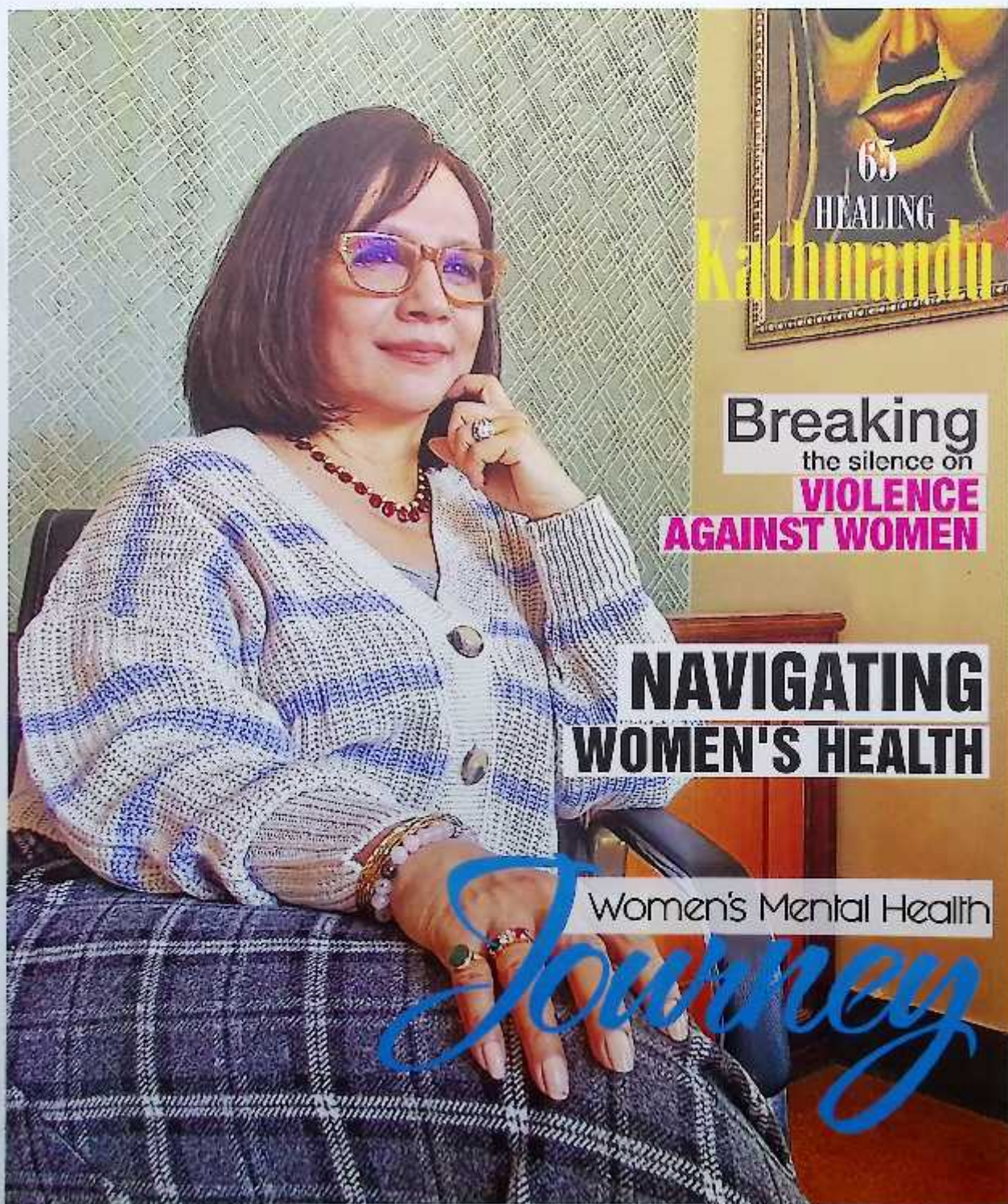


MEDICOS NEXT...



65
HEALING
Kathmandu

Breaking
the silence on
VIOLENCE
AGAINST WOMEN

NAVIGATING
WOMEN'S HEALTH

Women's Mental Health

Journey

MEDICOS NEAT

Subscribe to our annual subscription plan for just **NPR 2500** and unlock a world of health and medical insights, tips, and updates throughout the year. As an added bonus, we have some exciting offers lined up exclusively for our valued subscribers



DIAGNOTECH SUPPORT
One Unit Accu-Chek Glucose Meter with 25 test strips by Roche

K-LAB
A Generous 20% discount on the Pathology Lab Services

BLACKBERRYS
Fantastic 15% Discount voucher with Every Subscribed Copy

Don't miss out on this amazing opportunity to access premium medical content at a discounted rate



Scan QR code for subscription

FOR MORE INFO
9851214861

CONTENT

MARCH 2024 ISSUE 44



10 IN THE NEWS

DISEASE

- 14** Navigating Women's Health

HEALING KATHMANDU

- 65** Tackling the Road Accidents in Nepal

FEATURE

- 20** Insights for Successful IVF Pregnancies after 40
32 Breaking the silence on violence against women
30 Physiotherapy During Pregnancy
38 Skin and beauty: Tips for Healthy Skin Care Just for Women
42 Women's Health and Plastic Surgery
46 The Role of Gym and Zumba in Women's Health
59 Acupuncture: Ancient Chinese wisdom of Healing

COVER STORY

- 50** Women's mental health journey

PATHOLOGY INSIGHT

- 34** Urine Routine Tests Safeguard Women's Health

PHARMA

- 60** Avoiding Pitfalls in Pediatric Medication

62 PHARMA WATCH

63 EVENTS