



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

(Registered under Acts XXI of 1860 and XXIX of 1950)

BRIGADE GAZETTE

GRATIS

No. 649

January, 2017

The Bombay City Ambulance Corps wishes Patrons, Life Members, and Well wishers of the Society a very Happy and a Prosperous New Year (2017)

PART - I NOTIFICATIONS

Results of First Aid Instructors' Examination

The Examination of the students of the Specialist Instructors' Course in First Aid to the Injured (Course No. I/242) of Jamsetji Tata Ambulance College was conducted in November 2016 by the Board of Examiners appointed by the Medical Board of the Society consisting of (1) Dr. A.H. Kantharia, M.D. (Bom), and (2) Dr. Girish G. Lad, M.S. (Bom.), The Board was assisted by (i) Mr. Anjan S. Lalaji, B.Com., Dip. Amb. Work, and (ii) Mr. Nitin S. Lalaji, B.E., Dip Amb. Work, as assessors for practical tests. The following students have been declared successful in order of merit:

1. Mrs. Snehal Vinayak Mane, Dip. Interior Design, 2. Mrs. Jostna Umesh Gire, 3. Mrs. Ghodekar Sanjivani Sandeep, G.N.M, B.A. and 4. Mrs. Uma Dinesh Luharka, B.A.

Awards

1. Mrs. Snehal Vinayak Mane, has been awarded the "First Aid Instructors' Cup" for standing first in the examination.
2. Mrs. Jostna Umesh Gire, has been awarded the "First Aid Instructors' Prize for standing Second in the examination.
3. Mrs. Ghodekar Sanjivani Sandeep, has been awarded the "Consolation Prize" for standing Third in the examination.

Condensed Basic First Aid course (16/BC/FA/5)

Condensed Basic First Aid course (16/BC/FA/5) was conducted for participants from Aatmabodh Academy of Yoga from August 22 to November 12, 2016 on Mondays. The following students have completed the course successfully in order of merit:

1. Mr. Sachin Vilas Manjrekar, 2. Miss Dhvani Vora, 3. Miss Afsana Aradhana Ghyas, 4. Mrs. Urmila Gupta, 5. Mr. Reetesh Gosai, 6. Mrs. Rekha P. Mishra, 7. Mrs. Meenakshi Kirti Jain, 8. Mr. Shiv N. Konnur, and Mr. Manoj Krishna Warik.

One day Seminars on CPR for Bystanders

No.	Date 2016	No. of Participants	Participants from
16/S/CPR/5	November 26	16	BFY
16/S/CPR/6	December 22	16	Nagesh

One day Seminar on Fundamentals of First Aid

One day seminar on Fundamentals of First Aid was conducted on November 8, 2016 Seminar 16/S/FA/1) for 5 participants – guardians of Dialysis Patients of Rangoonwala Foundation.

Two days Basic Course on First Aid and CPR

Two days Basic course on First Aid including CPR for bystanders was conducted on November 8, and December 17, 2016 (16/B/FA/4) for 33 participants for 5 hours each day for guardians of Dialysis patients and volunteers of Rangoonwala Foundation.

Public Duty

Ambulance Car 12 (MH-01-LA-9420) with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Football/Hockey Ground for football/Hockey matches as under:

YOU CAN VIEW BRIGADE GAZETTE ON
WEBSITE (bcac.co.in)

Sr. No.	Organiser	Date 2016	Time
1.	Saran Presents (Football)	Nov. 19,20,26 & 27 Dec. 11,18 & 24	9 am to 6 pm
2.	Mumbai Hockey Association	Dec. 7 to13, 15 & 16	3 pm to 5 pm

Donations to Service Station Fund

Date 2016	Amount (Rs.)	Donations received from:
November 7	11,000/-	Mumbai Hockey Association
December 15	8,000/-	Saran Presents (Football)
December 17	10,000/-	Rangoonwala Foundation
December 26	6,000/-	Saran Presents (Football)

Donations to General Fund

Date 2016	Amount (Rs.)	Donations received from:
November 11	11,000/-	Atmabodh Academy of Yoga
November 17	25,000/-	The Lotus Trust
December 5	11,000/-	Atmabodh Academy of Yoga
December 19	10,000/-	K.Y.T. Event Services Pvt. Ltd.
December 22	75,000/-	General Practitioners Association, Mumbai
December 29,	10,000/-	Manav Jagriti Foundation

PART II

Common Injuries and their Treatment

1. **HAMSTRING INJURY** : It is a typical injury found in the field of sports and games that involve a great deal of running. It happens mostly when muscles at the thigh are stretched and extended too far. Apart from bringing about muscle tear, it can recur if not treated appropriately. Hamstring injury is for the most part brought about because of poor hip and core control and symptoms incorporate severe torment at the back of the thigh, bruising, wounding and inflammation. TREAT IT:

a. Requires unconventional muscle preparing i.e. dynamic muscle constriction with concurrent extending to give full scope of movement since it is a two-point muscle.

b. Nordic Hamstring Lowers are prescribed to decrease aggravation and tying of nerves.

2. **ANKLE INJURY** : This injury is brought about when the tissue at the back of the lower leg and ankle is encroached or squeezed and caught because of steady effect of foot on a hard surface. Symptoms include recurrent pain, scarring and irritation. These also cause difficulty in walking and running. TREAT IT:

a. Surgery is prescribed to expel the scarred and caught tissue. Platelet rich

An Appeal

Since use of our Ambulance Service as seen above is very poor, Members and well wishers are requested to give publicity of our Free Ambulance Service.

Pamphlet of our service is sent herewith. Kindly Xerox or ask for copies of the same from our office and distribute around your contacts.

Suggestions for improvement of our services are welcome. Donations for the **FREE FIRST AID AND AMBULANCE SERVICE STATION FUND** will be appreciated.

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

OUR TELEPHONE NOS. : 2201 42 95 and 6633 48 97 • Website : www.bcac.co.in

Plasma (PRP) infusions are given as they are development considers and diminish aggravation.

- b. Requires bio-mechanical evaluation of foot mechanics, shoes with safeguards, and activities that give quality and strength to the lower leg.
- 3. **SIDE STRAIN** : This injury generally happens when the outside or interior sideways muscles get torn. These capable muscles on the sides interface the ribs to pelvis and contort or twist the storage compartment (of the body) sideways. The indications incorporate a steady increment in torment from gentle to extreme, soreness and wounding. If ignored, a minor muscle tear can advance into muscle burst and then requires complete rest and unwinding for no less than two or three months with recovery of shoulder and back muscles. **TREAT IT**
 - a. Soft tissue back rub is prescribed with extending activities to enhance quality and adaptability, centre soundness and stance.
 - b. Recovery incorporates revolution of trunk and spine with activities, for example, pull downs, push-ups and inevitably buttons up.
- 4. **SHOULDER/SLAP INJURY**: Slap is short for Unrivalled labrum, foremost to back and alludes to a tear in the labrum tissue (around shoulder socket) from front to back and is generally found in athletes and sports personnel. The internal ligament peels away from the bone where the bicep grapple, which results in an insecure shoulder, hurting torment and a sentiment shortcoming while lifting or tossing overhead. **TREAT IT**:
 - a. Recovery can be accomplished by guaranteeing a decent scope of movement i.e. 180-degree pivot and scapular (shoulder bone) control.
 - b. Surgery is suggested in amazing cases. Recuperation and restoration incorporate activities to reinforce rotator sleeve muscle.
- 5. **PLANTAR FASCIA INJURY**: Generally known as 'jogger's heel', it is an injury typically found in athletes who run a great deal. Bad fitted shoes, weak and powerless calves and long periods of running cause the tissue and ligaments to tear, which results in a wounding agony when standing or strolling, and firmness. **TREAT IT**:
 - a. Requires bio-mechanical appraisal of foot mechanics and stance, shoes with safe guard.
 - b. Soft tissue treatment is prescribed to enhance determination of scar tissue and the calf reinforcing work out.

GO THE 'RICE' WAY !

Treating minor muscle injuries are easy when on follows the RICE – an acronym for Rest, Ice, Compression and Elevate.

- 1. Begin your healing process by resting it because the injured muscle needs ample rest to help it heal.
- 2. Applying an ice pack to your injury can help deal with pain and prevent inflammation.
- 3. To prevent fluid build-up and swelling, compress the area with an elastic bandage.
- 4. When the injury is elevated above or close to the level of your heart, fluids are drained away thereby lessening the swelling.

— Curtsey Bombay Times

SERVICE STATION STATISTICS		
Year 2016	November	December
Calls Registered	10	11
Removal Services	10	15
Services for which NO donations were received	02	08
Donations received on account of :		
Removal Services	₹ 1,700/-	₹ 1,000/-
Donations to the Station Fund	₹11,000/-	₹24,000/-
Run of Ambulance (Car No.12)	181 Kms.	296 Kms.
Total services rendered till date	79,654	79,669

Two Bananas a day

- 1. Bananas are a great super-food which provide us with energy, make us feel full, and provide our bodies with the needed essential nutrients due to the high amount of fibres, vitamins, and natural sugars such as fructose and sucrose.
- 2. Upon purchasing, banana last for a week, but after some time there are black spots that appear on them, growing bigger and bigger, until the banana turns black.
- 3. We think that they are rotten, and thus throw them away. Nevertheless, these dark parches are not a sign of rotting, but something very different.
- 4. This is the sign which shows that the banana actually is ripen and more spots appear the better for you. The brown spots represent the TNF (tumor necrosis factor) and there are, the higher levels of this factor are.
 - a. This is a cancer fighting substance that assists in fighting against abnormal cells in the body. TNF helps the communication between the cells in our immune system, guiding the movements of cells towards the areas in our bodies that are inflamed or infected.
 - b. A recent research showed that TNF from bananas can stop tumor cell growth and spread, causing apoptosis or cell death.
 - c. They are packed with high levels of antioxidants which strengthen the immune system and increase the white cells count. Through this way the body fights off infections and even cancer.
- 5. Aside from these properties, bananas have other great benefits, thus you have to include them into your diet. This way they are good for:
 - a. **BLOOD PRESSURE**: They are high potassium, but do not contain sodium, thus they are excellent for the heart. They lower the blood pressure and prevent heart attacks and Strokes
 - b. **HEART BURNS** : This condition can be relieved in a minute due to the fruit's natural anti-acid properties, thus if in case you start feeling the symptoms, munch one banana, and you will momentarily feel better.
 - c. **ANAEMIA** : Anaemic people can benefit from introducing bananas into their diets as they will be provided with iron. It stimulates the production of haemoglobin and strengthens the body supply.
 - d. **ENERGY** : They give energy and are great pre-workout snacks as they contain minerals, vitamins, and low glycemic carbs that increase your endurance, while the high levels of potassium prevents muscle cramps.
 - e. **DEPRESSION** : Due to bananas being high in tryptophan which is converted into serotonin upon digestion, they can fight depression. Serotonin is the neurotransmitter that makes us feel happy, relaxed and in better mood. In case you feel down, take one banana and you will feel much better.
 - f. **ULCERS** : Bananas are perfect for this condition as this condition as they are soft, mushy, and protect the stomach lining from irritation and acid.
 - g. **TEMPERATURE CONTROL** : This fruit lowers body temperature and cools you off. This goes for when you feel hot or when you have a fever.
 - h. **NERVES or PMS** : In case you feel stressed out or down, take a banana as it regulates the blood sugar levels and is rich in vitamin B which naturally calm the nervous system, making people feel relaxed and improving their mood.
 - i. **CONSTIPATION** : The fibres they contain are beneficial for those who suffer from constipation as they stimulate bowel movement and relieve the symptoms.

— Curtsey What's App

**KINDLY SEND YOUR OPTIONS TO RECEIVE
BRIGADE GAZETE ON WEBSITE (bcac.co.in)
OR BY E-MAIL (send your email id)**

Edited and Published by Captain R. J. Lad, D.E.R.E., Dip. Amb. Work, Officer Commanding, The Bombay City Ambulance Corps, at Head Quarters, 21 New Marine Lines, Mumbai - 400 020 and printed by him for the owners of the Publication "The Bombay City Ambulance Corps".

BOOK - POST

To,



From :
THE BOMBAY CITY AMBULANCE CORPS
21 New Marine Lines, Mumbai - 400 020.
Telephone Nos. : 2201 42 95 & 6633 48 97