



COVER STORIES

THYROID CANCER

RISK FROM X-RAY DIAGNOSTICS Pg 12

MAN MOHAN SINGH AND RAJAT MATHUR
 Dental X-rays should be undertaken with caution.



Pg 12

ARTICLES

SPIT PERSONALITIES OF INDIA! Pg 20

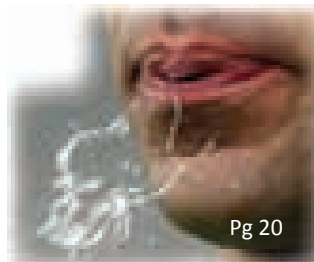
UJWALA KARMARKAR
 Spitting in public places could become a health hazard.

THE DANDRUFF MENACE Pg 24

VASUDHARANI DEVANATHAN
 Dandruff is a common scalp condition that needs to be attended to.

'MEGA' HEALTH BENEFITS OF THE OMEGA FATS Pg 38

GARGI BAGCHI AND S.M. PAUL KHURANA
 Consumption of the right amount of omega 3 fatty acids can help control common health-related issues.



Pg 20



Pg 24



Pg 38



Pg 28

SHORT FEATURE

CAN YOUR FOOD PREVENT CANCER? Pg 28

RANJEET RANJAN KUMAR, GYANENDRA KUMAR RAI & RAJ D. RAI

NUTRACEUTICALS: DEFENCE AGAINST DISEASES? Pg 32

GIRISH SHARMA AND DHAN PRAKASH

DIETARY NUTRIENTS: MORE THAN JUST NOURISHMENT Pg 34

MOHAN N.H.

RICE BRAN: PACKED WITH GOODNESS Pg 36

TORIT BARAN BAGCHI

REGENERATIVE MEDICINE: THE FUTURE OF TREATMENTS Pg 42

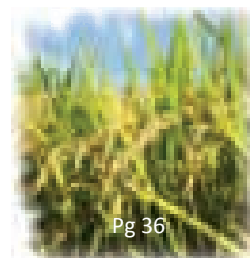
HEMANT VERMA AND BIPAN VERMA

DON'T WAIT TO TREAT FIBROIDS! Pg 44

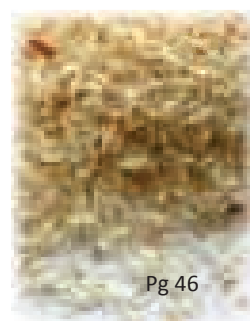
JAIMINI SARKAR

PAINFUL PILES Pg 46

SMITHA NAIK AND DINESH RAO B.



Pg 36



Pg 46

DEPARTMENTS

REACTIONS	6
EDITORIAL	7
SPECTRUM	8
HUMOUR	48
PUZZLE CORNER	50
INDIAN SCIENTISTS	53
WILD HAVEN	54
INVENTIONS	56
FUN QUIZ	58
WHAT'S NEW	60
CROSSWORD	61