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Web Series Review

Ask the Doctor

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“Sitting is the next smoking; Gut is our second brain,” sounds strange, but rings true. Brilliant pearls of wisdom such as these are in abundance, and there are many more on Netflix.

“Ask the Doctor” is the perfect show if you have been rubbing your eyes binge-watching the streaming giant’s intense, infinite content and want to take a break. All the neo addicts should take refuge in this peppy, funny, and eye-opening series from Australia. All 12 episodes at 27 minutes a piece are elegantly served.

It is narrated by three young doctors of different ethnicities with a remarkable Australian drawl. They tackle basic issues such as weight loss, diet, exercise, sleep, chronic pain, and sex with much panache. Myths on simple colds and flu are broken.

Their take on all subjects is contemporary and not preachy, with them, themselves becoming part of experiments sorting out their own health issues. This series helps bridge the gap between the patient-turned scholars of Google university and expert physicians.

In the first episode, we get to know why a majority of weight loss efforts fail. The reasons are so obvious and should be comforting to all those on the losing side of these unending experiences. The half hour spent on watching the “Diet” episode is sure to rock the boats of self-styled nutritional experts. Are fecal transplants the way forward? Yes, they are promising for a number of ailments affecting our gut. You can watch all the episodes in succession or jump to ones with subjects relevant to your heart.

The episode on chronic pain and genes is very informative and puts across a new and futuristic perspective. The episode on alcohol elaborates on simple hacks certain to please connoisseurs of this magical fluid, at the same time describing in detail the scary downside of it.

My favorite time was spent watching the “Exercise” episode. Real-time magnetic resonance imaging of our hearts while exercising may surprise cardiologists too.

The last episode is a fitting finale discussing sex and fertility issues. A quick review of male infertility and the treatments offered

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are quite up to date. Knowledge of both male and female contraceptives is always welcome.

There are a lot of tips at hand for clinicians to be put to daily practice which are sure to enhance a healthy doctor-patient relationship.

A healthy mix of immigrants from all over the world with their mannerisms and natural accents keeps the series engaging at all times.

The presenters are pleasant, the experts knowledgeable, and thankfully one does not need too much scientific knowledge to follow what is going on. The locations are fresh, and you become an armchair tourist exploring Australia's beautiful cities, beaches, and landscapes from the comfort of your homes. With a youthful background score, crisp writing, and editing, this show has excellent production values. There are subtle introductions to many new and upcoming fields such as gastronomic psychiatry, stem cell science, and genetics-related professions.

This series serves as a welcome documentary of contemporary Australia as well. There is a very good depiction of slice of life in this

vast land, and you would certainly relate to issues raised, whether teenage troubles, marital discord, or job pressures. You also get see kangaroos.

The level of medical research going on in Australia is an eye-opener for many of us who perceived this country as only a sporting, camping, and beer-guzzling nation.

There are very few things to complain; the Indian doctor in the "Sleep" episode overacts to the point of irritation. The show drags a bit occasionally and wants you to skip to the exciting bits of information left to the end of an episode.

Watch it with your teenagers for a great educative and fun experience; your young ones may want to change their lifestyle, sleep better, get inspired to work hard, and may join the noble profession. Perhaps one day, they may even want to immigrate to Australia ...

Conflicts of interest

None.