

The Indian EXPRESS



I am a 24-year-old girl suffering from irregular menstrual cycles. I have been taking medication to check my hormonal imbalance, but it is not working. This is the second time I am having such hormonal problems. Please advise. — Rakhi

Dr Neera Aggarwal, Gynaecologist, Max Healthcare, replies:

To be certain about the line of treatment best suited in your case, it would be necessary to get a hormonal assessment done. Secondly, an ultrasound is also required to rule out some possibilities, which can cause this situation. It is best that you take a second opinion from another doctor if the current line of treatment is not showing results.

I am a 26-year-old girl and I suffer from severe migraine which lasts for days. I am also a smoker. In this period, no amount of medication seems to help and I also slip into a depression. I am currently taking Vasograin and Ketanov to help reduce the pain. What do you suggest? — Ashwani

Dr SP Byotra, Senior Consultant, Sir Gangaram Hospital, replies:

Migraines have precipitating factors like lack of sleep, stress, anger and even spicy food. A person suffering from migraine must take care about the triggers and smoking is one of the factors which can cause migraines. I would not suggest Vasograin because it can affect blood circulation. Kindly consult doctors and also try and reduce smoking.

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