



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )

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

## BRIGADE GAZETTE

GRATIS

No.672

January 2021

**THE BOMBAY CITY AMBULANCE CORPS WISHES PATRONS, LIFE MEMBERS, AND WELL-WISHERS OF THE SOCIETY A VERY HAPPY AND A PROSPEROUS NEW YEAR (2021)**

### PART – I

#### APPRECIATION

Managing Committee at its meeting held on December 12, 2020 appreciated and placed on record the services rendered by volunteers of the corps, station staff and house keeper their efforts to keep things going during the lockdown period..

#### DONATIONS

**We have received meager amount as Service Station Fund Donations or General Fund Donations since April 2020. Philanthropist are request to donate.**

##### Donations to Service Station Fund

We have received Rs. 12,000/- on 12th November 2020 from M/s Chhotalal H. Shah & Co. for the Service Station Fund.

##### Donations to General Fund

We have received Rs. 10,000/- on 18th November 2020 from SJF Philanthropic Organization for the General Fund.

#### SERVICE STATION STATISTICS

Year 2020	November	December
Calls Registered	15	24
Removal Services	31	48
Services for which NO donation were received	19	37
<b>Amount of Donations received on account of :</b>		
Removal Services	Rs.5,300.00	Rs. 2,600.00
<b>Donation to the Station Fund</b>	<b>Rs. 12,000.00</b>	<b>Rs. Nil</b>
Run of Ambulance Car (Amb. Car No.13)	419 Kms	421 Kms
Total Services rendered till date	80,956	81,004

### PART – II

#### Why you should be wary of Varicose Veins?

##### What's on your Leg?

**Thread Veins:** Aka spider veins. These are small surface blood vessels that have become dilated. They look like red squiggles.

**Reticular veins:** There are green or blue veins that have become enlarged due to pressure. They are visible under the skin, but don't bulge out when you stand. They are known as 'feeder' veins, because they can cause spider veins too.

**Varicose Veins:** They are visible, thick and bulging veins are distended 'branches' of the major veins in the leg. They appear when the valves in the deeper leg veins stops working properly, so blood flows the wrong way down the veins.

##### Before opting for treatment

Before you do anything, you should do anything, you should investigate what's causing your leg veins. This can be done by opting for an ultrasound scan. In 80-90 percent of cases, a scan will show that the thread veins are actually caused by a deeper, hidden vein condition. If you don't treat the source, the problem will just keep coming back.

Around 15-20 per cent of people turn out to have 'hidden' varicose veins that they were totally unaware of. These deeper veins, which pool with blood due to faulty valves, are actually more likely to cause further problems than the varicose veins that seat on the surface.

Hidden varicose won't get better on their own, and can go on to cause discolored skin, pain and leg ulcers. Scans can also pick up the possibility of varicose veins stemming from unexpected places. For one in seven women, varicose veins actually come from the pelvis. This number increases to one in five among those who have had children. If the source isn't picked up, the veins will - you guessed it just come back again.

For your best chance of permanently pretty legs, look for a surgeon who specializes in veins, not somebody who mainly does artery ops like bypasses and only does vein removal as a side-line. Research also shows success rates are much better if the pre-op scans are done by an ultrasound specialist, not the surgeon.

##### Why do my veins keep coming back?

If the varicose veins have come back, chances are you're not a lost cause, you have simply had a poor treatment so far. A proper scan pick-up hidden varicose veins, including those from the pelvis. Patients just assume they're going to have varicose veins forever when, with right treatment, they could be cure for good.

##### Vein Myths

Varicose veins are not caused by crossing your legs, hot baths, poor circulation, or standing for long periods. They're mainly down to genetics if one parent has them you have a 40 per cent risk of eventually getting them too, and probability goes up to over 90 per cent if both your parents are affected.

##### What are the Treatment Options available?

##### Micro sclerotherapy

Considered the best option to shift thread and reticular veins, it involves injecting a foam and gas mixture in to the vein to destroy it. One is required to bind the leg for at least 14 days afterwards, else the blood will flowback into the dying veins and leave a permanent brown stain. Once you take the bandage off, it won't look nice for at least three months, and full results take over a year.

##### Surface laser

Lasering thread veins is great in theory: quick, non-invasive, no downtime and (relatively) cheap. It's effective for thread veins on the face, but it's usually a waste of money on the legs, where gravity keeps forcing blood back in. The energy used usually isn't enough to kill leg veins. The thread veins on the face, but temporarily goes into spasm, so it looks like it's gone, but after a few months reopens and comes back. In the worst case, the energy is enough to kill the thread vein, but it risks scarring the skin.

##### Stripping

This was the original varicose vein treatment, and involves literally stripping the vein out and tying the ends. However, we now know they can simply grow back if you do that and patients are often urged to avoid it.

##### Endo venous laser

This is performed by inserting a laser directly into a varicose vein to destroy from the inside. It's far less invasive than traditional surgery and is done as a day op under local anesthetic, but of course you need to find the zap any hidden problem veins too. The average annual recurrence rate for varicose veins after laser is one in five, which is petty poor.

- Courtesy : Daily Mirror

## HIDDEN DANGERS OF PAINKILLERS

Here is what you need to know about the pain killers and the risk associated.

### Most used Pain killers

Painkillers are basically of three groups, namely Steroidal Anti-Inflammatory Drugs, Non-Steroidal Anti-Inflammatory Drugs (NSAID) and Opioids. People commonly use this medicine in conditions like fatigue and any kind of body pain. Preferably NSAID are used first but if pain is more severe then opioid painkillers are used because they are stronger and more effective. But there are many side effects attached with Opioids, so few of them are not allowed over-the-counter and one can get them only through prescription.

Painkillers are the most abused medicine. Doctors prescribe these painkillers for a specific condition for specific time period. Patients suffering from arthritis need painkillers for a long term and are at a very high risk of facing the adverse effects.

### There is no safe limit

Close monitoring by a medical practitioner is required if painkillers are essential for chronic condition for long time period. While short term usually less than seven days in therapeutic doses, long term use can amount to drug abuse and multiple complications.

In some conditions like dehydration, already existing renal, cardiac or liver problems, painkillers can aggravate the pre-existing conditions. For people with such conditions taking analgesics for even short-term use, like 10 days, is not safe.

### What drugs interact

If you regularly consume over-the-counter prescription painkillers, you should think twice.

Combining painkillers with alcohol is often dangerous cocktail and there are chances of fatalities involved. One should take care to inform their doctor of every other medicine you are taking or ask if you can have alcohol when you are prescribed drugs.

### Impact on various body parts

The most dangerous side effects seen are gastrointestinal bleeding; that vomiting blood due to gastric or duodenal ulcers. Especially those who take Aspirin tablets and consume tobacco and alcohol. Liver failure in some patients suffering from chronic anemia, which causes small intestine ulcers. The Safe category of painkillers are paracetamol (taken not more than 2gm per day) and tramadol. But it cannot be used for long because if taken in excess, it can lead to addiction.

NSAIDs can increase blood pressure, hence a person with hypertension, should be prescribed these drugs in low possible dose and for shortest amount of time.

People who take anti-inflammatory painkillers have small but significant risk of having a heart attack or stroke.

### Dependency and toxicity

Patients with chronic pain get hooked to their medication simply

because they have same active ingredients as notoriously addictive drugs like heroin and morphine.

Painkillers can be toxic for your body and can lead to a downward spiral of health and hence should be used judiciously.

- *Curtsey Daily Mirror*

### Why you should not trust those viral remedies on social media

#### Drinking water can help prevent Covid-19

A post circulating on social media claims that drinking water every 15 minutes will wash down any virus in your throat into your stomach, where acid will kill it.

However, there is no scientific evidence that this work against any type of respiratory virus. But generally drinking water and staying hydrated is a good habit.

#### Gargling warm saltwater can help prevent Covid-19

Respiratory viruses are not impacted by saltwater as per the data on such conditions show. Some claims that gargling with bleach or ethanol can help are not only false, but also potentially dangerous.

#### Virus does not survive in warm weather or in the sun

With the limited research available on the new corona virus, experts are unsure how the virus will react in warmer weather. Any predictions are based only on the SARS and MERS epidemics. However, the virus is already prevalent in hotter countries like Singapore and Australia. One study from Harvard Medical School has suggested that the virus has the potential to continue spreading across a range of temperature and humidity levels in China.

#### Eating garlic can prevent Covid-19

Garlic may have antimicrobial properties but there is no evidence that it works against the corona virus. In general, there is no evidence that eating a particular food is effective against the virus.

#### Face masks do not help prevent Covid-19

Though face masks do not come with 100% prevention guarantee - virus can enter the body through eyes and some viral particles are small enough to bypass masks - they can capture droplets from coughs or sneezes, which is the main way of spreading. Wearing masks can prevent those who are showing symptoms or have tested positive from spreading virus. For daily use when going to the market or taking bus, masks aren't likely to make much difference. However, high-grade masks like the N95, are a necessity for health workers.

#### If you can hold your breath for 10 seconds, it means you are safe

The claim that being able to hold your breath for 10 seconds without coughing or experiencing discomfort proves that you do not have a lung infection is FALSE. In fact, coughing while taking a deep breath indicates irritated airways, which may not necessarily be the result of a viral infection. And successfully holding your breath for 10 seconds does not confirm that you do not have the corona virus.

**Source: Johns Hopkins, CDC, AFP, media reports.**

**KINDLY VISIT OUR WEBSITE TO READ BRIGADE GAZETTE - [bcac.co.in](http://bcac.co.in)**

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 No. : 2201 42 95