



ACTION TIMES



Celebrating World Cancer Day Page No. 1

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WORLD CANCER DAY CELEBRATION



01-Mar Dr. Rajesh Mussani

02-Mar Dr. Ramdeo Yadave

03-Mar Dr. Babita Bansal

06-Mar Dr. Sandeep Gupta

10-Mar Dr. Manish Bummerka

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

31-Mar Dr. Navdeep Hooda

"We are with you when you are sufferer and we remain with you when you are a surviyor" – 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 Aggrarwal 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,

thoracoscopically-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.

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.

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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).

Presence of Us- Everyday at Pacific Mall















परीक्षा के नाम से

नहीं आएगा बुखार



Media Coverages

सर्वाइकल कैंसर

समय पर इलाज ही है वचाव

बताती हैं डॉ. श्रुति भाटिया, सीनियर कंसलटेंट, गाइनी आनकोलाजिस्ट, एक्शन कैंसर हॉरियटल, नई दिल्ली

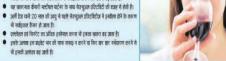
पिछले 2 सात के अंतर्कों पर नजर हातें तो धारत में 74000 से अधिक महिलाओं वी मुत्यु सर्वाहरत केंमर के कराज हुई है. वहीं पूरी दूरीय में 273000 महिलाओं की मृत्यु के लिए सर्वहातत किंमर जिन्मेगर है। सर्वहातक कैंमर के तथाज, बढाव व सही समय पर हक्ताउ किया जार तो हम अताओं में निरावट लई जा समती है। नार्याह्य के मुख्य द्वार को सर्विजन कहा जात है। सर्विजन में सेल्स वी अमियनित वृद्धि

को सर्बाहरूत केंसर कहा उन्नत है। यह केंसर सर्विवस में ह्यूमन वेपेलोगा बायरस एव पी कें के कारण होता है। आज पूरी दुनिया में 10 में से एक महिता सर्वाहरूत केंसर से बीईत है। वोगारी और दलाज संबंधी जानकारी के अधाव में धारत में यह खतरनाक बीजारी महिलाओं के लिए



 बीमारी की स्कीनिंग कराएं। इसके संक्रमण से बचाव के लि एव पी वी वैक्सीन का टीकाकरण कराएं। इन बवाइयों का हिलाएं सर्विक्स केंसर वैक्सीन का इस्तेमाल कर सकती है

- इं. श्रुवि थाटिया के मुताबिक हाई रिस्क फर्टनर, हिस्ट्री ऑफ सेज्सुअली ट्रांसनिटेड डिसीज वाले व्यक्ति के साथ शारीरिक संबंध बनने से सर्बाइकत केंसर का स्वतरा वड़ जाता है।
- अर्ती ऐज यानी 20 साल की अप्यु से पहले सेक्सुअल एक्टिविटीज में इनवॉल्च होने के कारण
- भी सर्वाइकल कैंसर हो जाता है।



- सर्वहकल केंसर की चुरुआते करण वती स्थित को हिस्सेसिक कहा जात है। इस करण में इलाज असानी से किया जा सकता है। व्यान न देने पर यही वीमारी अगर कैंसर में वदन जाए तो इसे
- अगर कसर म वदन जाए तो इस वार्सिनेज करा जाता है। यहां कंडीकन थोड़ी मुक्तित हो जाती है। युरुआती करण में सर्वाइकत कैंसर की पहचान नहीं हो बाती हैं लेकिन फिर भी वुछ ऐसी शारीरिक पविविधियां जिनके म से इसकी पहचान करने में आसानी



सर्वाइकल केंसर का पता करने के लिए बायोप्सी, सीटी स्कैन एवं पेंट स्कैन कराएं।

• इसका इलाज भी इसकी स्टेज पर निर्भर करता है जिसमें कीमो थेरेपी, रेडियो थेरेपी और सर्जरी शामिल हैं

- 🔾 कम उम्र में सेक्स एक्टिविटी में इनवॉल होने से वर्धे

Quote by Dr. Pallavi Joshi, Psychologist

यूरीन के दौरान दर्द गतिक धर्म के दौरान पेट के निवाले हिस्से में इन्छा दर्द होता है। लेकिन मस्तिक धर्म वंद होने के बाद भी दर्द का अहतान होता है तो इत स्थित में डॉजटर को कंसल्ट करें क्योंकि यह योगी में नवीडकल कैंसर के तक्षण को पुष्टि करता है। संवंध वनाने के काद व्लीडिन या किए तेल हुई सर्वादनान

हेल्थ वेलनेस सेंटर प्रोग्राम के लिए सरकार ने 1200 करोड़ रुपये का बजट पास किया है,जिसके तहत 1,5

लाख स्वास्थ्य और कल्याणा केंद्र स्थापित किए जाएंगे। राष्ट्रीय स्वास्थ्य सुरक्षा योजना एक बेहतरीन पहल है। यह दुनिया का सबसे बड़ा हेल्थ प्रोग्राम है।

> -डॉ. आनंद बंसल, मेडिकल डायरेक्टर बालाजी एक्शन मेडिकल इंस्टिटयूट

Quote by Dr. Shruti Bhatia, Sr. Consultant, Gyane Oncology



का करें मिलकर



Quote by Dr. J.B. Sharma, Sr. Consultant, Medical Oncologist

Business of life

Eat nuts for good health



	WALNUT	CASHEW	PEANUT	ALMOND	PISTACHIO	PINE NUT
	WALNUT	CASHEW	PEANUT	ALMOND	PISTACHIO	PINE NUT
An ounce	34 halves	18 kernels	28 ruts	23 kernels	50 kernels	125-150 kernels
Calories	105	160	160	160	160	190
Proteins	434	Sg	74	64	66	46
Fats	16.5g	tig	14g	14g	14g	19g
Vitamins	Vitamins E and 89	Vitamins E and 80	Vitamins E and B3	Vitamins 82, E, and 89	Vitamin 86	Vitarrins A, B, C, D, E and
Minerals	Zinc, selenium, magnesium	Copper, manganese, magnesium, phosphorus, zinc	Magnesiam, phosphorous, potassium, zinc, iron, copper, manganese and selenium, folate	Magnesium, calcium	Potassium	Magnesium
	Wallack Shee the strongest one-up of articularly in medicions, medicions, medicions, medicions, medicions, and	The only mat which delivers of the same officials to effect some only on the same of the same on the same of the same on the same of the s	It is loaded with foliate, which is sense in the brain which is sense into the brain sequent cognitive declare) against cognitive declare) and is a good about of or send is a good about of or send in a good about of or end-con land cholesteroit. Every sense is sense in the control of the brain sense in the part of the brain sense in the part of the brain sense in the part of the sense is sense in the part of the sense in the part of the sense in the part of the sense in the sense is sense in the sense in th	Its rifocilismi pitamini 82 moli Locardinic content in the moli Locardinic content in the moli Locardinic content in the left of content in the latent it content in the latent in the laten	It is not in vitarem 66, which is important for benefit for important for benefit for the common file in the	B contains pinocleric activity of the popular which can their you to margin at it fragmen their popular weight at it fragmen their weight at it fragment their weight and their

Quote by Priya Sharma, Chief Nutritionist

Quote by Dr. Anand Bansal, Medical Director

MODERNME DEALTH

Prostate Cancer - The Manopause

1 in 5 men suffer from prostate cancer in their lifetime

Dr. Atul Goswami, Chief & Senior Consultant, Uro-Oncology, Action Cancer Hospita

Prostate is a walnut sized male reproductive gland located in front of the stool passage (rec and 20 grams. The size of this gland increases slowly with age. This is known as Benign Prostation

Quote by Dr. Atul Goswami, Chief & Sr. Consultant, Uro Oncology

कैंसर से बचाव



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



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

Sri Balaji Action Medical Institute & Action Cancer Hospital

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

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 PM25 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 PM₂₅. 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.

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

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-



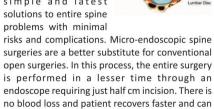
surgical procedure done under local anaesthesia. The treatment requires rest for not more than a day or two.

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

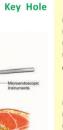
A patient who is suffering from small disc problem gets benefitted from this treatment. People who suffer from large disc size pressing on nerve can go for nucleopasty. It helps making the disc more firm and elastic. And in case the disc has come out of its confines then we see it through a telescope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



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.





- 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) Mannkic
- (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

Concratulations Rajnish Bharti Winner of Last Month quiz

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.

be discharged even the same day.