



Doctor
Live

ACTION NEWSLETTER



International Women's Day with Page No. 1

Media Coverage Page No. 3

International Women's Day

Sri Balaji
Action Medical Institute
Multi Speciality Hospital

Doctor
Live



Dr Nikhil Gupta

Sr GI Surgeon, GI Oncology, HPB & Minimal Access Surgery

Topic:
Obesity- a silent disease

4th March 2021 | 12:30 PM | Thursday

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Topic:
Are You Not
Getting Adequate Sleep?
It Could Be A Serious Matter.
Know from Our Expert

THURSDAY
March 18th 2021
TIME : 3:00 PM

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Sri Balaji
Action Medical Institute
Multi Speciality Hospital

World Sleep Day
Special



Dr. Animesh Arya
Unit Head & Sr Consultant
Respiratory Medicine



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Topic:
Gall Bladder Cancer.
The Undetected
Time Bomb!!!

FRIDAY
March 26 2021
TIME : 12:30 PM

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Action Cancer Hospital
World-class Care



Dr Mayank Jain

Consultant GI Onco Surgery

4th March, On the occasion of World Obesity Day, Sri Balaji Action Medical Institute organized a FB live hosted by Dr. Nikhil Gupta- Sr. GI Surgeon, GI Oncology, HPB Minimal Access Surgery in his live session, he addressed the viewers about what causes obesity. He mentioned that obesity is like a pandemic, a silent killer disease, which affects not only cosmetically, but damages our internal organs too. Since 2010 till 2020, this disease has increased nearly about 15.5% in children and teenagers. Not only diet, there are innumerable causes of obesity like overeating, genetic and no exercise etc. On the Occasion of World Sleep Day, Sri Balaji Action Medical Institute organized a FB live session, conducted by Dr. Animesh Arya, Sr. Consultant- Respiratory Medicine. Being an expert of Sleep disorders, 18th march he told the importance of sleep in our daily lives. Sleep is a through which our body rejuvenate and prepare for next day work. A Healthy sleep leads to healthy body. Which our 26 March, Dr. Mayank Jain, Consultant- GI Onco Surgery, Action Cancer Hospital, conducted a FB live session on Gall Bladder Cancer- The Undetected Time Bomb. Gall Bladder Cancer is caused in the lining of the gall bladder. The cells rapidly increase which causes inflammation of the gall bladder. In 2001, there used to be less cases of gall bladder cancer across the country which now has almost doubled in the 12 years. Ultrasound is the basic test to detect the presence of thickening of gall bladder lining followed by CT/PT Scan. Dr. Mayank had shared the very useful on the basic symptoms to detect Gall Bladder Cancer which could be upper abdominal Pain, weight loss, loss of appetite, persistent jaundice.

**BIRTHDAYS in
APRIL**



01-Apr Dr. R.K.Saxena

02-Apr Dr. Santosh Kumar Jaiswal

04-Apr Dr. Vipin Kakar

04-Apr Dr. Chandan Kumar Deka

08-Apr Dr. Nipun Jain

10-Apr Dr. Sanjeev Aggarwal

11-Apr Dr. Ruby Sehra

24-Apr Dr. Suneel Kumar

18-Apr Dr. Anup Arora

12-Apr Dr. Samit Purohit

29-Apr Dr. Pranjal Kulshreshtha

30-Apr Dr. Parmod Kumar

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

www.actionhospital.com

www.actioncancerhospital.com

Word of Wisdom: One Day or Day One... You Decide. (By Rohit Sharma)



Sri Balaji Action Medical Institute
Multi Speciality Hospital

SBAMI.Delhi

Doctor Live

Dr Ruby Sehra
Sr. Consultant

Dr Poonam Agarwal
Sr. Consultant

Dr Renu Gupta
Sr. Consultant

Dr Sadhana Singhal
Sr. Consultant

Dr Meenakshi Bansal
Consultant

Dr Kiran Raman Goyal
Consultant

Dr Priyanka K. Dua (PT)
Lactation Counsellor & Women's Health Physiotherapist

INTERNATIONAL Women's Day Special

8th March 2021 | 12:30 PM | Monday

Join Us Live On Facebook

International Women's Day 2021: Women are a valuable part of society, they are the key to preserve the human race and in today's world, the importance of women in society is beyond any suspicion. However, to celebrate the social, economic and cultural achievements of women in various walks of life every year Women's day is celebrated across the world. International Women's Day is all about making a difference both locally and globally and providing a better and safe future for the female community around the world. Sri Balaji Action Medical Institute and Action Cancer Hospital, as a healthcare provider, also celebrated the women's day by many activities dedicated to women, hospital released a two video dedicated to all women's by exhibiting their many important roles and responsibilities in the hospital other than their family responsibilities. These video became viral and received thousands of likes, can be watched on our social media

mediums. Other than the videos, hospital arranged a FB live where Dr Ruby Sehra, Dr Poonam Aggarwal, Dr Renu Gupta, Dr Sadhana Singhal, Dr Meenakshi Bansal, Dr Kiran Raman and Dr Priyanka Khanna(PT) from Deptt of Gynecology had shared the many important tips to keep ourselves(women) healthy while fulfilling their responsibilities as mother, wife, sister or daughter on 8th March.

Tips For Healthy Pregnancy

A woman enters the phase of motherhood through pregnancy. To be more precise a carefree, chirpy girl instantly transforms into a woman when she comes to know about the baby who has just started developing inside of her and the feeling is unfathomable. It is such a beautiful experience when you see those two little lines on the kit, the news for which you have been desperately longing for. For a woman it is a whole new phase of euphoria that strikes in, along with some bewildering thoughts that constantly haunts them about the challenges that they might encounter on this journey and the mere thought of the most wonderful encounter that inspires them to embark the expedition and face challenges with a smile is yet to happen. Every woman's pregnancy journey is different be it a newbie or a second time mom, there are flushes of emotional changes and humongous bodily transformations that come along which may be inspiring for some and daunting for others.

When you are expecting there is a whole new routine that needs to be followed, so here is the typical process of how things unfold through this journey. By the time a woman misses her period she is already 4 weeks pregnant although the conception has occurred only a week or two earlier. Therefore, generally a woman becomes aware of the fact, that she is carrying a baby in her womb at the 2nd month of her pregnancy. Now a day's taking a urine pregnancy test has come out handy for depicting the results in mere 5 minutes, but it does not tell us about the viability and health status of the foetus, hence it is of utmost importance to schedule an appointment with your doctor as soon as possible to keep a check on the healthy growth and development of the foetus. This is how you must schedule your appointment and the process how various appointments with your doctor must go:

At the first prenatal visit, the womb undergoes a physical examination as well as certain tests and screening to assess the health of self and the unborn baby. The patient needs to visit the doctor in the second month (i.e., 2 or 3 weeks beyond missing the periods).

The ultrasound screening is done at 6-8 weeks, it is actually the dating scan that confirms the due date of the baby's arrival. It rules out abnormal pregnancy such as ectopic pregnancy, wherein the egg implants in the fallopian tubes or molar pregnancy both of them can be life threatening to a

woman, if neglected. The sub chronic bleeding (internal bleeding in the uterus, adjacent to the gestation sac) can also lead to intrauterine growth retardation (IUGR)/low birth rate. Hence, these should be diagnosed in early pregnancy so that timely management can be provided. Therefore, the first visit in the 2nd month actually confirms whether the patient is in the low or high risk category. If she is categorized in high risk category then extra attention and care must be entitled to sustain the risk of pregnancy. She might be put on hormonal therapy to keep up with treatment and ease pregnancy in later stages.

In addition to this, another follow up performed by your doctor will be a test conducting for Rh factor during early weeks of pregnancy. Rh incompatibility comes in when the mother's blood is Rh negative, the father's blood in Rh positive and the foetus is Rh positive. If such a situation arises the mother might develop antibodies against the Rh positive foetus, which may lead to anemia in the foetus, these problems are kept under thorough supervision and adequate medical treatment is provided to prevent the formation of Rh antibodies during pregnancy.

Also there might be innumerable questions and thoughts racing in your mind regarding pregnancy and you feel that you need a proper medical guidance to quench your thirst, so we are here to sort out all the queries and concerns that need discussion. It is a perfect opportunity for you to discuss any chronic medical condition you might be facing that may take a toll on your unborn baby's health and your health too. The first time prenatal visits can lucidly deal with your skepticism. It builds a pregnancy support network, diet plans for healthy and balanced diets, continuation of appropriate pregnancy exercises and daily

Times Event



Feb 12 : Session on Cancer Awareness Month, Action Cancer Hospital has organised a Health talk with women welfare NGO Aas Ek Prayas, where Dr J B Sharma has given a talk on Cancer Awareness at fiery grills- Pittampura, in the presence of more than 60 women.

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

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