



# ACTION TIMES

जब छोड़नी हो  
तंबाकू की लत

सिगरेट से मौजूद निकोटिन का प्रभाव शरीर में सिर्फ 40 मिनट तक रहता है। यह अगर खत्म होने ही फिर शरीर उठने लगती है। लत के शर के बराबर रखने के लिए व्यक्ति बार-बार धूम्रपान करता है। पर बिना डॉक्टर परामर्श एक सार तंबाकू की लत

Glimpse of Our Camps Page No. 2

[www.actionhospital.com](http://www.actionhospital.com)

Media coverage Page No. 3

[www.actioncancerhospital.com](http://www.actioncancerhospital.com)

*BIRTHDAY*



01-July Dr. Rohit Vishnoi

07-July Dr. J.B. Sharma

07-July Dr. Parveen Ahlawat

15-July Dr. Rajni Sharma

15-July Dr. Subhash Chander Kakkar

15-July Dr. Puneet Aggarwal

16-July Dr. Sandeep Bhalla

17-July Dr. Primal Sachdeva

21-July Dr. Ushma Singh

23-July Dr. Rakesh Oberoi

24-July Dr. Sandhya Koche

25-July Dr. Ashwani Gupta

26-July Dr. Ravi Gupta



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

## INTERNATIONAL YOGA DAY

International Yoga Day was celebrated on 21<sup>st</sup> June at the conference hall, Sri Balaji Action Medical institute. Yoga is the boon given to the world, yoga works on complete body, it heals the body and keeps you fit, healthy and not only prevents but also heals the body when diseased. Yoga brings about mental relaxation, reduces stress and strain from the mind and body, it brings balance to your mind and body.

The team of the hospital has been taking many initiatives to spread advantages and substance of the yoga in our life and importance in the wellness of the patients, their families through a Senior and well known senior naturopathy and yoga physician- Dr. Anjali Sharma, BNYS. Hospital had specially organized a hour long session from 8 am to 9 pm in the hospital premises where people from the nearby residential colonies had also joined with hospital employees to learn the tips of doing the assans . The programme was inaugurated by the respected Member of Management i.e Sh N K Agarwal ji and Ms Shalu Maam and became more embellished when they participated in the yoga sessions too. After the yoga session hospital also organized acupressure session for the participants. On this occasion hospital also unviold the Action Healthcare published by Respected Board Member Sh. R.C. Chharia ji who is a force behind the event . We also have regular yoga sessions. Hospital also has a holistic lifestyle clinic run by a senior naturopathy and yoga physician- Dr. Anjali Sharma, BNYS.



## Happy Doctor's Day

1<sup>ST</sup> JULY 2017

Thank You  
for spreading  
*smiles*



Sri Balaji  
Action Medical Institute  
Multi Speciality Hospital



Action Cancer Hospital  
World-class Care





## A New Era In Management of Gastrointestinal Cancers



Dr. Ajay K. Sachdev  
MS, PhD (GI Surgery)  
Chief & Senior Consultant  
Department of GI Surgery, GI Oncology  
HPB, Bariatric & Minimal Access Surgery

**NEW FRONTIER IN DIAGNOSIS OF GI CANCER BY SIMPLE URINE TEST.** Diagnosing GI cancers earlier in the course of the disease can dramatically lower morbidity and mortality. New research suggests that a simple urine test may detect cancers of the gut, stomach and pancreas much sooner. Researchers at the University of Edinburgh, United Kingdom have identified key proteins in the urine of patients with advanced cancers. The findings may help detect these cancers in people who are asymptomatic and earlier diagnosis may lead to improved survival rates. Currently, only approximately 10% of patients with these cancers, categorized as cancers of the upper GI tract, are still alive 5 years after diagnosis.

The researchers compared urine samples from patients with upper GI cancers with urine samples from people who were cancer-free. Scientists analyzed the samples and identified thousands of proteins. Then, they identified six proteins that were present in 98% of the samples from patients with cancer but absent in almost 90% of the samples from patients without cancer.

The researchers then narrowed the field down to two proteins, S100A6 and S1009, most likely to appear in samples from patients with cancer but not in sample from people who are cancer-free. The scientists intend to see whether people with early stage cancers, such as those not yet diagnosed, have the same levels of proteins present. They plan to analyze samples from at least 1,000 volunteers and track the participants for a number of years to identify those who develop upper GI cancers.

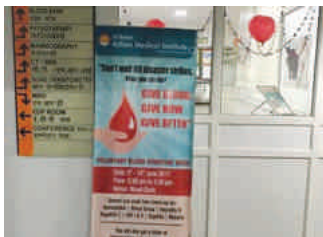
"The aim of this work is to enable these cancers to be diagnosed much earlier. This would help us to treat the cancer before it has a chance to spread. The majority of these cancers are currently diagnosed late, where no surgery is possible due to its advanced stage. Earlier diagnosis would mean that curative surgery or chemotherapy would be possible for more patients" said Dr. Ajay K Sachdev of Action Cancer Hospital.

## Complicated Type V CBD injury surgery performed by GI Surgery Team

A 39 years old female, came to GI Surgery deptt. within 14 hrs of Laparoscopic converted open Cholecystectomy with CBD injury. Patient came with stents in lower CBD, another 2 stents in Right & Left ducts. Patient was operated after optimisation with in 36 hrs and Roux-Y double Hepatico Jejunostomy was done. ( One with CHD formed by anterior sectoral and left hepatic duct. Another anastomoses with right posterior sectoral duct ). Patient discharged on day 8.

## Celebrated & Organized

# World Blood Donors Day 8<sup>th</sup> June



Voluntary Blood Donation Week was organized starting from 8th June 2017 to create awareness regarding voluntary blood donation with a theme "Don't wait till disaster strikes, what you can do? Give Blood, Give now, Give often." The week long activity concluded on World Blood Donor Day i.e. 14th June 2017. 9 staff members also voluntarily donated blood on World Blood Donor Day. A big thanks to all the heroes.

**Giving thanks to all Voluntary Blood donors who give for humanity**

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



**June 1 :** On the occasion of no tobacco day organized health awareness talk by Dr. Harpreet singh (radiation oncologist) with Yes bank at Jhandewalan.



**June 16 :** CME on role of NeoAdjuvant chemotherapy/ targeted therapy in breast cancer by Dr. Ajay Sharma (Medical oncologist) in association with ESI at Crown plaza.



**04 June & 18 June :** Free emergency medical facility was provided in the Raahgiri at CP.



**June 18 :** 105 Patients attended the free Joint Pain check-up camp at OPD Block SBAMI.



**June 29 :** CME on "Total Knee Replacement- Optimising Outcomes" with Rani Bagh Physcians, Delhi. Sr. Consultant , Dr Aman Dua & Dr Dharmesh L. Khatri at Hotel Pik Wik, Rani bagh on 29th June 2017.









## YOGA ASANAS FOR GOOD DIGESTION



Naukasana (Boat Pose)  
for good digestion



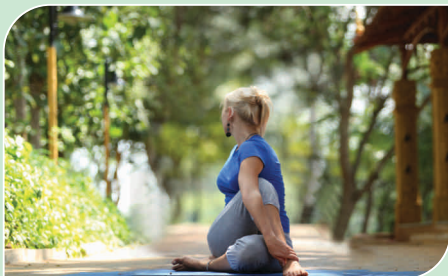
Paschimottanasana (Seated Forward  
Bend Yoga Pose) for good digestion



Ustrasana (Camel pose)  
for better digestion



Pawanmuktasana (Wind relieving)  
Yoga pose for good digestion



Ardha Matsyendrasana  
(Sitting Half Spinal Twist)



Trikonasana (Triangle pose)  
for good digestion

'Bad digestion is the root of all evil,' says Hippocrates. Our ancient texts concur. According to Ayurveda, the root cause of all disorders lies in poor digestion. That is why it is imperative that our digestive fire remains strong. So that the food that we eat is efficiently metabolized. Otherwise, regardless of how healthy our food choices may be, our body will find it difficult to assimilate and absorb the nutrients present in what we eat.

### Understanding the digestive process

Think of the digestive system as a juicer, 'agni' as juicer blades, body toxins as fruit waste, and energy as juice!

If the juicer blades are weak, there is less juice and more fruit waste. So, if the 'agni' (juicer blades) is weak, the digestive system produces less energy (juice). This results in more toxins (fruit waste) getting accumulated in the cells. Thus, a strong agni is required for a good digestive system. With its rejuvenating powers, yoga can make your agni strong and help improve your digestion!

### How can yoga asanas improve digestion?

- The digestive fire or agni is stimulated. This increases the appetite and balances the metabolism.
- Asanas stretch the body, massaging the abdominal muscles. This causes food to move efficiently along the digestive tract.
- Bowel movement is regulated and constipation relieved.
- Circulation of blood to the digestive organs increases, thus aiding digestion.
- Yoga asanas keep the mind active and happy. You are more likely to eat a balanced diet and this eases digestion.
- Regular practice of yoga discourages fatty deposits.
- The body is effectively detoxed. Toxins accumulated from a bad diet, unhealthy lifestyles and stress are flushed out.

## How to Keep Your Eyes Healthy

### 1. Eat Well

Good eye health starts with the food on your plate. Nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E might help ward off age-related vision problems like macular degeneration and cataracts. To get them, fill your plate with:

- Green leafy vegetables like spinach, kale, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans, and other nonmeat protein sources
- Oranges and other citrus fruits or juices
- Oysters and pork

### 2. Quit Smoking

It makes you more likely to get cataracts, damages to your optic nerve, and causes macular degeneration. If you've tried to kick the habit before only to start again, keep at it. The more times you try to quit, the more likely you are to succeed. Ask your doctor for help.

### 3. Wear Sunglasses

The right pair of shades will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure boosts your chances of cataracts and macular degeneration.

Choose a pair that blocks 99% to 100% of UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare while you drive. If you wear contact lenses, some offer UV protection. It's still a good idea to wear sunglasses for an extra layer.

## Acute Abdominal Pain

### Pathophysiology

Visceral pain comes from the abdominal viscera, which are innervated by autonomic nerve fibers and respond mainly to the sensations of distention and muscular contraction—not to cutting, tearing, or local irritation. Visceral pain is typically vague, dull, and nauseating. It is poorly localized and tends to be referred to areas corresponding to the embryonic origin of the affected structure. Foregut structures (stomach, duodenum, liver, and pancreas) cause upper abdominal pain. Midgut structures (small bowel, proximal colon, and appendix) cause periumbilical pain. Hindgut structures (distal colon and GU tract) cause lower abdominal pain. Somatic pain comes from the parietal peritoneum, which is innervated by somatic nerves, which respond to irritation from infectious, chemical, or other inflammatory processes. Somatic pain is sharp and well localized.

Referred pain is pain perceived distant from its source and results from convergence of nerve fibers at the spinal cord. Common examples of referred pain are scapular pain due to biliary colic, groin pain due to renal colic, and shoulder pain due to blood or infection irritating the diaphragm.



Q1. The words 'Satyameva Jayate' inscribed below the base plate of the emblem of India are taken from

- (A) Rigveda
- (B) Satpath Brahmana
- (C) Mundak Upanishad
- (D) Ramayana

Q2. Which of the following folk dance forms is associated with Gujarat

- (A) Nautanki
- (B) Garba
- (C) Kathakali
- (D) Bhangra

Q3. The Rath Yatra at Puri is celebrated in honour of which Hindu deity

- (A) Ram
- (B) Jaganath
- (C) Shiva
- (D) Vishnu

Q4. The National Song of India was composed by

- (A) Rabindranath Tagore
- (B) Bankim Chandra Chatterji
- (C) Iqbal
- (D) Jai Shankar Prasad

Q5. Which of the following is used in pencils?

- (A) Graphite
- (B) Silicon
- (C) Charcoal
- (D) Phosphorous

**Congratulations**  
Deepa Ajbani  
Winner of Last Month quiz

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