



ACTION TIMES



NATIONAL WORKSHOP ON "THERAPEUTIC APHERESIS" Page No. 2

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Media Coverage Page No. 3

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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. Visitors were engaged in various cardiac questionnaires, related to a pro-active lifestyle and cardiac risk factors. Winners were 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 favourite 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 the Leukemia treatment had shared their experiences and feedbacks. These experiences shared by the former patients will benefit and motivate other patients.



Leukemia is a vicious progressive disease in which the bone marrow and other blood-forming 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 Afghan 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

fibroid, longest being 8X8 cm in lateral wall. She went to various hospitals, where she was advised to open surgery i.e. Total Abdominal Hysterectomy. She came to Balaji Hospital where she was given a confidence by Dr. Ruby Sehra (Sr. Consultant - Obs & Gynae) that she can be operated laparoscopically and which was done successfully.

Laparoscopic Total Hysterectomy



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



Dussehra



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 Lakshmana and wanted to marry one of them. Lakshmana 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 Lakshmana who cut off Shoorpanakha's nose and ears. Ravana then kidnapped Sita to avenge his sister's injuries. Rama and Lakshmana 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

Gandhi Jayanti

Gandhi Jayanti, or Mahatma Gandhi's Birthday, is celebrated in India on 2 October. The date is the birthday of Mohandas (Mahatma) Karamchand 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 the world.

In 1946, he negotiated with the Cabinet Mission, which recommended the new constitutional structure. After independence in 1947, 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
- Meat and poultry
- Fish and seafood
- Milk products
- Beans, legumes, and nuts
- corn (maize)
- soy
- potato
- beans
- millet
- Amaranth (Bathua)
- flax
- 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)

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

Quiz No.68
Tick (✓) against the right answer

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

- (A) 1
(B) 2
(C) 3
(D) 4

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 Mohammedan Anglo-Oriental College, in 1875 ?

- (A) Zakir Hussain
(B) Hakim Ajmal Khan
(C) Syed Ahmed Khan
(D) Maulana Abul Kalam Azad

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

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

Congratulations
Deepa Rajwani
Winner of Last Month quiz

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

Please send 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.