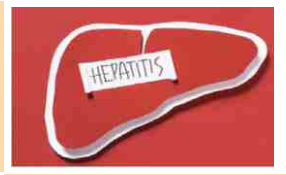




# ACTION NEWSLETTER



Drive Run Vaccine with Page No. 1

Media Coverage Page No. 3



**Sri Balaji Action Medical Institute**  
**Drove the Largest**  
**Drive Thru**  
**Vaccination Programme**  
**at Pacific from**  
**14th June till date**



**More than 5000 Jobs  
 Administrated  
 @ Pacific Mall**

Sri Balaji Action Medical Institute drive programme Putting Vaccination into Action at Pacific Mall has become one of the longest drive through programme in the town. We also organized a vaccination drive simultaneously with renowned corporate Flipkart, Britania Chowk, on 1st July 2021.



**BIRTHDAYS  
 in AUGUST**



**Sh. Raj Kumar Gupta, President (15 August)**

**04-Aug-Dr. Shweta Wadhwa**

**06-Aug-Dr. Ajay Kumar**

**10-Aug-Dr. Monika Jain**

**10-Aug-Dr. Yashodhara Sharma**

**11-Aug-Dr. Ashwin Garg**

**12-Aug-Dr. Atul Goswami**

**13-Aug-Dr. Rohit Goyal**

**18-Aug-Dr. Aditi Dusaj**

**21-Aug-Dr. Seema Patni**

**21-Aug-Dr. Arvind Ku. Agarwal**

**22-Aug-Dr. Rajiv Kumar Bansal**

**22-Aug-Dr. Preeti. S. Ghai**

**23-Aug-Dr. Nishit Gupta**

**23-Aug-Dr. Smita Sharma**

**24-Aug-Dr. Saurabh Rawall**

**25-Aug-Dr. Dinesh Kumar Yadav**

**28-Aug-Dr. Prachi**

**31-Aug-Dr. Balbir Singh Sodhi**

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

[www.actionhospital.com](http://www.actionhospital.com)

[www.actioncancerhospital.com](http://www.actioncancerhospital.com)

**Wisdom Quotes: One Day or Day One... You Decide. (By Rohit Sharma)**



## ON THE OCCASION ON LIVER DAY

# FREQUENTLY ASKED QUESTION FOR HEPATITS - B PATIENTS DURING COVID -19



**Dr. G.S. Lamba**  
MBBS, MD, DM

Chief of Gastroenterologist & Hepatologist



**I have hep B, am I at higher risk of catching covid-19?**

No. there is no evidence that people living with hep B are at higher risk of catching COVID -19 follow government advice on keeping safe and stopping the spread of covid-19



**I have hep B, am I at higher risk of severe illness from covid-19?**

NO. there is not evidence that having hep B puts you at a higher risk of severe illness from covid-19 Hep B itself is not a listed health condition that mat contribute to more severe illness with covid-19



**Should I keep taking my hep B medication during this time?**

YES, Definitely keep taking your hep B treatment. Only taking your treatment if told by your doctor or specialist.

It is important to take your hep B medication as prescribed otherwise the virus could become resistant and might be harder to keep under control.



**I have hep B so are there extra precautions I need to take against COVID-19**

TAKE THE SAME PRECAUTIONS as EVERYONE. We all need to take precautions to stop the spread of COVID-19, whether we have hep B or not, for our health and for our community as a whole.

You should take extra precautions to protect yourself from COVID-19 if you:

- Have an additional health condition (heart disease, hypertension, diabetes, obesity, cancer, and chronic respiratory diseases such as asthma, bronchitis etc)
- are over 70:
- have a weakened immune system.



**I am running out of hep B medication but I'm worried about going to the pharmacy. Can I take it less frequently or wait until this over?**

NO. You should definitely keep taking your hep B medication, unless told not to by your doctor or specialist.

- It's really important to keep taking your hep B medication as normal, this keeps the virus under control and keeps you healthy.
- Pharmacies are an essential service and will stay open. Call your pharmacy to see if they deliver or can help make your visit quick and safe. You may also call company helpline numbers for availability of respective medicine.





व्यथ रहना है तो डॉक्टर की सुनें मूलकर खुद अपना डॉक्टर न बनें

डॉक्टर को 'पण्डित' का दर्जा दिया जाता है...

कमिडेशन की गलती : डिजिटल युग में ही जिनका जीवन व्यथ रहना है...

प्रकार का डॉली न करना : किसी भी चीज को भरोसा न करना...

निमित्तित हेल्थ चेकअप न करना : अस्मद डॉक्टर अपने मरीजों को चेकअप देने हैं...

Appearance in Prabhat Khabar by Dr. Subhash Aggarwal, Sr. Consult, General Surgery

बीते दो माह में हम सबने कोरोना महामारी का तांडव देखा...



कोरोना काल में डॉक्टरों ने हमें सिखाया और इन 5 उपायों से बचाया

कोरोना में कौशल-19 महामारी का कोई उपाय नहीं था...

हेड सैनिटाइजेशन : कोरोना की जाननी लार में झुंझटों में जहां कि कोरोना वायरस पाया...

मास्क का इस्तेमाल : कोरोना की जाननी लार में झुंझटों में जहां कि कोरोना वायरस पाया...

निमित्तित व्यायाम और योगासन : कोरोना की जाननी लार में झुंझटों में जहां कि कोरोना वायरस पाया...

कोरोना की जाननी लार में झुंझटों में जहां कि कोरोना वायरस पाया...



Appearance in Navbharat times by Dr. Prashant Goyal, Sr. Consultant, Psychiatrist



एक्शन बालाजी अस्पताल में स्पुतनिक टीका उपलब्ध

जार्ज, पश्चिमी दिल्ली : रूस की स्पुतनिक वैक्सीन अब पश्चिम विहार स्थित एक्शन बालाजी अस्पताल में भी उपलब्ध है...

सोशल डिस्टेंसिंग का पालन : कोरोना काल में डॉक्टरों ने 1 सिद्धांत कि हमें डॉक्टर से धार...

इम्मुनिटी बूस्टर डाइट : कोरोना के लक्षणों में अक्सर विकसितियों की पूर्ण भी उभरती है...



Appearance in The Pioneer by Dr. Jyoti Mutta, Sr. Consult, Laboratory Medicine

कहीं आपका बेवजह का डर पैनिंक डिसऑर्डर तो नहीं?

हम सभी कभी-कभी किसी डर में जी रहे होते हैं। बहुत से लोग हमेशा किसी डर या घबराहट को महसूस करते हैं।

देंने वाला हादसा, या वहत वडा बदलाव, कोई भावनात्मक रूप से वेहद प्रभावित करने वाली घटनाओं की वजह से पैनिंक डिसऑर्डर होने की शुरुआत हो सकती है।

बचाव और इलाज भी है जरूरी इस बारे में काउंसिलिंग साइकोलॉजिस्ट ( धर्माशिला नारायणा अस्पताल ) डॉ. नेहा दत्ता बताती हैं...



Appearance in Navbharat times by Dr. Prashant Goyal, Sr. Consultant, Psychiatrist

Appearance in Dainik Bhaskar One of the many solutions to prevent this wastage one can probably think of is to bring down the age below 45 for vaccination.

Appearance in The Pioneer by Dr. Jyoti Mutta, Sr. Consult, Laboratory Medicine The idea at the moment is to vaccinate the risk group.