

WHY CHOOSE OUR KIT?

1

Specific

SPECIFIC FOR OUR
BIOMARKERS

2

Privacy ensured



SINCE THE KIT IS PROPOSED TO BE A
POINT-OF CARE DEVICE, ENSURING
PRIVACY

3

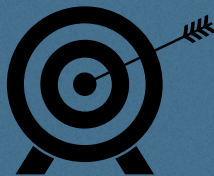
Secure



SINCE THE KIT IS PROPOSED TO BE A
POINT-OF CARE DEVICE, ENSURING
PRIVACY

4


Accurate



The aptamer based
kit 'APTASTELES'
analyses an array of
bio-molecules
associated with the
symptoms/co-morbidities
of PCOS and gives a
readout co-relating with
the concentration of the
selected bio-molecules.

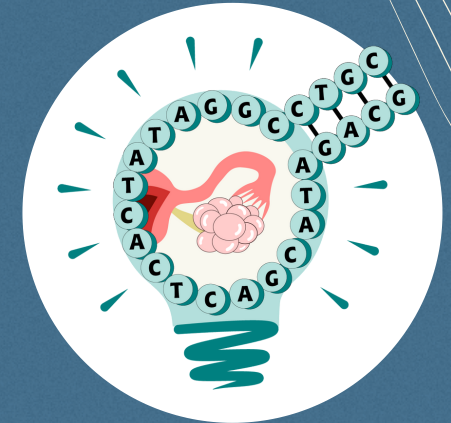


FOLLOW OUR SOCIAL
MEDIA ACCOUNT TO
KNOW MORE ABOUT
OUR PROJECT

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APTASTELES

AFTERCARE BROCHURE

HOW TO TACKLE PCOS?



Effective diet



Effective Fitness



Lifestyle Modification



1. Proper Sleep Cycle
2. Stress Management
3. Healthy Gut

Sixty minutes of moderate intensity exercise for four to five times a week.



"A Healthy Outside starts from the Inside"

Robert Urich

RECOMMENDED FOOD

1. Fiber rich diet
2. Natural fresh food
3. Phytoestrogen rich foods like fruits (plum, pear, apples), vegetables (beans, sprouts, cabbage, spinach, grains)
4. Food with isoflavones like soy and its products, legume seeds etc.



Avoid



1. High AGE (Advanced Glycation End products) diet like meat, fried eggs, cream, margarine, oils.
2. Processed foods like protein shakes, sweetened juices.
3. Dairy Products like milk, butter, desserts. High fat food

