



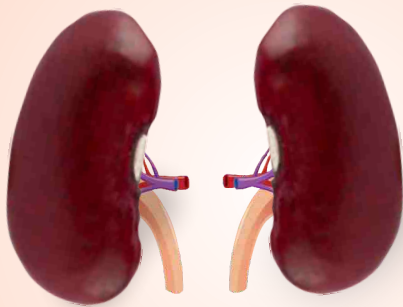
ACTION TIMES

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Sri Balaji

Action Medical Institute

Multi Speciality Hospital



Caring for Your Kidney World Kidney Day

Public Lecture on Prevention of Kidney Disease

- By Dr. Rajesh Aggarwal

Date: 12 March 2017**Time: 11 AM - 12 Noon**

Free Services at Camp

- Blood Sugar
- Urine Routine
- S.Creatinine
- BP / HB
- Blood Urea
- Height & Weight

Time: 10 AM - 1 PM **Venue: Nephrology, OPD Block**
9811182222

International Women Day



Women's Day is the day of fervour to rejoice the success of women. Today's woman is a leader in all sense- may it be in corporate world or even at home, there is no substitute of being a mother. They have proven their competence in each and every field today. To salute the womanship, we celebrate and mark this day. Hospital organized the health talk on

two important women's health issues, which they deal in their families i.e Diabetes and Oncology. The Programme was opened by two emphatical women Dr SK Dass and Dr Asha Aggarwal (Medical Superintendent- Action Cancer Hospital) with other participant women. Dr Rajesh, Sr Consultant- surgical Oncology, Dr J B Sharma Sr Consultant- Medical Oncology, Dr Harpreet Singh Sr Consultant- Radiation Oncology and Dr Saket, Sr Consultant Endocrinology. Hospital has invited the cancer survivor's women to share their experience to beat their disease. Breast Cancer is becoming an epidemic in women's health, our

hospital had taken an initiative to mark this day by offering a Advance Digital Mammography in 500 Rs which usually cost 2300/- Rupees. Not only that, we had organized a quiz where we distributed gifts to participants.



World kidney day organized on 12th March 2017

World Kidney Day is a global awareness campaign aimed at raising awareness about the importance of our kidneys to our overall health. World Kidney Day is celebrated on every 9th of March and was started in 2006 and has not stopped growing ever since. To mark this day and keep our society aware about the kidney problems we hold a free Kidney Checkup camp and offered free various free tests with consultation our Sr Consultant Nephrology-Dr Rajesh Aggarwal and Dr Blessy Sehgal. More than 150 people were evaluated and participated in health talk by Dr Rajesh Aggarwal and were made aware them about the topic on **Are you someone who has had diabetes for more than 10 years?** Diabetes is becoming the most common cause of chronic kidney disease. Our this initiative had been covered by major news channel like Delhi Aaj Tak and we had spread awareness through FM radio too, where we ran the campaign on FM104.8.



Sri Balaji

Action Medical Institute

Multi Speciality Hospital

A Warm Welcome to our Joint Replacement Unit



Dr. Aman Dua
Sr. Consultant

MBBS, MS (Orthopedics) AIIMS
D.N.B. Orthopedics, M.N.A.M.S.
Fellowship in Bone Banking &
Revision Joint Surgery, Australia



Dr. Dharmesh L. Khatri
Sr. Consultant

MBBS, MS (Orthopedics) AIIMS
Fellowship in Joint Replacement and Bone Banking
Visiting Fellow Mount Sinai Hospital, Canada

A Warm Welcome to our Endocrinology Unit

Dr. Saket Kant

Sr. Consultant (Adult and Pediatric Endocrinology)
MD, DM (Endocrinology and Metabolism)
MRCP (UK)-SCE (Diabetes and Endocrinology)





Reproductive Health in Cancer Patients



Dr. Shruti Bhatia Sr. Consultant, Gynae Oncology, Action Cancer Hospital, Paschim Vihar

Progress in cancer treatment and improved diagnostic abilities has led to increased number of cancer survivors in the twenty-first century. These patients are now living longer and productive lives. Several methods are being employed to improve all aspects of their life, including their reproductive health. In this article we will discuss the options available to maintain fertility in men and women undergoing cancer treatment. According to population based cancer registries of India, overall crude incidence of cancer in males is 37.7 to 89.2 per 100,000, and in females is 44.6 to 101.9 per 100,000. The most common malignancies in males are- lung, mouth, larynx, esophagus, tongue, lymphomas and testicular cancer. The most common malignancies in females are- breast, cervix, ovary, lung, esophagus, mouth, lymphomas and gall bladder.

Cancer and male infertility

Spermatogenesis or formation of sperms begins at puberty and continues throughout life. The functions of the testes are regulated by various hormones. An undisturbed transport of mature sperm cells mediated by erection and ejaculation is also required for the natural initiation of a pregnancy. Any surgical treatment of testes or prostate can damage formation and functioning of sperms. Chemotherapy and radiation therapy to testes can also impair fertility.

Simple steps like conservative surgery, testicular shielding, semen cryopreservation and appropriate selection of chemotherapy drug can go in long way in preserving fertility in males.

Cancer and female infertility

Fertility in females is a complex phenomenon. It depends on various hormones and also uterine anatomy and function. The number of follicles in the ovaries is defined during embryonal life and decreases gradually after birth. It is this non-renewable nature of oocytes that make them susceptible to damage. In these diseases, surgery is the mainstay of treatment which directly affects fertility. If uterus or ovaries are involved in cancer then they have to be removed which compromises fertility. Radiotherapy when given to pelvis area also damages eggs in the ovary and disturbs uterine blood flow. Chemotherapy affects fertility through impairment of follicular maturation and/or depletion of primordial follicles. It can cause temporary stoppage of menstrual cycle or premature menopause. Older age, higher doses and longer duration of chemotherapy, increase the toxic effects of chemotherapy on the ovary. Teratogenic risk exists if pregnancy occurs immediately after treatment or if the drugs are administered in the first three months of pregnancy. A minimum of 6 months lag time is recommended between the end of chemotherapy and initiation of pregnancy.

Options for preserving fertility in females are limited. They include- opting for lesser cytotoxic drugs, conservative surgeries to preserve opposite ovary or preservation of uterus in early cervical cancer. Some hormones have been tried to preserve ovarian function along with newer concept of ovarian cryopreservation. Various options are available for preserving fertility in both males and females. All young patients diagnosed with cancer, who desire their children should discuss with their doctor about this aspect. Oncologist can offer the best method available without compromising the outcome of the disease.

Know Diabetes to win over it with Dr. Saket Kant



Diabetes Mellitus (DM) is a heterogeneous group of metabolic disorders characterised by hyperglycaemia (high blood glucose). The type of DM needs to be ascertained so that a proper treatment for the specific type of DM can be initiated as also associated disorders be detected early. The common symptoms include increased urination, increased thirst and weight loss. A diagnosis can be confirmed by an Oral Glucose Tolerance Test (OGTT) and/or HbA1c. The complications of DM can be acute (developing over hours to days) and chronic (weeks to months). The acute complications include Diabetes Ketoacidosis and Hyperosmolar syndrome for which admission to the hospital is needed. The chronic complications are microvascular - neuropathy (damage to nerves), retinopathy (involvement of

retina of eye), nephropathy (kidney disease) and macrovascular -cardiovascular (heart), cerebrovascular (brain) and peripheral vascular disease (blood vessels of extremities). The treatment includes Medical nutrition therapy (diet modifications), increase in physical activity with drugs-including oral, injectable and insulin therapy individualised for the patient. Diet planning is based on the Body Mass Index (BMI) and the target weight of the patient. It should provide all essential macro and micronutrients. The physical activity depends on the health status and should be discussed with the treating doctor. The goals of treatment vary from patient to patient depending on a lot of factors including age and other diseases that the patient has. Control of blood glucose levels, hypertension (blood pressure), lipids (cholesterol levels) and cessation of smoking can delay the onset and/or retard the progression of many complications. The participation of the patient in his treatment plan is paramount in that they have to follow the advice of the treating doctor, be compliant with medications, monitor and respond to blood glucose levels at home and have a regular follow up with the doctor for clinical examination and specific investigations to be done at regular intervals.

Dr. Saket Kant, M.D. (Internal Medicine), D.M. (Endocrinology), MRCP(UK) - SCE (Diabetes & Endocrinology), Consultant Endocrinology Delhi.

UPCOMING NEW UPDATES



Sri Balaji
Action Medical Institute
Action Cancer Hospital

Action Institute of Liver and Digestive Diseases

GASTROCON 2017

Theme: "Recent Advances in Gastroenterology"

Sunday, 9th April, 2017

Venue : Hotel Crowne Plaza,
Sector 10, Rohini, Delhi

In association with : Medical Education and Learning Point (MELAP)



Join Us For

CURRENT CONCEPTS IN VULVAL DISORDERS

(Under the Aegis of AOGD)

Saturday, 15th April 2017

Applicable DMC
credit hours

Registration Free

Venue : Conference Hall, Basement, Sri Balaji Action Medical Institute
A-4, Paschim Vihar, Near East Paschim Vihar Metro Station

Registration : 12pm Onwards
Lunch : 01:00pm - 02:00pm
Academic Session: 2:00pm Onwards

For Registration
Whatsapp:- 9811471545, 9910388852
Email :- shrutibhatiaadr@gmail.com
drrenukagynae@gmail.com

Eminent Gynae Oncologists will deliberate on various aspects of vulval disorders.

All consultants are requested to kindly update to Medical Director about the advanced and complicated surgeries performed so that same can be provided to PR Agency for publicity

TIMES EVENTS



March 7 : 51 Employee of HDFC life attend the cancer awareness talk by Dr. Rajesh Jain on the occasion of international women day in association with HDFC Life @Vijya Building CP .



March 8 : 70 Patients attend the health awareness talk on the occasion of international women day at Action Cancer Hospital OPD block.



March 12 : 151 Patient attend free kidney checkup camp and health talk on the occasion of world kidney day at Nephrology OPD block SBAMI



March 23 : 3000 Patients Free General & Emergency facility provided at Falgun Mela, Khatushyam, in association with Shri Shyam Gajab Sarkar Mandal. (RAJASTHAN)



March 23 : Dr. J.B. Sharma participation as a panelist in metastatic colorectal meet at hotel hayat new delhi



March 26 : Participated in annual convocation IMA DNZ branch at palm green, GT karnal road.





Here are 8 amazing apricot benefits you need to know.



One of the most versatile fruits, common knowledge claims that the

apricot was originally cultivated in China, till the Persians discovered it. There's also dispute that it originated in Armenia since the fruit has been cultivated there since ancient times.

It was when the fruit found its way to the Mediterranean that its true popularity came to light. The Spanish explorers are given credit for introducing the fruit to the Americas, where today it thrives.

And there's another school of thought that claims that the apricot was growing in India way back in 3000BC. Disputes aside, the benefits of apricot are rarely denied by any. In fact, it's as popular raw as it is cooked. The dried version of this fruit is globally loved, and in fact forms an important part of Iran's global trade.

1. Good Source of Vitamin A

Apricots are packed with Vitamin A, which is also known as retinol. It's fat soluble, and helps in the enhancement of vision, among other things. And it keeps the immune system in check, protecting your skin in the process.

2. Rich in Fiber

Whether you eat it dried, or fresh, apricots are a good source of dietary fiber. Given that the retinol in apricot is fat soluble, the fruit dissolves in the body easily, and the important nutrients are easily absorbed by the system.

3. Good for Your Heart

Given that the fruit is high on fiber content, it helps to reduce the bad cholesterol content in the body, and that means your heart is protected.



Yoga in Daily Life

• Yoga For Weight Loss

Desire of many ! Yoga helps here too. Sun Salutations and Kapalbhathi pranayama help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and the time we take.

• Yoga For Stress Relief

A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress.

Chaitra Navaratri 2017 Importance and Puja Shubh Muhurat Time of nine-day Navratri Festival

Chaitra Navaratri, nine-day Hindu festival is celebrated in honour of Goddess Durga. It will be observed between the dates starting from 28th March 2017 and end with Ram Navmi on 5th April. Also spelt as Navratri or Navarathri, the spring festival is synonymous with Durga Puja. The significance of Navaratri festival is when the divine power restored Dharma. Observed in the lunar month of Chaitra, Goddess Shakti is worshipped in nine forms on nine days schedule, according to the Hindu calendar. Popular in North Indian households, Navratri Puja begins with Shubh Muhurat time on the same date as of when Gudi Padwa and Ugadi are celebrated in Maharashtra and Andhra Pradesh respectively. Here's a complete schedule of Chaitra Navaratri 2017 dates along with Shubh Muhurat timings, according to the Hindu Calendar.

- Day 1: 28th March 2017 – **Ghatsthapana, Shailputri Puja**
- Day 2: 29th March 2017 – **Chandra Darshan, Brahmacharini Puja**
- Day 3: 30th March 2017 – **Gauri Teej, Chandraghanta Puja**
- Day 4: 31st March 2017 – **Varad Vinayaka Chauth, Kushmanda Puja**
- Day 5: 1st April 2017 – **Lakshmi Panchami, Skandamata Puja**
- Day 6: 2nd April 2017 – **Yamuna Chhath, Katyayani Puja**
- Day 7: 3rd April 2017 – **Maha Saptami, Kalaratri Puja**
- Day 8: 4th April 2017 – **Durga Maha Ashtami, Mahagauri Puja**
- Day 9: 5th April 2017 – **Rama Navami, Siddhidatri Puja**

The ninth and final day of Chaitra Navaratri festival will be on April 5, Wednesday. Goddess Siddhidatri is worshipped on the ninth day of Navratri. Siddhidatri is believed to provide energy and direction to planet Ketu (Uranus). She can award ultimate power and fulfill every wish of her devotee. 2017 Chaitra Navratri Parana is done with the end of Navami Tithi ends, and Dashami Tithi begins. The day also marks the birth of Lord Rama, the human incarnation of Lord Vishnu. Rama was born on Navami Tithi during Shukla Paksha of Chaitra month and the day is celebrated as Ram Navmi festival across India.



Benefits of Early Morning Walk

1. General Benefits

- The oxygen that you get early in the morning also gives you great amount of energy especially to your joints. The movement in your legs releases good cholesterol in your blood, opening up some of the "chakras" or channels of energy. By constantly moving your joints, you increase your blood circulation in a way that can only be completed with your daily morning walk.
- A long list of mental health benefits have been attributed to exercise, including reduced depression, better sleep, less stress, worry and lots more

2. Strengthens Bones and Joints

- Several studies have proven that just half an hour walk in the morning, four times a week, can help prevent osteoporosis.
- It is easier on your joints than higher-impact activities like running or aerobics, thus reduces your risk of falls.
- If done consistently, early morning walks reduce one's risk of hip fracture too.
- Taking a walk regularly is one of the best favors you can do for your back. It promotes muscular development, increases circulation, and speeds up the release of endorphin.



Quiz No.83

Tick (✓) against the right answer



- Q1. First human heart transplant operation conducted by Dr. Christiaan Barnard Of Louis Washkansky was conducted in
(A) 1967
(B) 1968
(C) 1958
(D) 1922
- Q2. Each year world red cross and red crescent day is celebrated on
(A) May 8
(B) May 18
(C) June 8
(D) June 18
- Q3. Filariasis is caused by
(A) bacteria
(B) Mosquito
(C) Protozoa
(D) Virus
- Q4. The ratio of width of our national flag to its length is
(A) 3:5
(B) 2:3
(C) 2:4
(D) 3:4
- Q5. The hardest substance available on earth is
(A) Gold
(B) Iron
(C) Diamond
(D) Platinum

Please send your responses of Quiz along with your name, designation & mobile number on marketing@actionhospital.com by 10 Apr.2017. Winners would be decided on first come first basis and would be suitably awarded.