

INTERNATIONAL WOMEN'S DAY SPECIAL

From awareness to action: Transforming cancer care through early intervention

Women's cancers, especially breast and cervical cancers, remain among the most common malignancies affecting Indian women. However, the encouraging reality is this: a large proportion of these cancers are preventable or curable when detected early.

Medical Oncologist Dr Sachin Trivedi says, "Breast cancer outcomes improve significantly with structured screening protocols, including clinical breast examinations, risk-adapted mammog-



Dr Sachin Trivedi

raphy and genetic counselling for high-risk individuals. Cervical cancer can often be prevented through HPV vaccination and regular pap smear or HPV-based screening."

He further adds, "My role extends beyond treatment. I work closely with women to develop personalised prevention roadmaps — incorporating family history analysis, genetic risk evaluation, lifestyle modification strategies, and evidence-based screening schedules. For those diagnosed, I design precision-driven treatment plans that integrate systemic therapy, tar-

geted agents and multidisciplinary collaboration."

Prevention is not passive awareness — it is proactive medical strategy. "Through early risk stratification, structured surveillance and compassionate guidance, we can intercept cancer before it advances. The most powerful oncology intervention is often the one delivered before symptoms ever begin," concludes Dr Trivedi.

Call: 8237939754, 8369695209, 9920081540.
Website: <https://drsachintrivedi.com/>

Addressing women's urological concerns

On International Women's Day, it is important to highlight the unique urological challenges women face — many of which remain under-reported despite significantly affecting quality of life. Dr Mangesh Patil, Head, Department of Minimal Invasive Urology & Endourology, Urologist & Robotic Uro-Onco Surgeon at Sir HN Reliance Foundation Hospital and Saifee Hospital, says, "Women commonly experience Urinary Tract Infections (UTIs), urinary incontinence, kidney stones and urological cancers involving the kidney or bladder. Social hesitation and lack of awareness often delay consultation, allowing minor problems to progress into

serious conditions."

Awareness is the first step toward prevention. Maintaining good personal hygiene, adequate hydration, a balanced diet and limiting bladder irritants such as excessive caffeine can reduce risk. Pelvic floor exercises are especially beneficial in preventing or improving urinary incontinence.

He adds, "Early diagnosis saves lives. Warning signs such as blood in urine, persistent burning during urination, recurrent infections, unexplained flank pain or difficulty controlling urine should never be ignored. Regular health check-ups and timely medical consultation ensure early intervention.

Let us pledge to break the silence around urological health. Education, early detection and access to expert care can empower women to live healthier, more confident lives



Dr Mangesh Patil

Treatment today is advanced and individualised. From minimally invasive surgeries and robotic cancer procedures to targeted antibiotics and pelvic floor rehabilitation, women have access to effective and safe options."

Where: Sir HN Reliance Foundation Hospital and Saifee Hospital. Also at Urocare South Clinic, 1017, Panchsheel Plaza, NS Patkar Marg, Gamdevi. Call: 797752033.

Personalised matchmaking services for modern families



Jigna Gandhi

Founded by Jigna Gandhi, Parichay Milan has facilitated over 20,000 marriages across India and internationally. It introduced a more structured way of handling introductions. At the centre of it, is its premium personalised matchmaking service.

Jigna shares, "Families meet privately to discuss their expectations. Introductions are carefully shortlisted and paced properly. Conversations move ahead calmly, without pressure. Dedicated advisors and special mediators stay involved throughout, handling shortlisting, understanding backgrounds, facilitating introductions and guiding discussions until both families are comfortable. We are approached by professionals, entre-

preneurs, established families, prominent business households, industrialists and a strong global NRI network, who prefer a process that feels steady and closely managed."

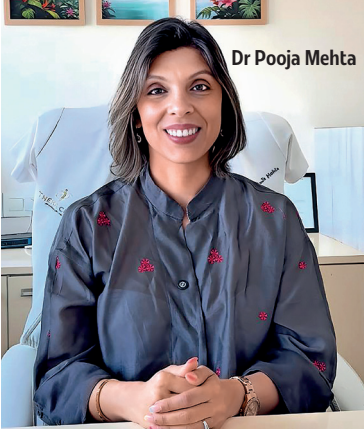
The platform's app and website provide verified access, while the personalised engagement remains its defining strength. She concludes, "Over time, Parichay Milan has come to represent a clear standard in matrimony. Among those who take marriage seriously, the name carries weight."

Where: Parichay Milan Matrimony. Call: 9022702747, 8169371070, 8104462056. Email: support@parichaymilan.com. Instagram: @Parichay_Milan. Website: www.parichaymilan.com. App available on the Google Play Store: Parichay Milan Matrimony.

Want to age well? Take care of your posture now for a healthier future

Want to still feel 50 when you're 85? Pay attention to your myofascial health and postural alignment," says Dr Pooja Mehta, Founder of TheraCure Personalized Care Clinic at Opera House, which is a physiotherapy, occupational therapy and posture correction clinic.

Myo refers to muscles and fascial refers to fascia, which is a strong connective tissue that serves as the internal supporting framework of our bodies. "Most people approach a doctor only when they have too much pain and dysfunction. However, the prognosis is far better and recovery much quicker and complete if a patient is proactive about following a preventative and healthy lifestyle. Treatment should not be just symptom-oriented but also full body and mind-targeted to address the



Dr Pooja Mehta

root cause of the condition," she adds.

With a practice spanning 21 years

between India and the US, Dr Mehta is a specialist in treating myofascial inadequacies that result in joint pain, mobility restrictions, poor posture, reduced confidence and decreased quality of life.

She adds, "Using techniques such as dry needling, cupping, IASTM, deep tissue massage and kinesiotaping, doctors at TheraCure significantly improve chronic pain conditions too. From kids to the elderly, as well as avid sportspersons for whom performance is key, this is a one-stop shop for holistic, individualised treatment programs that show results from day one."

Where: TheraCure Personalized Care Clinic, Panchratna, 12th floor, Office 1202/ 1202A, Opera House. Call: +91- 9967994420. Instagram: [drpoomehtaofficial](https://www.instagram.com/drpoomehtaofficial). Website: www.theracure.in

New strides in diabetic foot management

A steady rise has been observed in the incidence of diabetes, a major lifestyle disease, including its complications such as diabetic foot problems. With the growing number of cases, India is often referred to as the diabetes capital of the world, with nearly one in three patients affected.

Dr Suhas Shah, a surgeon at Ashwinii Hospital, says, "Diabetes not only impacts the legs, but also affects the retina, blood vessels and overall blood circulation in the feet. A diabetic foot often begins with a small injury that gradually develops into an infected, non-healing

Diabetes also affects the retina, blood vessels & blood circulation in the feet

ulcer, potentially progressing to gangrene and even amputation if left untreated."

Dr Shah adds that an innovative Russian surgical technique may offer hope. He is one of the only doctors in India performing this procedure, having trained in Russia. So far, he says he has successfully prevented several am-

putations using this method. "This surgery is a boon for diabetic foot patients in India, as it increases blood circulation by up to 300 per cent, allowing patients to walk more comfortably. I consider this innovative Russian technique a promising alternative in the management of diabetic foot. However, patients must undergo specific tests before surgery and continue preventive medical care," he shares.

Where: Ashwinii Accident Hospital, Ganesh Apt. Ground Floor, Opposite Sitladevi Temple, L.J. Road, Mahim (W). Call: 022 24455155/ 24455105, 9821043913/932235042. Email: drshahsuhas@gmail.com. Website: www.suhasshah.com



Dr Suhas Shah

7 Kitchen design tips every homeowner should know

When Sarah Sham designs a kitchen, she reminds herself that she's shaping the emotional and functional heart of a home. "It's where mornings begin, where families gather at night, where celebrations are prepared and where everyday life quietly unfolds. Over the years, I've seen the same mistakes repeated: beautiful kitchens that photograph well but fail in daily use," she says. Here are the seven things she always tells her clients.

- 1 PLAN AROUND APPLIANCES, NOT CABINETS**
One of the biggest mistakes I see is carpentry starting before appliances are finalised. Your refrigerator, oven and hob must be selected first. Measurements, heat clearance and ventilation gaps are not minor technicalities; they directly impact durability and safety.
- 2 OPT FOR A DUAL HOB SETUP**
Indian kitchens are not minimal European kitchens. Our cooking is layered, aromatic and often high-heat. I recommend a gas hob with a built-in chimney for heavy-duty cooking, and a separate induction hob for quick reheating or light meals.



Sarah Sham

Humidity, moisture and pests are real concerns in Indian homes. Traditional wood can swell or warp over time. We often use stainless steel kitchens, which are gaining popularity for their resistance to moisture, pests and corrosion



- 3 DEEP DRAWERS OVER LOWER CABINETS**
Function in a kitchen should reduce bending and searching. Deep drawers beneath the hob are far more ergonomic than traditional shutter cabinets. Everything is visible in one glance — heavy utensils, pressure cookers, pans.

I design for longevity, daily rhythm and real living. An aesthetic kitchen may impress guests for a few minutes, but it should serve you for years

- 4 INVEST IN A COUNTERTOP THAT CAN HANDLE REAL LIFE**
The countertop is the most abused surface in the kitchen. I usually recommend high-quality quartz like Caesarstone or durable Indian granite. These materials resist stains, scratches and heat. Avoid cutting corners with cheaper laminates in heavy-use kitchens.

- 5 CHOOSE MATERIALS THAT SURVIVE INDIAN CONDITIONS**
Humidity, moisture and pests are real concerns in Indian homes. Traditional wood can swell or warp over time. We often use stainless steel kitchens like those by Kuche7, which are gaining popularity for their resistance to moisture, pests and corrosion.

- 6 ADD INNOVATION THROUGH SMART STORAGE**
Innovation in kitchens isn't always about flashy gadgets. Soft-closing mechanisms, handle less drawers, pull-out wicker systems, and built-in organisers are great way to make your kitchen more efficient. Smart kitchens today are about thoughtfulness and efficiency.

- 7 LIGHTING & CLEARANCES CAN MAKE OR BREAK A KITCHEN**
Under-cabinet lighting eliminates shadows on worktops. Adequate counter landing space around the hob is essential for safety. I also recommend tiling behind cabinetry for easy maintenance.

Elevating beauty through knowledge and discipline



In a world obsessed with glam and viral transformations, Divya Shah, Founder & Creative Director, Venustara, Makeup Expert, Educator and Women Empowerment Advocate, chose to build something different. Venustara is a makeup studio and academy where beauty begins with science and culminates in confidence. For Divya, this was never just about launching a brand. It was about challenging an industry narrative. Derived from Venus, the planet of love, and Tara, the guiding star, Venustara — The Star of Beauty — reflects her belief that beauty should illuminate, not overpower. It should guide, not disguise. And that philosophy shapes everything she does.

'SKIN CARE IS NON-NEGOTIABLE'
For Divya, makeup is not camouflage. It is clarity. "Skin care is non-negotiable. Makeup is for confidence," she says, a principle that has defined her five-year journey in the industry. Long before flawless finishes became trends, Divya was advocating skin-first artistry and minimal base techniques that enhance individuality rather than mask it. But her perspective did not emerge overnight. With a background in interior design and experience as a French tutor, Divya's journey has always blended creativity with structure. She adds, "Design taught me balance and proportion; teaching instilled



Divya Shah

discipline and the responsibility of sharing knowledge." So even at the peak of her success as a professional makeup artist, opening an academy felt like a natural progression. "For me, creativity achieves its highest purpose when it is passed on," says Divya.

THE ROLE OF GROOMING
That academic mindset also forms her views on grooming and professional growth. Research published in the *Journal of Applied Psychology* suggests that well-groomed individuals are often perceived as more compe-



tent and confident — factors that can influence leadership perception and career advancement. Divya shares, "To me, grooming is not vanity. It is strategic self-presentation — a way of aligning how you feel internally with how you show up externally."

TRANSFORMING PASSION INTO PURPOSE
That is where Venustara's deeper purpose unfolds. Divya shares, "Today, it stands as more than a luxury studio. It is a space for women empowerment, self-grooming and professional discipline. It nurtures beginners into confident artists while instilling ethics, hygiene standards and advanced techniques rooted in knowledge rather than shortcuts. The transformation here goes beyond makeup brushes and palettes. It is about self-belief. Venustara was created to raise standards, in how beauty is experienced and how it is taught. My message is clear: my studio was created to prove that beauty is not just about appearance — it is about confidence, knowledge and courage. My mission is not only to create artists, but to create empowered women who believe in their dreams and carry their light forward for others. Because at our studio, beauty doesn't hide. It shines."

Call: 9833170211.
Website: www.venustara.com