



ACTION TIMES



Out Station Presences- Patna

Page No. 2

Media coverage Page No. 3

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BIRTHDAY



02-Sep Dr. Reena Aggarwal

03-Sep Dr. Sheena Khetarpal

10-Sep Dr. Nidhi Mittal

10-Sep Dr. Shishir Aggarwal

11-Sep Dr. Aman Dua

14-Sep Dr. Manisha Jain

14-Sep Dr. Shruti Bhatia

16-Sep Dr. Rajul Aggarwal

18-Sep Dr. Neeraj Tyagi

20-Sep Dr. Rajesh Aggarwal

21-Sep Dr. Animesh Arya

21-Sep Dr. Neeru Agarwal

21-Sep Dr. G.N.Goyal

27-Sep Dr. H.K. Singh

30-Sep Dr. Chhaya Gupta



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

Redefining Urology - Dr. Atul Goswami

Department of Urology is scripting many successfully stories. Recently Dr. Atul Goswami and his team has successfully performed very unique 3D surgeries, which have been performed for the first time not only in our hospital but in our vicinity too. The department has many first in its cap now.



August 20: 3D -Laparoscopic Radical cystectomy with Bilateral lymphnode dissection for muscle invasive bladder cancer. There was minimal blood loss and an early recovery in this case.



August 30: Laparoscopic Radical prostatectomy for prostate cancer being done with 3D laparoscopic vision of 70 years old patient.



Sri Balaji

Action Medical Institute

Multi Speciality Hospital



Live Healthy after 60

If you are experiencing a difficulty with any of the following

- Urinary incontinence — loss of bladder control
 - Frequent urination
- Stomach ailments
 - Blurred vision
- Memory loss and Forgetfulness
 - Loss of hearing
- Care for bedridden patients
 - Recurrent giddiness
- Polypharmacy – use of multiple medications
 - Repeated falls
- Uncontrolled sugar

Do visit us at our Special Clinic for Geriatrics (Elderly Care)

☎ 9811182222

SENIOR CITIZENS CLINIC

Day: Every Saturday Time: 12 noon - 2 pm

Geriatric Medicine Specialist: **Dr Manisha Arora, MD (Med), MRCP,**
Diploma in Geriatric Medicine (UK)



Obesity and Kidney Epidemic



Dr. Rajesh Aggarwal
MD (Med.), DNB (Nephro.), AIIMS, FICP
Chief - Nephrologist, Dept. of Nephrology
& Kidney Transplant

Over the past three decades, the prevalence of overweight and obese adults BMI > 25 kg/m² worldwide has increased substantially. In the US in 2013-2014, it was found 35% among men and 40% among women. It is expected to grow 40% across the globe in the next decade. Developing countries are now showing evidence of transitioning from normal weight to overweight and obesity as parts of Europe and US did decades ago. This increasing prevalence of obesity has implications for cardiovascular disease (CVD) and also for CKD. A high body mass index (BMI) is one of the strongest risk factor for new onset CKD.

BMI is weight in kg divided by the square of height (m)

- BMI between 18 – 25 kg/m² is normal
- BMI between 25 -30 kg / m² is overweight
- BMI > 30 kg / m² is obese

Although BMI is easy to calculate but it is a poor estimate of fat distribution as a muscular person or those with more subcutaneous fat may have higher BMI but that is not harmful. What is harmful is visceral obesity. Alternative parameters to more accurately capture visceral fat include:

- Waist Circumference (values used to define obesity): > 102 cm (men)
>88 cm (women)

- Waist / Hip ratio (values used to define obesity): > 0.9 (men)
>0.8 (women)

WHR has been shown to be superior to BMI for the correct classification of obesity in CKD.

Association of Obesity with CKD and other renal complication

1. Obese are more prone to get proteinuria and decreased GFR and ESRD. It also causes progression of renal failure in preexisting CKD. ORG (Obesity related glomerulopathy) has increased 10 fold from 1986 to 2000.
2. Obese are more likely to have more incidence of Nephrolithiasis
3. Obesity is associated with various type of malignancy, particularly cancer of the kidney. For BMI more than 5 kg/m² is associated with 25 % higher risk of kidney cancers and 10% of all kidney cancers are due to excess fat.

Pevention of CKD progression in obese people with CKD

In overweight and obese diabetic patients, life style intervention including caloric restriction and increased physical activity compared with a standard follow up based on education and support to sustain diabetes treatment reduced the risk for incident CKD by 30%. This is due to reduction of body weight, HbA1c and systolic BP. In a recent meta-analysis in obese CKD patients, interventions aimed at reducing body weight showed coherent reduction in blood pressure, glomerular hyperfiltration and proteinuria.

The REIN study showed that nephro protective effects of ACE inhibition in proteinuric CKD patients was maximal in obese CKD but minimal in CKD patients with normal or low BMI.

Bariatric surgical interventions have been suggested for select CKD, ESRD patients including dialysis patients who are waitlisted for kidney transplantation.



Out Station Presences- Patna



TIMES EVENTS



August 20: With my student fellows along Prof Manchankanti, writer of "Global guidelines on Pain Management" in picture.



August 22: Department of Gynae oncology organized a Colposcopy workshop attended by 20 delegates from various parts of India and from abroad. The workshop included lectures by Dr. Shruti Bhatia and Dr Renuka Gupta.



August 23: Dr. JB Sharma at 3rd International PRIME meeting on Metastatic Breast Cancer at Mumbai, where he was among only 3 Indian Medical oncologist in faculties.

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



City govt puts swine flu toll at 5, hospitals report over 40 deaths

Durgesh Nandan Jha
@timesgroup.com

New Delhi: Is the government underplaying swine flu deaths in Delhi? While official records say only five people have died of the viral illness so far this year, a random check with five top hospitals in the capital reveals more than 40 deaths in the past two months. Some other hospitals refused to divulge information on deaths.

Among hospitals that shared data with TOI, Ram Manohar Lohia (RML) had recorded the maximum numbers of deaths at 22, of which 13 patients were from Delhi, seven from Uttar Pradesh and two from Haryana.

At Safdarjung hospital, 11

MISMATCH

Swine flu deaths this year

Government
15 reported 5 confirmed
RML hospital
22 (13 city patients)
Safdarjung
11 (5 from Delhi)
AIIMS
4 in Aug
2 private hospitals
7 (Sri Balaji Action Medical Institute 4, Ganga Ram 3)

swine flu patients were recorded to have died — five from Delhi and the rest from neighbouring states. AIIMS officials said there have been four

swine flu deaths in the hospital in August alone.

Among private hospitals, Sri Balaji Action Medical Institute and Sir Ganga Ram Hospital (SGRH) confirmed four and three deaths due to the disease, respectively.

Many private hospitals and some government ones refused to share details of swine flu fatalities, saying the data had been sent to the authorities concerned. "Last year, we faced a lot of harassment for sharing data on dengue deaths with the media," an official of a top private hospital said.

Off the record, the official said more than seven people had died of swine flu at their hospital this year.

हिमाचल के सरकारी कर्मियों को दिल्ली में उपचार की सुविधा

—राज्य सरकार ने एक्शन कैंसर अस्पताल को पैनल पर लिया

शिमला। हिमाचल के सरकारी विभागों में काम करने वाले कर्मचारी तथा अधिकारी व उनके आश्रित कैंसर व इससे जुड़ी बीमारियों का उपचार अब दिल्ली के प्रसिद्ध एक्शन कैंसर अस्पताल में उपचार करवा सकेंगे। हिमाचल सरकार ने उक्त अस्पताल को अपने पैनल पर लेते हुए अधिकृत अस्पतालों की सूची में शामिल कर लिया है। जिसके चलते अस्पताल प्रबंधन ने समूचे हिमाचल में जागरूकता अभियान चलाने का फैसला किया है। एक्शन कैंसर अस्पताल के मेडिकल निदेशक डॉ. आनंद बंसल ने कहा कि हिमाचल प्रदेश से मंजूरी मिलना अस्पताल प्रबंधन के लिए गर्व की बात है। अस्पताल द्वारा हिमाचल प्रदेश के सरकारी कर्मचारियों को नवीनतम तकनीक से पूर्ण सुविधाएं एवं उपचार प्रदान किया जाएगा ताकि हमारे देश के इस राज्य को भी कैंसर संबंधी विश्व स्तर का इलाज मिल सके। डॉ. बंसल ने कहा कि कैंसर भारत में लोगों के मरने का सबसे बड़ा कारण है। देश में 3 मिलियन लोग इस खतरनाक बीमारी से ग्रस्त हैं। हर साल भारत में 500000 लोग कैंसर के कारण मर जाते हैं। विश्व स्वास्थ्य संगठन का अनुमान है कि मौजूदा साल में कैंसर से मरने वाले लोगों की संख्या 700000 तक पहुंच सकती है। उन्होंने कहा कि अन्य राज्यों की तरह हिमाचल में भी लोग अब कैंसर का शिकार होने लगे हैं। जिसके चलते अस्पताल प्रबंधन द्वारा बहुत जल्द प्रदेश में जागरूकता शिविर आयोजित किए जाएंगे।

OCT technique provides better 3-D imaging of the cellular structure of the eye



Optical Coherence Tomography (OCT) is a high-resolution live imaging technique that can be used for early detection of retinal diseases, such as age-related macular degeneration, diabetes-related conditions, glaucoma or vascular occlusions, for example. However, in order to obtain cellular resolution of the retina and hence even better results, it has so far been necessary to use expensive adaptive lenses to correct the image aberrations that occur. However, using a new technique developed at MedUni Vienna, so-called Line Field OCT, MedUni Vienna researchers from the Center for Medical Physics and Biomedical Technology have now managed to simplify looking into the cellular processes in the eye to allow even more accurate diagnosis.

Linear illumination functions a bit like a scanner -- a strip of light "scans" the eye, allowing better images to be produced. In this way it is possible to resolve individual photoreceptors, capillary blood vessels and individual nerve fibres in the same image. It is also possible to refocus, realign and digitally process the image data obtained, in order to provide the doctor with the best possible results for diagnostic purposes.

Prevention by Mosquito Control

The best way to reduce mosquitoes is to eliminate the places where the mosquito lays her eggs, like artificial containers that hold water in and around the home (see figure 2, video 2 and 3). In urban areas, Aedes mosquitos breed on water collections in artificial containers such as plastic cups, used tires, broken bottles, flower pots, etc (see also transmission of dengue). Periodic draining or removal of artificial containers is the most effective way of reducing the breeding grounds for mosquitos. Larvicide treatment is another effective way to control the vector larvae but the larvicide chosen should be



long-lasting and preferably. There are some very effective insect growth regulators (IGRs) available which are both safe and long-lasting (e.g. pyriproxyfen). For reducing the adult mosquito load, fogging with insecticide is somewhat effective.

New way to activate stem cells to MAKE HAIR GROW



Hair follicle stem cells are long-lived cells in the hair follicle; they are present in the skin and produce hair throughout a person's lifetime. They are "quiescent," meaning they are normally inactive, but they quickly activate during a new hair cycle, which is when new hair growth occurs. The quiescence of hair follicle stem cells is regulated by many factors. In certain cases they fail to activate, which is what causes hair loss.

In this study, Christofk and Lowry, of Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Research at UCLA, found that hair follicle stem cell metabolism is different from other cells of the skin. Cellular metabolism involves the breakdown of the nutrients needed for cells to divide, make energy and respond to their environment. The research team first blocked the production of lactate genetically in mice and showed that this prevented hair follicle stem cell activation. Conversely, in collaboration with the Rutter lab at University of Utah, they increased lactate production genetically in the mice and this accelerated hair follicle stem cell activation, increasing the hair cycle.



- Q1. How many times does a heart beat during a person's lifetime?
(A) 2 billion times
(B) 2 and half billion times
(C) 3 billion times
(D) 3 and half billion times
- Q2. Human heart is the size of
(A) A fist
(B) A lemon
(C) A cricket ball
(D) A Mobile phone
- Q3. A thin sac that surrounds the sac is called
(A) Myocardium
(B) Pericardium
(C) Ectocardium
(D) Endocardium
- Q4. Oxygenated blood is carried to the body organs by the
(A) Arteries
(B) Veins
(C) Nerves
(D) Arteries and Nerves
- Q5. What is LDL (or Low Density Lipoprotein)?
(A) Good cholesterol
(B) Bad cholesterol
(C) Triglyceride
(D) Statin

Last Month Ans:
1(A), 2 (D), 3(C), 4(C), 5(C)

Please send your responses of Quiz along with your name, designation & mobile number on rohitsbami@gmail.com by 15 September 2017. Winners would be decided on first come first basis and would be suitably awarded.