



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 650

March, 2017

PART - I NOTIFICATION

NEW YEAR HONOURS PARADE

The New Year Honours Parade of the Volunteers of the Corps will be held on Sunday, April 5, 2017 at 10.30 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/243) January—June 2017 term, was inaugurated on Monday, January 2, 2017 at 18.30 hours in the Dr. Moolgavkar Memorial Hall by the Officer Commanding of the Corps, Captain R. J. Lad, under the aegis of Jamsetji Tata Ambulance College. 15 students have been enrolled in the course.

Second 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, leak proofing, and Electrical wiring job has been initiated. In the final phase hall will modernize with A.C., Audio and Visual systems.

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 the next phase. Donations to the Society are exempted under section 80G of income tax act.

We will place a portrait of the donor who donates Rs.5 lacs or above, matching with the portraits of founders of the Society already placed in the hall.

Affiliation to the Maharashtra University of Health Science

Medical Board and Managing Committee at its meeting held on Sunday, February 26, 2017 approved Affiliation of Jamsetji Tata Ambulance College for its Diploma in Ambulance Work course to the Maharashtra University of Health Science and pass a resolution as under :

"Managing committee considered the proposal of Medical Board of our Society of one year Diploma in Ambulance Work course and "RESOLVED that the Jamsetji Tata Ambulance College run by the Bombay City Ambulance Corps in the faculty of Emergency Medical Technician, one year course leading to **Diploma in Ambulance Work**, in accordance with the syllabus approved by the Maharashtra University of Health Science, Nasik, Maharashtra State, be started at 21 New Marine Lines, Mumbai 400 020 from the academic year 2017-2018 or 2018-2019 affiliated to the Maharashtra University of Health Science, Nasik, Maharashtra State."

New Life Member

Miss Sudanya Shivnath Banerjee is at the above mentioned meeting enrolled at as Life Member under Rule No.3(b) of the Rules and Regulations of the Society.

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 :

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WEBSITE (bcac.co.in)**

Sr. No.	Organiser	Date 2017	Time
1.	Jai Hind College	Emergency procedure awareness Mock Drill on January 11 January 14	9.30 a.m. to 1.30 p.m. 2.30 p.m. to 5.00 p.m.
2.	Saran Presents Western India Football Association	January 16 January 31, February 1-3, 6, 8, & 10	4.30 p.m. to 5.15 p.m. 9.30 a.m. to 12 noon 1.30 p.m. to 4.00 p.m.
3.	Mumbai Port Sports Council	February 7 to 12	7.00 to 11.30 a.m. 2.00 to 7.00 p.m.

Donations to Service Station Fund

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

Date 2017	Amount Rs.)	Donations received from
January 5	9,000/-	The Mumbai Hockey Association
January 5	4,000/-	Saran Presents
February	3,100/-	Mr. Praful G. Dave
February 2	8,000/-	BFY
February 2	2,001/-	Mr. Dilip M. Badhiye
February 15	8,000/-	Mumbai Port Sports Council
February 23	1,111/-	Mr. Kashinath A. Divecha

Donation to General Fund

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

Date 2017	Amount Rs.)	Donations received from:
January 2	11,000/-	Aatmabodh Academy of Yoga
January 5	3,000/-	Miss Sudanya Shivnath Banerjee
February 2	11,000/-	Aatmabodh Academy of Yoga

Obituary

Mrs. Sheikh Banoo, Care taker of our Society since 1982 - 2007, expired at age of about 64 years on February 12, 2017. We convey our sincere condolences to bereaved son Mr. Shabbir Shaikh. May her noble soul rest in eternal peace.

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

PART II OSTEOPOROSIS

What is Osteoporosis?

It literally means bones that are porous. Bone is a growing tissue that changes throughout life. Healthy bone has a honeycomb appearance when viewed under microscope. It is being constantly absorbed and replaced by the body. As people age, the bones naturally get thinner, new bone formation does not keep pace with bone removal. The bones thus lose minerals, mass, and structure becoming weaker and more brittle. Under the microscope the honeycomb appearance becomes more rarefied, the holes and spaces increasing as the bone becomes weaker and is more likely to break. Even simple acts like bending over or lifting things can cause a fracture.

Symptoms

Osteoporosis is silent with the condition going largely undiagnosed. The most common symptom is a complaint back pain or about chronic pains. Many people experience no symptoms until they suffer a bone fracture: commonly of hip, spine or wrist. Other bones also can also break. While in some it may cause permanent pain, in others it can also loss of height. When the vertebrae or the bones of the spine are affected, it often leads to a hunched or stooped posture.

Bone Health

The basic mechanisms considered responsible for the development of osteoporosis are poor bone mass acquired during growth and development and accelerated loss of bone in the period after peak bone mass is achieved. Good bone health achieved in younger years will go a long way in preventing osteoporosis in the later years.

Strong bones built before thirty years of age is considered the best defence against developing osteoporosis. The important sources of bone strengthening material are calcium, phosphate, vitamin D, Vitamin C and proteins. The skin produces vitamin D from sunlight, which helps in absorption of calcium. Bones tend to weaken due to low levels of calcium, phosphorous and other minerals in them. Both acquisition of bone mass and loss of bone are modulated by environmental and genetic factor.

However you can invest in healthy bones; eat a bone friendly diet rich in calcium and vitamin D; do weight bearing exercises; lead a healthy life style- no smoking or excessive alcohol intake; get regular bone density tests done and talk to your physician for medication available for the prevention and treatment of osteoporosis when appropriate.

Risk factors

Having a family history of osteoporosis, being thin, being white or Asian, getting limited physical activity, smoking, regular consumption of cola drinks, and drinking excessive amounts of drinks increase the risk of osteopenia and osteoporosis.

Certain health problems and medical procedures among others that may increase the likelihood of osteoporosis are:

- Autoimmune disorders like rheumatoid arthritis, lupus, multiple sclerosis or akylosing spondylitis.
- Digestive and gastrointestinal Disorders like celiac disease, inflammatory bowel diseases or weight loss surgery.
- Medical procedure like gastrectomy or gastrointestinal bypass procedures.
- Cancer of the breast or prostate.
- Hematological disorder like multiple myeloma, sickle cell disease or leukemia and lymphoma.
- Neurological diseases like stroke, Parkinson's disease, spinal cord injury, multiple sclerosis.
- Blood and bone marrow disorders like thalassemia.
- Mental illness like depression or eating disorders.
- Endocrine Hormonal Disorders like diabetes, hyperparathyroidism, Crushing syndrome, thyrotoxicosis, irregular periods, premature menopause, low level of testosterone and estrogen in men.
- Other conditions like AIDS/HIV, chronic obstructive pulmonary diseases including emphysema, chronic kidney diseases, and liver diseases. Organ transplants, polio and post-polio syndrome, poor diet including malnutrition, scoliosis and weight loss.

Certain Medicines may cause bone loss. These include, among others, aluminum-containing antacid, some antiseizure medicines, cancer chemotherapeutic drugs, cyclosporine A, Gandotropin releasing hormones, heparin, lithium, medroxy progesterone acetate, steroids such as cortisone and prednisone and tamosifen (pre-menopausal use).

It is important to talk to your healthcare provider to limit the dose and duration to the needed minimum and take steps to prevent bone loss while on any of these medications.

Osteoporosis & Indians

Some common reasons suggested for the occurrence of osteoporosis in the Indian population are :

- People preferring to stay out of the sun.
- Use of clothing like the 'burquha' and covering the head with a 'pallu' both of which limit the exposure to sun.
- Vegetarian diets, poverty, illiteracy and lack of a balanced diet causing dietetic deficiencies of proteins, vitamin C, calcium and phosphates, all of which are important for bone health.

Diagnosis

A bone mineral Density test is the best way to diagnose osteoporosis. The test measures the density of bones (bone mass) and helps to decide if medication is necessary to help maintain the bone mass, prevent further bone loss and reduce the risk of fractures. If bone density is lower than normal peak density but low enough to be diagnosed as osteopenia. Those diagnose with osteopenia and other risk groups like post-menopause Women and those above fifty need early screening and diagnosis so that corrective measures can be instituted. Prevention is the best because after then onset of this condition only supportive therapy is available. There is no cure to be had.

The approach suggested to prevent osteoporosis includes balanced diet, regular exercise, regular check ups, a Bone Mineral Density test and when appropriate. Prevention of falls and injury is also necessary to avoid compression fractures, especially in the elderly. While bone health is a long-term investment made at an early age. It is never too late, and definitely never too early to make the investment.

(To be continued . . .)

— Curtsey Mumbai Mirror

SERVICE STATION STATISTICS		
Year 2017	January	February
Calls Registered	12	15
Removal Services	14	19
Services for which NO donations were received	04	07
Donations received on account of :		
Removal Services	₹ 1,500/-	₹ 5,100/-
Donations to the Station Fund	₹13,000/-	₹22,212/-
Run of Ambulance (Car No.12)	245 Kms.	716 Kms.
Total services rendered till date	79,914	80,630

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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