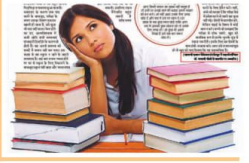




ACTION TIMES



Celebrating World Cancer Day Page No. 1

www.actionhospital.com

Media Coverage Page No. 3

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BIRTHDAYS IN MARCH



01-Mar Dr. Rajesh Mussani

02-Mar Dr. Ramdeo Yadave

03-Mar Dr. Babita Bansal

06-Mar Dr. Sandeep Gupta

10-Mar Dr. Manish Bummerkar

12-Mar Dr. Govind Singh Bisht

15-Mar Dr. Sunny Jandyal

16-Mar Dr. Rakesh Chugh

20-Mar Dr. Anjali Sharma

23-Mar Dr. Monika Singh

27-Mar Dr. Kiran Raman Goyal

31-Mar Dr. Navdeep Hooda

WORLD CANCER DAY CELEBRATION

on 3rd February 2018

"We are with you when you are sufferer and we remain with you when you are a survivor" – This is the motto of Action Cancer Hospital and this Cancer Day the hospital has proved the same by celebrating World Cancer Day with cancer survivors in our premises. This motivated the cancer patients who witnessed the event and gave them a ray of hope to fight the disease. The celebration witnessed around 100 cancer survivors and many cancer patients, respected members of our management of the hospital Sh. N.K. Aggarwal and Ms Shalu Aggarwal, Medical Director Dr. Anand Bansal, Medical Superintendents of Action Cancer Hospital and Sri Balaji Action Medical Institute Dr. Asha Aggarwal & Dr. Pinky Yadav along with all the consultants, doctors and the staff of Action Cancer Hospital.

The programme was inaugurated with lamp lighting by Board Members of the Management, MD, MS and doctors and was followed with Ganesh Puja. To make the day full of fun and enthusiasm, many games were arranged like Hoopla, Gunshot, Snake & Ladder, Can Shot, etc. The world class services of the hospital were also shown with an aim to give confidence of their treatment and the state of the art facilities. Many survivors shared their treatment stories which motivated the existing cancer patients.

Sh. N.K. Ji and Ms. Shalu Aggarwal addressed the gathering and motivated the cancer patients to be strong and fight with their disease with positive and optimistic approach. Round of funny questions & answers was also organized to entertain the attendees and winners were presented with gifts.

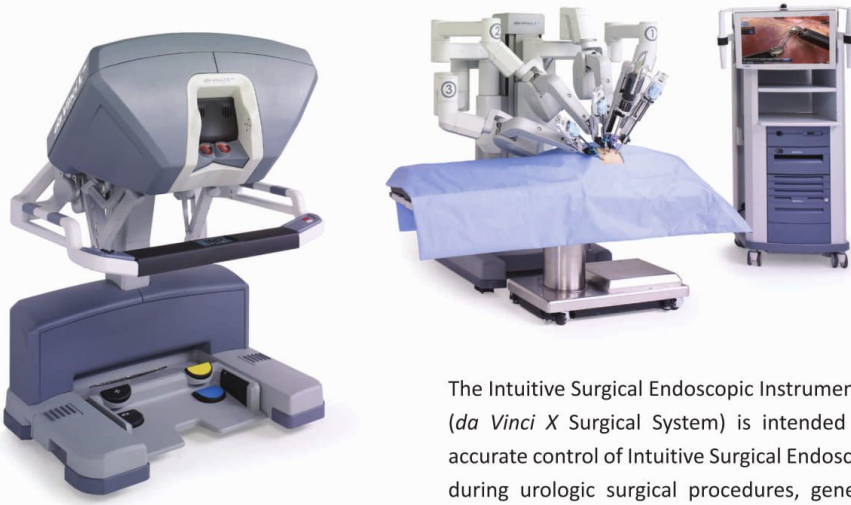
Subsequently all the senior doctors shared few tips to remain fit and healthy. Another highlight of the event was the ramp-walk of the consultants with the survivors wearing funny masks and costumes. The event was such a success and was covered by many news channels like Delhi Aaj tak, Zee Hindustan and FM as well like Rainbow and Vivid Bharti. This was the first time when the government radio channels Rainbow and Vivid Bharti have shifted their studio to the hospital and broadcasted the same event live.



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



Revolution in Surgery



The Intuitive Surgical Endoscopic Instrument Control System (*da Vinci X Surgical System*) is intended to assist in the accurate control of Intuitive Surgical Endoscopic Instruments during urologic surgical procedures, general laparoscopic surgical procedures, gynecologic laparoscopic surgical procedures, general thoracoscopic surgical procedures,



thoroscopically-assisted cardiotomy procedures, and trans-oral otolaryngology surgical procedures restricted to benign tumors and malignant tumors classified as T1 and T2, and for benign base of tongue resection procedures. The system can also be employed with adjunctive mediastinotomy to perform coronary anastomosis during cardiac revascularization.

Presence of Us- Everyday at Pacific Mall



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



Feb 02 : Session on Approach to child with development delay by Dr. Ashish Shani with IAP West Delhi Branch At Hotel Piccadilly.



Feb 11 : 43 visitors participated on Joint & Knee patient treatment experience sharing Program at Conference hall, Sri Balaji Action Medical Institute.



Feb 17 : CME on management of Chronic Constipation by our Sr. Consultant Dr. G. S. Lamba and Dr. Monika Jain at Hotel Piccadilly.



Feb 22 : CME on Recent advances in prevention and management of kidney diseases in diabetics by our Sr. Consultant Dr. Rajesh Aggarwal.



Feb 24 - 27 : 4000 Patients attended the Free General Health checkup camp in association with Shaym Gajab at Khatu Shayam Ji (Rajasthan).



What Causes Air Pollution: Dr. Gyandeep Mangal



Dr. Gyandeep Mangal
Sr. Consultant
Respiratory Medicine,
MBBS, MD-T.B & Res.
Diseases MRCP(UK)

Outdoor air pollution continues to be hot news and rightly so. For people living in heavily polluted areas it is a reason for minor ailments in a large number of residents & contributes to development of major diseases and causes deaths in substantial number of people.

It is estimated that about 70 lakh people all over the world die each year because of air pollution; out of 100 such deaths, 40 are due to heart and related diseases, 40 due to stroke, 11 due to COPD, 6 due to lung cancer and 3 due to respiratory infections especially in young

children.

What causes air pollution? Broadly there are natural causes and man-made ones. Natural causes include erupting volcanoes, deserts, forest fires etc. Humans have contributed enormously in context of explosive industrialization and fossil fuel (petrol, diesel) use. For Delhi and parts of Northern India the practice of stubble (crop) burning in the farming area is a huge issue.

Air pollution is caused by dust, smoke, fumes, aerosols, toxic gases and chemicals. One commonly measured parameter, **Air Quality Index (AQI)**, is the quantity of very small

particles called **Particulate Matter (PM)** of the size of 2.5 microns or less ($PM_{2.5}$) (a micron is 1 millimetre divided by 1000). This size is important because these particles go deep inside lungs and stay there causing bad effects. Various cut-off levels of $PM_{2.5}$ have been defined to ascribe quality to the air ranging from good to dangerous. During last 3 months Delhi's air quality has generally been in the worst two bands of AQI.

What can be done? Besides government bodies making policies and action plans and implementing them with defined and measureable goals, each and every individual should be aware of the problem and be willing to contribute their part in reducing air pollution. In cities like Delhi, the petrol and diesel driven vehicles are a major source of $PM_{2.5}$. Therefore one rather easy step for all of us is to find opportunities to avoid using vehicles. This certainly will help tackle the air pollution.



Spine Problem : A Matter of Past Now : Dr. Neeraj Jain



Dr. Neeraj Jain
Sr. Consultant
Spine & Pain Specialist,
Spine & Pain Clinic

Gone are the days when you had to be on bed-rest for months either due to slip disc or spine fracture. Of late technologies in the field of science now make you fit within a day's time. Today, either due to lifestyle changes or due to some minor accidents people are suffering from backache, spine fracture and slip disc. But not now as the new treatments have come up, your spine problem can be cured within a day's time.

New treatment methods

Vertebroplasty, ozone treatment and micro-endoscopic spine surgeries (key hole) are the latest spine treatment techniques. They help cure spine fractures and disc problems.

Vertebroplasty : If a patient suffers from spine fracture then he cannot move even an inch. Earlier when the vertebroplasty was not introduced, the patient suffering from spine fracture could not even go to the toilet. Vertebroplasty is Quick-fix treatment for osteoporotic fracture of spine which is the commonest fracture of the body. It is non-surgical procedure where liquid bone cement is injected through a needle in the fractured vertebra. The process takes 15 to 20 minutes and then the patient is absolutely fine. Patient comes on stretcher and goes back walking the same day.

Mistake often done

The patient suffering from spine fracture should be brought on a stretcher or on a hard surface. It is wrong to carry a patient folded in hands as it further damages the spinal cord resulting even in paralysis

Ozone Injection Treatment

Newer technologies like ozone injection cures patients of slip disc and sciatica, as ozone's nascent oxygen atom shrinks the disc so taking away pressure from the pain sensitive nerves. It is a non-



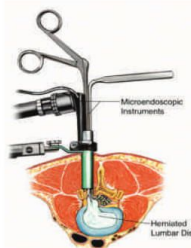
surgical procedure done under local anaesthesia. The treatment requires rest for not more than a day or two.

In this procedure, a needle is put inside the disc and ozone is passed.

A patient who is suffering from small disc problem gets benefitted from this treatment. People who suffer from large disc size pressing on nerve can go for nucleoplasty. It helps making the disc more firm and elastic. And in case the disc has come out of its confines then we see it through a telescope and remove the disc.

Micro-endoscopic Spine Surgery / Key Hole Treatment

Neck or back pain and sciatica are some of the most common ailments in any age group. From young boys and girls to elderly population, everyone is equally affected. Key hole spine surgeries offers safe, simple and latest solutions to entire spine problems with minimal risks and complications. Micro-endoscopic spine surgeries are a better substitute for conventional open surgeries. In this process, the entire surgery is performed in a lesser time through an endoscope requiring just half cm incision. There is no blood loss and patient recovers faster and can be discharged even the same day. All the above said treatments work best in the initial stages of the spinal fracture or pain. Though they are a little expensive, they free you from the lifelong back pain.



Quiz No. 93

Tick (✓) against the right answer



- Q1. Fatty acids break down of eukaryotes occurs in
 - (A) Mitochondrial Matrix
 - (B) Cell Membrane
 - (C) Cytosol
 - (D) Endoplasmic Reticulum
- Q2. When the fermentation of fructose results in the bitter product mannitol, the fermentation is sometime termed as-
 - (A) Mannic
 - (B) Mannitic
 - (C) Amertume
 - (D) None Of These
- Q3. Which of the following repairs nicked DNA by forming a phosphodiester bond between adjacent nucleotides?
 - (A) Helicase
 - (B) DNA gyrase
 - (C) Topoisomerases
 - (D) DNA ligase
- Q4. The phospholipids present in cytoplasm membrane of eubacteria is mainly
 - (A) Phosphoglycerides
 - (B) Polyisoprenoid
 - (C) Phospholipoprotein
 - (D) None Of These
- Q5. Antibodies of the IgG class
 - (A) Consist Of Four Subunits
 - (B) Are Glycoproteins
 - (C) Are Secreted Into The Bloodstream
 - (D) All Of The Above

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

Please send your responses of Quiz along with your name, designation & mobile number on rohitsbami@gmail.com by **15 March 2018**. Winners would be decided on first come first basis and would be suitably awarded.

Congratulations
Rajnish Bharti
Winner of Last Month quiz