



ACTION TIMES


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Fabulous Achievements

Action Group of hospitals have common goal- to provide best care at her with one global standards to the society. This is confirmed by various activities undertaken by hospital, be it social awareness camp, knowledge sharing or attempts to acquire the best skills available globally.

Action Group Of hospitals participated in an annual conference of Association of Environmental and Occupational Health-Delhi (AEOHD). This is a very reputed platform where physicians from all PSU's, Indian Railways, ESIC, Government organizations and other Corporate Industries came together with an aim to study Occupational Health issues. Dr Rajul also gave a lecture on stroke in relation to occupation health hazard and it's prevention and management at SCOPE Complex, Lodhi Road.



MEDICAL EDUCATION CERTIFICATE OF RECOGNITION

This certificate is presented to
DR. RUPINDER SINGH BAWEJA
For attending Pipeline Flex Embolization Device Training on January 11th, 2018 held at M S Ramaiah Advanced Learning Center, Bangalore

Dr. Michael Kelly
Dr. Michael Kelly
Neurovascular Surgeon
University of Saskatchewan

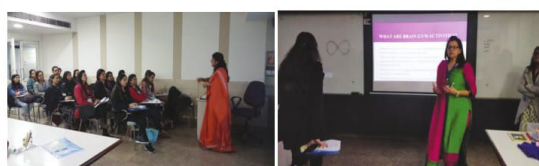


It's a matter of pride to share the achievement of Dr Rupinder who has been awarded **Certificate for Recognition** from Prof. Kelly, Canada at a training programme, Bangalore for Embolisation devices placement. It is a high end endovascular technique where the device is placed in the parent blood vessel to divert blood flow away from the aneurysm itself instead of coiling. Very few centers and interventionists across India are trained and allowed to do the procedure independently. Dr. Michael Kelly, is a world renowned name in the field of Endovascular Neuro Surgery from University of Saskatchewan, Canada.



Child Guidance Clinic organized a workshop on ADHD (attention deficit hyperactivity disorder) in children on 21st January in the academic room of the SBAMI. It was well attended by 25 delegates which included psychologist therapists, school teachers and school counselors. Workshop team was headed by Dr. Ashish Sahani (sr. pediatrician) along with Archana Sharma (child psychologist) and Shweta wadhwa (pediatric occupational therapist). It consisted of topics like definition of ADHD, Parents behavior management, and Class room strategies for teachers.

The hour long session by occupational therapist was well appreciated. This was 1st ever such workshop in West Delhi.



Another Successful Cochlear Implant



Dr. Bipin Kakkar
Sr. Consultant

Dr. Jayant Jaiswal
Sr. Consultant

Cochlear Implant Programme was started at Sri Balaji Action Medical Institute few months back and with in a short span of time the team has accomplished ten Cochlear Implants. Cochlear implant is a device with which a deaf person starts hearing to

almost near normal levels.

We are proud to share that another patient Naresh Verma (name changed) s/o Naresh Kumar (Name Changed) from Indore had undergone cochlear implant successfully 2 weeks ago under the guidance of Dr. Vipin Kakkar and Dr. Jayant Jaswal, (our Cochlear Implant Unit). It is important to note that hearing is one of the commonest birth defect. its almost 300 per lac. births. As Per Dr. Kakkar the earlier we detect the hearing loss, the sooner we should contact the cochlear implant unit. and this will enhance the chances of normal schooling for the child.

For more information about this programme pl mail: gmbd@actionhospital.com



Naresh Verma



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



What Causes Air Pollution



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.

Appearance at AIIMS Entry Gate



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



Jan 06 : Session on Hematology update 2018-CLL at Taj Hotel Palace.



Jan 13 : CME on Stroke management by Dr. Rajul Aggarwal at 5th annual conference of AEODH-Delhi Branch at Scope Minar, Lodhi Road.



Jan 14 : 156 Patients attended the Free Multi specialty health check up camp in association with Veer Hindu Jagriti Manch At Tilak Nagar.



Jan 21 : 91 Patients attended the Free Joint patient pain checkup camp and health talk in association with Elderly Peoples Forums at C-4, Block, Kesav Puram, New Delhi



Jan 28 : 125 Patients attended the Free General Health checkup camp in association with Action Shoes at Hotel Radisson Blu, Paschim Vihar.



Jan 29 : 81 Patients attended the Free General Health checkup camp in association with Universal Sampo Health Insurance Ltd. At Karnataka Bank Vikas Puri.



Media Coverages



An overview of bariatric surgery scenario in India

Dr. Vikrant Sharma
Obesity is a global health concern. In India, the prevalence of obesity is rising rapidly. Bariatric surgery is a surgical intervention that helps in weight loss. It is a permanent solution for obesity. The surgery is performed on the stomach and intestines. It helps in reducing the amount of food that can be eaten. This leads to weight loss. Bariatric surgery is a safe and effective procedure. It has helped many people in India to lose weight and improve their health. The surgery is performed by a specialist surgeon. It is a major surgery. It requires a long recovery time. However, the benefits of the surgery are long-lasting. It helps in preventing complications of obesity. It also improves the quality of life. Bariatric surgery is a life-changing procedure. It has helped many people in India to live a healthier and happier life.

When does one need bariatric surgery?
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Web: www.thursorganics.com



Surgery changes anatomy of gastrointestinal tract

Dr. Vikrant Sharma
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PROCESS PLANT AND SYSTEMS
Process plant for production of emulsions and suspensions of low viscosity to pasty conditions.

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Applications
• Food processing
• Pharmaceutical
• Chemical
• Paints and coatings
• Inks and dyes

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Swiss Garnier initiates steps to increase global presence

Dr. Vikrant Sharma
Swiss Garnier is a leading brand in the beauty industry. It is known for its high-quality products. The company is looking to increase its global presence. It is planning to launch new products in different markets. The company is also looking to expand its distribution network. Swiss Garnier is committed to providing the best products to its customers. It is always looking for ways to improve its products and services. The company is also looking to increase its marketing efforts. Swiss Garnier is a company that is always moving forward. It is a company that is committed to its customers. It is a company that is always looking for ways to improve itself.

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Bariatric surgery, an expensive one

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Smog makes a return to the Capital

By Priyanka Sharma
New Delhi

The return of smog has once again deteriorated the condition of Delhiites and left them gasping for breath. Doctors say those suffering from pre-existing respiratory complications have once again suffered acute attacks of asthma and bronchitis due to increased levels of smog. Such cases have gone up by 30-40 per cent, they say. According to Dr. Vikas Maurya, HoD, respiratory medicine at Fortis health-care, "Yes, smog during winters in Delhi has contributed to the worsening condition of respiratory patients, and those who are allergic and suffering from viral infections, COPDs and chronic are also running full with this suggestive of the critical situation. Most of these patients are complaining of increased breathing problems since last year due to the effect of pollution on their lungs. Among the megacities, Delhi has the worst air quality as per a WHO report, which stated that breathing in the city is equal to smoking about 30 cigarettes a day. Dr. Gyandeep Mangal, senior consultant in the respiratory unit at Sri Balaji Action Medical Institute,

informed that not only respiratory patients, but people with cardiovascular disorders are suffering. "We have seen a 30 to 40 per cent spike in patients complaining of breathing problems. Prolonged breathing in polluted air can affect cardiovascular system and create difficulty too," Mandal said.

AIIMS director Dr. Randeep Gulabani had earlier attributed air pollution as a slow and silent killer. Experts have blamed Delhi's air pollution on stubble burning, vehicular pollution and dust from massive construction sites. AIIMS RP eye centre is getting a lot of patients complaining of redness in the eyes and itching with burning sensations. "Our ophthalmologists are on duty all the time to provide eye treatment," said Prof. Dr. Arvind Chhabra, India head, Bhusha, told Mail Today.

The Delhi government has also issued a health advisory asking people not to venture out for morning walks and alerted all hospitals to provide first-aid to chest patients.



Quote by Dr. Vikrant Sharma, Bariatric Surgeon

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Quiz No. 92
Tick (✓) against the right answer

- All species of 'Lemur' are endemic to which among the following places of the world?
(A) Seychelles Islands
(B) Galapagos Islands
(C) New Caledonia
(D) Madagascar
 - The Machia Biological Park is located in which state?
(A) Rajasthan
(B) Sikkim
(C) Nagaland
(D) Manipur
 - What percentage of land area should remain covered by forest to maintain Ecological balance?
(A) 10%
(B) 5%
(C) 33%
(D) None of these.
 - The disease 'Itai Itai' is caused by;
(A) Manganese
(B) Carbon
(C) Cadmium
(D) None of these.
 - Human being can hear range of sound frequency between
(A) 20-20,000 Hertz
(B) 10-1,000 Hertz
(C) 1-100 Hertz
(D) None of these
- Congratulations**
Barkha Sardana
Winner of Last Month quiz
- Last Month Ans: 1(D), 2(B), 3(C), 4(A), 5(A)
- Please send your responses of Quiz along with your name, designation & mobile number on rohtsbasm@gmail.com by 15 February 2018. Winners would be decided on first come first basis and would be suitably awarded.