

PHOTOS: INSTAGRAM/MILINDRUNNING



Actor-model Milind Soman talks about all that went behind completing the Sydney Marathon

MILIND: I HAD GOOSEBUMPS HOLDING THE INDIAN FLAG

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Milind Soman is nothing short of an inspiration for fitness enthusiasts who strive to emulate his discipline and dedication. The model-actor added another feather to his cap as he completed the 42km Sydney Marathon recently, running barefoot. What makes it extra special is that he crossed the finish line proudly waving the Indian flag on foreign land.

Invited as an ambassador for the Sydney Marathon, Soman tells us, "They had seen [videos of me] on social media running with the Indian flag and asked if I could run with the flag in Sydney as well. Even though I did not run the entire distance with the flag, I held it at the finish. It gave me goosebumps."

AN UPHILL TASK

The 57-year-old admits facing some difficulties, given the distance to be covered: "Everyone faces the challenge of time. Training or even maintaining preparedness to run the 42km distance of the full marathon is a big commitment and requires

dedicated time. That is the biggest challenge. But, when you run the distance and cross the finish line, you know that it's more than worth it."

In terms of terrain, too, he was taken aback. "I had been told that it was a flat route, but I discovered that it was probably the hilliest marathon I had ever run. Each small hill is burnt into my memory, and I am using the word burnt because Sydney on that day was experiencing a heat wave. But, it was fun to run across the iconic Sydney Harbour Bridge and finish in front of the gorgeous Opera House," he shares.

'RELEARN HOW TO RUN'

Soman is looking forward to participating in the New York marathon on November 5. Vouching for running as one of the best forms of physical activity, he says, "I believe everyone should run or relearn how to run correctly, whatever their age, so that they continue to feel the joy of youth, lifelong. Regular running has the potential to keep the body strong and the mind open, active, clear and calm. It is not necessary to run fast or run 40-50km at a time,

but the ability to run happily and comfortably should never be lost."

"Have fun, do not be too hard on yourself and learn from your experience of preparation for the challenge every day," Soman wraps up, with a piece of advice for aspiring runners.

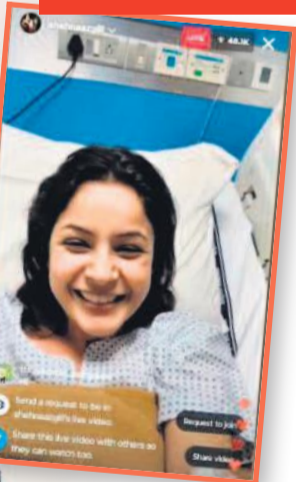
Milind Soman at the Sydney Marathon



PHOTOS: INSTAGRAM



Shehnaaz Gill hospitalised due to stomach infection



A grab of Shehnaaz Gill's Insta Live

Actor-singer Shehnaaz Gill has been hospitalised in Mumbai due to food poisoning. She fell ill during the promotions of her film *Thank You For Coming*, which released last week. The film's co-producer, Rhea Kapoor, visited the hospital to check up on the actor.

Gill, in an Instagram Live session from the hospital, said, "Dekho time sabka aata hai, sabka jata hai. Mere saath bhi vahi hua hai. Fir aagea thode din baad. Guys, I'm fine now. Main theek nahin thi. Mujhe infection ho gaya tha. Maine sandwich kha liya tha. Food infection hui hai."

Meanwhile, actor Jasmin Bhasin was also admitted in a hospital due to stomach infection. The actor posted on Instagram Stories a picture from the hospital, resting on a bed. She wrote alongside the picture, "Stomach infection".



Jasmin Bhasin; (inset) her Insta Story

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All you need to know about rheumatoid arthritis

Rheumatoid arthritis (RA) is a chronic autoimmune disease characterised by joint inflammation, pain, swelling and deformities. In this condition, the body's immune system mistakenly identifies a healthy joint tissue as a foreign invader and launches an attack on it, leading to damage. It represents a relatively prevalent form of arthritis, affecting approximately 1% of the global population. While the precise etiology of RA remains uncertain, some well-established risk factors are:

- Family history of RA serves as a compelling indicator of susceptibility.
- Age is a significant factor, with the risk escalating as individuals age.
- Smoking is a risk factor, not only in terms of potentially triggering RA but also in exacerbating its severity.
- Excess body weight can compound the effects of RA as it places added strain on the affected joints.

Timely identification and the formulation of personalised treatment strategies are pivotal for the effective management of this condition. To diagnose RA, rheumatologists typically delve into a patient's medical



history, perform physical examinations and conduct blood tests to detect specific markers. Imaging procedures such as X-rays and MRI scans may also be employed in the diagnostic process.

Management strategies are multipronged and include:

- **Medication:** A cornerstone of RA treatment, disease-modifying antirheumatic drugs (DMARDs) can help control inflammation and slow down the progression of joint damage. Early intervention with these medications is crucial to achieve the best outcome.
- **Pain management:** Pain and inflammation are hallmarks of RA. Nonsteroidal anti-inflammatory drugs (NSAIDs) and analgesics can provide relief. But, they should be used under medical supervision due to potential side effects.
- **Physical therapy:** Physical therapy plays a vital role in RA management. It helps improve joint function, maintain mobility and prevent muscle weakness.

Customised exercise programmes can be designed to suit the patient's needs.

- **Surgery:** In advanced cases of RA, where joint damage is severe, surgical intervention may be necessary. Joint replacement surgeries, such as hip or knee replacements, can significantly improve the patient's quality of life.
- **Lifestyle modifications:** Lifestyle changes, including maintaining a healthy weight, practising joint protection techniques and modifying daily activities can reduce the strain on affected joints.

There is no guaranteed way to prevent rheumatoid arthritis, but there are some things one can do to reduce the risk of developing this disease, as listed below:

- Eat a balanced, healthy diet. Have plenty of fruits, vegetables, nuts and whole grains. Avoid a high-salt diet. Limit processed foods, sugary or sweetened drinks and unhealthy fats. More red meat intake can also increase the risk of rheumatoid arthritis.
- Aim for at least 30 minutes of moderate-intensity exercise such as walking, swimming or cycling, five



Dr Anu Daber, Senior Consultant Rheumatologist, Paras Health, Gurugram

days a week.

- Smoking is a major risk factor for RA, so it is advised to quit to reduce your risk of developing RA. Also, avoid smoking around children.
- Periodontal disease is a chronic inflammation of the gums. Some studies have found an association between chronic periodontitis and rheumatoid arthritis. Good oral hygiene and regular dental check-ups can help prevent periodontal disease.
- Keep your calcium and vitamin D levels in check.
- Major joint damage occurs within two years of the onset of the disease. You will have good results if diagnosis and treatment begin within six months of your first symptom.

The author is Dr Anu Daber.

Disclaimer: The veracity of any health claim made in the above article is the responsibility of the hospital/doctor concerned

Fauda actor Lior joins Israeli forces in fight against Hamas

Israeli artist Lior Raz has stepped up to safeguard the people of his country amid the war situation in



Lior Raz in the video shared online of him in Sderot

Israel. The actor, who starred in the web show *Fauda*, joined the Brothers in Arms movement, rescuing families caught in the crossfire.

In a video shared online, Raz can be seen taking shelter amid rocket attacks by Hamas, a Palestinian militant group.

In a video shared from Sderot (a town in Israel) on Instagram, Raz — who has previously served in the Israel Defence Forces — can be seen hiding behind a wall amid a

fresh barrage of rockets. "Accompanied by Yohanan Plesner @yplester and Avi @issacharoff, I headed down south to join hundreds of brave 'brothers in arms' volunteers who worked tirelessly to assist the population in the south of Israel. We were sent to the bombed town of Sderot to extract two families," he captioned the video.



PHOTO: INSTAGRAM/LIORRAZ

SUSHMA
HOLIDAY HOMES IN KASALI

{ DAILY HOROSCOPE }
Wednesday, October 11, 2023

Dr Prem Kumar Sharma (Astrologer and Vaastu expert) can be contacted at: Delhi: 011-47033152, 40532026 (Sat to Mon); Panchkula: 91-172-2562832, 2572874 (Tues to Thurs); Mumbai: 09716145644 (Last week of every month)

PREMASTROLOGER **PREMASTROLOGER** **ASKPREMASTROLOGER**

<p>ARIES MAR 21-APR 20</p> <p>♈ Your gift to partner is certain to make his or her day. This is the right time to invest in a scheme you'd been contemplating for long. You will have to make time for someone close today, even if you are busy.</p> <p>LOVE FOCUS: Arms of lover will appear most comforting today.</p> <p>LUCKY NUMBER: 15 LUCKY COLOUR: Brown</p>	<p>LEO JUL 23-AUG 23</p> <p>♌ No point playing hide and seek with someone who is intent on having their way. Keep your mood swings in check, as they threaten to spoil the work atmosphere. Don't overstrain while working out.</p> <p>LOVE FOCUS: Partner's love and care is set to make the day joyous.</p> <p>LUCKY NUMBER: 1 LUCKY COLOUR: Magenta</p>	<p>SAGITTARIUS NOV 23-DEC 21</p> <p>♐ View a matter from everyone's perspective and then make a decision. A break in office routine is indicated, as you may need to travel out of town or overseas on business.</p> <p>LOVE FOCUS: You get the chance you had been waiting for on the romantic front.</p> <p>LUCKY NUMBER: 18 LUCKY COLOUR: Yellow</p>
<p>TAURUS APR 21-MAY 20</p> <p>♉ Chances of getting promoted or getting a coveted post in your organisation look bright. You make good progress on the academic front.</p> <p>LOVE FOCUS: Your confidence returns as you receive total support of the one you love.</p> <p>LUCKY NUMBER: 11 LUCKY COLOUR: Sky Blue</p>	<p>VIRGO AUG 24-SEP 23</p> <p>♍ Be clear of what you want and take firm steps to achieve it. Do not put all the eggs in one basket on the financial front. Pressure is likely to ease a bit on the academic front.</p> <p>LOVE FOCUS: Simply being around the one you love will keep you in a happy mood.</p> <p>LUCKY NUMBER: 2 LUCKY COLOUR: Peach</p>	<p>CAPRICORN DEC 22-JAN 21</p> <p>♎ Financially, you will be much better off as you shift to the saving mode. At work, you will be able to maintain the tempo and complete most of your tasks. Expect a peaceful atmosphere at home.</p> <p>LOVE FOCUS: Expect a good time on the romantic front today.</p> <p>LUCKY NUMBER: 5 LUCKY COLOUR: Green</p>
<p>GEMINI MAY 21-JUN 21</p> <p>♊ Make the most of what an opportunity materialising soon may offer. A property dispute threatens to pit you against a sibling, start searching for an amicable solution.</p> <p>LOVE FOCUS: Young couples will experience blissful existence.</p> <p>LUCKY NUMBER: 7 LUCKY COLOUR: Orange</p>	<p>LIBRA SEP 24-OCT 23</p> <p>♎ A handsome commission in a deal is likely to make the bank balance healthy. Creative people may profit as their work will sell like hot cakes.</p> <p>LOVE FOCUS: Those in love will get the chance they had been seeking of spending quality time together.</p> <p>LUCKY NUMBER: 11 LUCKY COLOUR: Purple</p>	<p>AQUARIUS JAN 22-FEB 19</p> <p>♒ Someone close may need your assistance in cash and kind. An overseas journey is on the anvil for some. A healthy bank balance is likely to keep your morale high.</p> <p>LOVE FOCUS: You may feel hesitant to broach a subject to partner that is close to your heart.</p> <p>LUCKY NUMBER: 17 LUCKY COLOUR: Red</p>
<p>CANCER JUN 22-JUL 22</p> <p>♋ Your helpful nature may get you exploited by mean people if not careful. You feel ready to take up a new venture with energy and dynamism. Your quick wit and humour will help light up the atmosphere at home.</p> <p>LOVE FOCUS: Your love life can do with some excitement.</p> <p>LUCKY NUMBER: 22 LUCKY COLOUR: Green</p>	<p>SCORPIO OCT 24-NOV 22</p> <p>♏ At work, you manage to impress those who matter by giving a good account of yourself. A completed project will get you the recognition you seek. A deal you have just sealed promises much profit.</p> <p>LOVE FOCUS: Positive indications will delight you no end!</p> <p>LUCKY NUMBER: 9 LUCKY COLOUR: Maroon</p>	<p>PISCES FEB 20-MAR 20</p> <p>♓ Your workable solution to a professional problem will get the go ahead from higher ups. Don't indulge in petty gossip. There is a fair chance of a flat or plot being registered in your name.</p> <p>LOVE FOCUS: You can be in romantic mood, lay out a candlelight dinner!</p> <p>LUCKY NUMBER: 6 LUCKY COLOUR: Dark Grey</p>