



ACTION TIMES



Distinguished Moment Page No. 1

Media Coverage Page No. 4

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BIRTHDAYS in OCTOBER



04-Oct- Dr. Narander Kumar

06-Oct- Dr. Arunava Chakladar

06-Oct- Dr. Sanjeev Sehgal

07-Oct- Dr. Vijay Singhal

08-Oct- Dr. Ritu Aggarwal

09-Oct- Dr. Sunil Kr. Gupta

09-Oct- Dr. Naveen Kumar Agarwal

10-Oct- Dr. Rajasekhar Perumalla

11-Oct- Dr. Anamica Rohatgi

12-Oct- Dr. Girraj Kishore Agarwal

16-Oct- Dr. Ishan Mohan

16-Oct- Dr. Nitin Aggarwal

18-Oct- Dr. Puneet Ahuja

23-Oct- Dr. K.S. Nagpal

26-Oct- Dr. Blessy Sehgal

29-Oct- Dr. Deepak Gupta



Family members of Sri Balaji Action Medical Institute & Action Cancer Hospital wishes each one of you a very Happy Birthday

Your Heart is Your HERO

Keep it Strong



19 Sep : 128 People checked in the Free heart check up camp on the occasion of World Heart Day in Association with Maruti Ltd. at Rohtak Plant, Rohtak, Haryana.



29 Sep : 108 People checked in the Free Heart and General Health Checkup Camp in Association with Agorha Vikas trust at Kashmiri Gate.

Celebration of World Physiotherapy Day

Hospital has celebrated world physiotherapy day in the Hospital campus. Most of the Sr Consultants had joined the programme, which was inaugurated by Dr Anand Bansal, Medical Director of the Action Group of Hospitals, Dr Asha Agarwal, Dr Sunil Sumbali-Medical Superintendent of Action cancer Hospital and Sri Balaji Action Medical Institute respectively, Dr Sunil Kumar-HOD&Sr Consultant- Orthopaedics, Dr Rajul Agarwal- HOD & Sr Consultant- Neurology, Dr Rajesh Jain- HOD& Sr Consultant- Surgical Oncology with Dr Viju Thomas -HOD, physiotherapy Deptt. The programme began with Dr Sunil Kumar's opening remark on the crucial role of physiotherapy deptt. in rehabilitation of patient, which was endorsed by Dr Rajul Agarwal and Dr Rajesh Jain's in their speech. Many patients had attended the programme and shared their treatment journey and were given gifts.





Onam Celebration



We at Balaji Action Medical Institute and Action Cancer Hospital celebrated Onam, most popular festival of Kerala with great enthusiasm. It marks the homecoming of king Mahabali, a legendary king. Both hospital's staff members regardless of religion or caste celebrated on 4 September 2019 and everyone shared the same joy and spirit of this festival.

The function began with a welcome address and lamp lighting by all the senior members of management and administrations. Sh. Raj Kumar Gupta, President of the Institute has addressed and wished the gathering.

Delicious Onam lunch, containing 21 dishes, was served on banana leaves to everyone and enjoyed the meal while sitting on floor with the tradition of the feast and the solemnity of the moment. Around 400 staff member graced the occasion.



Pharmacy Day



25th September marks the annual World Pharmacists Day. This year also it was celebrated among all the pharmacists of the hospital. Dr Anand Bansal had greeted, all the pharmacists with wishes and gifts, on behalf of the hospital. The programme was celebrated with cake cutting & light snacks.

Patient Safety week



World Patient Safety Week was celebrated for the first time from 11 to 17 Sep. Hospital had organised many awareness programme for the whole week, where patients and their attendant had been taught various safety tips. Programme covered IPD and OPD patients, training session for staff & attendants. Quiz, role play, patient safety talks.

Visit of overseas faculty at Action Cancer hospital



Dr Henry Conter, an eminent Medical Oncologist from University of Western Ontario- Canada, visited on 24th Sept 2019 at Action Cancer Hospital. He shared his experience on **Going GLOCAL in aRCC Management** which was chaired by Dr J B Sharma and attended by our Medical fraternity.

TIMES EVENTS



15 Sep : 178 People checked in the Free liver and Cancer Screening Health Check up Camp in Association with Jain Sthanak at Arihant Nagar, Punjabi Bagh Delhi.



15 Sep : Sri Balaji Action Medical Institute and Action Cancer Hospital participated in national book fair at ITPO Pragati Maidan for emergency services.



15 Sep : Sri Balaji Action Medical Institute and Action Cancer Hospital organised medical health checkup camp in Akal Bhagwat khatha at Punjabi Bagh.



20 Sep : 61 People checked in the Free General health check up camp in association with chola ms health insurance Ltd. at Oriental Bank of Commerce, Paschim Vihar



22 Sep : 138 People checked in the Free Cancer Awareness Cum Multi Specialty Health Check Up Camp in association with Sunder Vihar Society, Sudar Vihar.

All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity



By SMITHA VERMA

Diagnosing an illness using the Internet can have potential damages

SUNITA Kaushik used to swear by Dr Google. The 64-year-old retired government employee from Delhi started using the search engine to figure out a few common ailments, which she suffered periodically. Having got relief from common health issues like a sore throat, Kaushik began relying on home remedies available online. So much so that she blindly followed Facebook pages on natural remedies for every health issue.

"Last year, I started consuming mung dal in regular sates to control blood sugar. It was something I read online. But after a month or so, I started having digestive problems, and when I went to a doctor, I was told about the mung dal consumption. I read that mung dal is not safe to be followed blindly," she says. She Kaushik says the Internet has helped her in many ways, but she also acknowledges the potential dangers of self-diagnosis.

Home remedies are useful if they are adopted along with a doctor's advice. But if they are followed blindly, they can have serious consequences. Medical practitioners believe that not every ailment can be fixed through natural remedies. A doctor's consultation is a must because there is no one-size-fits-all solution for every health issue.

Dr. Manisha Arora, Sr. Consultant, Internal Medicine at Paras Hospital, Gurgaon, says, "I have seen many patients who have come to me with self-diagnosed ailments. They have been suffering from long-standing health issues, but they have not visited a doctor. They have been following various health tips from the Internet, and their condition has worsened. It is important to consult a doctor before starting any treatment."

KNOW-IT-ALL BRIGADE

Many more may go to a doctor with self-diagnosed ailments. They have been suffering from long-standing health issues, but they have not visited a doctor. They have been following various health tips from the Internet, and their condition has worsened. It is important to consult a doctor before starting any treatment."



DOS & DON'TS

● **Homemade remedies are useful if they are adopted along with a doctor's advice.**

● **Do not overlook the possibility of medical advice online.**

● **Do not take any medication specified over the Internet.**

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Appearance in Mail Today by Dr. Manisha Arora, Sr. Consultant, Internal Medicine

नाॉन कोमेडोजेनिक (इस तत्व का इस्तेमाल सौंदर्य उत्पादों और स्किन केअर प्रोडक्ट्स में किया जाता है। इसके कारण त्वचा के रोमछिद्र ब्लॉक नहीं हो पाते हैं।) प्रोडक्ट का इस्तेमाल करना चाहिए। रोमछिद्र खुले रहेंगे। त्वचा अच्छी तरह सांस ले पाएगी।

- होने दें। इस बात का भी खयाल रखें कि इस्तेमाल किए जानेवाले फेस वॉश या अन्य उत्पाद का पीएच 5.5 हो। स्किन को ओवर ड्राई करने से बचें, क्योंकि इससे शरीर से अधिक अम्ल का स्राव होना शुरू हो जाता है।
- जिन लोगों को एक्ने है उनको नाॉन कोमेडोजेनिक (इस तत्व का इस्तेमाल सौंदर्य उत्पादों और स्किन केअर प्रोडक्ट्स में किया जाता है। इसके कारण त्वचा के रोमछिद्र ब्लॉक नहीं हो पाते हैं) प्रोडक्ट का इस्तेमाल करना चाहिए। रोमछिद्र खुले रहेंगे। त्वचा अच्छी तरह सांस ले पाएगी।
- ऐसा पाया गया है कि वर्किंग चुनम या पार्टियों में जाने से पहले युवतियां फाउंडेशन का इस्तेमाल करती हैं। कई कंपनियां नाॉन कोमेडोजेनिक फाउंडेशन ले कर आयी हैं, इसका प्रयोग करना सही होगा।
- जो कभी-कभी मेकअप करते हैं, वे मेकअप उतारने के बाद स्किन को अच्छी तरह साफ करके स्टीम जरूर लें। डेली मेकअप करनेवाली लड़कियां 2 बार स्टीम लें, तो त्वचा के छिद्र खुल जाएंगे। इस बात का खयाल रखें कि कई बार त्वचा के छिद्र स्टीम लेने के कारण बहुत अधिक खुल तो जाते हैं, यह भी नुकसानदायक है। इससे बचने के लिए एक कारगर उपाय आजमाएं। स्टीम लेने के तुरंत बाद कोल्ड कंप्रेशन लें यानी ठंडे पानी से फेस को वॉश करें। सेबम हो, तो छोटा सा आइस क्यूब ले कर त्वचा पर 3-4 सेकेंड में जल्दी-जल्दी फेर लें। इससे स्टीम लेने के कारण अत्यधिक खुले रोमछिद्र सिक्कू कर पहले की तरह हो जाएंगे।
- टीनएजर लड़कियों में एक्ने और पिंपल्स को ले कर ज्यादा चबराहत होती है। वे इनसे बचने के लिए काफी मात्रा में पानी पिएं। सप्ताह में कम से कम एक बार स्टीम जरूर लें। स्कूल-कॉलेज में कुछ भी फ्राइड खाते से बचें।
- ऑइली स्किन हो नहीं ड्राई स्किनवाले को भी मुंहासों से परेशान होते देखा गया है। दरअसल स्किन ड्राई होने पर लोग अधिक ऑइली मॉइश्चराजर इस्तेमाल करना शुरू कर देते हैं। इससे पोर्स बंद हो जाते हैं। इसलिए सूखी त्वचावाली युवतियां उतना ही मॉइश्चराजर प्रयोग में लाएं, जिससे उनकी त्वचा में नमी बनी रहे और वह सूखने ना पाएं। लाइट मॉइश्चराजर भी लगा सकती हैं। ओवर मॉइश्चराइज्ड करने से बचें।

नी लागलपेट

चिकित्सकों की मानें, तो पिंपल्स के लिए युवतियां कई चोजें ट्राई करती हैं। वह इसके लिए एड फिल्मों में दिखाए जानेवाले हर तरह की क्रोम का इस्तेमाल करने से नहीं हिचकती। लेकिन अगर कुछ बातों का ध्यान रखा जाए, तो इससे काफी हद तक छुट्टी पायी जा सकती है। कुछ आसान उपाय भी मददगार साबित हो सकते हैं। श्रीबालाजी एक्शन मेडिकल इंस्टिट्यूट के सीनियर कंसल्टेंट डर्मेटोलॉजिस्ट डॉ. विजय सिंघल के अनुसार पिंपल्स के लिए आइस थैरेपी काफी काम की साबित होती है।

- अगर चेहरे के पिंपल में दर्द या सूजन है, तो उस जगह पर आइस क्यूब लगाएं। इसे सीधा पिंपल पर लगाने के बजाय पहले एक मुलायम कपड़े में लपेट लें। फिर पिंपल की जगह पर इस्तेमाल में लाएं।
- इसके अलावा जिनको बार-बार पिंपल निकलते हैं वे अपने चेहरे को अच्छे क्लींजर से साफ करें। बाहर से आने के बाद भी चेहरे को साफ करें। स्क्रब करने से बचें या फिर हल्के हाथों से करें।
- पिंपल को फोड़ने या खुखलाने की कोशिश नहीं करें, वरना यह घाव में बदल जाएगा। मेकअप रिमूव करके ही सोएं।

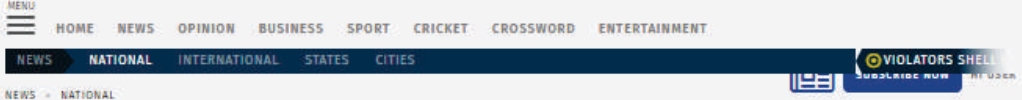
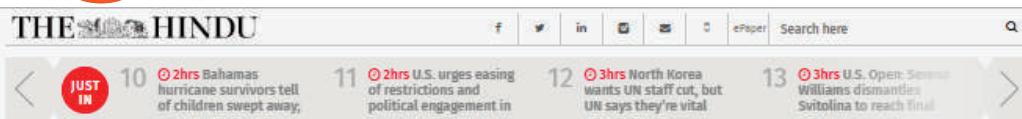
सही सलाह अपनाएं

स्किन शरीर का एक खास अंग है। हमारे खानपान और रहन-सहन का इस पर सीधा असर पड़ता है। स्किन सी जूड़ी हर तरह के छोटे-मोटे डिब्बीज जैसे पिंपल या एक्ने, एक्ने स्कार, वार्ट रिमूवल के लिए कोई भी फॉर्मूला और नुस्खा अपनाने से बचना चाहिए। कई बार गलत उपायों के इस्तेमाल के कारण वे समस्याएं और भी खराब रूप ले लेते हैं। इसलिए बेहतर होगा कि शुरुआत में ही सही सलाह ली जाए। इससे स्किन हर तरह के एक्सपेरिमेंट्स से होनेवाले नुकसान को झेलने से बच जाता है। जिंदगी पिंपल्स कभी भी इन उपायों से आसानी से नहीं जाते हैं। इसलिए क्यों ना योग्य चिकित्सक की सलाह ले कर रोज-रोज के पिंपल टेशन से हमेशा के लिए बचें।



डॉ. विजय सिंघल
सीनियर डर्मेटोलॉजिस्ट

Appearance in Various Newspaper by Dr. Vijay Singhal, Sr. Consultant, Dermatologist



"How irrational it is that a doctor treating patients is not safe. We are also equal citizens and doing our job. There are police and administration to act, if anybody goes beyond law. One should approach them in case of grievance, instead of ruining law and order," said Dr. Anand Bansal, medical director, Action Group of Hospitals.

Meanwhile, the IMA has written to the Prime Minister stating that the safety and security of the hospitals have to be ensured in the interest of the patients.

"It is not possible to provide quality treatment to the public in an atmosphere of fear and violence. Violence in the hospitals will only increase the sufferings of the patients. As a matter of fact the IMA has been engaging the Central Government on this issue through an Inter Ministerial Committee right from 2015," it said.

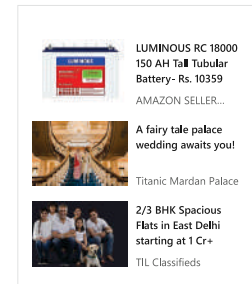
Appearance in The Hindu by Dr. Anand Bansal, Medical Director

Centre's ban on e-cigarettes evokes mixed reactions among stakeholders

The Union Cabinet's move on Wednesday clearing an ordinance for banning production, import, distribution and sale of electronic cigarettes and proposing a jail term and fine for its violators evoked mixed reactions among a section of Delhi doctors and other stakeholders.



The Centre's decision was slammed by trade bodies and certain stakeholders related to e-cigarettes, who reportedly alleged that it was a "draconian" move taken hastily in the interest of the conventional cigarette industry. They also charged that the government was depriving people of a safer alternative to smoking.



Dr Gyandeep Mangal, senior consultant in Respiratory Medicine, Sri Balaji Action Medical Institute, said, "We are glad with the ban on e-cigarettes by Union Cabinet as these are as harmful as regular cigarettes. It is true that e-cigarette doesn't contain tobacco but it contains liquefied nicotine which may lead to cancer, lung and heart diseases. Hence it is not true that e-cigarettes are safer. Apart from the nicotine, there are other additional components included which are equally harmful."

We're listening! Tell us what you think Microsoft News

He also said, "The fact is that instead of quitting, many e-cigarette users are continuing to use e-cigarettes while still using conventional cigarettes. Hence we can conclude that e-cigarettes are as harmful as regular cigarettes."

Earlier, the Indian Council of Medical Research (ICMR) had red-flagged the use of e-cigarettes citing studies that have apparently shown that these have the potential to cause nicotine addiction.

Referring to the Centre's move to ban e-cigarettes, Dr Dharminder Nagar of Paras Healthcare said, "The recent vaping-related deaths in the US have once again put a question mark over the possible toxicity of chemicals present in e-cigarette. While investigation into those deaths have still not been conclusive and point to a possibility of spurious products, we must refrain from looking at e-cigarettes as a safe alternative."

He added, "There have been long-standing doubts over what manufacturers and some health experts call 'relative safety' of e-cigarettes over tobacco cigarettes. We do not have sufficient research to understand the long-term health effects of e-cigarettes. There is no 'good smoke' and all forms of smoke are bad. The major difference between conventional and e-cigarettes is that the latter do not contain tobacco. However, tobacco is not the only culprit in a cigarette smoke; there is an entire array of other harmful chemicals, many of which are also present in e-cigarettes."

On the other hand, expressing its resentment over the Centre's blanket ban on electronic nicotine delivery systems (ENDS), the trade body representing importers, distributors, and dealers of e-cigarettes, TRENDS, said that taking the ordinance route itself was an evidence of the "unsustainability" of the government's position.

Appearance in The Statesman by Dr. Gyandeep Mangal, Sr. Consultant, Respiratory