



ACTION TIMES



NATIONAL WORKSHOP ON "THERAPEUTIC APHERESIS" Page No. 2

Media Coverage

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World Heart Day Celebrations



September 29, 2015: World Heart Day was celebrated on September 2015.

This year ,Hospital announced Watch Your Heart movement to prevention and control of cardiovascular diseases(CVD) with a focus on women and children because healthy children lead to healthy world.

Hospital had organized lots of awareness activities to celebrate the World Heart Day. More than 650 visitors got free consultations, BP and blood sugar check up for two days from 26th to 27th sept, 2015 .Free Heart Check up was organized at Pacific Mall, Subhash Nagar from morning till evening.



Very welcoming response was received in "The Heart Makeover Quiz" ,which was organized on social media .visiters were engaged in various cardiac questionier, related to a pro-active lifestyle and cardiac risk factors .Winners was given the Free cardiac Health Check Up coupon on the winning of quiz .



cardiologist.

Dr. Amar Singhal had given a live talk on the world Heart Day through India's national Radio channel FM Rainbow, said "We need to protect the future generation against the heart disease and stroke, by encouraging and enabling them with simple tips of quality life and good food habits i.e to avoid oily food, excess salt and over eating and try to walk minimum a kilometer every day. Do not ignore any chest pain, breathlessness and immediate consult to

Taking action to prevent cardiac risk such as lack of physical activity, an unhealthy diet and smoking among women will not only have a positive impact on their own but also on their children's health, as they





learn by example of their parents and get tempted to adopt unhealthy habits of their own.

Dr Rakesh Chugh addressed the crowd at delhi's most favourate public assemblage at Connaught Place 'Raahgiri. Crowd there was not only benefited with the address but asked tips on Healthy Heart.



we should not forget Precaution is Better Than Cure. We know The above message was spread through paper media and electronic

media, there was very educative F&Q was published on very essential and basic information on cardiac ailment i.e" All You Need To Know About Heart Attack"

CML PATIENTS MEET





New Delhi: Action Cancer Hospital had organized a CML (Chronic Myeloid Leukemia) survivors patient meet on 25th September, 2015. At this meet there was also a lamp lighting ceremony which was supervised by Dr. Asha Aggarwal, Dr. Vikas Choudhary, Dr Anish Maru and Dr. J.B.Sharma . This initiative will also pave the foundation of ACH mission to fight against Leukemia. The primary objective of this patient meet is to arrange an interaction between the survivors and doctors. At

this meet, 20 former patients had participated who have successfully gone through with fibroid, longest being 8X8 cm in lateral wall. the Leukemia treatment had shared their experiences and feedbacks. These experiences She went to various hospitals, where she was shared by the former patients will benefit and motivate other patients.

Leukemia is a vicious progressive disease in which the bone marrow and other bloodforming organs produce increased numbers of immature or abnormal leucocytes. These suppress the production of normal blood cells, which leads to anemia and other symptoms. The exact cause of leukemia is unknown. Different kinds of leukemia are

believed to have different causes. Both inherited and environmental (non-inherited) factors are believed to be involved. Risk factors include smoking, ionizing radiation, some chemicals (such as benzene), prior chemotherapy, and Down syndrome. People with a family history of leukemia are also at higher risk.

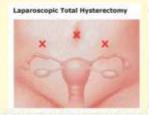
Laparoscopically Hysterectomy



Mrs. Suman (Change name) W/o Mr. Bhasin, Patient 41 years Afgan origin Patient p3 p2 with care of excessive bleeding & pain during periods. She was diagnosed to have big uterus of 18 weeks size with multiple

advised to open surgery i.e Total Abdominal Hysterectomy. She came to balaji hospital where was given a confidence by Dr. Ruby

Sehra(Sr Consultant -Obs & Gynae) that she can be operated laparoscopically and which was done successful





NATIONAL WORKSHOP ON "THERAPEUTIC APHERESIS"



Department Blood Transfusion Services, Sri Balaji Action Medical Institute, organized a National Workshop on "Therapeutic

Sri Balaji Action Medical Institute & Action Cancer Hospital

Apheresis" on 24th September 2015 in which 20 delegates from all over India participated. Dr. R.N. Makroo, Apollo Hospital, Delhi, Dr. (Brig.) A.K. Khetarpal, Artemis Hospital, Gurgaon, Dr. Nidhi Mehta, Kokilaben Dhirubhai Ambani Hospital, Mumbai, Dr. Raj esh Deshpande, Medical Affairs, Asia Pacific, Fresenius-Kabi and Dr. Prashant Pandey, Jaypee Hospital, Noida educated the audience on various topics concerning Thereapeutic Apheresis followed by live Audio-Visual demonstration of Apheresis procedures and interactive sessions with delegates.

This workshop was followed by 40th Annual National Conference of



Sadhana Mangwana was Joint Organizing Secretary.

Conference was attended by 450 delegates from across India. Dr. Sadhna Singhal delivered a talk on "Obstetric Hemorrhage and Transfusion". Dr. Manisha Arora chaired a session on "Clinical Transfusion Practices". A paper presented by Dr. Ashok Goel and



continue page no



KNOW ABOUT BREAST CANCER



change and grow out of control. Women sometimes discover they have breast cancer because they find a lump in one of their breasts. Breast cancer is much more common in women

than in men. But men can get the disease. Breast cancer sometimes runs in families.

If you feel a lump in your breast, see your doctor right away. Breast lumps



can be caused by conditions that are not cancer. But it is a good idea to have any lumps checked out.

What is breast cancer? —

Breast cancer happens when

normal cells in the breast

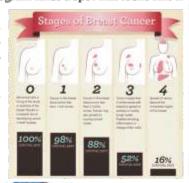
Risk Factors: Unlike lung cancer, for which smoking is the biggest and most powerful risk factor, there is no single factor that is responsible for the majority of breast cancers in women. Nevertheless, there are

three main factors which strongly increase a woman's risk of developing this disease: advancing age, family history of the disease, and a personal history of breast cancer.

Signs and Symptoms: Some women's breast cancer is discovered when a lump or other change in the breast is found by the woman herself or by her doctor. In addition to a lump, other abnormal changes may include dimpling of the skin, a change in the size or shape of one breast, inversion (inward turning) of the nipple when it previously pointed outward, or a discoloration of the skin of the breast or abnormal nipple

Is there a test for breast cancer? — Yes. Doctors use a special kind of x-ray called a mammogram to check for breast cancer. If a mammogram finds a spot that looks like it

could be cancer, doctors usually follow up with another test called a biopsy. During a biopsy, a doctor takes one or more small samples of tissue from the breast. That way the doctor can look at the cells under a microscope to see if they have cancer.



GASTRO SCREENING CAMI



20 Sept: 135 patients attended free Gastro checkup Camp & Health talk on " Liver and digestive disease" in association with Elderly Peoples Forum Keshavpuram, Our chief gastrointestinal Dr Monika Jain & Dr G S Lamba have been consulted and delivered health talk, Sh R C Chharia ji,Our respected board of member has also visited and

chaired the session of health talk .He also shared his naturopathy treasure on healthy lifestyle.





नियमित दांतों की सफाई एक रखें रोगों से दूर

TIMES EVENTS



10 Sept: 70 doctors attended CME on "Current scenarioin cancer management" by Dr. Anish Maru (Sr. Consultant, Medical Oncology)in

association with IMA Panipat Branch at Panipat



12 & 13 Sept: 450 people attended Free Pain Check-up Camp & live workshop for 17 doctors attended from India & abroad.



13 Sept: 110 people attended Free Cancer Awareness Camp by Dr. Anish Maru and Dr. Shruti Bhatia in association with Asha





17 Sept: 30 doctors attended CME on "Current scenarioin cancer management" by Dr. Anish Maru (Sr. Consultant, Medical Oncology)in

association with Rohini/Mangolpuri BAMS Forum at Pik Wik Restaurant Rani Bagh



19 Sept: 85 patients attended free General Check Up Camp at Jaguar, Moti Nagar in association with Vipul Medcorp TPA.



6,13 &27 Sept : First Aid support at Raahgiri, Connaught Place every sunday



Media coverage

ओरल हेल्थ बनें सजग-रहें स्वस्थ

Quote by Dr. Puneet Ahuja Dental Surgery, Hari Bahoomi



Quote by Ms. Pallavi Joshi Clinical Psychology, Amar Ujala

Quote by Ms. Priya Bharma

हों। को मुख्यान रूप से कहा करने के जिल करने हैं। तीरेक इसके देश का अकरन ही बहु करने हैं कि स्कूतिका और अपूरित्यन केलकाट केल तोना व्यक्ति और उसमें किराने केली कीमी व्यक्तित व्यक्ति केलकाट से तिरोध बहुत उसमेंनी करनाओं।

न्यूट्रीशंस ब्रेकफास्ट रहे हेल्दी-एनर्जेटिक

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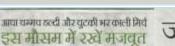
Sr. Physiotherapist, Hari Bhoomi



Quote by Dr. Viju Thomas Sr. Physiotherapist, Hindustan



Quote by Dr.D.P.Saraswat



Quote by Dr. Anjali Sharma Consultant, Naturopathy

जानलेवा है रेबीज सजग रहें, सुरक्षित रहेंगे

Quote by Dr. Arvind Aggarwal Sr. Consultant, Internal Medicine, Hindustan

एलर्जी की समस्या व उपचार

Quote by Dr. Rohit Bishnoi Sr. Consultant, ENT, Mahamedha

New Family Members



Dr.Manish Bummerkar Consultant Neuro Surgery



Dr. Raj Kumar Raj Associate Consultant Neuro Surgery



Consultant Radiology

हॉस्पिटल व इंश्योरेंस का झोल

ही है और इंक्यरेंस वह हमियर है, निस्त्रों सदद से लोग उससे लड़ रहे हैं। हमें में इंक्यरेंस को बेडलर पीलारी की जरूरत हैं। सरकार और एंप्लीबर इस मामणे में निलोबक मुनेबत निमा

नय ही गरीय उसदायें कमानीर होता है साने इलाज की बात करें तो बीमार व्यक्ति के

सानी इतान जो बात करें तो बीमान व्यक्ति के नम्म तोने के लिए सबसे मुमीद नगर क्योंटक है, नाते 10 प्रमुपे होने मार ते नम के प्रिमिया में डिस्टेकन इतानेस का इतान में संमव है।' महीन इतान के लिए समसे ज्यादा इतिमालने के मीन इतान कराया माता है। लेकिन हरिस्टरन बनाने वाले संस्थानों के अपने तक हैं, मसाना सी बेड के एक मन्द्री-मंत्रीकार्यनारी हरिस्टरन सी बेड के एक मन्द्री-मंत्रीकार्यनारी हरिस्टरन

वे सरकार से ज्यादा मदद की उपलेंद करते। भी बालानी एकान मेडिकन डीस्टरपट ए

भी बालानी एकान मीडकान हरिटर्पुट एँड एकान मैंनल सीरेग्टल के सोडको हो, यी, पी, सरस्वात करते हैं, जिसे और गील-गाल्टिकेस्से की एक ही रेट पर बिजानी मिलाई है। ये उत्तरी पात का गाहै ताहर कार सानते हैं, जीका करी तमाम डीक्सपीट्स को हमेशा चलाकर रखना होता है, जारे आईसीप् में कीई फेस्ट ना हो।

Quote by Dr.D.P.Saraswat CEO, Action Healthcare



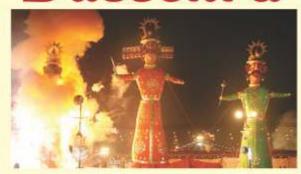
Dr. Krishna Bhardwaj

All Consultants are requested to inform C.E.O Office upon academic enhancement and publication of their articles in any scientific journal.



Dussehra

Sri Balaji Action Medical Institute & Action Cancer Hospital



Dussehra celebrates the Hindu god Rama's victory over the demon king Ravana and the triumph of good over evil. The epic Ramayana tells the mythical story of the Lord Rama who wins the lovely Sita for his wife, only to have her carried off by Ravana, the demon king of Lanka.

Ravana plays an important role in the Ramayana. Ravana had a sister known as Shoorpanakha. She fell in love with the brothers Rama and Lakshamana and wanted to marry one of them. Lakshamana refused to marry her and Rama could not as he was already married to Sita.

Shoorpanakha threatened to kill Sita, so that she could marry Rama. This angered Lakshamana who cut off Shoorpanakha's nose and ears. Ravana then kidnapped Sita to avenge his sister's injuries. Rama and Lakshamana later fought a battle to rescue Sita. The monkey god Hanuman and a huge army of monkeys helped them.

The Mahabharata is another series of Hindu myths that play a role in the Dussehra festival. The Pandavas were five brothers who fought evil forces with a set of distinctive weapons. They abandoned their weapons and went into exile for one year. They hid their weapons in a Shami tree and found them at the same place when they returned from exile. They then worshipped the tree before going to a battle, which they won. This epic is also commemorated during Dussehra.

Rare Disorder: Celiac Disease

Have you ever thought how food allergies could have an effect on your general health. Despite eating a healthy diet individuals as prone to health problems. And current arising problem is Celiac disease. A digestive disease that damages small intestine and interferes with the absorption of nutrients. Symptoms Includes Pain, Weight Loss, Diarrhea, Pale stools, muscle cramp, anemia and etc.

Advised Diet for Celiac Disease Patients.

Cutting out gluten from your diet may seem like a difficult and limiting task. Fortunately, there are many healthy and delicious foods that are naturally gluten-free. In fact, the most cost-effective and

birthday of Mohandas (Mahatma) Karamchand

Gandhi Jayanti

Gandhi Jayanti, or Mahatma Gandi's Birthday, is

celebrated in India on 2 October. The date is the

Gandhi in 1869. It is also the day now commemorated by the United Nations as the International Day of Non-Violence. Mahatma Gandhi was the son of a senior government official and was born in Porbandar in Gujarat. He married at the age of 13 and, when he was 18, went to England to study law then travelled to South Africa to help the rights of Indians there. He returned to India around 1914-1915. Gandhi became known as the 'Father of the Nation' and

was the leader of Indian nationalism in British-

ruled India.

In India, Gandhi used non-violent civil disobedience as a method of evoking the people of India to rally for independence. He became the leader of the Indian National Congress and continued in his determination to peacefully free India from British rule, to relieve poverty and to provide equality for women. His techniques inspired similar movements around

In 1946, he negotiated with the Cabinet Mission, which recommended the new constitutional structure. After independence in1947, Gandhi was assassinated in Delhi trying to stop the Hindu-Muslim conflict in Bengal.

Gandhi's life was an example of simplicity and devotion. Across India, people gather to observe Gandhi Jayanti by offering flowers on Gandhi's pictures and statues, lighting candles and by singing songs and prayers. On this holiday, government offices, post offices, banks and schools close.

Mahatma Gandhi's life and principles have inspired lives of all ages. He is remembered for many quotes including: On life - 'My life is my message'; and on forgiveness - 'The weak can never forgive. Forgiveness is the attribute of the strong."

healthy way to follow the gluten-free diet is to seek out these naturally gluten-free food groups, which

- include: . Fruits
 - Vegetables
 - potato · Meat and poultry
 - · Fish and seafood
- · beans · millet

say

- · Milk products
- · Amaranth (Bathua)
- · Beans, legumes, and nuts · flax
- · corn (maize)
- · gluten-free oats

Note: Gluten refers to the proteins found in Cereals (Wheat, Rye, Barley, etc.)

Its all about enjoying food and being foodie but at the same time being this allergy free.

Bhawna Pandey, (Dietitian)

NATHONAL WORKSHOP ON CHILDRAY PROPERCY AVPILORED SESSION

Dr. Sadhana Mangwana on "Reducing Blood Transfusion Requirement in Bilateral Total Knee Replacement" was widely admired and Dr. Monu Singh was invited to talk on "Various protocols of PRP in Cosmetic Surgeries / Ortho / Skin".

In this Annual National Conference of Transfusion Medicine, Dr. Sadhana Mangwana was awarded with prestigious "J.R. Jolly Award".



Action Cancer hospital OPD Advt. 100 Autos for Rohtak City



Action Cancer hospital OPD, Display 200 Boards, Bhadurgarh to Rohtak City



Q1. For Lok Sabha, how many members from the Anglo-Indian comare nominated by the President of India?

- ICI 3
- Q2. The Grand Trunk Road (GT Road), running from Peshawar in Pakistan to Sonargaon in Bangladesh, was built by which ruler?
- (A) Babur
- (B) Akbar
- (C) Sher Shah Suri
- (D) Humayun
- Q3. Which American swimmer created history by winning 8 gold medals in Beijing Olympic 2008, the most gold medals by an individual at a single Olympic?
- (A) Carl Lewis
- (B) Paavo Nurmi
- (C) Mark Spitz (D) Michael Phelps
- Q4. Which Muslim social reformer founded the Aligarh Muslim University, originally known as Mohammeden Anglo-Oriental College, in 1875?
- (A) Zakir Hussain
- (B) Hakim Ajmal Khan
- (C) Syed Ahmed Khan
- (D) Maulana Abul Kalam Azad

Q5. Which chennal born writer won the Booker Prize 2008 for his debut novel 'The White Tiger' ?

- (A) V.S.Naipaul
- (B) Amitav Ghosh
- (D) Aravind Adiga

Deepa Rajwani Winner of Last Month quiz

Answer of last month quiz 1-d, 2-b, 3-c, 4-a, 5-b

New Answer of last month quit 1-0, 2-0, 3-0, 4-0, 3-0
Please sent your responses of Quiz along with your name, designation & mobile number on marketing@actionhospital.com by 10 October 2015. Winners would be decided on first come first basis and would be suitably awarded.