



ACTION NEWSLETTER

Monthly Newsletter -
December 2021 - Pages- 4

Action Events -Page No. 1

Media Coverage -Page No. 3

Action Events



CME of Dr Gaurav Dixit on the topic: 'Bone Marrow Transplant - Curing the Incurable'. The medical education program was organised in association with Tirkesh Forum, Delhi for the leading physicians practicing in North Delhi. The CME was actively participated by 25 doctors approx and highly appreciated by the participants.



Start up of Radiation Oncology OPD of Dr. Manoj Sharma at Border Security Force's office in R.K. Puram. Frequency of the OPD is decided on weekly basics (Every Wednesday of the week).



On the occasion of BSF Raising Day, we have organised a meet of Dr Samit Purohit - Medical Oncology with Director General BSF: Shri Pankaj Kumar Singh (IPS) and other senior BSF medical and non medical officials. This was held at the residence of Director General BSF.



Promotional Cancer and General Screening camp was organized for Vivekanand Senior Citizen Forum, Sector -8 Rohini on 19/12/2021. Dr. Manoj Sharma- Radiation Oncology and Dr. Virender- Emergency Medicine has provided consultation services in the camp. The camp was actively attended by Senior citizens.



CME of Dr Rakesh Chugh in association with "North Delhi Physician Forum" on the topic: New Innovations in Cardiac Surgical interventions. The CME was actively attended by 30 physicians of North Delhi. The CME goes well and was highly appreciated by the senior members of NDPF.



Facilitated visit of the custodian of the medical services at 'Reliance Industries Ltd - Delhi Chapter' at Sri Balaji Action Medical Institute to provide an outlook about SBAMI and ACH. Also facilitated an interaction of RIL medical faculty with Dr Ajeet - Emergency Incharge and Dr Atul Goswami - Hon. Sr. Consultant & Chief Urology.

**Topic:**

Alcohol –
Liver and Gastro
Problems

Saturday

Dec 18 Saturday

12:00 PM

Dr. Monika Jain

Chief Of Gastroenterology & Hepatology
Action Institute Of Liver & Digestive Diseases



DOCTOR LIVE WITH ACTION

We have all reasons to bring the valuable understanding of the health problems and awareness, so that it can be treated well in time or averted.

We, at 'Sri Balaji Action Medical Institute' organized a Facebook programme of our Super specialist: Dr. Monika Jain, Chief of Gastroenterology & Hepatology, at Action Institute of Liver & Digestive Diseases on Hospital's Facebook Page spreading valuable understanding of 'Alcohol related Liver and Gastro problem problems focusing towards preventive health'.

Dr. Monika Jain addressed various important areas like direct & Indirect effect of Alcohol on Liver, Various stages of Liver diseases : Fatty liver, Hepatitis C, Liver Cirrhosis & others, How Alcohol develop Cancer? Ulcer development & other related areas.

Do I Need Total Knee Replacement?

**Dr. Aman Dua**

Sr. Consultant
Joint Replacement Unit

Total Knee Replacement is one of the most successful orthopedic procedures in today's world and has been a highly effective intervention in relieving pain and disability of patients suffering from knee degeneration. But, still going by the scientific literature available, approximately ten to fifteen percent of patients undergoing total knee replacement remain unsatisfied after the surgery. Why is that? Two most important patient related factors affecting outcome are Indication of surgery and patient expectation from surgery.

Respecting indications including timing of surgery is one of the most important determinants of successful outcome after Knee surgery. Cause of Knee degeneration / arthritis can broadly be divided into inflammatory arthritis (e.g. Rheumatoid arthritis) and age related degeneration (osteoarthritis/arthrosis). Rheumatoid arthritis commonly starts at an early age and presents with pain and swelling of the knees and other joints. If

diagnosed early the pain can be relieved and progress of disease halted by appropriate medical treatment. Similarly, even osteoarthritis in early stage may present with acute onset of severe pain in knees and can be successfully managed with short course anti inflammatory medicines and physical therapy. A High tibial osteotomy in selected patients of osteoarthritis may provide relief for many years and delay or even obviate the need of Knee Replacement surgery.

Before planning for total knee replacement one has to be sure that the pain is localized primarily to knee joint and not arising from spine or hip joint; and all the conservative measures (medicine / physical therapy) have failed to relieve the pain effectively. The importance of the above two checks cannot be over emphasized.

Nonetheless, extreme delay in surgery and unhalted progress of arthritis may lead to bone loss, fractures, or severe muscle weakness making the surgery complex and compromising optimal outcome after surgery. Moreover, repeated self medication and analgesic usage to relieve pain may adversely affect other organs of body especially kidneys.

Patient has to know and understand the realistic expectations after surgery. Total Knee replacement cannot reverse the effect of age and is a mere tool to relieve knee pain and improve knee function.

To conclude, every knee pain does not require total knee replacement. A thorough evaluation to know the underlying cause and appropriately timed intervention may some times effectively relieve pain or delay the need for surgical intervention.





Media Coverages

Prospect for medical devices and in vitro diagnostics in India

Dr Dinesh Yadav

Sr Consultant and Head (Biochemistry & Immunoassay), Sri Balaji Action Medical Institute, New Delhi



Amid COVID-19 pandemic, and unprecedented changes the world is going through, the healthcare industry is also experiencing rapid transformations. It is not that hard to evaluate that medical devices (MD) and in-vitro diagnostics (IVD) sector is growing significantly, and is expected to expand in future. This is due to the increasing population, prevailing chronic diseases, communicable and non-communicable diseases; also, people are more aware than before about health issues, insurance, and personalized medical care. In addition, COVID-19 pandemic has widened the gap further between demand and supply of medical devices and IVD. There is a potential growth opportunity in this sector as Indian government's initiative and schemes (100% FDI, eased rules) for these sectors are supportive with the intent to become a global MD/IVD manufacturing power.

Government policy and incentives are encouraging as there is 100 percent FDI in greenfield and brownfield projects, and import regulations for critical devices have been eased. Recently, Indian government launched production-linked incentives (PLI 2.0) to increase India's manufacturing at lower cost. Six medical devices parks in India are upcoming, which will establish India as a manufacturing power with export capabilities.

Limiting factors

- Regulatory policies are stringent;
- Insufficient insurance policies; and
- Uncertain reimbursement of expensive tests and procedures may adversely affect this sector's growth.

Impact of COVID-19

COVID-19 pandemic has left a massive impact. It has increased the demand not only for accurate and faster testing but manifold higher volume of samples, particularly for RT-PCR. In various countries, research institutes and many companies at global level are focusing on the launch of new products of utility. The companies have started introducing rapid diagnostic tests. In June 2020, Roche introduced highly efficient and useful SARS-CoV-2 antibody test with wide acceptance

internationally. SD Biosensor, Sysmex launched rapid antigen detecting test for COVID-19 virus. Introducing such superior-quality reagents in such a short period of time has proved to be useful for public in pandemic crisis and has positively impacted the company's growth.

Impact of innovations In the same line, Mylab, which is a Pune-based company, launched first compact XL equipment to automate the manual processes of molecular diagnostic tests, which is simpler and less space-occupying with better control of contamination to ensure quality results. They also launched the first diagnostic kit for COVID-19 RT-PCR in India. In addition, Coviself is India's first ICMR-approved rapid antigen self-test kit for COVID-19 for use at individual level at home. Recent advancement of technology in this segment and competition has significantly reduced the cost (e.g., RT-PCR from ₹5000 to ₹500) of molecular diagnostic tests, which is affordable and accessible to more patients of genetic diseases and other infectious diseases.

Changing preferences

During lockdown period of the pandemic, tests/screenings were conducted efficiently from home, and pulse oximeter became a household article for monitoring of disease like glucometer. Time has come for discussion of point-of-care testing (POCT)/near-patient testing. POCT is usually performed outside the central laboratory in a near-patient setting, e.g., at the patient's bedside in emergency, ICUs, operation theaters, clinicians' chambers, and at home. It provides real-time, lab-quality results in minutes rather than hours, and enables the medical team to optimize rapid triage and treatment decision, which ensures effective and efficient care near the patient.

Outlook

Emerging innovative technology has ensured delivery of highly efficient superior-quality products to overcome the challenges and meet the need. Economical and efficient products have better adoption possibilities. India is going to be a heavenly destination for MD/IVD manufacturing sector owing to increasing demand and government initiative.

Vax best available option: Experts on Omicron concern

NEW DELHI,

The newly detected Covid variant from South Africa this week -- omicron -- might affect those severely who have not yet taken their Covid-19 shot, health experts said on Sunday.

According to experts, getting vaccinated looks like the best available option at present and it can be a game-changer in fighting against the new variant of Covid.

"So far, it appears that those who are not vaccinated are at very high risk of getting affected by the severe disease," Ravi Shekhar Jha, Additional Director Pulmonology, Fortis Escorts Hospital, Faridabad, told IANS.

"Therefore, vaccination is the best available option at present which can be a game-changer," Jha added.

The experts said that we need to understand that the pandemic is not yet over and therefore we should not lower our guards and restart taking full precautions as before including social distancing. "The new variant of Covid Omicron has several mutations from previous Covid-19 strains," said Animesh Arya, Senior Consultant in Respiratory Medicine, Sri Balaji Action Medical Institute, New Delhi.



ji Action Medical Institute, New Delhi.

"People need to understand that Covid appropriate behaviour and vaccination are the only ways to stay safe from this variant," Arya added.

The new variant identified in South Africa has left the scientific community worried, as they fear that this new strain could fuel outbreaks in several countries and cripple health systems once again.

Meanwhile, Indian health experts mentioned that it is premature to say if we are about to face the third wave. However, the kind of carelessness that India has seen in the last few months, if the omicron enters the country, it may have a detrimental effect. "Do not lower our guards and restart taking full precautions as before

including social distancing," Arya said.

The South African health officials said the new variant has many more mutations than scientists expected, especially after a severe wave, which was driven by the Delta variant.

Many of the mutations are of concern for immune evasion and transmissibility. It carries a high number of mutations in its spike protein, which plays a key role in the virus' entry into cells in the human body.

The World Health Organisation (WHO) has said it will take a few weeks to understand the impact of the new variant. Several countries have also placed a complete ban on travel from South Africa in the wake of the discovery of a new variant of the omicron. (IANS)

Appearance in Medical Buyer by Dr. Dinesh Yadav, Sr. Consult, Biochemistry & Immunoassay

Appearance in The Sentinel by Dr. Animesh Arya, Sr. Consult, Respiratory

जागरण सिटी

पश्चिमी दिल्ली

दैनिक जागरण

कोरोना का बढ़ा खतरा: पूर्वा संकल्प

जोड़ों के दर्द को ले गंभीरता से: डा. दुआ

|| www.jagran.com

सक्रियता से जोड़ों के दर्द में मिलेगी राहत: डा. दुआ

जागरण संवाददाता, पश्चिमी दिल्ली: श्री बालाजी एक्शन मेडिकल इंस्टिट्यूट में जॉइंट रिप्लेसमेंट के विभागाध्यक्ष डा. अमन दुआ ने बताया कि सर्दियों में खांसी-जुकाम के साथ जोड़ों में दर्द की समस्या भी लोगों को सताने लगती है और यही कारण है कि इन दिनों ओपीडी में जोड़ों के दर्द की समस्या से जुड़े मरीजों की संख्या बढ़ गई है। दरअसल, सर्दियों में रक्त वाहिकाएं

तापमान गिरने के कारण सिकुड़ने लगती हैं, जिसके कारण रक्त प्रवाह प्रभावित होता है। साथ ही इस मौसम में मांसपेशियों में भी तनाव के कारण हड्डियों में दर्द की समस्या बढ़ जाती है। इसके साथ ही सर्द मौसम

में निष्क्रिय जीवनशैली, सुस्त मिजाज के कारण पोषण व व्यायाम को तरजीह न देना समस्या को और बढ़ा देता है। जोड़ों में दर्द की समस्या से राहत के लिए अपने खानपान में कैल्शियम की उचित मात्रा लें। हड्डियों में कैल्शियम को अवशोषित करने के लिए विटामिन-डी की मुख्य भूमिका होती है इसलिए विटामिन-डी का उचित सेवन सुनिश्चित करें।

Appearance in Dainik Jagran by Dr. Aman Dua, Sr. Consult, Joint Replacement



Vax best available option: Experts on Omicron concern

NEW DELHI

(IANS): The newly detected Covid variant from South Africa this week — omicron — might affect those severely who have not yet taken their Covid-19 shot, health experts said on Sunday.

According to experts, getting vaccinated looks like the best available option at present and it can be a game-changer in fighting against the new variant of Covid.

“So far, it appears that those who are not vaccinated are at very high risk of getting affected by the severe disease,” Ravi Shekhar Jha, Additional Director Pulmonology, Fortis Escorts Hospital, Faridabad, told IANS.

“Therefore, vaccination is

the best available option at present which can be a game-changer,” Jha added.

The experts said that we need to understand that the pandemic is not yet over and therefore we should not lower our guards and restart taking full precautions as before including social distancing.

“The new variant of Covid Omicron has several mutations from previous Covid-19 strains,” said Animesh Arya, Senior Consultant in Respiratory Medicine, Sri Balaji Action Medical Institute, New Delhi.

“People need to understand that Covid appropriate behaviour and vaccination are the only ways to stay safe from this variant,”

Arya added.

The new variant identified in South Africa has left the scientific community worried, as they fear that this new strain could fuel outbreaks in several countries and cripple health systems once again.

Meanwhile, Indian health experts mentioned that it is premature to say if we are about to face the third wave. However, the kind of carelessness that India has seen in the last few months, if the omicron enters the country, it may have a detrimental effect.

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The World Health Organisation (WHO) has said it will take a few weeks to understand the impact of the new variant.

Several countries have also placed a complete ban on travel from South Africa in the wake of the discovery of a new variant of the omicron.

Appearance in The Statesmen by Dr. Animesh Arya, Sr. Consult, Respiratory

Getting vaccinated best bet amid rise in Omicron Covid variant

AGENCIES
New Delhi

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Appearance in Free Press Journal by Dr. Animesh Arya, Sr. Consult, Respiratory



Vanita Hind Magazine
16 November at 22:09

श्री बालाजी एक्शन मेडिकल इंस्टीट्यूट में सीनियर कंसल्टेंट, पल्मोनोलॉजिस्ट डॉक्टर अनिमेश आर्या से जर्नल ब्रह्म प्रवृत्त के बीच अपने स्वास्थ्य का ध्यान कैसे रखें। पूर्ण उपयोगी हिमा

Appearance in Vinita by Dr. Animesh Arya, Sr. Consult, Respiratory



डॉक्टर रूबी सहरा

सीनियर गायनेकोलॉजिस्ट

Appearance in ETV Bharat by Dr. Ruby Sehra, Sr. Consult, Gynecologist

BIRTHDAYS in JANUARY



10-Jan : Sh. R.C. Chharia ji

23-Jan : Sh. Lala Mange
Ram Agarwal ji

4-Jan : Sh. Umakant Kaushik

1-Jan-Dr. Ashish Sahani

1-Jan-Dr. Virender Singh

1-Jan-Dr. Deepak Bajaj

1-Jan-Dr. Jnandip Baishya

2-Jan-Dr. Vivek Aggarwal

3-Jan-Dr. Rishi Raj Vohra

7-Jan-Dr. Anuradha Garg

11-Jan-Dr. Sudhish Sehra

11-Jan-Dr. Chandan Aneja

16-Jan-Dr. Neeraj Jain

16-Jan-Dr. Himanshu Bhatheja

17-Jan-Dr. Mridul Agarwal

18-Jan-Dr. S.S. Gupta

23-Jan-Dr. Saket Kant

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

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