रुपए तक है. लेकिन डीएमईआर अधिकारियों की लापरवाही का खामियाजा डॉक्टर क्यों भरे.

उन्होंने कहा कि बांड सेवा पुरा नहीं करने वाले डॉक्टर का रजिस्ट्रेशन रद्द करने का अधिकार डीएमईआर के पास नहीं है.

डॉ. स्नेहल भोगे के अनुसार जिन डॉक्टरों को ग्रामीण इलाकों में तैनात किया गया है उन्हें आवश्यक सुविधाओं की कमी से जुझने के अलावा योगियों और उनके परिजनों के गुस्से का सामना करना पड़ता है.

डॉ. निलीमा वैद्य भामरे की सचिव डॉ. निलीमा वैद्य भामरे ने कहा कि बांड सेवा को सही तरीके से लागू करने में सरकार फेल रही है. इस विवाद के चलते डॉक्टरों की छवि खराब हो रही है.

तत्काल पोस्टिंग क्यों नहीं

डॉक्टरों के अनुसार सरकार को अगर ग्रामीण भागों में चिकित्सकों की सेवा लेनी थी तो शिक्षा पूरी करने के बाद तत्काल पोस्टिंग देनी चाहिए था. इसलिए डीएमईआर को अपने फैसले पर दुबारा विचार करना चाहिए. 'बिईंग डॉक्टर्स' की सचिव डॉ. निलीमा वैद्य भामरे ने कहा कि बांड सेवा को सही तरीके से लागू करने में सरकार फेल रही है. इस विवाद के चलते डॉक्टरों की छवि खराब हो रही है.

कमेटी का गठन

यहां तक कि प्राथमिक स्वास्थ्य केंद्रों पर न्यूनतम बुनियादी ढांचे, दवाइयों और अन्य सुविधाओं की बेहद कमी होती है. स्वास्थ्य विभाग को इन कमियों को दूर करने के बजाए डॉक्टरों के खिलाफ कठोर कदम उठाना गलत है.

समस्या के समाधान के लिए सरकार को समिति का गठन करना चाहिए. ताकि भविष्य में ऐसे घटनाओं को रोका जा सके.

-डॉ. दीपक चतुर्वेदी अध्यक्ष बिईंग डॉक्टर्स

अच्छी योजना फेल

बांड सेवा के जरिए सरकार ने अच्छी कोशिश की थी. लेकिन इसी योजना को स्वास्थ्य विभाग ठीक तरीके से लागू नहीं कर पाया.

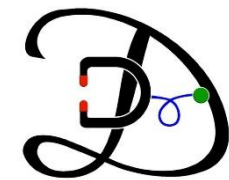
डॉ. निलीमा वैद्य भामरे सचिव 'बिईंग डॉक्टर्स'

Covered in "Nav Bharat"
(04th Nov'2017)

As the President of "Being Doctors", the issues of Maharashtra Doctors related to Bond , brought to the notice of the Media, Public and Government.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



‘सेवा देने तैयार थे डॉक्टर नहीं मिली समय से नियुक्ति’

डीएमईआर के कड़े रुख से चिकित्सकों में नाराजगी

ब्यूरो | मुंबई

राज्य के मेडिकल शिक्षा व शोध निदेशालय (डीएमईआर) द्वारा चिकित्सकों के खिलाफ अनिवार्य सेवा अनुबंध (बॉन्ड) के मामले में शुरू कार्रवाई को लेकर चिकित्सकों से जुड़े संगठनों ने नाराजगी जताई है। उनका कहना है कि संबंधित विभाग की लापरवाही के चलते ऐसी स्थिति पैदा हुई है। इसके लिए चिकित्सक नहीं बल्कि डीएमईआर जिम्मेदार है। मेडिकल की पढ़ाई पूरी करने के बाद अनिवार्य सेवा अनुबंध के तहत ग्रामीण क्षेत्रों में अपनी सेवाएं न देने के मामले में ‘बिडिंग डॉक्टरों’ नामक स्वयंसेवी संगठन ने चिकित्सकों का रजिस्ट्रेशन रद्द करने और 2 करोड़ रुपए तक का जुर्माना भरने के मामले में अपना पक्ष रखा है। डॉक्टरों के संगठन का कहना है कि, वास्तव में डीएमईआर ने चिकित्सकों को ग्रामीण क्षेत्रों में पोस्टिंग देने में लापरवाही बरती है। चिकित्सकों का कहना है कि, उन्होंने स्वेच्छा से अनुबंध पत्र पर हस्ताक्षर किए थे। वे सेवा देने के लिए तैयार थे, लेकिन मेडिकल



की पढ़ाई पूरी करने के बाद पोस्टिंग के संबंध में डीएमईआर की तरफ से कोई सूचना नहीं दी गई। चिकित्सकों ने उनके खिलाफ दंडनीय कार्रवाई किए जाने का विरोध करते हुए डीएमईआर से फैसले पर पुनर्विचार किए जाने की अपील की है।

खराब हुई चिकित्सकों की छवि
‘बिडिंग डॉक्टरों’ की सचिव डॉ. निलीमा वैद्य आम्रे का कहना है कि, एक अच्छी योजना को सरकार अच्छी तरह लागू नहीं कर सकी। संसाधनों की कमी और चिकित्सकों की योग्यता के अनुसार उनको नियुक्ति नहीं दी जा सकी, इन वजहों से यह योजना सफल नहीं हो सकी। उन्होंने कहा कि इस विवाद ने चिकित्सकों की एक बहुत ही नकारात्मक छवि पैदा की है।

सरकार के शासनादेश (जीआर) अनुसार संबंधित अधिकारियों को मेडिकल परीक्षा परीणाम आने के बाद निश्चित अवधि के भीतर चिकित्सकों को अनुबंध के तहत पोस्टिंग दी जानी चाहिए थी। कुछ लोगों को छोड़कर, अधिकांश चिकित्सकों को उनकी पोस्टिंग के बारे में कोई सूचना नहीं मिली। उन्होंने अपनी मेडिकल प्रैक्टिस शुरू कर दी। पर अब डीएमईआर का फैसला उनके लिए एक सदमे जैसा है। गलती न होने पर भी उन्हें सजा दी जा रही है।

- डॉ. दीपक चतुर्वेदी, अध्यक्ष, बिडिंग डॉक्टरों

दैनिक भास्कर

अपन पढ़ रहे हैं देश का सबसे विश्वसनीय और नंबर 1 अखबार

Covered in “Dainik Bhaskar”
(09th Nov’2017)

As the President of “Being Doctors”, the issues of Maharashtra Doctors related to Bond , brought to the notice of the Media, Public and Government.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



TIMES CITY THE TIMES OF INDIA, MUMBAI WEDNESDAY, NOVEMBER 1, 2017

Not enough posts for rural service, complain doctors

But Over 1,000 Vacancies In Govt Hosps
Yogita Rao & Sumitra Deb Roy | TNN

Mumbai: While the state has passed a bill that MBBS students won't be allotted PG seats unless they have completed their rural bond service, figures suggest the state may not be able to accommodate all students even if they apply to complete bonds. The state had to twice recall a similar decision taken earlier as it failed to allot postings to all doctors in public hospitals within a stipulated time.

The GR was issued by the medical education department on October 12 barring MBBS graduates from appearing for NEET-PG in January unless they have served the bond.

The state's 18 public medical colleges produce around 2,400 MBBS and 900-odd post-graduate students every year. While every candidate is supposed to fulfil the mandatory one-year bond soon after completion of their courses, it has now emerged the state can hardly accommodate more than 2,000 in any given year.

In another move, around 4,500 doctors face the possibility of losing their registration after being cornered by the state for not serving their bonds. The state's dual action has not gone down well with the community which blamed the government agencies for a flawed implementation of the bond scheme and claim they are being made to pay for the demand-supply mismatch. Many are contemplating legal recourse.

"No doctor is averse to serving the bond. The doctors have willingly signed the bond and anticipated working for a year in rural areas. The GR requires authorities to allot postings to doctors within a specified duration after declaration of their results. However, a majority of doctors did not receive any communication regarding postings and eventually went their way," said Dr Deepak Chaturvedi, president of Being Doctors, an NGO.

Interestingly, the state on two occasions in 1995 and 2006 had issued similar GRs stating students won't qualify for PG seats if they have not served bonds. "The state had to recall both GRs as there were no posts available to accommodate the graduates. All candidates were eventually allowed to appear for post-graduate entrance examination without serving bonds," said Dr Pravin Shingara, director, Directorate of Medical Education and Research.

But Anurag Bang of NGO NIRMAL, who has been a staunch supporter of doctors serving in rural areas, said there is a strange situation in Maharashtra, where there are lots of vacancies in government hospitals and primary health centres despite a large number of young medical graduates legally available for service every year. Numbers suggest over 1,100 posts of medical officers, which are mainly filled up by MBBS graduates, are currently vacant in the state.

Dr Satish Pawar, head of the Directorate of Health Services, said merely 500 medical graduates approach them for rural posting every year. "Out of the 2,500 undergraduate and post-graduate candidates that pass out, merely 500 come to us for bond service allotment. We don't know where the remaining 2,000 students go," he said.

He added that the 7,232 sanctioned posts, the department requires around 5,000 MBBS graduates to work in primary health centres, rural, district and sub-district hospitals.

Dean of KEM Hospital Dr Avinash Supe said last year 275 MBBS graduates joined bond service. "Every year we get around 500 bond candidates of what we ask from DMER. But more candidates are willing to join BMC hospitals due to steps by the government," he said.

IN A BIND OVER BONDS?
MEDICAL STUDENTS PASSING OUT ANNUALLY IN MAHARASHTRA
MBBS 2,400 PG 900
Total 3,300

What Govt Says
➤ It's the only way doctors can give back to society
➤ Students are informed about bond service in first year
➤ Students can pay indemnity money, a small amount compared to amount spent by state on their education
➤ Students can also apply in all-India quota seats for post-graduation

Govt to retrospectively implement mandatory stint for medical grads
The Maharashtra government plans to retrospectively implement the mandatory rural service bond for MBBS students who took admission to the course in 2010, state medical education minister Girish Mahajan has said. The state government has made it mandatory for doctors in government medical colleges to work in rural areas for a year. Mahajan said a list would be compiled online of students completing their medical education, for their requirements in rural, semi-rural and tribal areas. "The state government is also working on shifting the entire allocation online. The plan is to implement the mandatory service for students who took the admission in 2010. Those who have not yet completed their mandatory service will be given the next two years to complete it," he said in a statement.

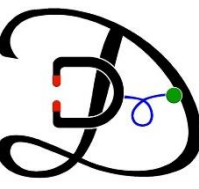
"The bond is necessary so that newly graduated students get an experience of working in rural areas. It will also benefit rural areas where medical services are required," the minister said.

TIMES VIEW: The excuse of medical graduates that there aren't enough posts to serve a one-year stint in a rural area is absurd, considering more than two-thirds of them flout their obligations. There are over a thousand junior-level posts in state-run hospitals currently vacant. Doctors passing out of government colleges must make good for the excellent subsidized education they receive by doing their bit in places with poor healthcare. Yes, the state needs to expand hospitals and provide more posts. But that should not stop the bulk of doctors from keeping their end of the bargain.

Department	Vacancies
Public Health Department (includes rural, district hospital & primary health centres)	1,102
Vacancies in Medical Education Department (includes 14 medical colleges in state)	250 (approx)
Vacancies in BMC Medical Colleges & Peripheral Hospitals	100 (approx)

Covered in "The Times Of India" (09th Nov'2017)

As the President of "Being Doctors", the issues of Maharashtra Doctors related to Bond, brought to the notice of the Media, Public and Government.



डीएमईआरच्या कारवाईला डॉक्टरांचा विरोध

परवाने रद्द करण्याच्या निर्णयाला डॉक्टर आवाहन देणार

मुंबई : पदवी घेतल्यानंतर एक वर्षासाठी ग्रामीण भागात काम न केलेल्या राज्यातील डॉक्टरांवर वैद्यकीय शिक्षण आणि संशोधन संचालनालयाने (डीएमईआर) केलेल्या दंडात्मक कारवाईला आता डॉक्टरांकडून विरोध सुरू झाला आहे. ग्रामीण भागात काम करण्याची डॉक्टरांची तयारी असूनही इच्छुक डॉक्टरांना पोस्टिंगच मिळत नसल्याचे डॉक्टरांकडून सांगण्यात येत आहे. या सर्व अवैध कारवाई विरोधात डॉक्टरांची 'बीईग डॉक्टर्स' संघटना लढण्याच्या तयारीत असल्याचे वातावरण निर्माण झाले आहे.

डीएमईआरकडून ज्या डॉक्टरांचे प्रमाणपत्र रद्द करण्यात आले त्यांना त्यांच्या शैक्षणिक पात्रतेनुसार, २ कोटी रुपयांपर्यंतच्या दंडाची शिक्षा सुनावली.

डॉक्टर स्वेच्छेने या बॉण्डवर सह्या करतात. मग ते सेवा देण्यास का टाळाटाळ करतील. ग्रामीण भागात कुठेही ते जाण्यास तयार असतात. मात्र, डॉक्टरांचा परीक्षेचा निकाल जाहीर झाल्यानंतर त्यांना ठराविक काळात या बॉण्डनुसार ग्रामीण भागात तैनात करावे असे सरकारी अध्यादेशात म्हटले आहे. यात डॉक्टरांची काहीही चूक नाही.

डॉ. दीपक चतुर्वेदी, अध्यक्ष, बीईग डॉक्टर्स संघटना

अशा डॉक्टरांच्या बाजूने ही संघटना उतरली आहे. मुळात डॉक्टरांवरील अशाप्रकारची कारवाई अत्यंत कठोर असून संचालनालयच डॉक्टरांना पोस्टिंग देण्याकडे दुर्लक्ष करत असल्याचे मत ही संघटना व्यक्त करत आहे. 'बीईग डॉक्टर्स' ही संस्था या दंडात्मक कारवाईचा विरोध करत असून डीएमईआरने याबाबत फेरविचार करावा, असे आवाहन करत

आहे. चांगल्या योजनांची अंमलबजावणी सरकारकडून योग्य

प्रकारे झाली नाही. पायाभूत सुविधेचा अभाव, डॉक्टरांच्या क्षमता आणि कौशल्यानुसार त्यांच्या पोस्टिंगची ठिकठिकाणे निश्चित करण्यात येणारी असमर्थता यामुळे या योजनेची अंमलबजावणी अपयशी ठरली असल्याचे 'बीईग डॉक्टर्स' संस्थेचे पदाधिकारी डॉक्टर सांगतात.

Covered in "Daily Marathi" (Nov'2017)

As the President of "Being Doctors", the issues of Maharashtra Doctors related to Bond , brought to the notice of the Media, Public and Government.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



WHAT'S UP, DOCS!

By Raju Vernekar

Over 4,500 doctors, whose registrations have been cancelled for one year by the Maharashtra government for their alleged failure to serve in rural areas, have sought clarification about whether the DMER offered them jobs, at all, in rural areas as it alleges that the doctors have refused to accept them.

"Being Doctors", a forum representing the doctors, has filed a RTI application, seeking detailed information from the Directorate of Medical Education and Research (DMER), about when the jobs were offered and which doctors refused to accept them.

Continued on pg 6 »

WHAT'S UP, DOCS!

Continued from pg 1 »



Speaking to The Afternoon D&C, Dr Deepak Chaturvedi, President, "Being Doctors" said, "We have filed the RTI application, three weeks back and are awaiting a reply, because that will clarify the position of the DMER. The DMER will have to give the names of doctors and dates on which they were directed to join and the names of the rural hospitals they were sent to. Basically no jobs were offered and the doctors are being targeted who are very much part of the society. Based on the reply to our query, we will move the court. The action taken by DMER is unilateral. Besides, the DMER should also explain how the amount of penalty; Rs 10 lakh for a MBBS, Rs 50 lakh for post-graduates and Rs 2 crore for super- speciality doctors, was arrived at".

"Basically there had been no communication from either the DMER or the Maharashtra Medical Council (MMC) about rural postings earlier. MMC issued a circular on June 30, directing doctors, directing graduates, post-graduates and super specialty degree and diploma holders from government or municipal corporation-run medical colleges to submit their one-year 'bond-free certificate' for renewal of registration. Subsequently early last month, the registration of the doctors had been cancelled. But the MMC act has no provision to cancel the

"The Government has also been saying that the doctors, whose registrations have not been renewed would be called bogus doctors and will invite legal action. This is absolutely arbitrary, because time and again, the government has failed to give postings to doctors who opted to serve the bonds. Nobody is complaining about working in rural areas, but the real issue is poor infrastructure at primary health centres."

"We want the government to set up a committee comprising retired judges and policy makers to study the matter and come out with guidelines about the rural postings. After completing education for three and half years, the government can fix internship of two years, which could comprise a one year compulsory posting in rural areas."

The requirement of a one year bond is not applicable to ayurveda or homeopathy students. Then no one knows why only allopathic students are targeted. This way, one day there will be a huge shortage of allopathic doctors in Maharashtra.

The Maharashtra government is planning to retrospectively implement the mandatory rural service bond for MBBS students who had taken admission to the course in 2010. An online list would be compiled of the students completing their medical education, for their requirements in rural, semi-rural and tribal areas.

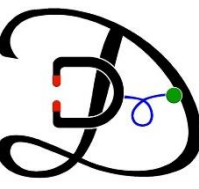
In another development the state government is also planning to tweak the duration of the MBBS course to 6.5 years from the existing 5.5, in order to leave no room for students to dodge rural postings. Under the proposal, a one year bond of rural service will be merged with the course and the students will be awarded degrees only after comple-

Covered in "Afternoon"
(09th Nov'2017)

As the President of "Being Doctors", the issues of Maharashtra Doctors related to Bond , brought to the notice of the Media, Public and Government.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



ग्रामीण भागात डॉक्टरांना पदनियुक्ती नाही

म. टा. खास प्रतिनिधी, मुंबई

कोणत्याही क्षेत्रातील तज्ज्ञांना उच्च शिक्षण घेतल्यानंतर त्या क्षेत्रात काम करण्याचा व पैसे मिळवण्याचा अधिकार आहे. वैद्यकीय शिक्षण संचालनालयाकडे ग्रामीण भागात काम करण्यासाठी पदनियुक्तीची (पोस्टिंग) मागणी करूनही जागा दिल्या जात नसतील तर त्यात डॉक्टरांचा काय दोष, अशी विचारणा बिईंग डॉक्टर या सामाजिक संस्थेने केली आहे. डॉक्टरांच्या मुद्द्यांवर काम करणाऱ्या या संस्थेने ग्रामीण भागात काम करायला डॉक्टर तयार होत नाहीत,



**बिईंग डॉक्टर
संस्थेचा आरोप**

हा वैद्यकीय शिक्षण संचालनालयाचा आरोप खोडून काढला आहे.

मागील काही वर्षांमध्ये पदव्युत्तर वैद्यकीय प्रशिक्षण घेतलेल्या डॉक्टरांनी स्वतःहून ग्रामीण भागामध्ये पोस्टिंग मिळण्याबद्दल विचारणा केली होती. वैद्यकीय शिक्षण संशोधन व संचालनालयाकडून यासंदर्भात कोणताही प्रतिसाद मिळाला नाही. तोंडी वा लेखी आश्वासनही देण्यात आले नाही. त्यामुळे एका कालावधीसाठी वाट पाहून या डॉक्टरांनी स्वतःची प्रॅक्टिस सुरू केली. या प्रॅक्टिसच्या माध्यमातूनही ते रुग्णांना

तसेच गरजूंना सोयीसुविधा देतात हे सरकार कसे नाकारणार, असा प्रश्न संस्थेचे अध्यक्ष डॉ. पंकज चतुर्वेदी यांनी उपस्थित केला आहे.

राज्य सरकारने अनेक चांगल्या योजना गौरवरीब रुग्णांसाठी राबवल्या, पण या योजनांची प्रत्यक्ष अंमलबजावणी होत नसेल तर त्याचा काय फायदा, असा प्रश्न संस्थेच्या सचिव डॉ. निलिमा वैद्य-भामरे यांनी उपस्थित केला आहे. डॉक्टर कसे स्वार्थी आहेत व ते ग्रामीण भागामध्ये जाऊन सोयीसुविधा देत नाहीत, असे चित्र निर्माण केल्यामुळे डॉक्टरांची प्रतिमाही डागाळली जात आहे. पदव्युत्तर डॉक्टरांना दोन कोटी रुपयांपर्यंतची दंडात्मक रक्कम आकारण्यात आली आहे. या कायदेशीर कारवाईमुळे प्रामाणिकपणे ग्रामीण भागात सेवा देऊ पाहणाऱ्या डॉक्टरांचे मनोबल खचू लागल्याची शक्यता आहे, असेही संस्थेचे म्हणणे आहे.

आरोपांत तथ्य नाही

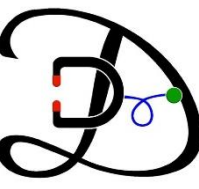
बिईंग डॉक्टर या संस्थेने घेतलेल्या आक्षेपासंदर्भात वैद्यकीय संशोधन व संचालनालयाचे संचालक डॉ. प्रवीण शिंदे यांच्याकडे विचारणा केली असता ते म्हणाले की, या आरोपामध्ये कोणतेही तथ्य नाही. ज्या डॉक्टरांकडे अशी विचारणा केल्याचे लेखी पुरावे, तक्रारी आहेत त्यांनी त्या सादर केल्यास यासंदर्भात चर्चा करण्यात येईल, असे सांगून त्यांनी हे आरोप नाकारले.

Covered in
“Maharashtra Times”
(02nd Nov’2017)

As the President of “Being Doctors”, the issues of Maharashtra Doctors related to Bond , brought to the notice of the Media, Public and Government.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



पुण्य नगरी

परवाने रद्द करण्याच्या डीएमईआरच्या निर्णयाला डॉक्टर देणार आव्हान

■ मुंबई : पदवी घेतल्यानंतर एक वर्षासाठी ग्रामीण भागात काम न केलेल्या राज्यातील डॉक्टरांवर वैद्यकीय शिक्षण आणि संशोधन संचालनालयाने (डीएमईआर) केलेल्या दंडात्मक कारवाईला आता डॉक्टर समुदायाकडून विरोध होऊ लागला आहे. ज्या डॉक्टरांचे प्रमाणपत्र रद्द करण्यात आले आहे आणि त्यांना त्यांच्या शैक्षणिक पात्रतेनुसार दोन कोटी रुपयांपर्यंतच्या दंडाची शिक्षा सुनावली आहे, अशा डॉक्टरांच्या बाजूने बीईग डॉक्टर्स ही सेवाभावी संस्था उतरली आहे. बीईग डॉक्टर्सने या कारवाईचा विरोध करत याबाबत फेरविचार करावा, असे आवाहन केले आहे.

डीएमईआरने लादलेली दंडात्मक कारवाई अत्यंत कठोर स्वरूपाची आहे. डीएमईआरने डॉक्टरांना पोस्टिंग देण्याकडे दुर्लक्ष केले होते, याकडे लक्ष वेधण्याचा प्रयत्न बीईग डॉक्टर्सने केला होता. अशी सेवा देण्याबाबतच्या बॉण्डवर स्वेच्छेने स्वाक्ष्य केल्या असल्याचे डॉक्टरांनी म्हटले असून, याबाबत डीएमईआरकडून आमचा अभ्यासक्रम संपल्यानंतर कोणत्याही प्रकारे संवाद साधला गेला नाही, असे स्पष्ट

केले आहे. सरकारसोबत सहकार्यीन काम करण्याची डॉक्टर समुदायाची इच्छा असून या मुद्द्यावर त्यांना तोडगा काढायचा आहे. प्रत्येक व्यावसायिकाला त्याचा व्यवसाय करण्याचा आणि उत्पन्न कमावण्याचा अधिकार आहे. त्यांची नोंदणी रद्द करणे आणि त्यांचे परवाने काढून घेणे, यातून थेट त्यांच्या कुटुंबाची उपजीविकाच धोक्यात येते. याबाबत माहिती देताना बीईग डॉक्टर्सचे अध्यक्ष दीपक चतुर्वेदी म्हणाले की, कोणताही डॉक्टर बॉण्डनुसार सेवा करण्यास नकार देत नाही. डॉक्टरांनी स्वेच्छेने या बॉण्डवर स्वाक्ष्य केल्या आहेत आणि ते ग्रामीण भागात कुठेही नियुक्ती केली तरी तेथे सेवा देण्यास तयार होते. या डॉक्टरांचा परीक्षेचा निकाल जाहीर झाल्यानंतर त्यांना ठरावीक काळात या बॉण्डनुसार ग्रामीण भागात तैनात करावे, असे सरकारी अध्यादेशात म्हटले आहे. मात्र काही अपवाद वगळता बहुसंख्य डॉक्टरांना त्यांच्या पोस्टिंगबाबत काहीही संपर्क झाला नाही आणि काही काळानंतर त्यांनी स्वतःची प्रॅक्टिस सुरू केली. या डॉक्टरांची काहीही चुक नसताना, डीएमईआरचा हा निर्णय डॉक्टरांसाठी धक्कादायक आहे.

ग्रामीण भागातील नुर्तीकडे प्रशासनाचे दुर्लक्ष

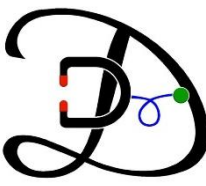
ग्रामीण भागात ज्यांची पोस्टिंग झाली आहे, त्यांनी ग्रामीण भागातील रुग्ण आणि त्यांच्या कुटुंबांची पुरेशा साधनांविना होणारी हेळसांड पाहिली आहे. अगदी प्राथमिक आरोग्य केंद्रात किमान पायाभूत सुविधा, औषधे आणि अन्य सुविधा यांचा ग्रामीण भागात पुरवठा होणे अत्यंत दुर्लभ आहे. या नुर्तीकडे प्रशासन दुर्लक्ष करते, ही आमच्याकरिता दुःखद बाब आहे. दुसरीकडे तेच डॉक्टरांना धमकावून, वाईट परिणामांचे इशारे देऊन त्यांची उपजीविका हिरावून घेण्याचा प्रयत्न करते हे योग्य नाही. सरकारने याबाबत व्यावहारिक तोडगा काढावा आणि या निर्णयाचा फेरविचार करावा, अशी आम्ही विनंती करतो, असे बीईग डॉक्टर्सच्या सहसचिव डॉ. स्नेहल भंगे यांनी म्हटले आहे.

Covered in
“Maharashtra Times”
(04th Nov'2017)

As the President of “Being Doctors”, the issues of Maharashtra Doctors related to Bond , brought to the notice of the Media, Public and Government.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



- DR. DEEPAK CHATURVEDI
M.D Physician Endocrinologist,
Diabetologist, Anti-aging Specialist &
Obesity Consultant

On Doctor's Day **"The Times Of India"** **(01st July'2015)**

Follow the principles of legendary Dr.B.C.Roy and always thank your patients to show their faith on us.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



“We, as a medical fraternity have to be careful before advising anything because people take these advises seriously and

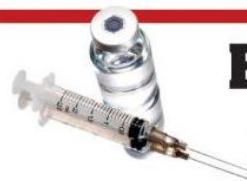
some even follow the same. The first and foremost job of a doctors is to create awareness but not take advantage of a situation for their medical practices.” He further stated, “I would want to extend my request to the population not to get carried away by any claims and assurances given by anybody. Ask for scientific evidences. Don't get overconfident if you are taking such treatments. Most importantly, don't pay for such treatments claiming to give you prevention and treatment against Corona Covid 19 infection.”

-Dr. Chaturvedi

M.D, First Antiaging Physician in India



MAHARASHTRA DOCTORS

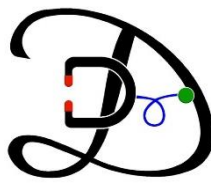


**Exposes the false claims
on Covid-19 medication**



About importance of Being Ethical **(Afternoon; 20th March'2020)**

We doctors have to be responsible and ethical while spreading awareness about Corona Covid 19. There shouldn't be any commercial interest in this process.



Speaking to The Free Press Journal, Dr Deepak Chaturvedi says that the dosage isn't a problem, as it was treated during the SARS epidemic. "Early literature in medical textbooks has also shown that hydroxychloroquine can be treated as an anti-viral," he says.

However, Dr Chaturvedi has cautioned that there isn't a mass purchase and self-medication of the drug. "When the coronavirus pandemic broke out, there was a mass purchase of masks. The authorities finally put out guidelines stating that not everybody need not buy a mask," he said.

However, Dr Chaturvedi has cautioned that there isn't a mass purchase and self-medication of the drug. "When the coronavirus pandemic broke out, there was a mass purchase of masks. The authorities finally put out guidelines stating that not everybody need not buy a mask," he said.

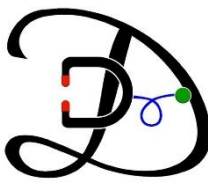
He added that the use of hydroxychloroquine made sense, as the nation needed to use something available rather than go for R&D.

Chloroquinine & HCQ in Corona Covid 19 **(Free Press Journal; March'2020)**

The importance of Chloroquine/HCQ can not be ignored in the management of Corona Covid 19, but its unscrupulous hoarding and unsupervised use should be avoided. Chloroquine/HCQ should be "Only Prescription" drugs now.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



But the biggest challenge is the availability of the drug. Government authorities in their circular have said that only high-risk cases need to buy the drug. Dr Chaturvedi adds that with monsoons approaching, over-consumption of hydroxychloroquine – which is predominantly a drug used to treat malaria – may develop a resistance against the disease. “If this happens, not only will we have a coronavirus pandemic, but also rise in the number of malaria cases due to the drug resistance.”

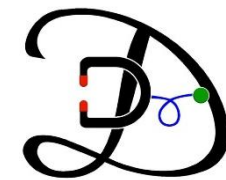
Dr Chaturvedi says, "The biggest concern is "Mass Hysteria". People are considering it as a protection against Corona Covid 19 , buying it and using it inadvertently. This is giving them false assurance about the protection and this may lead to weakening of the basic concept of "Breaking of Transmission Chain" by social distancing, Quarantine and Isolation. The government should make it "prescription only drug" now."

Chloroquine & HCQ in Corona Covid 19 **(Free Press Journal; March'2020) contd....**

The importance of Chloroquine/HCQ can not be ignored in the management of Corona Covid 19, but its unscrupulous hoarding and unsupervised use should be avoided. Chloroquine/HCQ should be "Only Prescription" drugs now.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



**MEDICAL CERTIFICATES FOR
MIGRANTS A NEW SCAM**
Pay Rs 200 and Be COVID-19 Negative On Paper



Dr. Deepak Chaturvedi, M.D. (Medicine) and President of Being Doctors said, "In the current situation of chaos of migrants and travelers everywhere, there is burden on the doctors to issue certificates to the people about "Corona Covid-19". The guidelines are yet to come."

He further stated that, "Who can issue such certificates is an important question. Can B.A.M.S.; B.H.M.S. doctors issue such certificates? Can such certificates be issued simply on history given by the patient and/or clinical picture? Can such certificates be issued without doing the lab test for Corona Covid-19? If the lab test for Corona Covid-19 needs to be done then who would bear the cost of the test?"

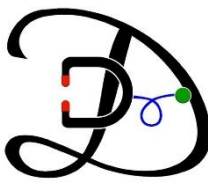
"What if Corona Covid test is not done and the certificate of travel is issued to a "Asymptomatic corona Covid-19 carrier?" What is the Medico legal liabilities of doctors issuing such certificates? Can a Doctor charge money for issuing such certificates? There are many such unanswered questions. The guidelines should be released very clearly from the authorities", Dr. Chaturvedi added.

Statement about Medical Certificate Scam **(Afternoon; April'2020)**

In the current situation of chaos of migrants and travelers everywhere, there is burden on the doctors to issue certificates to the people about "Corona Covid-19". The guidelines are yet to come. There are many such unanswered questions like Who can issue such certificates? Can B.A.M.S.; B.H.M.S. doctors issue such certificates? Can such certificates be issued without doing the lab test for Corona Covid 19? If the lab test for Corona Covid 19 to be done then who would bear the cost of the test? What if Corona Covid test is not done and the certificate of travel is issued to a "Asymptomatic Corona Covid 19 Carrier?" What are the Medicolegal liabilities of doctors issuing such certificates? Can a Doctor charge money for issuing such certificates? Government should release the guidelines soon.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Afternoon VOICE
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COVID-19 LOCKDOWN TOOK A TOLL ON MANY LIVES

Dr. Deepak Chaturvedi
M.D. (Medicine)



"Covid 19 indeed has taken a toll on human mankind. Yes, we are losing lives and livelihoods while fighting this pandemic.

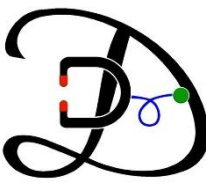
ISOLATION, has turned out to be the strongest weapon to fight this pandemic and the same ISOLATION is seeping the sense of "Loneliness" and "Depression" in almost everybody. Here comes the need of "Relationships", "Family" and "Friendship". In the current era of digital revolution, "Social Distancing" should not limit us to approach our Family and Friends. Lets keep social distancing to fight Covid 19. Lets stay connected with family and friends to fight Isolation and Depression."

Opinion about impact of Covid 19 Lockdown on people (Afternoon; June' 2020)

Covid 19 indeed has taken a toll on human mankind. Yes, we are losing lives and livelihoods while fighting this pandemic. ISOLATION, has turned out to be the strongest weapon to fight this pandemic and the same ISOLATION is seeping the sense of "Loneliness" and "Depression" in almost everybody. Here comes the need of "Family", "Relationships", and "Friendship". In the current era of digital revolution, "Social Distancing" should not limit us to approach our Family and Friends. Lets keep social distancing to fight Covid 19. Lets stay connected with family and friends to fight Isolation and Depression.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



City

Afternoon

THURSDAY, APRIL 29, 2021
AFTERNOON VOICE, MUMBAI 04

COVID centers in Maharashtra
are vulnerable to casualties

“This is indeed unfortunate and sad that few Covid centers in Maharashtra met with fire accidents in recent times. This is not an issue to drive or run politics on. The blame game will neither find the problem nor give the solution. The authorities in command should do a fair audit of the situation without getting influenced by any political party (in power or opposition). The fire audit of such centers should happen at the same compliance as is done for nursing homes and hospitals. Let the expert agencies do their job without getting undue pressure from political parties and come up with the explanation of the problems and ways to solve them. Any more fire or such accident in any of the Covid centers should be completely avoided. I would like to urge here to all the stakeholders involved in making and operating Covid care centers that please don't use this disaster as any opportunity to make money. Please be kind to humanity and give your best for the larger social, national and human cause. We all have to answer ourselves and our next generation of all what we are doing today. Let's stay loyal to this social cause”.



- Dr. Deepak Chaturvedi,
M.D. (Medicine)

Comment and Opinion about frequent fire outbreaks in Covid centers in Maharashtra (Afternoon; 29th April' 2021)

The unfortunate incidences of “Fire Outbreaks” in the Covid Centers in Maharashtra should have been dealt more responsibly rather than being political on the issue. The need of the time is to have the fair audit of the situation without getting influenced by political parties. The expert agencies should be allowed to work without any pressure from influential groups. The fire audit of all covid centers should happen at the same compliance as is done for nursing homes and hospitals. The stakeholders should not make opportunity out of this covid disaster.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Afternoon



Jayant Patil asks Centre to GST waiver on oxygen equipment drugs

PG 04



“This is my sincere request to all these political leaders and pseudo-intellectuals to refrain themselves from passing such baseless statements in public and avoid misleading them. We all should be responsible about what we are saying. Lets not take this pandemic lightly or as an opportunity to promote some cultural, religious or political belief.



- Dr Deepak Chaturvedi

Dr Deepak Chaturvedi said, "COVID-19 pandemic is a reality and its not wrong to say that mankind is facing a big crisis, challenge and threat. The issue is that there are many politicians and pseudo-intellectuals who are not restraining themselves from giving baseless and rubbish statements in the public.

BJP lawmaker prescribes consuming gomutra only remedy to cure corona

»PAGE 2

Many pseudo-intellectuals are labeling this pandemic as scam and influencing people to stay careless which is one of the reason why we are not yet able to break the transmission chain of this virus. Then come the great politicians of this country. They seem to have no hesitation in passing public statements to promote the consumption of cow urine as the remedy of COVID-19. This is utterly disgusting and shocking. Cow, indeed is very much respected and worshipped in Indian culture but does that really justify the extent these politicians or local leaders go to claim anything about the medicinal role of Cow urine or cow dung to fight this COVID crisis? These politicians

don't stop here. There is one super intelligent politician who claims that cow inhales oxygen and exhales oxygen. I really don't understand how to react on this. Should I laugh or feel pity?"

"I would like to urge people of our country to not listen to these pseudo-intellectuals and politicians and not to get influenced by their claims about Cow urine, Cow dung, beating thali or lighting the diyas in this battle against COVID-19. Please stay vigilant and contact your doctor for any query. I would like to appeal to the government and honorable courts of our country to take stringent actions against the people who are spreading false information regarding this pandemic and claiming the miracle remedies for COVID-

19," Dr Chaturvedi added.

In the video, BJP MLA Surendra Singh, holding a bottle of Pantanjali's cow urine, requests people to mix 50 ml of the cow urine in cold water and consume it every day to achieve a "natural immunity" from the virus.

In the middle of India's second wave, Singh said that he has been spending nearly 18 hours a day in public, and is still healthy and protected. Claiming that all scientific knowledge has failed in front of COVID, Singh said, "even after so much scientific advancement people are still dying in lakhs, so in this situation, people should remember god and do what older generations did to treat such things."

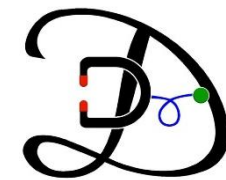
Statement and opinion about the politicians on their claims on cow urine (Afternoon; April 2021)

Lets not take this Covid pandemic lightly or as an opportunity to promote some cultural, religious or political belief. I would like to urge people of our country to not listen to these pseudo-intellectuals and politicians and not to get influenced by their claims about Cow urine, Cow dung, beating thali or lighting the diyas in this battle against Covid 19. Please stay vigilant and contact your doctor for any query.

I would like to appeal to the government and honorable courts of our country to take stringent actions against the people who are spreading false information regarding this pandemic and claiming the miracle remedies for Covid 19.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



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Afternoon VOICE

FRIDAY, MAY 21, 2021 | 03
AFTERNOON VOICE, MUMBAI

Voices

2 DG has been in research since more than a decade (or more) in the management of cancer as adjuvant therapy. Its principle of depriving the high glucose demanding cells (tumor cells and infected cells) of glucose due to competitive inhibition of glucose uptake has been explored in Covid management. Theoretically it has potential (something similar to what we had expected from HCQ and Zinc). The studied sample size is not very big (though not very small too). We all are very optimistic about this molecule to be of great help to all of us in Covid management. Next 6 months will give clearer picture (about effects and toxicity). I am happy that we have one more molecule to explore for Covid management. I hope it does not meet the fate of HCQ, Multivitamins and minerals in Covid management. I would like to emphasize on the fact that this is not a new molecule discovered. We are just exploring its use in Covid. That's how the science grows. We have to find remedies in locally available molecules. 2DG is a step towards it. Please understand that if the theory

My request to everybody is to not start demanding 2DG from your doctors. Let them take their call about using it for the management of Covid 19.”

Dr. Deepak Chaturvedi

NEW COVID DRUG 2 DG

Rx
2-Deoxy-D-Glucose Oral Powder 2.34 g
Q2DEGE®
For Use in hospital/ institutional set up only
2.34 g
This pack contains:
-10 sachets
-2.34g per sachet
Developed in collaboration with DRDO

behind its usage is absolutely true then why not we use it in all the infections and tumors? The high glucose demand is practically a nature of most of the tumor and infected cells. Just give it a thought? May be this thought will give broader spectrum to the horizon. I'll keep a tight follow up on the outcomes of 2DG in Covid management. My request to everybody is to not start demanding 2DG from your doctors. Let them take their call about

using it for the management of Covid 19. Secondly, let's not propagate any molecule to be a miracle remedy. It starts getting in the cycle of high demand and low supply and then we all know what happens further. Its time to stay calm and stay vigilant. Expect more molecules to be labelled as potential Covid medicine in coming future. We all are highly optimistic to beat this pandemic very soon.

About the drug “2DG” in Covid Management (Afternoon; 3rd May 2021)

Views about the Covid drug “2DG” and appeal to experts and media not to promote it as a Miracle Drug till it is time tested. Also urged to people not to pressurize their doctors to prescribe this drug to everyone.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Dr Deepak Chaturvedi M.D. (Medicine) from Mumbai quotes,
"Plastic surgeons have a significant, crucial and indispensable role in the management of victims of Burns, Acid exposure, accidents, Trauma. Their specialized role in managing these patients through their phenomenal "Reconstructive Surgery" knowledge actually gives them the position next to God. When I say this, I really mean it. But something has gone amiss in the last couple of decades. Most plastic surgeons because of the pressure of demand have started branding themselves as "Aesthetic/ Beauty Surgeons". The demand is huge so the reward definitely is too attractive to miss. From botox, fillers to facelift to tummy tuck to Liposuction to Breast job to Nose job to Hair Transplantation... Plastic surgeons are busy in their efforts to provide "Eternal Beauty" to the people having "Unrealistic expectations".



With the growing demand (full of unrealistic expectations) the myth that "Being good looking (or in shape) is the key to success and plastic surgery is the solution" is growing day by day. With the continuously growing demand and the pressure from all the corners of the society including the media and entertainment industry, this myth has no other way but to keep growing. In coming years, more and more plastic surgeons may drift from Burns and Trauma management towards the fascinating "Aesthetics and Beauty Surgeries".

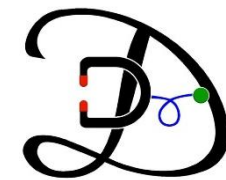


Statement about current trend of Plastic Surgery (Afternoon; July' 2021)

Plastic surgeons have crucial and indispensable role in management of victims of Burns, Acid exposure, Accidents, Trauma. Their specialized role in managing these patients through their phenomenal "Reconstructive Surgery" knowledge actually gives them the position next to the God. When I say this, I really mean it. But something has gone amiss in last couple of decades. Most of the plastic surgeons because of the pressure of demand, have started branding themselves as "Aesthetic/ Beauty Surgeons". The demand is huge so the reward definitely is too attractive to miss. From Botox, fillers to Facelift to Tummy tuck to Liposuction to Breast job to Nose job to Hair Transplantation..... Plastic surgeons are busy in their efforts to provide "Eternal Beauty" to the people having "Unrealistic expectations".



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)

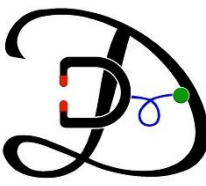


Social Distancing, Personal Hygiene and Nutrition in Corona Covid 19
(News24; April'2020)

The importance of Social Distancing and Personal Hygiene to control the epidemic of Corona Covid 19 was discussed.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)

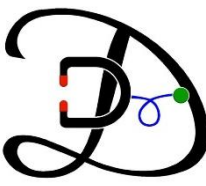


**Lockdown in Corona
Covid 19 epidemic
(Political Daavpech;
April'2020)**

The importance of Social Distancing and lockdown discussed. The protection of Doctors and Police also discussed.



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)

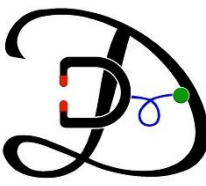


**Coverage of Medical and Covid 19 Testing Camp for
Mumbai Police (NEWS 24; July'2020)**

**More than 3500 police personnel were screened and then the suspected cases were tested for Covid 19 (RT PCR). Total police station covered were 47.
From 12th June 2021 to 13th July 2021.**



Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Coverage of Medical and Covid 19 Testing Camp for Mumbai Police (ABP; July'2020)

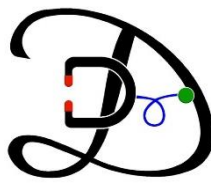
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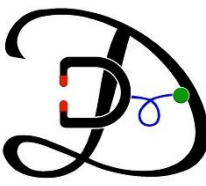


Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



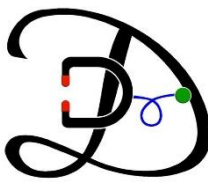
**Possibility of mass
vaccination (Covid 19)
discussed
(India Ahead;
March'2021)**

The challenges in mass vaccination drive against Covid 19 was discussed.



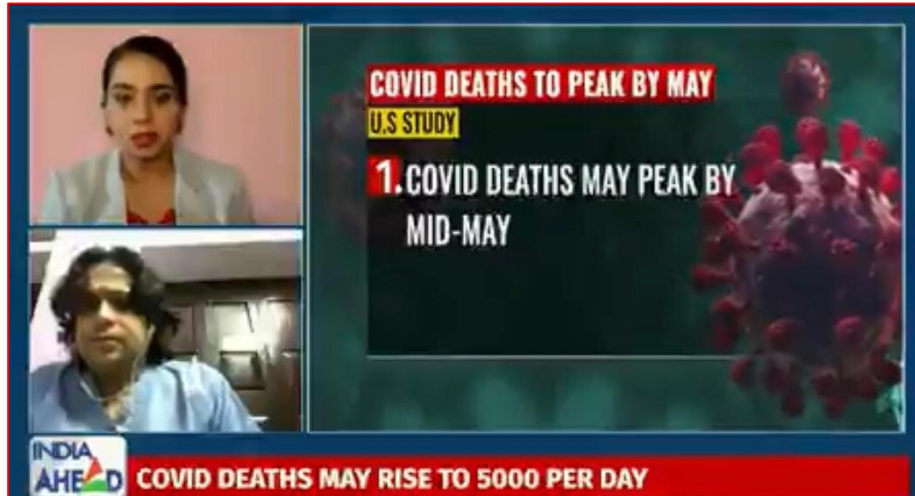
Situation of Second wave of Covid 19 pandemic **(India Ahead; April'2021)**

The panic of second wave of Covid 19 pandemic was discussed. Poor state of Government management was highlighted. The negligent behaviour of the public was brought into limelight. The appeal was made to the public to follow Covid 19 guidelines and urged them to go for vaccination and avoid crowding.



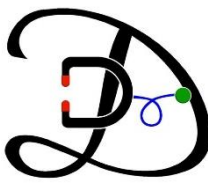
Situation of Second wave of Covid 19 pandemic *(India Ahead; May'2021)*

The chaos of second wave of Covid 19 pandemic was discussed. The failure of government to prevent the deaths during this second wave was highlighted. Poor state of Testing and Hospitals were discussed mainly in Uttar Pradesh. The appeal was made to the public to follow Covid 19 guidelines (Mask, Sanitization, Social distancing) and urged them to go for vaccination and avoid crowding.





Dr. Deepak Anjana V. Chaturvedi; M.D.(Medicine)



Discussion about
Hypothyroidism
(Medicircle; May'2021)