



Rare Innocence Lost - Conservative Management of Cervical Pregnancy

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# ACTION TIMES



Media Coverage

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Mr. Raj Kumar Gupta  
President  
(15 August)

**A very Happy Birthday**

## WHOOPING RESPONSE IN KNEE REPLACEMENT CAMP



**Step Ahead To  
Better Health**

**Knee Replacement  
By India's Best Team**



Knee Replacement Awareness  
camp for all People.

- 200 Patients Consulted
- Free X-Ray

sessions between the doctors and the patients.

The Hospital also offered free radiology investigations including knee x-ray to the patients and offered concessional surgery packages for the surgical candidates.

This entire activity information was spread to the general population through Newspapers, Banners, outdoor hoarding, Emails, and leaflet distribution in various parks in west Delhi and promotional sms's.

To address the rising number of knee pain problems in the community, Hospital organized a month long Mega Knee Health Camp.

Around 200 patients from all walks of life, representing different age groups participated in the camp and availed benefits of consultation. The camp consultations were provided by Dr. Sunil Kumar, Dr. Ashok Goel, Dr. A.K Jain, and Dr. Ravi Mohan Bagga. The camp provided series of interactive

**Specialized Knee Replacement Team Of Senior Consultant**



Dr. Suneel Kumar  
MBBS, FRCS (Glasgow),  
MCh (Ortho, Liverpool)



Dr. Ashok Goel  
MBBS, MS (Ortho), FRCS (Edin & Glasg),  
MCh (Ortho, Liverpool) FRCS (Ortho, London)



Dr. A.K. Jain  
MBBS, MS (Ortho)



Dr. Ravi Mohan Bagga  
MBBS, MS (Ortho)

Online International Media coverage on renown portals  
Dr. Ashok Goel, Sr. Consultant, Joint Replacement & Sports Injury Centre



**Online National & International Portals : 208 coverages.**

## ACLS & PALS TRAINING PROGRAM FOR DOCTORS AND NURSES

An Advanced Cardiac Life Support (ACLS) and Pediatric Advanced Life Support (PALS) training program was organized in association with VIVO healthcare for Doctors and Nurses of SBAMI & ACH. Six qualified trainers imparted hands on training through various skill stations throughout the day. ACLS : 23 July 2015 – 4 doctors and 8 nurses of ACH participated and 11 cleared the exam. 13 doctors and 4 nurses of SBAMI participated and all of them cleared the exam.

PALS: 26 July 2015 – 11 nurses each from SBAMI and ACH participated in the skill based training imparted by seven highly eminent PALS instructors from Indian Academy of Pediatrics (IAP).



ACLS – 29 total candidates, PALS – 22 total candidates, This shall improve critical care in our hospital and will prove to be beneficial in creating a highly skilled and advanced critical care team.

**Word of Wisdom : Our waking hours form the text of our lives, our dreams, the commentary.**

**Rohtak Cancer OPD**  
Asha Sanjeevani Hospital  
Time : 3 pm to 5 pm every Tuesday



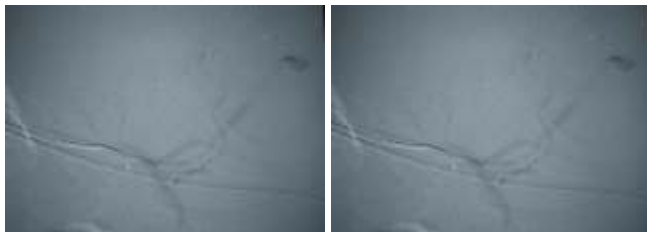


## Rare Innocence Lost – Conservative Management of Cervical Pregnancy



Pregnancy used to be mysterious, magical thing happening to people, and to some extent it is indeed! People look at the positive pregnancy test as a sudden decorative life, but they obviously do not know the possibility of losing the baby as well.

28 y/o Rashmi (name changed) will never be able to think of pregnancy again in the same way. Just a year old married, 1 month 10 days pregnant (for the first time) woman presented in the OPD with painless bleeding clots through vagina since a day. She had an episode of spotting 3-4 days back too. Past history was unremarkable with no previous intrauterine procedures or devices, and no pelvic inflammatory disease. Her Beta-HCG rose from 2700 to 5700. Ultrasound showed normal cardiac activity of the growing baby.



USG PICS, On investigations, the team at Action Balaji Hospital could see the foetal sac, nodes, cardiac activity all in the cervix (the lower end of the uterus at the top of the vagina).

Cervical pregnancy is a rare form of ectopic pregnancy (occurring outside the uterine cavity) and is associated with morbidity and disastrous effects on the future aspects of the patient's fertility. Ectopic pregnancy can occur anywhere away from the uterine cavity including fallopian tube (most common – 98%), ovary, abdomen, etc. Ectopic pregnancy in the cervix account for less than 1% of all ectopic pregnancies.

Diagnosis of cervical pregnancies also remain a challenge and is often delayed. The massive blood clots often necessitate emergency removal of the uterus. Methotrexate (MTX) is contraindicated in such cases owing to the risk of uncontrollable bleeding.

But, in an attempt to avoid the uterus removal and preserve the fertility of the patient, the eminent team Gynecology Dr. Ruby Sehra, Dr. Meenakshi, & Dr. Rupinder Singh Baweja, Interventional Radiologist, Sri Balaji Action Medical Institute opted for conservative therapeutic approach. Evacuation of cervix was performed under GA with the help of Interventional Radiologist team performing bilateral uterine artery embolization so as to block the cervical branches. There was no blood loss and the pregnancy was completely removed. The post-operative recovery period was uneventful and the patient is in stable condition.

## TIMES EVENTS



Celebrated Doctors Day on 1<sup>st</sup> July. 1500 emailed (Delhi & NCR Doctors List)



5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> July : 150 people attended Free emergency medical facility was provided at the Raahgiri at CP.



11 July 2015 : 75 delegates attended Oncology CME with IMA Rewari at Golden Huts, Rewari Speakers : Dr. J B Sharma (Senior Consultant Medical Oncology), Dr. Dinesh Singh (Senior Consultant Radiation Oncology)



18 July 2015 : 40 delegates attended CME On "Laparoscopic Management of Hernia" in association with ASI Branch Gurgaon by Dr. Subhash Aggarwal (Senior Consultant & HOD, Department of Surgery)



20 July to 30 July : 400 patients attended free Hepatitis B & C Screening Camp on the Occasion of "World Hepatitis Day" by the Department of Gastro.



INDIAN ASSOCIATION OF MEDICAL MICROBIOLOGISTS  
DELHI CHAPTER, 2<sup>nd</sup> CHAPTER MEET, 2015  
1<sup>ST</sup> ANNOUNCEMENT  
SRI BALAJI ACTION MEDICAL INSTITUTE



### INFECTIONS IN CANCER PATIENTS (ORGANIZED BY DEPARTMENT OF MICROBIOLOGY)

8<sup>th</sup> August, 2015 from 11:30 AM

#### Programme

| Time                 | Topic   |
|----------------------|---|
| 11:00 am             | Registration  |
| 11:30 am to 12:30 pm | Poster display (Dr Shrinivas Award & Free Poster Session) |
| 12:30 pm to 1:00 pm  | Lunch / Poster view<br>Quiz screening round               |
| 01:00 pm to 01:30 pm | Final round of quiz                                       |
| 01:30 pm to 02:00 pm | Inauguration & Lamp lighting                              |

#### Scientific programme

Chairperson: Dr. Chand Wattal, Dr. Animesh Arya, Dr. J.B.Sharma

| Time                 | Topics  | Speakers   |
|----------------------|---|--|
| 02:00 pm to 02:30 pm | Changing epidemiology of infections in cancer patients        | Dr Navin Kumar<br>Microbiologist<br>Medanta Hospital           |
| 02:30 pm to 03:00 pm | Infectious aetiology of cancers                               | Dr Anish Maru<br>Medical oncologist,<br>Action Cancer hospital |
| 03:00 pm to 03:30 pm | Difficult bacterial infections in cancer patients             | TBA  |
| 03:30 pm to 04:00 pm | Fungal infections in cancer patients - How frequent are they? | Dr.K. Medhi,<br>Medical oncologist,<br>Batra Hospital          |
| 04:00 pm to 04:30 pm | Panel discussion  | Moderator<br>Dr.Chand Wattal                                   |
| 04:30 pm to 04:45 pm | Prize Distribution  | -  |
| 4:45 pm onwards      | High Tea & Snacks   |  |

Dr. Anju Gumber, Sr Consultant, Department of Microbiology  
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**vee care**

Share Concerns With Experts Led By Dr. Pradeep Jain  
At The Launch Of Our Bariatric Support Group

Date : 1<sup>st</sup> August, 2015  
Time : 10 am -12 pm

Call & Register Now!  
**9810076517**

Venue: Conference Hall

## Congratulation



**Dr. Sadhana Mangwana**  
Sr. Consultant & Head -Blood  
Transfusion Services  
MBBS, MD

An article entitled "Anti-M: Report Of Two Cardiac Cases With Review Of Literature" has been published by Dr. Sadhana Mangwana, Sr. Consultant, Blood Transfusion service in International Journal Of Basic And Applied Medical Sciences, 2015, Vol5(2), May-Aug, pp.59-61.

JOIN US



All Consultants are requested to inform C.E.O Office upon academic enhancement and publication of their articles in any scientific journal.









## Onam

Onam is a Hindu festival, celebrated with a great enthusiasm throughout Kerala between August and September. Onam is the most popular festival of Kerala (a southern coastal state of India).

This is a Hindu festival, celebrated with a great enthusiasm throughout Kerala for a period of ten days. Every year this festival falls on the Malayalam month of Chingam - between August and September and also known as the harvest festival of Kerala.

Onam is one of the most ancient Hindu festivals which is still celebrated with a great devotion. Onam marks the homecoming of King Mahabali, a legendary king, who ruled Kerala in ancient times. That period was believed to be the golden age of Kerala, people were happy, free from harm and complete harmony and prosperity was there. This golden age ended when Vamana (an avatar of Lord Vishnu) pushed King Mahabali, deep into the earth. Satisfied by Mahabali's honesty and generosity, the lord granted him a wish that he can visit his kingdom and dear subjects once in a year.

Onam is celebrated for ten days - Atham is the first day and Thiruvonam is the final day of the celebration. People wear new clothes, decorate their houses and put flower carpet called 'Pookalam' in front of their houses, to welcome the King Mahabali. Special pujas are offered in the temples in early morning and younger members take blessings and gifts from the elder members of the family. During Onam traditional rituals are performed followed by a lavish feast with twenty-one homemade curries and sweet payasam on plantain leaf. Spectacular Carnivals of elephants, fireworks, boat races, music and the famous Kathakalli dance are traditionally associated with this festival. The state government of Kerala conducts Tourism Week celebrations in connection with Onam, showcasing Kerala's beauty and culture.

### Tribute to the late Ex. President of India Dr. A. P. J. Abdul Kalam (1931-2015)



He dedicated his entire life to Science and Technology. A great Scientist and leader. The real tribute to the late President Dr APJ Abdul Kalam would be a change in ourselves after examining his life, his troubles and how he overcame them, how he could deal so graciously with political tribe, how he respected and cared for his house staff and security men, how he chose to never shirk from activity till his last breath, and lots of other attitudinal traits. If we can imbibe a fraction of his attitude into our own styles, that would be the real tribute

## Independence Day



The Independence Day in India is celebrated every year on the 15th of August in honor of the birthday of the nation. On 15th August 1947, India achieved her independence from British rule and became a sovereign nation.

On the eve of 15th August 1947, India tricolor (saffron, green and white) flag was first hoisted by Jawahar Lal Nehru, the first Prime Minister of India, at the Red Fort of Delhi.

"Long years ago we made a tryst with destiny, and now the time comes when we will redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom. A moment comes, which comes but rarely in history, when we



step out from the old to the new, when an age ends and when the soul of a nation, long suppressed, finds utterance.... We end today a period of ill fortune, and India discovers herself again." - Jawaharlal Nehru (Speech on Indian Independence Day, 15th August 1947)

The Independence Day is celebrated with great enthusiasm in all over the India. On this day tributes are paid to the freedom fighters who sacrificed their lives to gain the freedom for India. The main event takes place in New Delhi, where the Prime Minister hoists the National Flag at the Red Fort accompanied with the gun shots, parade, amazing live performances and music. On this day many political leaders appear at the public events and talk about the nation's heritage, laws, history, people, about recent events and future projects.

The Independence Day is considered as a Public Day with outings, picnics and lots of outdoor events like parades, air shows, fireworks and musical concerts. Nowadays kite flying has become a tradition on this day and people fly numerous kites of all colors, sizes and shapes symbolizing the freedom. Indians proudly fly their tricolor Flag, sing patriotic songs like "Vande Mataram", "Jan Gan Man" etc. and enjoy the day with their friends and families.

### The Rain

It was a busy morning, about 8:30, when an elderly gentleman in his 80's arrived at the hospital to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am.

I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him. I saw him looking at his watch and decided, since I was not busy with another patient, I would evaluate his wound. On examination, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound.

While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry.

The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health.

He told me that's he had been there for a while and that she was a victim of Alzheimer's Disease.

As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, 'And you still go every morning, even though she doesn't know who you are?' He smiled as he patted my hand and said,

**'She doesn't know me, but I still know who she is.'**

I had to hold back tears as he left, I had goose bumps on my arm, and thought, 'That is the kind of love I want in my life.'

True love is neither physical, nor romantic.

**True love is an acceptance of all that is, has been, will be, and will not be.**

The happiest people don't necessarily have the best of everything; they just make the best of everything they have.'

**Life isn't about how to survive the storm, But how to dance in the rain.'**

**We are all getting Older**

Tomorrow may be our turn.

(Mr. Ashok Kumar)



## Quiz No.66



Tick (✓) against the right answer

1. Who was the first Indian woman to win Miss Universe title in 1994 ?

- (A) Lara Dutta
- (B) Reita Faria
- (C) Aishwarya Rai
- (D) Sushmita Sen

Q2. Which is the largest brackish water lake in India ?

- (A) Wular Lake,
- (B) Pulicat Lake
- (C) Kaliveli Lake
- (D) Chilka Lake

Q3. How do we better know playback singer Kedarnath Bhattacharya ?

- (A) Shaan
- (B) Lucky Ali
- (C) Kumar Sanu
- (D) Kishore Kumar

Q4. Which scientist is known as the Father of the Green Revolution in India ?

- (A) Verghese Kurien
- (B) M.S.Swaminathan
- (C) Raja Ramanna
- (D) A.P.J.Abdul Kalam

Q5. Which city is served by Jolly Grant Airport ?

- (A) Jaipur
- (B) Lucknow
- (C) Chandigarh
- (D) Dehradun

**Congratulations**  
**Deepa Vats**  
Winner of Last Month quiz

Note: Answer of last month quiz 1-d, 2-b, 3-b, 4-a, 5-d

Please sent your responses of Quiz along with your name, designation & mobile number on marketing@actionhospital.com by 10 August 2015. Winners would be decided on first come first basis and would be suitably awarded.