



ACTION TIMES



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Sri Balaji

Action Medical Institute
Multi Speciality Hospital

Action Cancer Hospital
World-class Care

GASTROCON 2017

Action Institute of Liver and Digestive Diseases

Action Institute of Liver and Digestive Diseases Of Sri Balaji Action Hospital was organized Gastrocon-2017 at Hotel Crown Plaza, Rohini, on 9th april. The Conference was inaugurated by Respected members of Board of Management Sh. N. K.Agarwal, Sh Raj Kumar Gupta and Dr Deepika Singhal with Medical Director Anand Bansal, Dr Monika Jain and Dr G S Lamba. It was a conclave where more than 500 medical practioners came together for learning and to discuss the chronic diseases caused in stomach and liver . It was organised under the guidance of Dr. Monika Jain and Dr. G.S.Lamba, the discussions benefitted the practioners who are not specialist but are general physicians. Very Eminent consultants in the field of gastroentrology delivered their talk, and shared the experience on treating liver, stomach disease and the new medical inventions used to cure the diseases. This conference was widely covered by regional news channels i.e Delli Aaj tak, India News etc.



CURRENT CONCEPTS IN VULVAL DISORDERS

Organized by: **GYNAE ONCOLOGY**



Department of Gynae oncology, Action Cancer hospital, Paschim Vihar, Delhi, organised a CME on a very Intense and fervent subject "Current Concepts in Vulval Disorders" on 15 April 2017,. The conference received a overwhelming attendance of approximately 120 gynecologists from various parts of Delhi. The CME was inaugurated by Medical Superintendents of Action Cancer Hospital and Sri Balaji Action Hospital Dr. Asha Aggarwal and Dr Pinky Yadav respectively with Dr Shruti Bhatia, and Dr Renuka. This exclusive CME was embellished by eminent professors and doctors from various hospitals and leading medical colleges of Delhi. There were four scientific sessions which were compiled for the interest of gynecologists and dermatologists by the organizing Committee under the direction of Dr Shruti Bhatia. The lectures included various topics i.e: management and detection of benign vulval disorders, pre-malignant lesions, role of Colposcopy and vulval malignancy. The CME was also accredited by DMC.



All kids need is a little help, a little hope and someone WHO BELIEVES IN THEM.

I am frequently asked this question by most parents, hope my child will get normal soon....and I ask them what their definition of "normal" is. After listening to theirs, I tell mine..... Normal is an approximate average child who is functional in this complex world, confident and has good social relations. So does my definition include academically good, excellent in sports, perfectly behaving child? (A child who does not howl or lie down when his demands are not met with, obeys all parents commands in one go). NO. Behaviour is not perfect, it is communication.

In my practice, I see children who deviate from the normal: may have slower achievement of milestones, may not be behaving appropriately, may not be connecting with the family, may not be performing in school or are born with some condition hampering to achieve their maximum potential. So, my work involves a lot of challenge, I just don't deal with the child's problems but his parents and sometimes extended family members as well.

Our treatment is a transdisciplinary approach, a team work with the family, time taking process, patience testing mechanism for both the family and the therapists. Various modules of Therapeutic approaches, Sensory Integration, Neurodevelopmental Therapy, Reflex Integration Therapy, Brain Gym, Handwriting Without Tears, Play Therapy and so on are our tools of treating the child and we as expert chefs of fine child raising choose the best ingredients to come up with that "normal" child. Phew!!!

When I discuss the child's difficulties with my team, I don't just discuss his diagnosis, but also the dynamics of the family and specially the type of parents. Parents have different personalities, and different coping mechanisms, affecting the child's treatment. And I often tell parents....don't worry that the child doesn't listen to you, worry that they are always watching you. And of course a diagnosis will not define the extraordinary love for your child.

It is important for parents to embrace the unique way their child is blooming, even if it's not in the garden they imagined, yet showing children they are worth holding close to their heart.

Gosh!! Is this easy? I bet not. But I love what I do, because the child's smile and the smallest achievement is my biggest motivation. When a mother comes to say that he has started sitting or smiling or walking, sometimes writing and of course behaving well.....it's a sigh of relief and contentment, of a peaceful night to sleep. Voilà!!

Did you still get who I am? I am an Occupational Therapist, I am sometimes the only person who is able to hear and feel the child's pain and limitations and that is sacred to me.

So, if you see a child who is "just a little" out of sync or a "lot" different, do tell the parent to see an Occupational Therapist at the earliest, because we join science, art and creativity to change lives.

Richa Kapoor

Consultant Occupational Therapist

CONFERENCE

COLPOSCOPY WORKSHOP

Department of Gynae Oncology Organised Colposcopy workshop, under the aegis of ISCCP, on 26 April 2017 at Action Cancer Hospital. It was attended by 20 doctors from various parts of Delhi, India and abroad. The programme was followed by case demonstration and lectures. Our Gynae Onco consultants- Dr. S. K. Das, Dr. Shruti Bhatia and Dr. Renuka Gupta conducted the whole programme.

Upcoming Birthday's

Consultant Name	Designation	Department	D.O.B
Dr. Pradeep Nehra	SR. CONSULTANT	RADIOLOGY	01-May
Dr. Rajat Gupta	HON.SR.CONSULTANT	CRITICAL CARE & EMERGENCY MEDICINE	04-May
Dr. Mohit Luthra	HON. ASSOCIATE CONSULTANT (Non-Invasive Cardiology)	CARDIOLOGY	07-May
Dr. Nishant Verma	HON. ASSOCIATE CONSULTANT	CARDIOLOGY	07-May
Dr. Amita Garg	HON.CONSULTANT (Non-Invasive Cardiology)	CARDIOLOGY	14-May
Dr. Meenakshi Bansal	HON. ASSOCIATE CONSULTANT	OBS. & GYNAE	15-May
Dr. Gyandeep Mangal	HON.SR.CONSULTANT	RESPIRATORY MEDICINE	15-May
Dr. Rajat Malhotra	CLINICAL ASSOCIATE	RADIOLOGY	18-May
Dr. Priyanka Kharbanda	HON.SR.CONSULTANT	RHEUMATOLOGY	28-May

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

TIMES EVENTS



April 1 : 139 Patients attend the Pain Checkup camp at Sri Balaji Action eMdicl Institute on 1 & 2 April 2017.



April 7 : 139 Patients attended the general health checkup camp on the occasion of World Health Day in association with NSS Unit of Bharti Vidyapeeth College of Engineering at Nuna majra village, Bhadurgarh.



April 15 : Workshop on Jolly Phonics at Sri Balaji Action Medical Institute conference hall by Dr. Richa Kapoor.



April 22 : 121 Patients attended the general health checkup camp in association with LUMEX Industries Ltd. at Gurgaon .



April 23 : Participated in Annual day of IMA Outer West branch at Raddison Blu.

मौसम

तेज किरणों से आंखों और सिर की सुरक्षा के लिए सनग्लासेज और सिर पर कैप का इस्तेमाल जरूर करें।

गर्मी को मात देने के लिए यूं कीजिए खुद को तैयार

गर्मी शुरू हो चुकी है। तापमान बढ़ते ही गर्म हवाओं और तेजिश से सबसे ज्यादा लब्धा प्रभावित होती है। लब्धा पर फुसिया, पसीना और बार-बार प्यास लगना आम बात है। ऐसे में खानपान और ताल पदार्थों का ध्यान रखना बेहद जरूरी है ताकि गर्मी के असर को कम किया जा सके। जिन किन बातों का रखें ध्यान-

ऐसा हो डाइट प्लान

श्री बालाजी एक्शन मेडिकल इंस्टीट्यूट के सीनियर कंसल्टेंट डॉ. अरविंद अग्रवाल का कहना है कि गर्मी से बचने के लिए अल्कोहल, धूम्रपान, तला-भुना भोजन और मसालेदार फूड से दूरी बनाएं। डाइट में ऐसे फलों को शामिल करें जो पानी को आपूर्ति करते हैं। जैसे तरबूज, खुरबुरी, अनानास, खीरा, ककड़ी आदि। इसके अलावा नींबू पानी, नारियल, दही व छाछ जरूर लें। साफ-सफाई का खास ध्यान रखें खाता डायरिया और पेलिया को समझा है समझी है। जंकफूड से परहेज करें। प्रतिदिन 10-12 गिलास पानी जरूर पीएं।

दोपहर में बाहर निकलने से बचें

पीएसआरआई हॉस्पिटल के सीनियर कंसल्टेंट डॉ. चंदन केदारवत के अनुसार दोपहर के समय घर से निकलने से बचें। सुबह या शाम को निकलें। सूर्य की तेज किरणों से अपनी आंखों और सिर की सुरक्षा के लिए सनग्लासेज और सिर पर कैप का इस्तेमाल जरूर करें। इस मौसम में पसीना आने के कारण शरीर में तेजी से गर्मी की कमी होती है ऐसे में जूस, छाछ और पानी से इसकी कमी पूरी करें ताकि डिहाइड्रेशन की स्थिति न बने।

तेज किरणें

सूर्य की तेज धूप से बचाव करें। तेज धूप सेहत के लिए नुकसानदायक होती है। आयुर्वेद में गर्मियों को पित्त बढ़ाने का प्रमुख मौसम माना जाता है। ऐसे में पाचनक्रिया को शांत रखने के लिए दूध, दही, छाछ, दाल आदि 6-7 गिलास पानी या अन्य कोई लिक्विड डाइट लेते रहना बेहद जरूरी है।



रिक्कन का खास खयाल

आयुर्वेदाचार्य डॉ. प्रताप चौहान का कहना है कि गर्मी में घूप और खरीर में पानी की कमी होने से रिक्कन पर लाल चकरो, त्थका का झुलझल, फुंसी, उमरेखा, जलन जैसी समस्याएं ज्यादा देखने को मिलती हैं। ऐसे में कुछ आयुर्वेदिक नुस्खे रहत पहुंचते हैं-

कुलबाथ

रिक्कन की सुरक्षा ठंडे पानी से नहाकर करें। इसके लिए पुरानी की ताजा या सूखी पिटिया लेकर उन्हें आधे घंटे तक पानी में डालें। जब यह पेस्ट बनकर तैयार हो जाए तो इसे खानकर ठंडा करें। नहाने के बाद इस पेस्ट को शरीर पर लगाएं। खासकर खरीर के ज हिस्से पर जहां सबसे ज्यादा पसीना आता है। इससे त्थका को ठंडा एवं ताजगी मिलेगी। साथ ही रिक्कन को भी राहत मिलेगी।

रोजबाथ

रिक्कन के तौर पर आप गुलाब के फूल या फिर गुलाब फेंस अथवा से रोजाना कर सकते हैं। इसके लिए रातभर इन फूलों को पानी या नहाने के ठंडे पानी में भिगो दें। सुबह इस पानी से नहाएं। यह खरीर और रिक्कन दोनों को तरोताजा और ठंडा रखता है। साथ ही यह सूखी की रिक्कन से बचाने के साथ रिक्कन को मुलायम व चमकीला बनाता है।

डाइट

आयुर्वेद के मुताबिक ठंडे आहार के तौर पर ऐसे फल व सब्जियां खाएं जो मीठे, रसदार और प्राकृतिक रूप से सोर्बेड उत्पादक हों। जैसे तरबूज, बालाफली, चैरी, आम और अंगूर लाभदायक हैं। सब्जियों में बेंगलूर, तुलसी और शतावरी शीतलता प्रदान करते हैं। लालाद में खीरा ज्यादा लें। खट्टी चीजों से परहेज करें। गर्म तासीर वाली चीजें जैसे टमाटर, काली मिर्च, मूली, प्याज, लहसुन से दूरी बनाएं।

Quote by Dr. Arvind Agarwal, Senior Consultant, Psychologist

Quote by Dr. Anand Bansal, Medical Director

पोषण से भरपूर हो भोजन

हम में से अधिकतर लोगों के लिए भोजन का मतलब उस खाने से होता है, जिससे हमारा पेट भर जाए। लेकिन भोजन केवल पेट भरने के लिए नहीं होता। हमारे शरीर को पोषण की भी जरूरत होती है। पोषण प्राप्त करने के तरीकों के बारे में जानकारी दे रही है शमीम खान

तथ्य और आंकड़े

- 35% तक कम की है कि रिक्कन की आसानी से ठंडा हो जाती है।
- 20-35% रिक्कन की ठंडा होने में 20-35% तक कम की है कि रिक्कन की आसानी से ठंडा हो जाती है।
- 25% कम खाने का रिक्कन की ठंडा होने में 25% तक कम की है कि रिक्कन की आसानी से ठंडा हो जाती है।
- 30% रिक्कन की ठंडा होने में 30% तक कम की है कि रिक्कन की आसानी से ठंडा हो जाती है।
- 18% रिक्कन की ठंडा होने में 18% तक कम की है कि रिक्कन की आसानी से ठंडा हो जाती है।
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ऐसे रोजी पोषक तत्व सुरक्षित

- खाद पानी को ठंडा कर लें। इससे ठंडा पानी का तापमान ठंडा हो जाता है और ठंडा पानी ठंडा हो जाता है।
- हरी पत्तों वाली सब्जियों को खाने से पहले धो लें, क्योंकि इनमें पैक्टेरिया रिक्कन और रिक्कन में घुसने की कोशिश करेगा।
- हरी पत्तों वाली सब्जियों को खाने से पहले धो लें, क्योंकि इनमें पैक्टेरिया रिक्कन और रिक्कन में घुसने की कोशिश करेगा।
- खाद पानी को ठंडा कर लें। इससे ठंडा पानी का तापमान ठंडा हो जाता है और ठंडा पानी ठंडा हो जाता है।
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आइसिंग

आइसिंग का मतलब है कि आप अपने शरीर को ठंडा करने के लिए ठंडा पानी पी लें। यह ठंडा पानी ठंडा हो जाता है और ठंडा पानी ठंडा हो जाता है।

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डायाबिटीज

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Quote by Dr. Nishant Ravjada, Endocrinologist

Quote by Dr. Priya Verma, Chief Nutritionist

Quote by Dr. Arvind Agarwal, Senior Consultant, Internal Medicine

Quote by Dr. Prashant Goyal, Psychologist

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



Yoga For Better Bone Density

yoga poses that strengthen the areas most likely to suffer—the hips, spine, and wrists—can help maintain bone density, she says. Poses that focus on the spine can also help improve posture, preventing the hunched back that is typical in older osteoporosis sufferers. Women who have small frames or family histories of osteoporosis are more prone to the disease—so if your mother or grandmother has been diagnosed, be doubly sure to add these poses from Rubenstein to your repertoire. Although the disease is most often diagnosed after menopause, women can start losing bone density as early as their 30s.

Chair Pose

This pose strengthens the muscles around the hip, one of the most common sites for osteoporosis. It also improves your balance, which will help decrease your chances of falling and fracturing a bone when you get older and your bones are weaker.



Cobra Pose

Osteoporosis patients often suffer thoracic spine compression fractures, which happen when the front part of the vertebrae compresses down, causing a person's posture to look bent forward. This pose strengthens the upper back muscles and the spine, which help maintain proper posture and may help prevent a compression fracture from occurring. Cobra is also a perfect pose to combat computer hunch.



3 Anti-Cancer Health Benefits of Green Tea

Green Tea Antioxidants

Green tea leaves contain so-called 'bioactive' compounds, including green tea antioxidants, which act on our body in multiple beneficial ways. Specifically, green tea polyphenols known as catechins are believed to be responsible for many of the health benefits of green tea.

Epigallocatechin-3-gallate (EGCG) is the most abundant catechin in green tea and accounts for 50-75% of its total catechin content. EGCG is also the most effective green tea antioxidant as far as its health benefits are concerned – and it has been tested extensively over the past few years to better understand its potential cancer-fighting abilities.

The results of these studies clearly show that EGCG and other green tea antioxidants are toxic to cancer cells in laboratory experiments and indicate why health experts are so optimistic about their use in cancer therapies in the near future.

EGCG Stops Cancer Cells from Growing

Cancer cells are formed when our body's cells break free of the normal cycle of growth and death and begin to grow uncontrollably, giving rise to harmful, even life-threatening tumors in different parts of the body. EGCG and other green tea antioxidants act in very specific ways to prevent cancer cells from growing – and are very likely responsible for at least some of the anticancer health benefits of green tea.

These antioxidants have been shown to prevent cancer cells from growing in multiple ways:

They lower cellular levels of a protein known as cyclin D1 that is needed by cancer cells to grow properly. EGCG also blocks enzymes that help to maintain cancer cells in the so-called 'cell cycle', which allows them to keep growing. Because of these actions, EGCG forces cancer cells to go into 'growth arrest' – meaning they stop growing, usually permanently. EGCG also increases the levels of other important cellular proteins that make it very difficult for cancer cells to grow.

BREWING A PERFECT CUP OF GREEN TEA



Fruits To Eat In Summers for Good Health

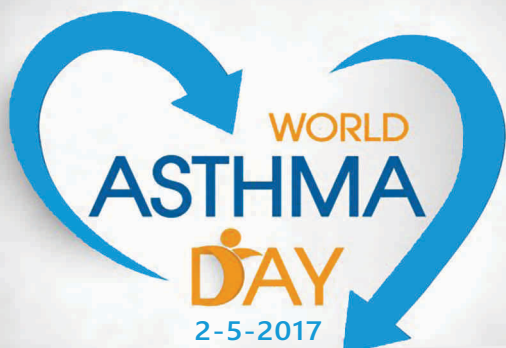
Melons: Watermelon, as the name indicates, has high water content, which will keep you hydrated and refreshed in summer. Watermelons also protect the skin against sun damage. Muskmelon or Cantaloupe is another great and healthy summer choice. The fruit is rich in vitamin A, vitamin C, potassium and zinc, and helps improve immunity. While selecting a muskmelon, make sure you pick one that smells sweet and musky.

Oranges: This fruit contains all varieties of vitamins found in other fruits with vitamin K being the only exception. Oranges can be an outstanding source of vitamin C, thiamin and folate for you which provides you natural UV protection, brings down stress levels and enhance the production of red blood cells in your body. Oranges are also loaded with beta-carotene, cryptoxanthin and lutein. These protect the eyes from macular degeneration and help keep away infections and cancers. They also replenish the potassium lost through perspiration and provide relief in muscular cramps.

Papaya: This is a delicious tropical fruit that can be eaten raw or cooked. Its numerous health benefits have made it popular in all parts of the world.

Guava: This one is a sodium-free fruit with low fat and low calories. Like several fruits mentioned above, it contains vitamin C and prevents cough, cold, diarrhea and dysentery - common summer health problems.

- Pineapples are refreshing, have anti-inflammatory properties, and help digest both proteins and fats. Chilled slices of pineapple also make for excellent dessert.
- Tender coconut will not just quench your thirst. It is a superb source of vitamins, minerals and electrolytes that will keep you hydrated and revitalized.
- Plums are juicy and just right for the summers. They are also rich in dietary fiber and vitamin C.
- Strawberries make for mouth-watering dessert, especially when served with some ice-cream.
- They are also extremely rich in vitamin C and nutrients that help combat cancer and UTI infections.
- Peaches are rich in vitamins and antioxidants and have amazing skin benefits.



Asthma is the seventh-ranked chronic health condition in the United States and the leading chronic illness of children. It is a chronic inflammatory disease that makes airways (bronchial tubes) particularly sensitive to irritants. It is currently estimated that as many as 300 million people world wide suffer from asthma, and that number continues to rise. Asthma is a disorder of the lungs that causes intermittent symptoms. In the airways there is:

- Swelling or inflammation, specifically in the airway linings
- Production of large amounts of mucus that is thicker than normal
- Narrowing because of muscle contractions surrounding the airways
- The symptoms of asthma include:

Feeling short of breath:

- Frequent coughing, especially at night
- Wheezing (a whistling noise during breathing)
- Difficulty breathing
- Chest tightness