



ION TIME



International Women Day

Page No. 1

Media coverage Page No. 3



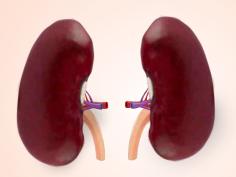
Sri Balaji **Action Medical Institute**

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

Time: 10 AM - 1 PM

- Blood Sugar
- · BP / HB
- Urine Routine

Venue: Nephrology, OPD Block

- Blood Urea
- S.Creatinine
- Height & Weight

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 womenship, 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 Consulant- 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 Aggerwal and Dr Blessy Sehgal. More than 150 people were evaluated and participated in health talk by Dr Raiesh Aggerwal 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.



Action Medical Institute

A Warm Welcome to our Joint Replacement Unit







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 March 23: 3000 Patients Free General & the target weight of the patient. It should provide all essential macro and micronutrients. The physical activity depends on the health status and Emergency facility provided at Falgun 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



Action Institute of Liver and Digestive Diseases

GASTROCON 2017

Theme: "Recent Advances in Gastroenterology"

Sunday, 9th April, 2017

Venue: Hotel Crowne Plaza,

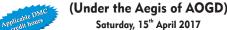
Sector 10, Rohini, Delhi

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



Join Us For

CURRENT CONCEPTS IN VULVAL DISORDERS







For Registration o:- 9811471545, 9910388852 :- shrutibhatiadr@ama:! --

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

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 asssociation 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



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.

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



वर्ल्ड किडनी डे ९ मार्च



Quote by Dr. Pallavi Joshi, Psychologist

होली का त्यौहार मौज मस्ती से भरा होता है। लेकिन ऐसे में जरा

निर्दाण का बारा है की निर्दाण की है। यह जिसमें दूस में जारा सी लापरवाहीं बरतने के कारण आप डाइजेंडान, रिकन या आइज से जुड़ी समस्याओं से ग्रस्त हो सकते हैं। अगर थोड़ी साबधानी बरतें और कुछ बातों का ख्याल रखें तो इन सभी प्रॉब्लम्स से बचा जा

आर पुछ बाता का खबात रख ता इन सभा प्राब्तम्स स बचा जा सकता है। होली पर हो सकने वाली प्रॉब्लम्स और उनसे बचने के तरीकों के बारे में, जानिए। होली सेलिबेशन

बरतें पूरी सावधानी

किडनी का रखें खास ख्याल

प्रिकॉशंस

ऐसे करें आइज केयर

Quote by Dr. Rajesh Aggarwal, Senior Consultant - Nephrology

टेक केयर : मोटापे से ग्रसित व्यक्तियों में 2 से 7 गुना ज्यादा गुर्दा रोगों की आशंका रहती है।

बढी किडनी के मरीजों की संख्या बारे में जागरूकता फैलाएं. जिससे हम मोटापे और

अधिक वजन और कई कारण करते हैं किडनी को बीमार

सात आदतें जो हैं किड़नी रोगों के लिए जिम्मेदार

Quote by Dr. Rajesh Aggarwal, Senior Consultant - Nephrology

ALL INDIA CRITICAL CARE HOSPITAL RANKING SURVEY 2017 DICITY, AKOKILABEN DHIRUBHAI OMAX SUPER SPECIALITY
AMBANI HOSPITAL, MUMBAI HOSPITAL, SAKET, NEW DI I, Patpurgare, New Onfor Huto, Sector 44, Gurgan I, Salet, New Joshi ptol Solet, New Della mitter, Setter-H. Garger (Ed., New Della

खानपान के साथ सेहत पर भी रखिए नजर



दिन पर मीठे भी होते हैं। इनकी अधिकता बदहर प्रेष्ठर के साथ हुगर का लेवल भी बदला खान पर खड़ी डकार, सीने में जलन, पॉइजिंग जैसी विक्कतें हो सकती हैं।

आंख संबंधी परेशानी

Quote by Dr. Aditi Dusaj, Ophthalmologist

त्वचा से जुड़ी दिक्कतें

त्यचा से जुड़ा दिक्कित त्वचा रोग विशेषड डॉ. निपुन जैन बताती है कि स्तायनयुक्त स्पाँ से खेलना स्किन एलर्जी की वजह है। केमिकल के कारण एकिजमा, त्वचा पर जलन व दर्द होने और फुंसी-दाने निकलने की प्रब्लम होती हैं।

Quote by Dr. Nipun Jain,

50% rise in accident cases on Holi, 24 kids hurt in separate cases

Rhythma Kaul

NEW DELHI: Accident cases n than doubled in Delhi on the Holi day, with the All India Institute of Medical Sciences' (AIIMS)

Trauma Centre getting 402 cases on Monday, Of the total accident victims, 24 were children.

A majority were assault victims, followed by road traffic accident victims and those who had a bad fall.

hada bad fall.

On an average, the hospital gets between 100 and 150 accident cases in aday. Among road traffic accident and assaultivinsmore than 50% were drunk.

"A large percentage of the drunk injured had either been stabbed or were involved in a scuffle. The rest were drunk driving." Said a senior doctor at

scuffle. The rest were drunk driving," said a senior doctor at the hospital.

Of the 402 cases, 333 were men and 69 were women. More than 300 cases were medico-legal cases as the victims were broughtin by the poble. Close to 40% victims were between the age group of 21-30 years. Sixty-five people were between the age group of 32-30 years, and 15 cases were 60 years and above.

Thirty-six people were critically injured and needed surgery, and most of the surgeries.

402 ACCIDENT CASES

Quote by Dr. (Kernal) Aditi Dusaj, Ophthalmologist

WERE REPORTED IN AIIMS ON MONDAY AGAINST THE AVERAGE OF 100-150 REPORTED ON A DAILY BASIS

were neurosurgeries as the vic-tims sustained head injury. "Holi is a chemical disaster, as we don't know what the person we don't know what the person has been exposed to. Chemicals like copper sulphate mixed in colours are highly toxic, and also pose the risk of secondary contamination to health workers," said the doctor in the hospital emergency.

The hospital authorities deployed additional stafftohandla the myshof persiparts.

dle the rush of patients. A sepa-rate area was assigned for people who only required dressing.

who only required usessing, stitches and pain medication. Even the private hospitals saw unusually large number of cases in their emergency depart-ment. "In the past 24 hours, we received 26 Holi-related injuries. As compared to the last year there has been arise of 8% in the injury cases, when we received 18 injured," said Dr Anand Ban-sal, medical director, Sri Balaji Action Medical Institute.

Quote by Dr. Anand Bansal, Medical Director

ा वा fakebook 🕇 facebook

सोशल मीडिया पर बहुत कुछ सर्कुलेट होता रहता है। इसमें से कई यूजफुल सूचनाएं सही होती हैं तो बहुत-सी पूरी तरह गलत। ऐसे ही एक वाइरल मेसेज की पढ़ताल की प्रियंका सिंह ने

सोशल मीडिया पर 'फैले' कैंसर का सच



हती हैं। मन बी17 के लिए 15-20 अखरोट रोजाना और प्राउट्स रोजाना खाने चाहिए। ये एंटी-कैसर हैं। सेव के बीन में मौजूद लैटरल (Laetrile) में भी जारी एंटी-कैसर तत्व मौजूद होते हैं। यह

कैसर्प के अनुमार लेटरल से कसर इत्तंज में 90 प्रसिद्धी तक वसाम्बर्धी मितती हैं। विदासिन बीर) के सोसं हैं: एत यु अनान के बीज, ते कि सेब, अववेर, आड़, नाजवार्ज और आनुक्खार व्यास और अनाज बीन, मसु चल के खाउट्स, प्रदर और लीम बीज

- किया बार्टन (Suura Aurona) बार्टन । अस्ति के निर्माण के निर्माण के अप्रति हों। अस्ति के निर्माण के अप्रति हों। अस्ति के अप्रति के अप्र

हमने कैंब्रिज यूनिवर्सिटी की वेबसाइट पर जाकर देखा तं

Quote by Dr. Sammit Purohit, Senior Consultant

Services hit as docs skip work

New Delhi: Patient services at many Delhi hospitals were affected on Thursday as resi-dent doctors skipped duty in a show of solidarity for their colleagues in Maharashtra who have been on strike for the past four days demanding bet-

pastiout day suemanding better security.

Ram Manohar Lohia
(RML), Lok Nayak and Deen
Dayal Upadhyay (DDU) hospitals said their emergency services ran smoothly, but some planned surgeries had to be cancelled or postponed due to

cancelled or postponed due to manpower crisis.

"In the absence of resident doctors, senior faculty has to attend to emergency cases and manage OPDs. So, we had to postpone elective surgeries," said Dr JC Passey, medical director of Lok Nayak hospital. Even at RML, the doctors said, emergency services remained unaffected but the protest leave paralysed OPD and routine surgeries.

surgeries.

The resident doctors of AI-IMS continued their protest by wearing helmets at work for the second day. However, they did not skip duty citing inconvenience to poor patients who come from different content the country for treatparts of the country for treat-ment at the premier hospital.

nience patients but to seek bet-ter security at the workplace. If the government fails to deliver on that, be it in in Delhi or Maharashtra, we will be for-Manarashtra, we will be for-ced to strike work," said an AI-IMS doctor.

Dr Pankaj Solanki, presi-dent of Federation of Resi-dent Doctors' Association

Resident doctors of AIIMS continued their protests by wearing helmets at work for the second day. However, they did not skip duty citing inconvenience to poor patients

(FORDA), said they will work with black armbands on Fri-day. "We are awaiting the deci-sion of Maharashtra govern-ment. Their action will decide our reaction. If required, we may go on indefinite mass leave after all RDAs reach a mutual decision by Saturday," he said.

Indian Medical Association (IMA), which has around 2.7 lakh members across In-dia, has extended support to the strike, while Delhi Medical Association (DMA) has called for OPD bandh on

Friday Dr Rakesh Kumar Gupta, DMA president, said that in-door patients and emergency services will not be affected 'Assault on doctors is rising Assaut on doctors is risage day-by-day in both government and private institutions. Patients and relatives are taking the law into their own hands, which is not acceptable," said Dr Ashwani Goyal, DMA state secretary.

The strike by the resident doctors in Maharashtra ente-

doctors in Maharashtra ente-red the fourth day on Fridayas they demanded enhanced se-curity in the wake of a string of attacks by patients' relati-ves at government hospitals across the state. Nearly 2,000 of them got expulsion notice a dayago.

them got expulsion notice a dayago.

Maharashtra chief minister Devendra Fadnavis has proposed the formation of an apex council with government nominees and doctors as members to look into issues of security of the medical fraternity in hospitals. Healso made a fervent appeal to the striking resident doctors to get back to work and serve the public.

Union health minister J P Nadda has asked states to take measures to improve security

measures to improve security of doctors.

Some private hospital OPDs to remain shut

TIMES NEWS NETWORK

New Delhi: Sir Ganga Ram Hospital has decided to keep its general and private OPDs shut

on Friday. Dr D S Rana, chairman, boon Friday.

Dr D S Rana, chairman, board of management of the hospital, said the decision has been taken following concerns of Indian Medical Association (IMA) and Delhi Medical Association (IMA) and Delhi Medical Association (DMA) regarding the safety of doctors. "Our inpatient as well as emergency services will function normally," he said. Sri Balaji Action Medical Institute and some other hospitals have also decided to close OPDs. However, hospitals like Fortisand Apollo said they will remain open.

"We strongly condemn the act of violence against the clinicians, caregivers and the hospital staff. We are firmly committed to our patients, and our medical services remain unhampered as our clinicians continue to serve the community," said a statement from Fortis Healthcare.

Sri Balaji Action Medical Institute & Action Cancer Hospital

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

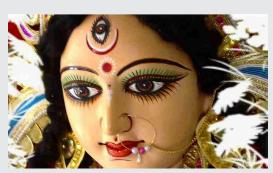
Desire of many! Yoga helps here too. Sun Salutations and Kapalbhati pranayama help lose weight with yoga. Moreover, with regular practice of yoga, we tend to become more sensitive to the kind of food our body asks for and the time we take.

• 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.



- 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 $% \left\{ 1,2,\ldots ,n\right\}$
- (A) May 8
- (B) May 18
- (C) June 8 (D) June 18
- Q3. Filaria 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) 3.3 (B) 2:3
- (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.