

ACTION TIMES



SENTINEL NODE BIOPSY

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BIRTHDAY



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

Feb 1 : Dr. Rajesh Valeja

Feb 2 : Dr. K. R. Faldu

Feb 3 : Dr. H.W.Bhatia

Feb 7 : Dr. Y.K. Chhabra

Feb 9 : Dr. S.G.Kaushik

Feb 10 : Dr. Alok Gupta

Feb 13 : Dr.R.M.Bagga

Feb 16 : Dr.Neeta Taneja

Feb 18 : Dr.Renu Gupta



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

All are requested to kindly join us for the Birthday Celebrations on 14th February 2015 at Conference hall, Basement for the celebration of birthday



apni raahen | apni azaadi

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World Cancer Day, 4th Feb

JOIN HANDS WITH HOPE IN FIGHT AGAINST CANCER.

Activities

Events

On 1st February

- Awareness Walk at Raahgiri Camp (6am onwards)



- Free Check-up Camp at Moments Mall (11am - 8pm)



On 4th February

- Cancer Survivors' Meet at the Hospital (11am onwards)
- Cancer Detection Camp at the hospital (2pm - 4pm)

Online (On Facebook)

- Nominate a Fighter
- Donate a Status
- Cancer Day Pledge Badges
- Live Chat (4th February) (12pm - 2pm)


<https://www.facebook.com/actioncancerhospital>



SENTINEL NODE BIOPSY



Dr. Vaishali Zamre
Sr. Consultant, Surgical Oncology

Nearly 10% to 15% of all patients who undergo complete axillary nodal dissection as a part of treatment for breast cancer have a risk of developing lymphedema after surgery. It is oedema of the arm on the side of breast cancer surgery

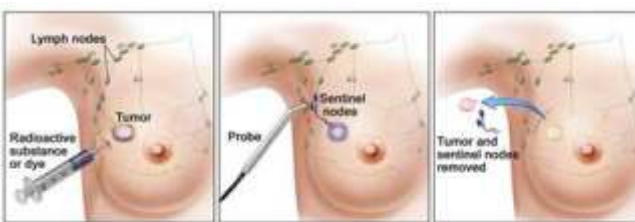
that includes axillary dissection or complete removal of axillary lymph nodes. Axillary lymph node dissection has been a standard part of breast cancer surgery till recently.

Lymphedema can develop any-time after surgery. During axillary lymph node dissection, there is disruption of lymphatic vessels which drain lymph from the arm leading to gradual accumulation of lymph fluid in the tissues of upper limb on the affected side. Lymphedema is commonly seen within initial 2-3 years after surgery but maybe seen as late as 10 to 15 years. Severe lymphedema is not very common but is difficult to treat and affects the quality of life badly.

An alternative approach is now available that can reduce the need for complete removal of axillary nodes and also minimize the occurrence of lymphedema. This approach is called sentinel lymph node biopsy. Sentinel node in the armpit can be identified using specialized surgical techniques. If the sentinel lymph nodes contain cancer, complete axillary dissection is carried out. In sentinel lymph node does not contain cancer, further surgery for axillary nodes is not required. This approach helps because nearly 50% to 70% of breast cancer patients may not have tumour in the axillary nodes if their nodes are not enlarged. Using sentinel node biopsy, we can thus avoid complete removal of axillary nodes in these patients.

Sentinel node biopsy procedure has been studied for nearly 15 years now and has been found to be safe and

effective. It is advisable to carry out the sentinel node biopsy using a combination of two approaches. Radioisotope (nuclear medicine) based technique is combined with a blue dye based approach for highest levels of accuracy. After removal of sentinel node, frozen section test of the node is carried out. Within 20 to 30 minutes, the pathologist tells about the presence or absence of cancer in the removed nodes. Based on this information, further surgery is carried out as necessary. Using frozen section avoids a second surgery for the patient and saves on costs also.



The most important benefit of SNB is significant reduction in the risk of lymphedema, discomfort and pain in the affected arm, preservation of normal sensation in the arm and normal shoulder movements. After SNB, the risk of all the complications associated with axillary lymph node dissection is very low. Moreover we get accurate information regarding disease stage with a minimally invasive procedure. There is no difference in disease outcome between those patients who undergo ALND and SNB.

Although this procedure has been validated for over ten years now, few centres in our country are doing this procedure routinely. Lack of complete facilities that include nuclear medicine department, hand held gamma probe, blue dye as well as skilled/highly trained surgical team, frozen section facility are a barrier to wider use of this approach. Action cancer Hospital is one of the leading cancer care set ups in the country that is fully equipped for this procedure and uses it for the benefit of patients.

TIMES EVENTS

09 Jan : 60 people attended the Health Talk on General & Breast Cancer Awareness,



Dr. Vaishali Zamre, was organized by Marketing Department in association with Jubilant Energy at Gr. Noida.

10 Jan : 160 people attended Free Cancer Check-up Camp and Health Talk was Organized by Marketing



Department in Association with "Jain Mahila Mandal at Vivek Vihar, New Delhi. 200 people attended Cancer Awareness health talk by Dr. Rajesh Jain & Dr. Shruti Bhatia.

16 Jan : 55 delegated attended the CME on "Dep't of Nephrology" in Association with SBAMI Doctor's at SBAMI Conference Hall, organized by Academic Council.



18 Jan : 65 people attended Free Cancer Check-up Camp and Health Talk was Organized by Marketing Department in Association with "Sr. Citizen Recreation Centre at Ashok Vihar, New Delhi.



80 people attended Cancer Awareness health talk by Dr. Dinesh Singh.

New year Lunch at ACH



We are Proud of



In keeping with our hospital principals to the mankind. Mr. Rakesh house keeping ward boy posted in NW 1st Floor

deposited 4 envelopes of Rs.1100/- each to his HOD the he found in a put room 1004 after the Patient Megha Bansal had self. The Patient attendants wave them contacted by HOD Dr. Madan Jain and the money was returned to them.

Inauguration :Action Institute of Liver and Digestive Diseases



A feather was added to the highly accomplished hat of Sri Balaji Action Medical Institute with the inauguration of the new Gastroenterology Department under the able guidance of Dr. Gurwant Lamba and Dr. Monika Jain.



The Inauguration of the Gastroenterology Department took place on 5th January, 2015. The function was well attended with the eminent dignitaries from the Action Group – Sh. Lala Mange ram Agarwal, Sh. N.K. Agarwal, Sh. Raj Kumar Gupta, Mrs. Shalu Agarwal, Dr. Deepika besides various doctors and other staff members. The inauguration ceremony was an auspicious function where a Pooja was performed and the blessings were sought for the success of the newly-renovated Department.



All consultants are requested to kindly update Mr. Gagan Nagpal at 9810332033(*6216) about your unique procedures & surgeries so that same can be provided to PR agency for publication



For More Details Please Visit Websites on
www.actionhospital.com
www.actioncancerhospital.com



Maha Shivratri

Maha Shivratri (the 'Great Night of Shiva') is a Hindu festival celebrated every year in reverence of Lord Shiva. It is the day Shiva was married to Parvati. The Maha Shivratri festival, also popularly known as 'Shivratri' or 'Great Night of Lord Shiva', is observed on the 13th night/14th day in the Krishna Paksha every year on the month of Falgun according to the Hindu calendar. Alternate common spellings include Sivaratri, Shivaratri, Sivarathri, and Shivarathri. It marks the convergence of Shiva and Shakti. Maha Shivratri is celebrated on the Krishna Paksha Chaturdashi of Hindu calendar month Maagha as per Amavasya-ant month calculation [As per Poornima-ant month calculation, the day is Krishna Paksha Chaturdashi of Hindu calendar month Phalguna which falls in February or March as per the Gregorian calendar. Of the twelve Shivaratris in the year, the Maha Shivarathri is the most holy.

The festival is principally celebrated by offerings of Bael or golden apple or Bilva/Vilvam leaves to Lord Shiva, all-day fasting and an all-night-(jagarana). All through the day, devotees chant "Om Namah Shivaya", a sacred Panchakshara mantra dedicated to Lord Shiva. In accordance with scriptural and discipleship traditions, penances are performed in order to gain boons in the practice of Yoga and meditation, in order to reach life's highest good steadily and swiftly. On this day, the planetary positions in the Northern hemisphere act as potent catalysts to help a person raise his or her spiritual energy more easily. The benefits of powerful ancient Sanskrit Mantras such as Maha Mrityunjaya Mantra increase greatly on this night.

In Nepal, millions of Hindus attend Shivaratri together from different part of the world at the famous Pashupatinath Temple. Thousands of devotees also attend Mahasivaratri at the famous Shiva Shakti Peetham of Nepal.

In Trinidad and Tobago, thousands of Hindus spend the auspicious night in over 400 temples across the country, offering special jhalls to Lord Shiva.

You Can Do It

If you think you are beat, you are.
If you think you dare not, you don't
If you'd like to win,
But you think you can't,
It's almost sure you won't!
If you think you'll lose, you've lost,
For out in the world
You find success begins with the will,
Its all in the state of mind.

If you think you're outclassed,
you are.
You've got to think high to rise.
You've got to think of yourself
Before you can ever win the prize!
If you don't try the race is lost,
Before even a step is run

Think big and your deeds will grow,
Think small and you'll fall behind,
Think that you can and you will,
It's all in the state of mind!

Life's battles don't always go
To the stronger or faster man.
But sooner or later the who wins,
is the one who think he can!
(ASHOK KUMAR)



Mudra

Mudra Therapy is another non-medical mode of treatment which helps without harming. Mudras are various postures of fingers and thumbs. In mudra therapy, different diseases are treated by holding and reatining the fingers and thumbs in different ways. This is simple measure surprisingly restores a state of balance in body and raises the level of the performer's resistance with the patient's immunity thus strengthened, the disease has no other option but to flee.

Deficiencies in any of these elements can be made up by connecting one part of the body with another in a particular manner through Mudras.

When a finger representing an element is brought into contact with the thumb, that element is brought into balance. Therefore the disease caused by the imbalance is cured. Mudras start electromagnetic currents within the body which balance various constituting elements and restore health. The joining of fingers creates an effect on the human body.

New Family Members



Dr. Pradeep Kumar Siddappa
Associate Consultant
Action Institute Of Liver &
Digestive Diseases
SBAMI



Quiz No.60

Tick (✓) against the right answer



Q1. In the most popular internet domain name '.com' (dot-com), the 'com' is the short form for which word ?

- (A) Common
- (B) Commercial
- (C) Computer
- (D) Communication

Q2. Naxalbari village, the birth place of Naxalite Movement, is located in which state ?

- (A) Bihar
- (B) Jharkhand
- (C) West Bengal
- (D) Orissa

Q3. 'Roopavahini' is the National Television Network of which Asian country ?

- (A) Nepal
- (B) Sri Lanka
- (C) Bhutan
- (D) Myanmar

Q4. On 17 Dec 1931, who founded the Indian Statistical Institute (ISI) in Kolkata ?

- (A) C.V.Raman
- (B) Homi Bhabha
- (C) P.C.Mahalanobis
- (D) Vikram Sarabhai

Q5. Which mythological weapon is depicted on the Param Vir Chakra medal ?

- (A) Vajra
- (B) Khatvanga
- (C) Sudarshan Chakra
- (D) Kaumodaki

Q6. Hydrogen and Carbon monoxide are the major constituents of which fuel gas ?

- (A) Coal Gas
- (B) Water Gas
- (C) Compressed Natural Gas (CNG)
- (D) Liquefied Petroleum Gas (LPG)



Note: Answer of last month quiz 1-a, 2-c, 3-b, 4-d, 5-b
Please send your responses of Quiz along with your name, designation & mobile number on marketing@actionhospital.com by 10 February 2015. Winners would be decided on first come first basis and would be suitably awarded.

New Family Members



Dr. Munish k. Aggarwal
Sr. Consultant
Neuro - Surgery
SBAMI



Dr. Vipin Kumar
Associate Consultant
Neuro - Surgery
SBAMI



Dr. Deepak Gupta
Intensivist
Critical Care & Emergency
Medicine
SBAMI



Dr. Neeraj Aggarwal
Consultant
Paediatric Cardiology
SBAMI



Dr. Yogesh Kumar Chhabra
Associate Consultation
Nephrology
SBAMI