



# THE BOMBAY CITY AMBULANCE CORPS

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

**GRATIS**

No.667

January 2020

*The Bombay City Ambulance Corps wishes Patrons, Life Members and Well wishers of the Society a very Happy and a Prosperous New Year (2020)*

## PART - I

### NOTIFICATION

#### 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/247) of Jamsetji Tata Ambulance College was conducted in November 2019 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. Mr. Raviprakash R. Yadav, B.Sc., 2. Mr. Anilkumar I. Pandey, B. Com., 3. Mr. Vishal D. Abnave, MS-CIT, 4. Mr. Akilesh Kumar R. Singh, DCE, DIS, PGFP&S and 5. Mr. Vinayak S. Pol, B.A.

#### Awards

1. Mr. Raviprakash R. Yadav, B.Sc., has been awarded the "First Aid Instructors' Cup" for standing first in the examination.
2. Mr. Anilkumar I. Pandey, B. Com., has been awarded the "First Aid Instructors' Prize" for standing Second in the examination.

#### One day Seminars on CPR/AED for Bystanders

No.	Date 2019	No. of Participants	Participants from
S/19/CPR/8	November 23	11	One+ Fitness, Nagpur
S/19/AED/1	December 16	16	SWISS CONSULATE, Mumbai
S/19/CPR/9	December 21	21	World Gym

#### Seminar on AED

First Seminar on AED was conducted at Swiss Consulate, Nariman Point, Mumbai on Monday, December 16, 2019 from 2 pm to 4 pm by Captain R. J. Lad with assistance of Lieutenant Sunil C. Kansara and Sergeant C.N. Mehta.

There were 16 staff members of Swiss Consulate. They were trained on their AED "LIFEPAK 1000". The seminar included demonstration of CPR and Recovery Position. They were also shown our PHILIPS Heart Start (AED).

#### AED

We have purchased a Philips AED FRX, Adults with Pediatrics (Machine No. B191-02590) - Philips Heart Start On Site Defibrillator as an equipment of our new Ambulance Car. It is very simple to use. Cost of the AED is Rs.67,500/- + 12 % GST (Total cost Rs.75,600/-) through Mr. Ghanshyam Kalwani.



#### Public Duty

Ambulance Car 12 (MH-01-CV-6683) 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 :

Sr. No.	Organiser	Date 2019	Time
1.	Saran Presents	November 17 December 7, 8,14,15	8.30 am to 8.15 pm 9.00 am to 6.00 pm

#### Donations to Service Station Fund

Date 2019	Amount (Rs.)	Donations received from:
November 1	2,500/-	Mr. Jamnadas Laxmidas
November 1	5,000/-	Saran Presents
December 4	2,500/-	Saran Presents
December 5	511/-	Students of I/247
December 21	1,400/-	Mr. Vishal D. Abnave
December 21	1,400/-	Mr. Prakash H. Bada
December 21	1,400/-	Mr. Dinesh Shankar Kamble
December 21	1,400/-	Mr. Anilkumar I Pandey
December 21	1,400/-	Mr. Vinayak S. Pol
December 21	1,400/-	Mr. Akhilesh Kumar R. Singh
December 21	1,400/-	Mr. Raviprakash R. Yadav
December 21	6,300/-	Muscle Fuel
December 24	10,000/-	Saran Presents

#### Donations to General Fund

Date 2019	Amount (Rs.)	Donations received from:
November 16	11,000/-	Concrete Care India Pvt. Ltd.
November 23	10,000/-	SJF Philanthropic Organisation
December 23	21,000/-	Aatmabodh Academy of Yoga

## NEWS

### Signs of Skin Cancer

#### Age Spots

Age spots are a result of excess pigment - or melanin - being produced in skin. They can occur naturally as part of the aging process but also could be caused by sunlight or use of sun bed. In colour they range from light brown to black and are the same texture of skin. Treatment for age spot is not needed.

#### Solar keratosis/actinic keratosis

These appear small, scaly, patches of skin. They can be pink, brown, red or skin

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

**NOTE: Our alternative Telephone No.66334897 is disconnected**

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coloured and look crusty and scabby and can be both flat or raised from the surface. They are caused by skin damage and so appear on the places the sun is more likely to catch - face, shoulders, forearms, hands and scalp are all common places for them to appear. They are not dangerous but they can develop into skin cancer and they can look similar to skin cancer too.

#### **Hutchinson's freckle**

This is a cluster of malignant cells that are slow growing. They look similar to a freckle or age spot but can bleed or be black in colour. Generally, treatment for this would be removal by cutting it out.

#### **Bowen's disease**

This is a very early form of cancer presenting as a patch of red, scaly skin. It is usually very slow growing but could turn into a more serious cancer if left. It can be red or pink, scaly or crusty and can itch or bleed. If you have a persistent patch or red and scaly skin you should see a doctor.

#### **Squamous Cell carcinoma**

This is the second form of skin cancer. It can present as a bump on the skin or scaly patch of skin. It can bleed easily when scraped or bumped. It would need treatment but it is usually a fairly non-invasive procedure to cut it out or freezing it off.

#### **Basal cell carcinoma**

This is the most common kind of skin cancer, appearing as a raised area skin. It can also be a red flaky patch or shiny nodule. It would need removing by similar methods to squamous cell carcinoma.

— Curtsey : **Daily Mirror**

### **THE DIFFERENCE BETWEEN HEART FAILURE AND A HEART ATTACK?**

Heart attack is the death of a segment of heart muscle due to loss in blood supply. It happens when an artery is blocked by a blood clot.

In the heart failure, the muscle becomes too weak or too stiff to work properly. The heart cannot pump efficiently enough to meet the body's need for blood.

#### **MAJOR SYMPTOMS OF HEART FAILURE**

**SHORTNESS OF BREATH:** Heart failure can cause fluid in the body to gather in lungs, which may cause shortness of breath during everyday activity (walking or climbing stairs for example).

**SHORTNESS OF BREATH WHEN LYING DOWN :** You experience shortness of breath while lying flat and have to sleep with multiple pillows.

**TIREDDNESS :** Heart failure means less oxygen-rich blood is circulating in body. Since your muscles and tissues need oxygen for energy, people with heart failure can feel tired easily.

**SWELLING IN ANKLES, LEGS AND ABDOMEN :** Clothes or shoes might feel tighter as fluid in the body builds up in legs, ankles or abdomen causing them to swell up.

**LOSS OF APPETITE :** A build-up of fluid around the gut can affect digestion and might cause a loss of appetite or make you feel sick while eating.

**SUDDEN WEIGHT GAIN :** Worsening heart failure may cause an increase in weight of over 2 kg in one week because fluid buildup in your body.

**FREQUENCY OF URINATION :** A reduced amount of blood reaches your kidneys when you have heart failure, causing you to urinate less frequently.

#### **PAN-INDIA STATISTICS :**

There are 80L – 1 Cr heart failure patients in India.

Around 23% of such patient die within a year of diagnosis.

— Who TOI Wednesday, October 30, 2019

### **SILENT HEART ATTACK**

There are millions of people who, are oblivious to the fact that they have had an "silent myocardial infarction" (SMI) and face an increased risk of having another, more obvious one that could cause severe heart damage and possibly death.

A recognized heart attack is a warning to adopt medical and lifestyle measures that can minimize cardiac risk. If diet and exercise are not enough there are medications that can help nature along.

Perhaps the most revealing was the very thorough study conducted in Iceland among 905 men and women initially aged 67 to 93 who were followed for upto more than 30 years. When they enrolled in the study, each participant underwent a noninvasive test called cardiac magnetic resonance imaging that can most reliably show whether a silent heart attack had already occurred. Initially 17% were found to have had an SMI and 10% had had a recognized attack. After the first three years of following up, there was no difference in death rates between those who had SMI and those did not. But the time went on, those with an SMI fared increasingly worse. By 10 years after their enrolment, half the participants with silent heart attack had died, a death rate no different from that of men and women who entered the study with a history of a recognized heart attack.

The second recent study published in JAMA Cardiology in July, involved autopsy findings among 5,869 men and women, average age 65, who had died suddenly in northern Finland. Evidence of an SMI was apparent in 1,322 individuals who had no prior history of coronary artery disease. Furthermore those succumb to sudden cardiac death during physical activity were more frequently found to have enlarged heart by itself is a risk factor for sudden cardiac death, but when combined with heart muscle scars from a prior SMI the prognosis is worse.

Individuals with SMI were unaware of their disease and did not limit their physical exertion when un-recognized symptoms occurred. A silent heart attack is always so silent, but its symptoms are:

- ★ Mild chest discomfort,
- ★ Heartburn
- ★ Nausea
- ★ Shortness of breath

Women whose symptoms are often vague, are especially unlikely to realise they are having heart attack.

— TOI Thursday, October 24, 2019

<b>SERVICE STATION STATISTICS</b>		
<b>Year 2019</b>	<b>November</b>	<b>December</b>
Calls Registered	07	04
Removal Services	07	04
Services for which NO donations were received	02	01
<b>Donations received on account of :</b>		
Removal Services	₹ 3,500/-	₹1,100/-
Donations to the Station Fund	₹ 7,500/-	₹29,111/-
Run of Ambulance (Car No.13)	233 Kms.	184 Kms.
Total services rendered till date	80,792	80,796

### **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.

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### **BOOK - POST**

To,

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**From :**  
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