



ACTION TIMES

What hospitals are doing to keep your data safe

SHIELD IN PLACE
The challenge for hospitals is to keep patient data private, secure access to sensitive areas the operation theatres.

Strong passwords Access to sensitive areas and equipment is controlled with strong passwords.

Regular monitoring In a few cases, third-party agencies, specialising in cyber security are engaged to periodically monitor safeguards.

Dedicated funds Hospitals spend anywhere between \$50 lakh and \$2 crore for cyber security.

Being experts All top private security experts to secure patient information and prevent hacking.

In India For example, doctors in some hospitals were hacked from patient files and emergency rooms were referred to divert patients on Friday due to the cyber-attack.

New Delhi: The global cyber attack on Friday has exposed a potential crisis situation for hospitals moving towards digital health services. It shows how hackers can disrupt health services through a single point of failure.

Durgam Cheruvu, Hyderabad: The challenge for hospitals is to keep patient data private, secure access to sensitive areas the operation theatres.

NHPC IPL, Faridabad Page No. 2

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www.actionhospital.com

www.actioncancerhospital.com

Nurses Day Celebrations

BIRTHDAY



01-Jun	Dr. Pranshuta Sharma
01-Jun	Dr. Anurag Jain
03-Jun	Air Marshal (Dr.) Satish Kumar Dham
05-Jun	Dr. Sunita Kaushik
06-Jun	Dr. Rupinder Singh Baweja
07-Jun	Dr. Virender Kumar
11-Jun	Dr. Dharmesh Laxmikant Khatri
15-Jun	Dr. Sadhana Mangwana
16-Jun	Dr. Prakash Khatri
17-Jun	Dr. Sushant Mittal
22-Jun	Dr. Renuka Gupta
22-Jun	Dr. Nivedita Patnaik
28-Jun	Ms. Pallavi Joshi
29-Jun	Dr. Amit Kumar Shridhar



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

Nurses day was celebrated for a week in 2017 in great style and pomp, from 8th May to 12th May 2017. Our nurses from SBAMI, ACH and nursing school together contributed and participated in the various events that made the week most special for nurses. The

delated schedule & activities was as follows:

May 8th 2017 - Nurses dedicated the day to patients & attendants by highlighting the awareness of hand washing through teaching and putting up posters in different areas of the hospital.

May 9th 2017 - Dance competitions marked the day. Staff nurses of SBAMI and ACH & students of Ginni Devi School of Nursing took part in the competition.

May 10th 2017 - A grand and delicious lunch was served to management guests and all staff / student nurses in the Nurses dining hall area.

May 11th 2017 - Competitions Painting and Rangoli were planned in which nursing staff and students took part and great talent was displayed.

May 12th 2017 - The most auspicious day for the Nursing fraternity - Florence Nightangle's Birthday - was celebrated. It was the grand climax of the Nurses week celebrations. Members of board management, hospital administrators, Consultants, Doctors, Nursing staff and students attended the program. The function began with a welcome address by the NS followed by Saraswati Vandana Lamp lighting was done by Mrs. Shalu Aggarwal Dr. Asha Agarwal, Dr. Pinky Yadav, Dr. K.N. Gulati & Dr. Subash Aggarwal. Ms. Khusbhoo from SBAMI and Ms. Priyanka from ACH compered function with their smart anchoring talent. Nursing Staff and nursing students displayed a variety of dances. Ms. Shalu, Member of Management concluded the function by giving a very inspiring address to the nurses, and she especially emphasized the talent and competitive spirit of the nurses and encouraged them. She also gave prizes to the outstanding winners & performers.



A Warm Welcome

Dr. (Prof.) Ajay K Sachdev & his Team

Chief & Sr. Consultant
M.S, PhD (G.I. Surgery)

Department of GI Surgery. GI Oncology,
HPB, Bariatric and Minimal Access Surgery





Prediabetes: Time for action

Prediabetes is a stage between diabetes and normal glucose tolerance that may be equated to a state of increased risk of developing diabetes. Epidemiological studies from India have reported a prevalence of 2-29%.

There are two conditions that fit into this category – Impaired Fasting Glucose (IFG) and Impaired Glucose Tolerance (IGT).

The following are the classification schemes for prediabetes and diabetes.

	Fasting plasma glucose	2 hr post glucose plasma glucose	HbA1c
Normal	Less than 100mg/dl	Less than 140 mg%	Less than 5.7%
Prediabetes	100 to 125 mg/dl (IFG)	140 to 199mg%(IGT)	5.7 to 6.4%
Diabetes	126mg/dl or higher	200mg% or higher	6.5% or higher

For a diagnosis of prediabetes any one of the above criteria is sufficient.

Testing for diabetes and prediabetes should be considered in all adults who are

1. Overweight (BMI ≥ 25 kg/m² or ≥ 23 kg/m² in Asian Americans) and have any one of the following additional risk factors:

- physical inactivity
- first-degree relative with diabetes
- high-risk race/ethnicity (e.g., African American, Latino, Native American, Asian American, Pacific Islander)
- women who delivered a baby weighing >9 lb (4000 g) or were diagnosed with gestational diabetes mellitus (GDM)
- hypertension ($\geq 140/90$ mmHg or on therapy for hypertension)
- HDL cholesterol level <35 mg/dL (0.90 mmol/L) and/or a triglyceride level >250 mg/dL (2.82 mmol/L)
- women with polycystic ovary syndrome
- A1C $\geq 5.7\%$ (39 mmol/mol), Impaired Glucose Tolerance (IGT), or Impaired Fasting Glucose (IFG) on previous testing
- other clinical conditions associated with insulin resistance (e.g., severe obesity, acanthosis nigricans)
- history of Cardiovascular disease (CVD)

2. For all patients, testing should begin at age 45 years.

3. If results are normal, testing should be repeated at a minimum of 3-year intervals, with consideration of more frequent testing depending on initial results (e.g., those with prediabetes should be tested yearly) and risk status. Prediabetes offers a window of opportunity and a warning about impending diabetes. The annualized conversion rate to diabetes is around 5%–10%; with a similar proportion converting back to normoglycaemia. Weight loss through healthy nutrition and physical activity can reduce the progression to diabetes.

A healthy eating plan for losing weight and reducing the risk of type 2 diabetes should include a reduction in total energy and fat intake, particularly saturated fat foods such as butter, full fat dairy products, fatty meats, takeaway foods, biscuits, cakes and pastries. Instead choose a wide range of high fibre, low GI carbohydrate foods such as wholegrain breads and cereals, legumes and fruit.

Regular physical activity helps your body to use insulin better and to feel fit and healthy. Aim to do at least 30 minutes of 'moderate intensity' physical activity (such as brisk walking or swimming) on most, if not all, days of the week OR three 20-minute sessions of 'vigorous intensity' exercise per week (such as jogging, aerobics class, strenuous gardening). Try to include some resistance training twice a week to improve the way your muscles work, such as body weight exercises or lifting weights such as cans of food. Starting a regular activity program – and sticking to it – can often be made a lot easier by joining up with a group or motivated friend to encourage you to keep going.

Also the treating doctor can prescribe drugs to prevent/retard the progression to Diabetes.

Recognition and early intervention for this entity is important to reduce the burden of the growing epidemic of diabetes.

1. American Diabetes Association guidelines for Diabetes 2017
2. Ramachandran A, Snehalatha C, Kapur A, Vijay V, Mohan V, Das AK, et al. High prevalence of diabetes and impaired glucose tolerance in India: National Urban Diabetes Survey. Diabetologia.
3. Anjana RM, Pradeepa R, Deepa M, Datta M, Sudha V, Unnikrishnan R, et al. Prevalence of diabetes and Prediabetes in urban and rural India: Phase 1 results of the Indian Council OF MEDICAL Research-India DIABetes (ICMR-INDIAB) study. Diabetologia. 2011;54:3022–7.
4. Ramachandran A, Snehalatha C, Dharmaraj, Vishwanathan M. Prevalence of glucose intolerance in Asian Indians: Urban and rural differences and significance of upper body adiposity. Diabetes care.
5. Prediabetes patient education articles from diabetesaustralia.com.au

AWARDED BOTH THE HOSPITAL BY IMA



Awarded consecutively in a row for **Excellent Cancer Patient Care Services In West Delhi**. Presented by DMA President on 28th May.



IMA Outer West has also presented a **President Appreciation Award** on 23 April @ Radisson Blue.

TIMES EVENTS



May 1 : Talk in rohtak about expanding role of antithrombotics on 1 may attended by rohtak physicians and cardiologist at D2M banquets



May 10 : Participation in NHPC IPL Cricket League at NHPC Complex, Faridabad.



May 14 : 121 Patients attended the Multi Speciality health checkup camp in association with Maruti Suzuki India Ltd. at OPD Block, Sri Balaji Action Medical Institute.



May 21 : Presence of Dr. J B Sharma at a conference where he represents **Action Cancer Hospital** and Chaired a session on Duration of Adjuvant Endocrine Therapy at International Cancer Conference at Shangrilla Hotel.



May 25 : 106 Patient attended the Multi Speciality health checkup camp in association with Delhi Vidyut Board at DVB Employees Terminal, Rajghat Power House, Rajghat New Delhi.

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



DIET IN SUMMER

With the mercury levels rising to new highs everyday, summer seems to completely drain us out. Most of us feel dehydrated and low on energy in such a climate and we look for ways to cool ourselves. Our body needs cooling foods that will balance our diet and keep our energy levels stable. Summer foods should be essentially light to digest as our body produces enough heat during summers to digest the food.

Here are some cooling foods for the Indian summer for example -

- ✓ Curd/yogurt, watermelon, melon, cucumber, mint (pudina), onions, tomato, fresh sweet corn etc.
- ✓ Take plenty of fluids like fresh citrus fruit juices, lemon water, coconut water, khus sherbet, Aam panna, Thandai, ice tea, butter milk & vegetable juices like cucumber & carrot juices.
- ✓ You require to include rice, legumes, wheat & avoid meat & poultry. You can rather opt for sea foods which are suppose to be cooler.

AVOIDED

- All heavy, fried & fatty foods are to be avoided as they are difficult to digest.
- Avoid meat, poultry, nuts & seeds. Also avoid foods like garlic, clove, mustard & coffee.
- In summer, Ice creams and cold drinks should be consumed minimum as they result in throat problems that could make the body vulnerable to some other diseases. Ice is used in large quantity during summer. While giving a temporary cooling to body, it weakens the teeth at their roots, at the same time; disturbing digestion.

Health Benefits of Yoga

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes, never mind do a backbend. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. You'll also probably notice that aches and pains start to disappear. That's no coincidence. Tight hips can strain the knee joint due to improper alignment of the thigh and shinbones. Tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain. And inflexibility in muscles and connective tissue, such as fascia and ligaments, can cause poor posture.

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.



Yoga for Harmony & Peace

21 t w 2017

अन्तर्राष्ट्रीय योग दिवस

You Can Do It

If you think you are beat on, you are.
If you think you dare not, you don't
If you'd like to win,
But you think you can't,
It's almost sure you won't!
If you think you'll lose, you've lost,
For out in the world
You find success begins with the will,
Its all in the state of mind.

If you think you're outclassed,
you are.

You've got to think high to rise.

You've got to think of yourself

Before you can ever win the prize!

If you don't try the race is lost,

Before even a step is run

Think big and your deeds will grow,
Think small and you'll fall behind,
Think that you can and you will,
It's all in the state of mind!

Life's battles don't always go
To the stronger or faster man.
But sooner or later the who wins,
is the one who think he can!

Why we choose curd in our daily routine?

In India, curd equals comfort food. It's cooling, soothing, nutritious and light – just what the doctor ordered for a scorching Indian summer.

It improves digestion

One of many curd benefits is that it helps improve your digestion, which is mainly due to the nutrients available in the curd. Eating curd will make it easier for your body to absorb nutrients from other food items that you eat.

It boosts immunity

The presence of good bacteria – also known as probiotics – in curd can strengthen your immune system and ensure that you enjoy better health. Eating it daily has also been linked to fewer vaginal infections.

It releases anxiety and stress

It is hard not to feel stressed in today's highly competitive world, but being depressed can have negative effects on your health. Add curd to your diet and you will feel less anxious and

stressed. Curd can lower levels of activity in your brain that's directly related to pain and emotion.

It is a great substitute for milk

This works well for people who find it hard to digest milk. In fact, it boosts the digestive system and makes them feel better. You can also switch to curd if you're lactose intolerant.

It improves your skin

Curd contains several minerals like vitamin E, zinc and phosphorous, all of which play a role in improving your complexion and skin texture. A pack of gram flour, curd, and lemon will give you soft glowing skin.

It improves your cardiovascular health

Consuming curd daily will reduce risks of coronary heart diseases because it discourages the formation of cholesterol in your arterial region. It also means eating yogurt will prevent hypertension and promote better cardiovascular health.



Quiz No.84

Tick (✓) against the right answer



- Q1. The boring of India's first underwater rail tunnel has completed under which river?
(A) Kaveri River
(B) Godavari River
(C) Hooghly River
(D) Krishna River
- Q2. The 70th edition of World Health Assembly (WHA70) has started in which city?
(A) Brussels
(B) New Delhi
(C) Paris
(D) Geneva
- Q3. Which Indian sportsperson has elected as the new member of BWF Athletes' commission?
(A) Jwala Gutta
(B) Ashwini Ponnappa
(C) P V Sindhu
(D) Aparna Popat
- Q4. The constitution of the World Health Organization had been signed by 61 countries on:
(A) 22 Jan 1947
(B) 22 July 1946
(C) 02 August 1951
(D) 20 March 1949
- Q5. The reaction which converts sugar solution into alcohol is an example of
(A) Saponification
(B) Hydrogenation
(C) Fermentation
(D) Hydrolysis

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