



# ACTION TIMES



Christmas Party Page No. 1

[www.actionhospital.com](http://www.actionhospital.com)

Live Interview On Janta Tv Page No. 3

[www.actioncancerhospital.com](http://www.actioncancerhospital.com)

## BIRTHDAY



23-Jan Lala Mange Ram Agarwal

10-Jan R.C. Chharia ji

1-Jan Dr. Anand Bansal

1-Jan Dr. Deepak Bajaj

1-Jan Dr. Virender Singh

1-Jan Dr. Ashish Sahani

2-Jan Dr. Vivek Aggarwal

3-Jan Dr. Rishi Raj Vohra

4-Jan Umakant Kaushik

4-Jan Dr. Ajay Kumar Sachdev

7-Jan Dr. Anuradha Garg

7-Jan Dr. Anuradha Garg

11-Jan Dr. Sudhish Sehra

14-Jan Dr. Lalitesh Sangwan

16-Jan Dr. Neeraj Jain

17-Jan Dr. Mridul Agarwal

18-Jan Dr. S.S. Gupta

23-Jan Dr. Saket Kant

25-Jan Dr. D.K. Guha

29-Jan Dr. Digvijay Sharma



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



Sri Balaji  
Action Medical Institute  
Multi Speciality Hospital



Action Cancer Hospital  
World-class Care



Sri Balaji  
Action Medical Institute  
Multi Speciality Hospital  
9811182222



Action Cancer Hospital  
World-class Care  
9711322022



*Christmas Party celebrating and best nurse's awarded*



December is a month which brings the breeze of festive season with it and a joyful and stomach tickling wait for Christmas and the New Year. The ideas and plans for parties are on every one's mind and the excitement reaches cloud nine. In the same way our hospital celebrated Christmas with a boom along with the management and staff members at the hospital premises. A giant Christmas tree was put up at the entrance of the Hospital along with other decorations giving the lobby a cheerful festive mood. The white bearded Santa Claus roamed around the premises with a bag full of joy, happiness, smile and laughter for the patients and staff at the hospital during this celebration. On the same day, Sri Balaji Action Medical Institute also witnessed the farewell of Nursing Superintendent of the hospital, Ms June Caroline. The celebration day was studded with carols, dance and other fun activities performed by the staff members and the students of Ginni Devi Action School of Nursing. The day ended with cutting of birthday cake for the month of December. The celebration ended with the vote of thanks by Sh. Rajji, President of Action Group of hospitals.

Word of wisdom There is only one happiness in the life, to love and be loved...





## Neck & Back Pain - Is it a life style disorder or illness



Dr. Praksh Khatri  
Sr. Consultant Neurosurgery  
MBBS, MS, DNB Neurosurgery

### Introduction

- Neck & Back pain has become a lifestyle problem in the last few decades, and the incidence has highly increased due to our busy life, busy schedule and lack of exercise are the main reasons for the increase in the magnitude of this problem
- Contrary to popular belief, Neck & Back pains are not non treatable. In reality, these problems are very well treatable. In fact, with a little precaution, these problems can very well be avoided
- One very important thing to remember is that 90% of Neck & Back pains can be treated without using surgical methods, by just using a conservative approach

### Incidence

- It is very common in India; there are about 10 million cases of Neck & Back pain reported every year
- Estimated 1 year incidence of neck pain is around 10-21% and that of lower back pain is 6-15%
- There is high incidence of neck pain in computer sector workers, females and urban population

### Back Pain

- Increased frequency is seen during the Autumn and Winter seasons
- It is more common for people in their 30's

### Etiology

- Bad posture
- Increase in age
- Trauma
- Unbalanced diet

### Investigation

- Clinical examination- very important
- X-ray
- CT scan
- MRI- most informative

### Treatment

Depends upon the cause

- Rest
- Change in lifestyle
- Cervical collar
- Medication
- Physiotherapy
- Surgery is required in only 10% cases

Nowadays, with advancements in surgical techniques; surgery is safe and gives good results. Surgical options that are available are:

- Minimal invasive surgery
- Endoscopic surgery
- Microscopic surgery

### Precautions

For Neck pain

- Avoid neck movement
- Use of Cervical collar
- Avoid use of pillow

For Back pain

- Use firm bed
- Avoid forward bending
- Avoid lifting heavy weights
- Avoid sudden jerks

A Neurosurgeon is always better trained to treat Neck pain & Back pain because they are specifically trained to deal the brain and spine problem.



## TIMES EVENTS



**Dec 10 :** 201 Patients attended the Free General & Eye Check Up Camp in Association with RWA Sec-22 A at Sood Dharmshala Chandigarh.



**Dec 22 :** Participated in Operative work shop Staples haemorrhoidectomy training programme by Dr. Subash Aggarwal at Rohtak and Karnal.



**Dec 14 :** 151 Patients attended the Free General check up camp for women in association with Shubhra Priyamvada foundation at IAS, Officers servant quarters Lal building, Chanakyapuri.



**Dec 14 :** CME on West Delhi Gynae forum on Mirabegron in overactive bladder Talk by Sr. Consultant Dr. Atul Goswami at, Pirates of Grill, Rajori Garden.



**Dec 24 :** 151 Patients attended the Free Multi speciality health chekup camp by joint replacement team in association with Laxmi Narayan Mandir, Paschim Vihar.



**Dec 23 :** 101 Patients attended the Free Cancer checkup camp & Health talk by Dr. Shruti Bhatia and Samit Purohit in association with Shri Sanatan Dharam Mandir, C-2 Janakpuri.



**Dec 17 :** 167 Patients attended the Free Cancer checkup camp & Health talk by Dr. Sushant Mittal and Samit Purohit in association with Gurudwara Singh Sabha, New Mahavir Nagar.

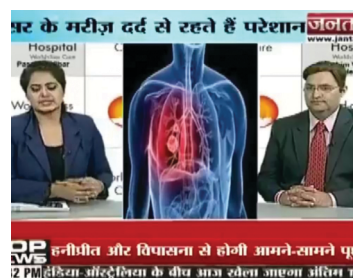
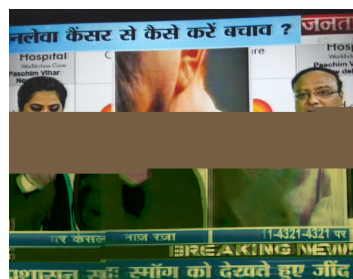
**All consultants are requested to kindly update Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity**





# Live Interviews on Janta Tv

The hospital organized a series of live interviews of various specialists on different ailments from October 2017 till mid December on Janta TV channel. Our consultants from various departments participated and shared their opinion on the subject. In this live programme, doctors got a tremendous response and answered several queries during the live interview. The queries were from general public from the states Haryana, Himachal, Punjab and J&K. In these interviews, the consultants from Sri Balaji Action Medical Institute and Action Cancer Hospital covered all the current and relevant topics for general public like safety measures after burns during Deepawali festival, how to prevent cardiac ailments in winters, importance of vaccinations in children, new techniques for joint replacement, breast cancer treatment, role of radio therapy in treatment of cancer and new therapies and techniques while treating cancer.



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





**Graphic Designer - Rohit**

**Congratulations**  
Suman Ajay Lall  
Winner of Last Month quiz