# STATETIMES

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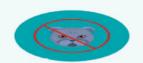












# How gallstones and kidney stones are different: The symptoms you might not know?

he gallbladder and the kidney are two vital organs in our body that perform their distinct functions. The Gallbladder is part of the digestive system that stores bile produced by the liver to break down fats and digest food, whereas the kidney is part of the Urinary system that helps to remove the waste and extra fluid from the body. Although the functions of both these organs are quite different, they produce a similar problem called stones that share similarities in their symptoms. Both these stones can be as small as a grain of salt to larger pieces that can cause major difficulties. They can also stop the flow of liquids in the body and cause pain. Dr. Sudhir Jadhav, Consultant - General Surgery, says, "Although there are similarities between kidney stones and Gall bladder stones, there are stark differences also between them. Small kidney stones can be treated medically by medications and drinking lots of water as they can be dissolved and pass through the urine. While gallstones of any size, small or large can never be treated by any medicine. The only treatment available is surgical removal of gallbladder along with the stones. This is a one time lifetime treatment of this illness.

Gallstones are solid particles that form in the gallbladder. These stones are composed of cholesterol present in the bile that solidifies to form stone-like deposits. These vary in size and can get stuck in the bile ducts causing immense pain and inflammation in the gallbladder.

# Symptoms of gallstone

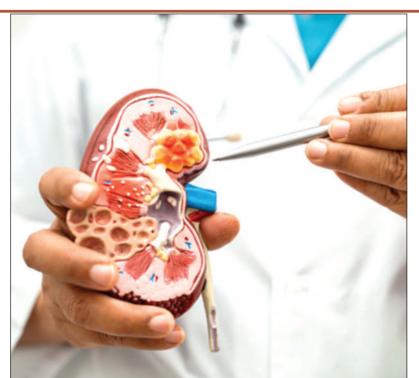
Usually, gallstones are unnoticeable until they get stuck in the duct and cause problems. Some symptoms of gallstones that people might confuse with other disases are:

Pain in upper right abdomen

Pain Between shoulder blades

Vomiting and Nausea

Worsening pain in the center of the stomach



Jaundice Pain and chills

# Kidney Stones

According to Dr. Jadhav, "Kidney stones are the solid formations in the kidney formed due to the high deposits of salt, calcium and minerals present in urine These stones are produced in the kidney and travel to the ureter through the urinary tract and get stuck there causing immense pain. A high sodium, oxalate, or animal protein diet can lead to the formation of kidney stones in the body."

# Symptoms of Kidney Stones

Kidney stones are more common than Gallstones. These can be detected through various symptoms.

Flank and back pain

Pain along with nausea and vomiting Foul Smelling and cloudy urine

Difficulty in urine

Burning sensation while urinating

Intense urges to urinate Painful Urination

"Both gallstones and kidney stones share similarities and therefore can lead to diagnostic confusion. Recognizing the distinct characteristics of each illness is crit ical for accurate diagnosis and therapy. Understanding the differences in the symptoms can help people take proactive measures for better health and clear diagnosis and treatment," says Dr. Jadhav.

It is vital to recognise that kidney and gallbladder stones are treatable conditions. and immediate medical care can help alleviate symptoms and prevent complications Maintaining enough water and a nutritious diet, as well as refraining from smoking and excessive alcohol intake, can all help lower the chance of stone formation.

# If your teen suffers from negative body image issues, do this

he way in which an individual perceives the physicality of the self is termed as body image. The notions, opinions and issues that one associates with one's body and physical appearance comprise body image. Depending upon the nature of these perceptions and opinions, body image can be negative or positive. If a person associates positivity, attraction and charm with their physical appearance, they are said to have a good body image whereas association of embarrassment, negativity and shame with the way one's body/physique look is called negative body image. Unrealistic and ideal portrayals of the physical self on internet and other resources make it highly likely for people, especially impressionable age groups like teens. to develop a negative body image for it doesn't 'match up to the beauty standards' of the internet and the society in general. A negative body image has multiple consequences and can lead to anxiety, depression, body dysmorphia and other eating disorders, especially in teenagers. If your child suffers from negative body image issues, you should try out the following with it.

It is important to know and understand that your perception of your child and its own perception of the self are two different things and should never be merged. However, it is equally important to realize that the teenage is a tender age in which children require equal amounts of autonomy and guidance. You should always talk to your teen about your opinions on its body and beauty in general so that it is reassured and finds you a safe space to communicate and share.

The home is the first place that people seek for comfort. Allowing your child to come 'home', and making the environment of the house favorable for acceptance and love is important. Allow your teen to look into the mirror often, point out flaws and beauty markers and accept all of them as they are. This will help it accept the self; physically and completely with confidence.

# Contrary to what you might think, this advice is not for your teen but you. Apart from the internet, there are several places that the child gets its idea of beauty from. You are one of the primary sources and in order to develop positive body image it is

imperative for you to assess your idea of beauty and bring about the required changes. Ensure that you do not impose your perceptions on your child. Healthy habits Talking to your child about the importance of leading a healthy life with a balanced lifestyle is very important. It is only in a

healthy body that a healthy mind can exist. A balanced nutritious diet, regular exercise and practicing mindfulness brings about

positive changes to the mental state of your teen and will make it feel good about itself and its body.

# Four ways modular furniture can enhance your living space

s per a market forecast, the Indian furniture market is set to grow at a CAGR of 12.91% during the forecast period of 2016-2023, mainly driven by the increasing demand for stylish, durable, and customised furniture that is also afford-Able. Apart from metropolitan cities, the demand is also increasing in tier-2 cities and small towns across states such as Gujarat, Tamil Nadu etc. Also, projects that allow 100 percent FDI policy are also on rise in the country which is attracting more foreign investors in real estate sector who are rising the quality of residential projects. This in turn is leading to increase in high-end and stylish furniture that is expected to boost the growth of India's furniture market by end of 2024. Modular furniture is thus set to become a norm, especially in the future trends of smart homes with tech enabled features

After facing several lockdowns safe heaven, and sanctuary for us to not only stay safe and healthy but to also work, face challenges and struggle with the uncertainties that hover over us, during these trying times. And a positive, uncluttered, and well organised space can impact the mood and the entire vibe of the home, making 'living' in it, a positive experience.

Modular or machine-made furniture are catching up as a preferred trend by millennial's, mainly because of several benefits like being trendy, creative and functional in design, durable and sturdy in quality and affordable. With the increasing need for aesthetic homes among millennial's, who are choosing to rent smaller apartments for living alone or sharing it with a house mate, functional, sturdy, trendy and affordable modular furniture is becoming the preferred go to for modern, creative and stylish home. For families too, the advantages of having modular furniture, with variety of designs, easy assembly, and set up, as well as functionality and affordability, with easy options to customisation, as per available space, is making it very lucrative.

Listed here four areas where modular furniture can enhance the style, functionality, and vibe of your living space:

Kitchen: Considering the evolving trend of kitchens becoming an integral part of the living room, ideal to host a close group or friends or indulge in daily family meals, modular kitchen designs make optimal use of space to create a stylish and organised kitchen area that can be doubled up as dining areas. With accessories like internal drawers, pullouts, tandem pantry etc., finishes like thermofoil, acrylic, laquer, glass and various styles and finishes like classic, modern, or contemporary etc., one can turn the kitchen into a stylish and practical, user-friendly space. These days, trendy shelving system includes smart cubes and open shelves in metal which spruces up the elegance of the kitchen, making them smart, with sleek storage and an immaculate fin-

Wardrobes: Wardrobes are an extension of the owner's personality and play a vital role in not only organizing the clothing essentials but also ensuring they are well-preserved and properly stacked. Modern wardrobes are evolving to aesthetically add to the room decor and blend in, with optimised design to create maximum storage space, while being relatively inconspicuous. Modular wardrobes offer unique and creative designs, ranging from trendy open walk-in closets and sliding door wardrobes, to

conventional swing door wardrobes, creating an accessible and stylish place that is maintenance free and easy to clean. Bedroom: Modern bedrooms have now, more than ever, become so much more than just sleeping or relaxing. For some, they have become the preferred relaxing corners, or doubled up as work station space. Modular bedrooms have been in demand, with compact and comfortable beds, made using engineered wood, allowing well designed storage space, ranging from hydraulic, box storage, front pull out storage etc. The high endurance and compact beds also offer a variety of options in types of headboard,



upholstery, sizes, integrated storage, customisation, finishes such as matte and glossy, adding to the overall look and decor of

Living room: The living area of any home is the first and the most important part of the house as it reflects the vibe and sets the tone for the rest of the house. Coupled with aesthetic entrance foyers, living room spaces can be crafty, minimalistic, vibrant, spacious, cosy and inviting for not just the guests but also for those living there. Modular crafty foyer units, entertainment units, coffee table, dining tables, and overall décor can offer the space an elegant and stylish vibe. Modular designs emphasize on style and form in equal measure, while offering customisation and functionality to make this space a true embodiment of the spirit of the people dwelling there.