



ACTION TIMES

बारिश के मौसम में मच्छों के
इंक से ऐसे करें बचाव



Out Station Presences- Guwahati Page No. 2

Media coverage Page No. 3

www.actionhospital.com

www.actioncancerhospital.com

BIRTHDAY



**Sh. Raj Kumar Gupta, President
(15 August)**

01-Aug Dr. Prayas Sethi

03-Aug Dr. R.K. Jasuja

03-Aug Dr. Vipin Kumar

06-Aug Dr. Ajay Kumar

09-Aug Dr. Amit Garg

10-Aug Dr. Monika Jain

10-Aug Dr. Yashodhara Sharma

11-Aug Dr. Ashwin Garg

12-Aug Dr. Atul Goswami

13-Aug Dr. Rohit Goyal

14-Aug Dr. Ruchi Srivastava

18-Aug Dr. Aditi Dusaj

21-Aug Dr. Seema Patni

21-Aug Dr. Arvind Ku. Agarwal

22-Aug Dr. Preeti. S. Ghai

22-Aug Dr. Rajiv Kumar Bansal

23-Aug Dr. Smita Sharma

24-Aug Dr. Saurabh Rawall

25-Aug Dr. Dinesh Kumar Yadav

28-Aug Dr. Prachi

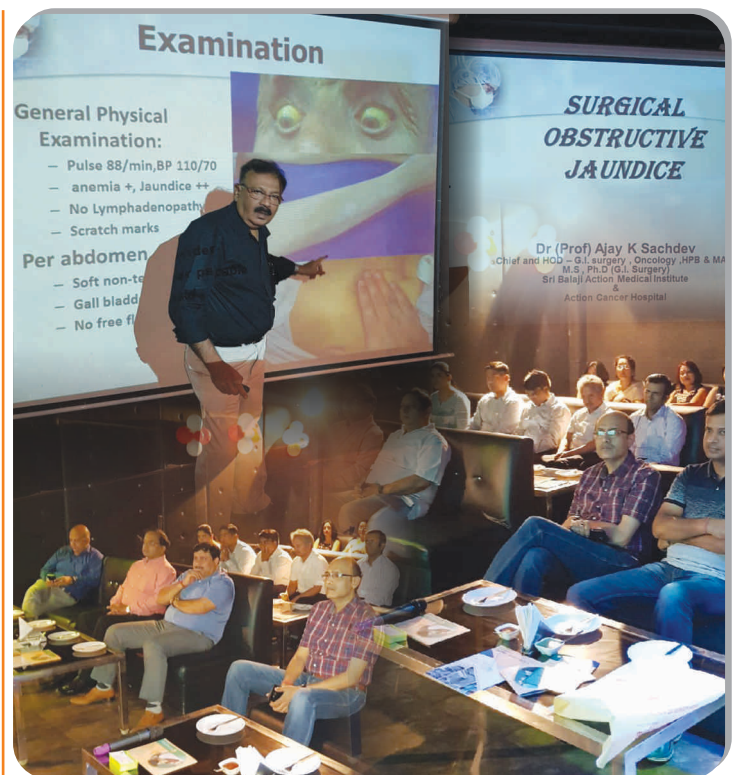
31-Aug Dr. Balbir Singh Sodhi

31-Aug Dr. Shilpa Sharma

Spreading Wings With Action

CME in Katra J&K

In our continuous endeavor towards spreading our wings in neighborhood states i.e., Haryana, Himachal, Jammu and Kashmir & Punjab, Sri Balaji Action Medical institute & Action cancer hospital jointly organised a first multispecialty camp at Jammu on 9th July 2017. The Camp was held at most centralized location of the Jammu, Bakshi Nagar adjacent to Jammu Medical College. Hospital provided free consultation for on various specialties like Cardiology, General Surgery, Gynecology, Hip and Joint Replacement with Medical Oncology Department where Dr. Rajiv Bansal, Dr. Meenakshi, Dr. Ajay Sharma and Dr. Virender have given their consultations. The over whelming response was not only acknowledged by many residents of Jammu, but by media too which was widely covered by leading news papers like The Exclusion, Amar Ujala & Punjab Kesari. Many participants were asking about our next such camp & requesting for few more specialties like Gastro & Kidney problems doctor for next time. Our medical oncologist Dr. Ajay Sharma was widely known figure there in the field of oncology. Many people had brought their medical records to take the opinion of Dr. Ajay Sharma & were seen requesting that when he would be available next.



CME in Dehradun

To connect and rapprochement with our corporates making them meet our leading and unmatched medical talent, Action Group of Hospitals has conducted the CME with Dehradun ONGC hospital first time ever. The CME was focused on G.I. Surgery and Dr. Ajay K. Sachdev has given a roller coaster lecture on "Surgical Obstructive Jaundice". The CME was attended by 38 sr. consultants and doctors of the ONGC Dehradun hospital. Prior to the CME Dr. Pankaj Mathur- Medical Director of the ONGC hospital, Dehradun has given the welcome address. Dr. Sachdev's lecture was recognized and appreciated by all the consultants and he was asked many questions on the subject. Head of the medical affairs from corporate office of the Delhi has also joined the programme and spoken about our hospital services and faculty. The whole programme was applauded by everyone and asked for such CME frequently. We also look forward to being more prudent and looking for much stronger relationship with ONGC & many similar corporates.



MALE BREAST - GYNECOMASTIA



Dr. Seema Patni
Sr. Breast &
G. Surgeon

Most of the people will find it astonishing that male breast also has disease and they do require treatment. The fact is male breast can have enlargement like female and can develop diseases like cancer too. Males do require attention on breast from the time of birth to old age.

Sometimes male newborn has swelling on breast which even excretes milk on compression. it is a panic situation for the family, some elderly family member advises to press hard the breast and evacuate the milk this invites the plethora of problems like abscess fever etc. ideally no treatment is required it is because of presence of maternal hormones in the new born which gradually disappear with time.

In young children both hormones of male and female are there but as they grow estrogen in female and testosterone in male takes over. Sometimes this presence of estrogen causes enlargement of breast in young boys this can be unilateral or bilateral. This male enlargement of breast is called GYNAECOMASTIA. In pubertal age group this can be painful also but generally no treatment is required as the child grows the enlargement disappear With the substantial increase in the incidence of obesity among children in elite class the possibility of enlargement the adolescent breast tissue is "pseudo-gynecomastia." Obesity can cause prominent breasts, and no investigation is warranted in such cases. in most of the cases gynecomastia disappears by 17-18 years of age. If not then surgical treatment is required.

In adults it is considered as pathologic condition. Certain medicines can cause breast enlargement. The mechanisms inducing gynecomastia are not always clear. In young adults frequent use of anabolic steroids, alcohol, marijuana, heroin, or amphetamines has increased the incidence. Treatment of drug-induced gynecomastia includes discontinuation of the offending drug. Very rarely is surgical intervention required.

Commonly used drugs for acidity, anxiety, depression, antibiotics, antifungal, medicines for pulmonary and cardiac diseases. Chemotherapeutics used for cancer, growth hormones, gonadotrophins like HCG, estradiol etc. Apart from this Herbal medicines and cosmetics like lavender oil, tea tree oil herbs containing phytoestrogens may cause breast enlargement.

Normally in pathologic lesions due to drug Induced condition enlargement is bilateral but unilateral presentation seen in 30-40% of cases. Swelling is rubbery soft in consistency. Nodular firm to hard lump may turn out malignant, pain is not a compulsory complain, most of such lesions are unilateral.

Surgery with or without liposuction is the treatment. But before surgery each patient require evaluation. Young male who develop gynecomastia at puberty or due to weight loss are treated with these modalities.

Detailed drug history must be taken and responsible drug should be immediately withdrawn. On cessation of drug the breast revert back to its normal position or further increase in size does not occur. When drug is mandatory then patient must be clarified if he requests then surgery can be done for cosmetic purpose.

Unilateral nodular firm swelling with or without drug history require investigations like Ultrasound Mammography & FNAC. Male cancer breast is rare. It is 0.1% of breast cancers. Treatment is similar as female breast cancer. Surgery, Chemotherapy & Radiotherapy given as per requisite of patient.

Gynecomastia is not a serious disease. it requires attention due to drug toxicity or aesthetic reasons

TIMES EVENTS



July 2 : 121 Patients attended the free Joint Pain check-up camp at RWA at GH-2, Ankur Apartment, paschim Vihar.



July 13 : CME on updates on probiotics by our Sr. Consultant Dr. G. Lamba and Dr. Monika Jain at Hotel Hotel Radisson.



July 16 : 51 Patients attended the Free Women General Wellness & Cancer Screening checkup camp at OPD Block, Sri Balaji Action Medical Institute.



July 30 : Dr. Saket moderated the session on Critical Appraisal of CVD REAL DATA a Worldwide Experience at NDPF on 30th July at crown plaza in where many environment physicians participated

Out Station Presences- Guwahati



Kamakhya Mandir Road



Airport Road



Paltan Bazar



Fancy Bazar



Ulubari Near Apsara

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 Do You Want to Know About Cervical Cancer?

What is cervical cancer?

Cervical cancer is a type of cancer that occurs in the cervix. The cervix connects the lower part of a woman's uterus to her vagina.

What is the connection between cervical cancer and HPV?

Almost all cervical cancers are caused by the sexually transmitted human papillomavirus (HPV). There are a number of different strains of HPV. Only certain types are associated with cervical cancer. The two types that most commonly cause cancer are HPV-16 and HPV-18.

Infection with a cancer-causing strain of HPV doesn't mean you'll get cervical cancer. Your immune system eliminates the vast majority of HPV infections. Most people are rid of the virus within two years. However, HPV is extremely common. The Centers for Disease Control and Prevention estimates that most sexually active men and women will become infected by HPV during their lifetime. HPV can also cause other cancers in women and men.

Complications Caused By Diabetes

If you have diabetes, complications can arise no matter how carefully you monitor your blood sugar.

Some complications require emergency care. If left untreated, they can lead to seizures, loss of consciousness, or even death.

Proper preventive care can help you control or avoid many or all of these diabetes complications.

There are two types of complications you may experience: acute and chronic. Acute complications require emergency care. Examples include **hypoglycemia and ketoacidosis**.

Low blood sugar (hypoglycemia)

People with diabetes can experience sudden drops in their blood sugar. Skipping a meal or taking too much insulin or other medications that increase insulin levels in the body are common causes. People who are on other diabetes medications that do not increase insulin levels are not at risk for hypoglycemia.

Ketoacidosis

This is a complication of diabetes that occurs when your body cannot use sugar, or glucose, as a fuel source because your body has no insulin or not enough insulin. If your cells are starved for energy, your body begins to break down fat.

What Do You Want to Know About Sports Injuries and Rehab?

Risk factors for sports injuries

Children are especially at risk for sports injuries because they often don't know their limits. Sometimes, serious injuries start off as small ones. Many injuries that result from overuse, such as tendonitis and stress fractures, can be recognized early by a doctor.

Children or adults who plan to begin participating in sports should first have a physical examination by a doctor.

Types of sports injuries

Most sports injuries result in damage to your limbs, including:

- *Broken Bones
- *Strains And Sprains
- *Dislocations
- *Torn Tendons
- *Muscle Swelling

How sports injuries are diagnosed

Many sports injuries cause immediate pain or discomfort. Others, such as overuse injuries and tendonitis, make themselves known only after long-term damage. These injuries are often diagnosed during routine physical examinations or checkups.

Treatment of sports injuries

- *Rest
- *Ice
- *Compression
- *Elevation

What Do You Want to Know About Healthy Sleep?

In today's fast-paced world, a good night's sleep has become somewhat of an indulgence. It has fallen down our list of priorities behind work, chores, social time, and entertainment. But sleep should not be a luxury.

Studying the need for sleep is a relatively new research field. Scientists are looking into what happens to the body during sleep and why the process of sleep is so essential. We do know that sleep is necessary to:

- *Maintain Critical Body Functions
- *Restore Energy
- *Repair Muscle Tissue
- *Allow The Brain To Process New Information

We also know what happens when the body doesn't get enough sleep. Sleep deprivation can cause a range of mental and physical problems, including impaired ability to:

- *Think Clearly
- *Focus
- *React
- *Control Your Emotions

Types of sleep

There are two main types of sleep: rapid eye movement (REM) sleep and non-REM sleep. Non-REM sleep is divided into four stages that range from light sleep to deep sleep. All stages of sleep are important, but deep sleep and REM sleep are the most critical. It's during these stages that the important restorative functions of sleep take place.

Sleep problems

Despite the importance of sleep, the average American adult sleeps fewer than seven hours per night. An estimated 50 to 70 million U.S. adults have a sleep or wakefulness disorder, according to the Centers for Disease Control and Prevention. These disorders include:

- *insomnia
- *Sleep Apnea
- *Narcolepsy
- *Restless Leg Syndrome (rls)

Our sleep habits change as we age. The National Institutes of Health say the average adult needs approximately seven to eight hours of sleep per night. School-aged children need at least 10 hours per night, and teens need nine to 10 hours per night.



- Q1. Which country is the 3rd largest terror target after Iraq and Afghanistan as per the US state department?
(A) India
(B) Pakistan
(C) Nigeria
(D) Somalia
- Q2. This country will host 5th Global Conference on Cyber Space (GCCS)-2017.
(A) South Korea
(B) Russia
(C) China
(D) India
- Q3. What is the position of India in the world's fastest growing economies?
(A) 8th
(B) 5th
(C) 4th
(D) 10th
- Q4. Kaladan was the first major project taken up by India in which country?
(A) Bangladesh
(B) China
(C) Myanmar
(D) Pakistan
- Q5. What is the rank of India in terms of internet data speed?
(A) 52nd
(B) 65th
(C) 74th
(D) 70th

Congratulations
Reshma S. Roy
Winner of Last Month quiz

Please send your responses of Quiz along with your name, designation & mobile number on rohitsbami@gmail.com by **15 August 2017**. Winners would be decided on first come first basis and would be suitably awarded.