



ACT ON TIMES



ACCIDENTAL INGESTION OF CORROSIVE ACID **Page No. 2**

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Time for a Healthy Dose of Celebration

It's festival season and it's time to share good cheer. Join us for a memorable luncheon where great memories will be shared and some special memories will be made. Do take the time to be with us...our festivities are incomplete without you!

Sri Balaji Action Medical Institute Diwali Lunch
On 9th November, 2015
From 1 pm at the Green Lawn, Action Cancer Hospital

FRESHER'S DAY CELEBRATION



The fresher's day of 4th batch 1st year GNM students of Ginni Devi Action School of Nursing was successfully held on 21st October 2015.



year GNM students was also organized and they were judged by



The programme was enlightened and made it graceful by the presence of our esteemed dignitaries CEO Sir, Dr. Deepika, Mrs. June Caroline NS of SBAMI, Mrs. Krishna Bhat NS of ACH, Mrs. Dolma DNS of SBAMI, Principal Mrs. Arshdeep Kaur, Ambreen.

our esteemed dignitaries who were present on this auspicious day.



There were varieties of programmes like Group Dance, Solo Dance, Skit, Song, Recitation of poems presented by the students. Competition for Ms. Fresher's among the first

Distribution of prize was also done to the winner of the competition. Finally the programme was successfully end up at 4:30PM after that refreshment was served.





MIRACULOUS SURGERY AFTER ACID POISONING



Dr. Pradeep Jain
Chief - Action Center for GI,
Minimal Access Surgery
& Bariatric Surgery

A young female presented to us with history of accidental ingestion of corrosive acid. She was earlier treated in some nursing home from where she was referred to Balaji Hospital. She was not able to eat or drink anything (not able to ingest her saliva also). She was continuously spitting her saliva. Upper GI endoscopy was done which showed tight stricture in food pipe and stomach. There was no possibility of dilatation or feeding tube placement. She was planned for staged procedure.

During the first stage feeding jejunostomy was done to take care of her nutritional needs. After waiting for 5-6 months she was planned for

pharyngocoloplasty surgery. She was explained in details about the procedure and consent for permanent hole in the neck (leading to permanent voice loss) was also taken. In this procedure alternative food pipe of large bowel (colonic conduit based on Middle colic artery) was made. This conduit was brought into the neck behind the chest bone and was sutured to the pharyngeal wall in the neck. As the joint was in the upper neck above the level of muscle, preventing the accidental ingestion of food and saliva into the wind pipe, covering tracheostomy (hole in the wind pipe) was also done to prevent the food going into the wind pipe.

In the abdomen her stomach was also totally damaged so lower end of the conduit was sutured to the small intestine. She recovered in ICU in initial post operative period. After 2 weeks, endoscopy was done to check the patency of newly created food pipe. Afterwards she was given trial of feeding through mouth. Initially she had difficulty but gradually with repeated trials she started accepting oral feeds. She was discharged after 3-4 weeks on oral feeds and with a hole in the neck. 3 weeks after the discharge her tracheostomy tube was also removed. Now she can eat without accidental ingestion of food into the wind pipe. She has also regained her voice and is breathing through normal nasal passage enabling her to get back to her normal life.



India News Live : Dr. Hemlata Vadhvani
Consultant
Medical Genetic



Quote by Dr. Yogesh Gupta,
Sr. Consultant
Orthopaedic, Mahamedha



Quote by Dr. Anish Maru, Sr. Consultant
Medical Oncology, viratvaibhav



Quote by Dr. Nipun Jain
Sr. Consultant, Dermatologist, Amar Ujala



Quote by Dr. Rajul Aggarwal
Sr. Consultant, Neurology, Hari Bhoomi



Dr. Osamudia Okhionpamwonyi
Gynae Oncology Department

27 Oct : 45 doctors attended the CME on "prevention of arthritis in doctors" by Dr. Ashok Goel, Sr. Consultant Orthopaedic Surgeon, Joint Replacement & Sports Injury at SBAMI Auditorium.

28 Oct : 80 doctors attended CME on "update in breast cancer" in association with IMA Outer West Branch at Maharaja Hotel, Paschim Vihar.

4,11,18 & 25 Sept : First Aid support at Raahgiri, Connaught Place every sunday

TIMES EVENTS



08 Oct : 300 students attended Health Talk on "Breast Cancer" by Dr Anish Maru on the Occasion of Breast Cancer Month at Venketeshwara International School, Dwarka



08 Oct : 70 doctors attended CME on "Targeted Therapy in Breast Cancer Management" by Dr J B Sharma on the Occasion of Breast Cancer Month in association with IMA Dwarka at Hotel Shaurya, Dwarka



13 Oct : 150 patients attended General Check Up Camp in association with Agroha Vikas Trust on the Occasion of Maharaja Agresain

Jayanti



15 Oct : 30 doctors attended CME on "Newer drug in the Treatment of Respiratory Disorder" by Dr. Animesh Arya (Sr. Consultant, Respiratory) in association with IMA (AYUS) at Pik Wik Restaurant ,Rani Bagh



15 Oct : 40 females attended Health Talk on "Breast Cancer Awareness" by Dr. Dinesh Singh at Swaroop Society, Sec-18 Dwarka.



17 to 22 Oct : Emergency Medical Support at Ramleela Netaji Subhash Palace, Pritam Pura.



27 Oct : 80 people attended the talk on Knee problems by Dr. Ashok Goel, Sr. Consultant Orthopaedic Surgeon, Joint Replacement & Sports Injury at cafeteria, SBAMI

Media coverage

हरियाणा में चलेगा कैंसर जागरूकता अभियान सिरसा व आसपास के इलाकों में होगा शिविर का आयोजन

सिरसा। प्रदेश में बढ़ रहे कैंसर की रोकथाम हेतु एक्शन कैंसर अस्पताल (नई दिल्ली) जल्द ही सिरसा, फतेहाबाद समेत पूरे प्रदेश के कई जिलों में प्रदेशस्तरीय जागरूकता मुहिम शुरू करने जा रहा है। अस्पताल के सीईओ डॉ.बी.पी. सारस्वत ने बताया कि हरियाणा में कैंसर की समस्या लगातार बढ़ रही है। पंजाब के बठिंडा व आसपास के इलाकों में फैला कैंसर अब सिरसा व आसपास के क्षेत्रों में भी फैल रहा है। प्रदेश सरकार की रिपोर्ट के अनुसार प्रदेश में एक साल में कैंसर के कारण 3218 रोगियों की मौत हो चुकी है।

अप्रैल माह के दौरान रोहतक में जहां कैंसर रोगियों के लिए ओपीडी शुरू की गई है। वहीं अब कैंसर रोगियों को भी जागरूकता अभियान शुरू करने का फैसला लिया गया है। इस अभियान के अंतर्गत उपरोक्त जिलों में जागरूकता के लिए स्वस्थ विचारों का आयोजन करने के साथ-साथ लोगों को मीडिया के माध्यम से भी जागरूक किया जाएगा। डॉक्टर सारस्वत ने बताया कि अस्पताल द्वारा हरियाणा के विभिन्न जिलों में क्षेत्रीय चिकित्सकों को इस संबंध में आधुनिक चिकित्सा प्रणाली की जानकारी प्रदान करने के लिए



हरियाणा में चलेगा कैंसर जागरूकता अभियान

जागरूकता अभियान सिरसा : प्रदेश में बढ़ रहे कैंसर की रोकथाम के लिए एक्शन कैंसर अस्पताल नई दिल्ली जल्द ही सिरसा, फतेहाबाद समेत प्रदेश के कई जिलों में जागरूकता मुहिम शुरू करेगा। अस्पताल के सीईओ डॉ. बी.पी. सारस्वत ने बताया कि हरियाणा में कैंसर की समस्या लगातार बढ़ रही है। पंजाब के बठिंडा व आसपास के इलाकों में फैला कैंसर अब सिरसा व आसपास के क्षेत्रों में भी फैल रहा है। प्रदेश सरकार की रिपोर्ट के अनुसार प्रदेश में एक साल में कैंसर के कारण 3218 रोगियों की मौत हो चुकी है। यह प्रदेश के लिए बेहद घातक है। उन्होंने बताया कि अस्पताल द्वारा अप्रैल माह के दौरान रोहतक में जहां कैंसर रोगियों के लिए ओपीडी शुरू की गई थी अब कैंसर रोगियों की मदद के लिए सिरसा, फतेहाबाद, जौड़, कैथल, हिसार, झज्जर, पानीपत व मेहेनात आदि जिलों में जागरूकता अभियान शुरू करने का फैसला लिया गया है। इस अभियान के अंतर्गत उपरोक्त जिलों में जागरूकता के लिए स्वस्थ विचारों का आयोजन करने के साथ-साथ लोगों को मीडिया के माध्यम से भी जागरूक किया जाएगा। डॉ. सारस्वत ने बताया कि अस्पताल द्वारा हरियाणा के विभिन्न जिलों में क्षेत्रीय चिकित्सकों को इस संबंध में

हरियाणा में चलेगा कैंसर जागरूकता अभियान

सिरसा, 26 अक्टूबर (दौपक) : प्रदेश में बढ़ रहे कैंसर की रोकथाम हेतु एक्शन कैंसर अस्पताल (नई दिल्ली) जल्द ही सिरसा, फतेहाबाद समेत पूरे प्रदेश के कई जिलों में प्रदेशस्तरीय जागरूकता मुहिम शुरू करने जा रहा है। अस्पताल के सीईओ डॉ.बी.पी. सारस्वत ने बताया कि हरियाणा में कैंसर की समस्या लगातार बढ़ रही है। पंजाब के बठिंडा व आसपास के इलाकों में फैला कैंसर अब सिरसा व आसपास के क्षेत्रों में भी फैल रहा है। प्रदेश सरकार की रिपोर्ट के अनुसार प्रदेश में एक साल में कैंसर के कारण 3218 रोगियों की मौत हो चुकी है। यह प्रदेश के लिए बेहद घातक है। उन्होंने बताया कि अस्पताल द्वारा अप्रैल माह के दौरान रोहतक में जहां कैंसर रोगियों के लिए ओपीडी शुरू की गई थी अब कैंसर रोगियों की मदद के लिए सिरसा, फतेहाबाद, जौड़, कैथल, हिसार, झज्जर, पानीपत व मेहेनात आदि जिलों में जागरूकता अभियान शुरू करने का फैसला लिया गया है।

Quote by Dr.D.P.Saraswat, CEO, Action Healthcare
DAILY CRIME BHARTI, DAINIK JAGRAN, DAINIK SAVERA (Haryana)

Diabetes is a chronic condition that can lead to serious complications if not managed properly. It is a leading cause of blindness, kidney failure, heart disease, and nerve damage. The disease is caused by either the body's inability to produce enough insulin or the body's resistance to the insulin it produces. There are two main types of diabetes: Type 1 and Type 2. Type 1 is an autoimmune disease where the body's immune system attacks the cells in the pancreas that produce insulin. Type 2 is more common and is often linked to obesity and a sedentary lifestyle. It can usually be managed with diet, exercise, and medication. Early diagnosis and treatment are crucial for preventing complications. The use of modern technology like insulin pumps and continuous glucose monitors can help manage the disease better. It is important to consult a healthcare professional for a proper diagnosis and treatment plan.

Breast Cancer is the most common cancer among women worldwide. It is a disease where abnormal cells in the breast grow out of control. The cancer can spread to other parts of the body. There are two main types: ductal carcinoma in situ (DCIS) and invasive breast cancer. DCIS is a non-invasive condition where abnormal cells are only in the ducts. Invasive breast cancer has spread to the surrounding breast tissue. Symptoms include a lump in the breast, changes in the size or shape of the breast, nipple discharge, and skin changes. Early detection through mammograms and clinical breast exams is key. Treatment options include surgery, chemotherapy, radiation, and hormone therapy. A healthy lifestyle with a balanced diet and regular exercise can reduce the risk of breast cancer. It is essential to talk to a doctor about regular screenings.

Breast Cancer is a leading cause of death among women. However, with early detection and treatment, the survival rate is high. The article discusses the importance of regular mammograms and self-exams. It also covers the latest medical advances in breast cancer treatment, such as targeted therapy and immunotherapy. The article emphasizes that breast cancer is not just a woman's disease but a family affair. Support from family and friends is crucial. The article also provides information on clinical trials and where to seek help. It is important to stay informed and proactive about your health.

Quote by Dr. Anju Gumber, Sr. Consultant (Microbiology), E Magazine

Quote by Ms. Pallavi Joshi, Psychiatrist, Express Healthcare

Quote by Dr. Anish Maru, Sr. Consultant, Medical Oncology, Hari Bhoomi, Haribhoomi, Punjab Kesari

YES, YOU CAN BEAT BREAST CANCER. The good news is that breast cancer is highly treatable, especially if caught early. The article provides a comprehensive guide to understanding breast cancer, including its symptoms, risk factors, and treatment options. It emphasizes the importance of a healthy diet and lifestyle in preventing the disease. The article also discusses the role of surgery, chemotherapy, and radiation in treating breast cancer. It provides information on support groups and resources for patients and their families. The message is clear: breast cancer is not a death sentence. With the right care and a positive attitude, many women are able to beat breast cancer and live a full, healthy life.

PROSTATE CANCER is a common cancer among men. It is a disease where abnormal cells in the prostate gland grow out of control. The cancer can spread to other parts of the body. Symptoms include difficulty urinating, blood in the urine, and bone pain. Early diagnosis through PSA tests and digital rectal exams is important. Treatment options include surgery, radiation, and hormone therapy. A healthy diet and lifestyle can help reduce the risk of prostate cancer. It is essential to talk to a doctor about regular check-ups and PSA tests.

CERVICAL PREGNANCY is a rare condition where the fetus develops in the cervix instead of the uterus. It is a high-risk pregnancy that requires immediate medical attention. The article discusses the symptoms and diagnosis of cervical pregnancy. It also covers the latest medical advances in treating this condition, such as uterine artery embolization and surgery. The article emphasizes the importance of early detection and treatment to prevent complications. It provides information on support groups and resources for patients and their families. The message is clear: cervical pregnancy is a rare but treatable condition. With the right care and a positive attitude, many women are able to have a healthy pregnancy and deliver a healthy baby.

When the YOUNG feel the PRESSURE. High blood pressure is a common condition that can lead to serious complications if not managed properly. The article discusses the symptoms and diagnosis of high blood pressure. It also covers the latest medical advances in treating this condition, such as lifestyle changes and medication. The article emphasizes the importance of early detection and treatment to prevent complications. It provides information on support groups and resources for patients and their families. The message is clear: high blood pressure is a common but treatable condition. With the right care and a positive attitude, many young people are able to manage their blood pressure and live a healthy life.

Arthritis is a common condition that causes pain and swelling in the joints. The article discusses the symptoms and diagnosis of arthritis. It also covers the latest medical advances in treating this condition, such as medication and physical therapy. The article emphasizes the importance of early detection and treatment to prevent complications. It provides information on support groups and resources for patients and their families. The message is clear: arthritis is a common but manageable condition. With the right care and a positive attitude, many people are able to manage their arthritis and live a healthy life.

Old Age में आप रहेंगे फिट. Staying fit and healthy in old age is not just a goal, it's a necessity. The article discusses the importance of regular exercise and a healthy diet for maintaining good health in old age. It provides information on different types of exercises and diets that are suitable for older adults. The article emphasizes that it is never too late to start exercising and eating healthy. With the right care and a positive attitude, many older adults are able to stay fit and healthy for many years. The message is clear: old age is not a barrier to a healthy and active lifestyle.

Quote by Dr. Amar Singhal, Sr. Consultant, Cardiologist, Mail Today

Quote by Dr. Yogesh Gupta, Sr. Consultant, Orthopaedic, Sarokar

Quote by Dr. Viju Thomas, physiotherapy incharge, Hari Bhoomi
Quote by Dr. Yogesh Gupta, Sr. Consultant, Orthopaedic, Virat Vaibhav



Diwali

Diwali is a major festival of India. It is celebrated on a new moon night sometime in the months of October and November. The exact day of the festival is decided according to the Hindu calendar. The day is primarily celebrated to commemorate the return of Lord Rama from his 14 years of exile.



However, there are various other stories associated with the festival.

According to popular legend, when Lord Rama returned from his 14 years of exile after defeating Raavana, the people of Ayodhya lighted candles and diya to celebrate his return to the kingdom. The festival gets its name from the lines of diya that were celebrated the return of Lord Rama, and hence the name Deepavali, literally translating to "lines of light." The name has gotten convoluted to Diwali over the years. This day symbolizes the victory of light over dark.

According to other legend, Pandavas from the Mahabharata returned to their homeland after 13 years and the day is celebrated to commemorate their return. The Sikhs celebrate this day to mark the day of freedom or the day when their Guru, Guru Hargobind got free from the jail. The Jains celebrate this day as they believe that Lord Mahavira attained enlightenment on this day. There are still other theories associated with Diwali such as the rising of Goddess Lakshmi from the sea, the killing of Narkasura by Lord Vishnu and birth of Goddess Kali.

The event is largely celebrated in India. Indians celebrate this day as the start of the new business year. People light up their homes 2-3 days prior to the festival and gifts are exchanged between friends and families. On the night of the festival, prayers are offered to Lord Vishnu and Goddess Lakshmi which is followed by bursting of fire crackers eating of sweets and other gourmet food. However, people refrain from meat and alcohol on this day. Of late, a lot of clubs have started organizing special parties on Diwali for the young generation.

Bhai Dooj (13 Nov 2015)



On the day of the festival, sisters invite their brothers for a sumptuous meal often including their favorite dishes. The whole ceremony

signifies the duty of a brother to protect his sister, as well as a sister's blessings for her brother.

Carrying forward the ceremony in traditional style, sisters perform aarti for their brother and apply a red tika on the brother's forehead. This tika ceremony on the occasion of Bhai Bij signifies the sister's sincerest prayers for the long and happy life of her brother. In return brothers bless their sisters and treat them also with gifts or cash.

As it is customary in Haryana, Maharashtra to celebrate the auspicious occasion of Bhau-beej, women who do not have a brother worship the moon god instead. They apply mehendi on girls as their tradition.

The sister, whose brother lives far away from her and cannot come to her house, sends her sincerest prayers for the long and happy life of her brother through the moon god. She performs aarti for the moon. This is the reason why children of Hindu parents affectionately call the moon Chandamama (Chanda means moon and mama means mother's brother)



Kartika Purnima

25 Nov. Kartika Purnima (Kartika purnima) is a Hindu, Jain and Sikh holy festival, celebrated on the Purnima (full moon) day or the fifteenth lunar day of Kartika (November-December). It is also known as Tripuri Purnima and Tripurari Purnima.

God Is Always Near

One thing can always cheer me,
When I'm feeling sad and low;
When I tire of daily trials,
That I have to undergo;
When those who seem closest,
Seem like people I don't even know
One thing can always cheer me,
I know that God is near me.

One thing can always cheer me
When I don't understand;
How pain and sadness in our lives,
Can get so out of hand.

When the best of human efforts
Don't meet the days demand
One thing can always cheer me,
I know that God is near me.

One thing can always cheer me,
More than anything I've known;
And show me I will never
Have to struggle on my own.

For no matter what might ever happen,
I know I will never be alone,
The thing that always cheer me
Is just knowing God is near me

Ashok Kumar



Tick (✓) against the right answer

Q1. In which Indian state is the Sultanpur National Park located ?

- (A) Haryana
(B) Uttarakhand
(C) Madhya Pradesh
(D) Rajasthan

Q2. In 1321, who founded the Tughlaq Dynasty in Delhi ?

- (A) Firuz Shah Tughlaq
(B) Ghiyas-ud-din Tughlaq
(C) Muhammad bin Tughlaq
(D) Mahmud Nasir-ud-din

Q3. Which instrument is used for measuring the relative humidity (amount of water present in a gaseous mixture of air and water) ?

- (A) Barometer
(B) Anemometer
(C) Thermometer
(D) Hygrometer

Q4. Which city annually hosts the Wimbledon tennis championship, one of the four Grand Slam tennis tournaments ?

- (A) Paris
(B) London
(C) Melbourne
(D) New York

Q5. Who authored the book 'The Interpretation of Dreams' ?

- (A) Karl Marx
(B) Charles Darwin
(C) Sigmund Freud
(D) Shakespeare

Congratulations
Subin Philip
Winner of Last Month quiz

Answer of last month quiz 1-b, 2-c, 3-d, 4-c, 5-d
Please send your responses of Quiz along with your name, designation & mobile number on marketing@actionhospital.com by 10 November 2015. Winners would be decided on first come first basis and would be suitably awarded.

Dos & Don'ts While Bursting Crackers



- Use fireworks only outdoor.
- Buy fireworks of authorized/reputed manufacturers only.
- Light only one firework at a time, by one person. Others should watch from a safe distance.
- Keep the fireworks to be used at a safer place.
- Organize a community display of fireworks rather than individuals handling crackers.
- Don't ignite fireworks while holding them.
- Don't bend over the fireworks being ignited.
- Don't ignite fireworks in any container.
- Don't approach immediately to the misfired fireworks.
- Don't tamper with misfired fireworks.