



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)
(Registered under Acts XXI of 1860 and XXIX of 1950)
BRIGADE GAZETTE

GRATIS

No.662

March, 2019

NOTE: Our alternative Telephone No.66334897 is disconnected

PART - I

NOTIFICATION

NEW YEAR HONOURS PARADE

The New Year Honours Parade of the Volunteers of the Corps will be held on Sunday, April 7, 2019 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/246) January - June 2019 term, was inaugurated on Monday, January 21, 2019 at 18.30 hours in the Dr. Moolgaonkar Memorial Hall, by the Officer Commanding of the Corps, Captain R. J. Lad, under the aegis of Jamsetji Tata Ambulance College. 11 students have been enrolled in the course.

First Aid Basic courses for Aatmabodh

RESULTS of the examination for the above course, held on Saturday, February 9, 2019 in Written Paper, Oral and Practical test.

(B/FA/18/1, 2 & 4)

B/FA/18/1 (Weekend Diploma Course)	
1	Miss Minal Miskin
2	Mr. Kalpesh Vishwanath Patkar
3	Mrs. Rajshri Ritesh Singh.
4	Mr. Ugandhar Vilas Surve
5	Mrs. Shweta Ketan Kothari
B/FA/18/ 2 (Yoga Diploma Course)	
6	Mrs. Radha Dattatray Kaushik
7	Miss Karuna Baldeo Kharate
8	Mr. Pankaj B. Kharate
9	Mrs. Leena Bhavesh Madhani
10	Miss Deesha Mukesh Rambhia (EX)
B/FA/18/4 (Yoga Certificate Therapy Course)	
11	Mrs. Ruchika Yogesh Jajoo

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:

No.	Organiser	Date	Time
1	Saran Presents	December 30, 2018 January 6, 2019 January 13 & 20, 2019	3.00 p.m. to 5.30 p.m. 2.00 p.m. to 6.00 p.m. 1.00 p.m. to 6.00 p.m.
2	Mumbai Marathon	January 20, 2019	
3	Karnataka Sports	February 3, 2019 February 6 & 7, 2019 February 8 & 9, 2019	01.00 p.m. to 3.30 p.m. 02.30 p.m. to 5.30 p.m. 3.30 p.m. to 5.30 p.m.

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

OUR TELEPHONE NO. : 2201 42 95 • Website : www.bcac.co.in

Donations to Service Station Fund

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

Date 2019	Amount Rs.	Donations received from
January 3	1700/-	Mrs. Arlene N. Fernandes
January 3	500/-	Mrs. Lynette Fernandes
January 3	1100/-	Mrs. Pradnya S. Moghe
January 3	500/-	Mrs. Shailaja R. Rane
January 3	1700/-	Mr. Vijayanand G. Risbud
January 5	1700/-	Dr. Mamta D. Lawankar
January 5	1700/-	Dr. Vinayak L. Suradkar
January 7	5000/-	Dr. Vinayak L. Suradkar
January 7	700/-	Mrs. Ruchika Jajoo
January 7	700/-	Miss Karuna B. Kharate
January 7	700/-	Mr. Pankaj B. Kharate
January 7	700/-	Mrs. Shweta K Kothari
January 7	700/-	Mrs. Leena Madhani
January 7	700/-	Miss Minal Miskin
January 7	700/-	Mr. Kalpesh V. Patkar
January 7	700/-	Mrs. Radha Kaushik
January 7	700/-	Miss Rajpurkar Kimaya
January 7	700/-	Miss Trupti J. Rathod
January 7	700/-	Mrs. Rajshri Singh
January 7	700/-	Mr. Surve Ugandhar Vilas
January 7	500/-	Mrs. Laksha A. Jani
January 18	10200/-	Mr. Sudhakar Rane
January 31	2,000/-	Mrs. Snehal Mane
February 2	24,600/-	Students of First Aid Instructor's Course (I/245)
February 14	2,500/-	Karnataka Sports Association
February 15	1,111/-	Mr. Kashinath Divecha

Donation to General Fund

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

Date	Amount Rs.	Donations received from
December 27, 2018	3,500/-	Revoluter's Foundation
January 1, 2019	21,000/-	Aatmbodh Academy of Yoga
January 31, 2019	50,000/-	The Lotus Trust
February 2, 2019	21,000/-	Aatmbodh Academy of Yoga

Earmarked Donations to Hall AC Fund

We have received on January 14 and February 11, 2019, Rs. 30,000/- each (Total Rs. 60,000/-) from Aatmbodh Academy of Yoga for purchase of Air Conditioners for our Hall. We look forward for some more donation for the purpose.

PART II

MOST PAINFUL HEALTH COMMON CONDITIONS

(Continued from BG 661)

- ACUTE PANCREATITIS** : Acute pancreatitis is the swelling of the pancreas, a banana-sized organ in the digestive system. The common symptom is severe abdominal pain that appears suddenly

and gets worse steadily and can travel along your back below your left shoulder blade. Eating or drinking, especially fatty foods, may make you feel worse. Leaning forward or curling into a ball may help to relieve the pain, but lying flat on your back often increases.

2. **ARTHRITIS** : People with arthritis endure constant and often disabling joint pain, usually in the hips, knee, wrists or fingers. The pain can come on suddenly or over time, and is often linked with muscle aches and stiffness in the joint.
3. **TRIGEMINAL NEURALGIA** : The condition is marked by sudden, severe facial pain. It is often described as a sharp shooting pain or like having an electric shock in the jaw, teeth or gums. It usually occurs in short, unpredictable attacks that can last from a few seconds to about two minutes. The attacks stop as suddenly as they start.

Trigeminal Neuralgia Association say that unfortunately, the condition is progressive and will worsen over times. Although to date there is no guaranteed cure for the condition, there are number of treatments which can give relief

4. **GOUT** : Gout, which has been recognized for the past 2,000 years, is a painful rheumatic disease which causes the inflammation of the joints and often starts in the feet or toes—for 70% of sufferers a joint in the big toe is the first to be affected.

Uric acid gathers and crystallizes at the joint, causing swelling and heat with the skin sometimes becoming purplish red.

Gout, which mainly affects men aged between 40 and 60 causes acute, intermittent and painful attacks of arthritis in the joints of the foot, knee, ankle, hand and wrist. But it can be treated through either medicine or a serious change in lifestyle.

5. **COMPLEX REGIONAL PAIN SYNDROME (CRPS)** : This is described by the health website a “poorly understood condition” in which a person experiences persistent severe and debilitating pain. Although most cases of CRPS are triggered by an injury, the resulting pain is much more severe and long-lasting than normal. The pain is usually confined to one limb, but it can sometimes spread to other parts of the body. The skin of the affected body part can become so sensitive that just a slight touch, bump or even a change

in temperature can provoke intense pain. Affected areas can also become swollen, stiff or undergo fluctuating changes in colour or temperature.

Many cases of CRPS gradually improve to some degree over time. However, some cases of CRPS never go away, and the affected person will experience pain for many years.

6. **PAIN AFTER SURGERY** : It is common to have some pain after surgery though the intensity of the pain will vary according to the type of operation. But too much pain after surgery is not a good thing, a health website explains, and you should never feel you have to “tough it out”.
7. **HEART ATTACK** : A heart attack is life-threatening and sees the heart muscle starved of oxygen-rich blood. Most are caused when the arteries narrow and fill up with fatty materials that prevents blood from flowing properly. Smoking and living an unhealthy lifestyle are major contributory factors in heart attacks, so regular exercise and maintaining a good diet are vital. But through no fault of their own, some people are more prone to having them as heart disease can be hereditary.

The most common signs of a heart attack are: Chest pain, tightness, heaviness, pain in arms; neck, jaw, back or stomach; sweating, feeling light-headed; becoming short of breath; feeling nauseous or vomiting.

— *Courtesy Mumbai Mirror*

Self-CPR hoax

A form of “self-CPR” termed “cough CPR” was the subject of a hoax chain e-mail entitled “How to Survive a Heart Attack When Alone,” which wrongly cited “ViaHealth Rochester General Hospital” as the source of the technique. Rochester General Hospital has denied any connection with the technique.

“Cough CPR” in the sense of resuscitating oneself is impossible because a prominent symptom of cardiac arrest is unconsciousness, which makes coughing impossible. In cases of myocardial infarction (heart attack), during which the person may well remain conscious but which is not by itself a form of arrest, attempting “cough CPR” will increase the workload on the heart and will likely prove harmful.

The American Heart Association (AHA) and other resuscitation bodies do not endorse “cough CPR”, which it terms a misnomer as it is not a form of resuscitation. The AHA does recognize a limited legitimate use of the coughing technique: “This coughing technique to maintain blood flow during brief arrhythmias has been useful in the hospital, particularly during cardiac catheterization. In such cases the patient’s ECG is monitored continuously, and a physician is present. When coughing is used on trained and monitored patients in hospitals, it has been shown to be effective only for 90 seconds.

From Wikipedia, the free encyclopedia

SERVICE STATION STATISTICS		
Year 2019	January	February
Calls Registered	07	10
Removal Services	09	16
Services for which NO donations were received	02	06
Donations received on account of :		
Removal Services	₹ 3,300/-	₹3,400/-
Donations to the Station Fund	₹ 34,600/-	₹30,211/-
Run of Ambulance (Car No.12)	307 Kms.	184 Kms.
Total services rendered till date	80,927	80,943

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

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BOOK - POST

To,



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