



# THE BOMBAY CITY AMBULANCE CORPS ( FOUNDED 1930 ) ( Registered under Acts XXI of 1860 and XXIX of 1950 ) BRIGADE GAZETTE

GRATIS

No. 656

March, 2018

## PART - I NOTIFICATION NEW YEAR HONOURS PARADE

The New Year Honours Parade of the Volunteers of the Corps will be held on Sunday, April 1, 2018 at 1030 hours at the Head Quarters when the Officer Commanding will take the Salute and unfurl the Society's Flag.

### NEWS

#### Specialist Instructors' Course in First aid to the Injured

A Specialist Instructors' Course in First aid to the Injured (I/244) January- June 2018 term, was inaugurated on Monday, January 8, 2018 at 18.30 hours in the Lecture Room 2 (as Dr. Moolgaonkar Memorial Hall is under renovation) by the Officer Commanding of the Corps, Captain R. J. Lad, under the aegis of Jamsetji Tata Ambulance College. 6 students have been enrolled in the course.

#### First Aid Basic courses for Aatmabodh

RESULTS of the examination for the above course, held on Monday, January 29 2018 Written, Thursday February 01 2018 Oral and Practical test.

(B/FA/17/2)

1. Ms. Parekh Smita Vinod., 2. Ms. Rajput Sonal Jay, 3. Ms. Vora Dhvani H., 4. Ms. Goradia Mona Yogesh., 5. Ms. Chaurasia Roshni M., 6. Ms. Shah Samal H.

(B/FA/17/3)

1. Dr. (Mrs.) Gohil Gayatri Khimji., 2. Ms. Jalan Ritu, 3. Mr. Shah Khushal Sandip, 4. Mrs. Karachiwala Abeda S., 5. Mr. Phadke Devavrat C., 6. Mrs. Phadke Shravai Sachin, 7. Mrs. Patkar Sucheta Bakul, 8. Mr. Rangoonwala Adil Firoze.

Rangoonwala Foundation  
(B/FA/17/4)

One day condensed Basic First Aid Course was conducted at Head Quarters, on January 6, 2018 from 10 am to 6 p.m. for 46 volunteers of Rangoonwala Foundation.

#### Final Phase of Renovation of Dr. Moolgaonkar Memorial Hall

Last year renovation of sanitary block of Dr. Moolgaonkar Memorial Hall was carried out to suit need for conferences and various training courses.

The next phase stage of the hall, Electrical wiring including Electrical infrastructure for AC, Audio and Visual systems job has been initiated and nearing completion. Installation of AC is postponed for want of funds. The work is carried out from the available funds of society. **Only one earmarked donation of Rs.1,00,000/- for the Hall repair fund from Mr. Mulraj Kapadia has been received.**

**Philanthropists are requested by members of the Managing committee and in particular the president of our society Dr. Suresh D. Mehtalia and Chairman Medical Board Dr. Deepak M. Parikh to donate generously for purchase and installation of AC in the hall so that we can have excellent Hall. Donations to the society are exempted under section 80G of income tax act.**

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

**ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS**

#### Public Duty

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

Sr. No.	Organiser	Date 2018	Time
1.	Saran Presents	January 18	15.30 to 19.30
		February 3	15.45 to 22.30
		February 4	10.30 to 22.30

#### Donations to Service Station Fund

We have received following donation to the Service Station Fund of the Society:-

Date 2018	Amount Rs.	Donations received from:
January 1	501	Mr. Adil Firoz Rangoonwala
January 11	1111	Mr. Kashinath A Divecha
January 13	5600	BFY
January 30	11250	Students of First Aid Instructor I/243
January 30	1250	Ms. Vaishali S. Fulpagar
January 30	1250	Mr. Kartik O. Gogale
January 30	1250	Mr. Jayant Balkrishna Jadhav
January 30	1250	Mr. Samir S. Jha
January 30	1250	Mr. Ashish C. Mehta
January 30	1250	Mr. Mukesh I. Mistri
January 30	1250	Mr. Ashish Laltaprasad Tiwari
January 30	1250	Mr. Ajit Ajinkya Todankar
January 30	1250	Mrs. Smita D. Vartak
February 15	4400	Saran Presents

#### Donation to General Fund

We have received following donation to the General Fund of the Society:-

Date 2018	Amount Rs.	Donations received from:
January 8	10,000/-	Sitaram Jindal Trust, Bangalore
January 8	21,000/-	Aatmabodh Academy
January 31	10,000/-	In memory of Late Mr. Ajaypat Singhania
February 16	10,000/-	Hexacraft Events & Entertainment
February 24	5,000/-	Fulchand Manekchand Shah Ch. Trust

## PART II

### 8 MOST COMMON SKIN COMPLAINTS YOU NEED TO BE AWARE

The dry patches you've developed could need more than a dab of moisturizer. Around 10 most common skin conditions have been identified and this is how you can sort them out.

#### An Appeal

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

Suggestions for improvement of our services are welcome.

Donations for the FREE FIRST AID AND AMBULANCE SERVICE STATION FUND will be appreciated.

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

**Eczema**

**Symptoms :** Dry Red Itchy patches of skin, typically seen behind the knees and in the creases of Elbows

**Causes :** This can start at any age-childhood or adulthood. It can run in families or occur randomly and is linked with asthma and hay fever. Triggers include being run down, stress and exposure to allergies.

**Solution :** Use moisturizing and hydrocortisone steroid creams to control it. A lot of children grow out of eczema, but for adults it can be a lifelong issue that need regular management.

**Psoriasis**

**Symptoms :** Dry, Scaly thick plaques of skin that are not itchy, and normally found on the front of the knees or outside of Elbows.

**Causes :** Classically occurs in young adults after recent sore throat, but can also run in families. Can be linked with arthritis symptoms.

**Solution :** Moisturizers, steroids and vitamin D creams. If severe, UVB light treatment can help. "The prognosis tends to be life long and will come and go with flare-ups when you are stressed or unwell.

**Vitiligo**

**Symptoms :** Pale patches of skin that can occur on any part of the face or body

**Causes :** Although the exact causes isn't known, it is thought that Vitiligo is an autoimmune disease where the body's immune system destroys the pigment-forming cells known as melanocytes.

**Solution :** Steroid creams can boost the melanin production in the lighter patches of skin, and hospital-based light treatment can have a positive effect. Often little can be done other than applying sun block to the surrounding skin to even out of the colour.

**Allergy**

**Symptoms :** Various – itching, redness, swelling, blisters and scabbing

**Causes :** Reaction to an allergen which can be either from direct contact or from consuming something.

SERVICE STATION STATISTICS		
Year 2018	January	February
Calls Registered	14	14
Removal Services	27	21
Services for which NO donations were received	12	09
<b>Donations received on account of :</b>		
Removal Services	₹ 9,700/-	₹ 3,200/-
Donations to the Station Fund	₹ 29,712/-	₹ 4,400/-
Run of Ambulance (Car No.12)	404 Kms.	241 Kms.
Total services rendered till date	80,759	80,780

**Solution :** Remove the allergen or ensure you are not in contact with the potential cause. Then treat the symptoms, often with antihistamine tablets and/or steroid creams. These reactions can happen to anyone and often without the person ever knowing the exact allergen. The worst scenario is when an allergic reaction triggers- symptoms such as swelling of the lips or causes difficulty in breathing, which is known as anaphylaxis and needs urgent medical attention.

**Impetigo**

**Symptoms :** Red, slightly swollen scabby green/yellow area that spreads rapidly over a few days

**Causes :** This is a highly contagious bacterial skin infection most commonly found on the face, but it can also appear on any part of the skin.

**Solution :** A course of oral antibiotics usually completely clears up in seven to ten days.

**Acne**

**Symptoms :** Multiple swollen red spots on the face, neck, back and chest, often with a small area of pus at the head of them.

**Causes :** Linked to a bacteria on the skin, often runs in families.

**Solution :** Antibacterial washes or creams, skin peels which create an environment unfriendly to bacteria. Oral antibiotics and newer laser treatments can kill bacteria or reduce the redness. Effective and early treatment is important as acne can leave scars.

**Rosacea**

**Symptoms :** Flushing redness and broken blood vessels on face typically the cheeks, nose, chin areas

**Causes :** This is an inflammatory condition that some believe is caused by abnormalities in blood vessels in face. It is not infectious but does respond to certain antibiotics. Triggers include consuming alcoholic drinks and stress that can flare it up and make it look worse.

**Solution :** Oral antibiotics. Laser and pulse light treatments can be effective in reducing the redness.

**Seborrheic Dermatitis**

**Symptoms :** Red areas on the face, scalp and centre of the chest with greasy looking skin flakes often in the hairline, eyebrows and side of nose

**Causes :** An overgrowth of yeast called malassezia that lives on the skin, or an overreaction by the skin's immune system to this yeast. This is not usually are tired or stressed, and it is more common in cold than warm weather

**Solution :** Work from the head down – use an anti-fungal anti-dandruff shampoo containing the active ingredient nizoral and use anti-fungal creams on the skin. Mild steroid creams can be used for short periods to settle any irritation.

— Curtsey : **Dr. Perry, Daily Mirror**

**KINDLY SEND YOUR OPTIONS TO RECEIVE BRIGADE GAZZETE 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,

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From :  
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