



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )

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

## BRIGADE GAZETTE

GRATIS

No.680

May 2022

**8<sup>th</sup> May is International Red Cross Day: We remember and salute Henry Dunant a Swiss businessman for initiating Red Cross Movement**

### PART – I

#### NOTIFICATION

##### 91st Foundation Day

You are invited at Get together of all BCAC associates on June 4, 2022 (instead of June 2) to commemorate foundation day at 5 pm. Please convey your presence on 9930847744 by Whatsapp or SMS or email [bcac1930@gmail.com](mailto:bcac1930@gmail.com) so that suitable arrangements can be made.

##### Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (July-December 2022 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, July 4, 2022 for 2 hours in the evening on Mondays and Thursdays.

Admission is open to teachers, factory supervisors, and approved social workers. Graduates with high academic qualifications and aptitude for teaching are preferred. Enrollment will be at the sole discretion of the Commandant of the College. **Those desirous of enrolling in the course should call in person at the College office between 6 and 8 p.m. from June 1 to 30, 2022.**

Members and Well wishers are requested to do wide publicity of the course.

#### NEWS

##### Government Recognition and Permanent Grant

The Government of Maharashtra, Medical Education and Drugs Department, has been pleased to accord recognition to the College of Ambulance and to sanction the payment of the recurring TOKEN grant-in-aid of Rs. 30,000/- per year to the Society towards maintenance of the College, on a permanent basis, from the year 1983-84 onwards vide Government Resolution No.GHD-1082/2666/MED, 4-B dated the 28<sup>th</sup> July 1983. **The grant for the year 2020-2021 and 2021-2022 were NOT received till date.**

#### One day First Aid Condensed Course

No	Date 2022	No. of Participation	Participants From
S/CPR/22/1	April 16	10	I/249 Jan-June 2022 Course

#### Donations to Station Fund

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

Date 2022	Amount Rs.	Donations Received from
10-03-2021	1000.00	Babunath Sevak Mandal
16-04-2022	750.00	Dr.Takalgaonkar Gautam Prabhakarrrao
16-04-2022	750.00	Mrs. Sheela S. Banerjee

#### Donation to Corpus Fund

We have received following donations to the Corpus Fund of the Society for Free Ambulance Service:-

Date 2021	Amount Rs.	Donations Received from
10-03-2022	4,500.00	The Harjivan Vassonji Charitable Trust
28-03-2022	10,000	Verma Trust for Prevention of Ind Accidents

#### Donation to General Fund

We have received following donations to the General Fund of the Society.

Date 2022	Amount Rs.	Donations Received from
14-02-2022	10,000.00	Sumukhi Performing Arts
08-02-2022	21,000.00	Aatmabodh Academy
28-02-2022	21,000.00	Aatmabodh Academy
08-03-2022	5,000.00	Mrs. Urmi Jatin Shah

#### Service Station's Statistics for the year 2021-22

Months 2021 & 2022	Calls Registered	Removal Services Performed	Services without donations	Donations Received		Run of Amb. Car No. 13 in Kilometers
				Removal Services (Rs.)	Station Fund (Rs.)	
April	03	03	03	0.00	20000.00	000
May	03	03	02	500.00	0.00	032
June	01	01	00	1000.00	0.00	056
July	02	02	00	3200.00	0.00	043
August	12	24	22	700.00	101500.00	262
September	15	30	28	0.00	0.00	715
October	15	27	26	6700.00	8000.00	411
November	14	28	28	0.00	2400.00	294
December	13	23	22	500.00	5750.00	206
2022						
January	19	34	29	3000.00	12500.00	391
February	17	34	29	3900.00	3000.00	316
March	15	26	24	550.00	1000.00	207
TOTAL	129	235	213	20,050	1,54,150.00	2,933
<b>Total services rendered till March 2022: 81321</b>						
April	15	31	29	800.00	1,500.00	289
<b>Total services rendered till April 2022: 81352</b>						

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**PART II**

**Facts about Narcolepsy  
(Continued from BG 679 March 2022)**

5. Everyone with narcolepsy does not suddenly passes out right in the middle of doing something such as laughing or talking.

Actual symptoms include:

- Excessive daytime sleepiness
- Cataplexy (sudden loss of muscle tone or strength, often triggered by a strong emotion, such as excitement, fear, anger, or happiness)
- Sleep paralysis when falling asleep or waking up
- Hallucinations when falling asleep or waking up
- Disrupted nighttime sleep and insomnia
- Automatic behavior (falling asleep for several seconds while doing routine behavior, such as typing, eating, or talking)

When someone with narcolepsy is depicted as doing something like laughing or walking and then suddenly falling completely asleep. That is not quite accurate it is confusion - narcolepsy with cataplexy.

With narcolepsy, the part of the brain that is in charge of keeping you awake / asleep for sustained periods of time ... isn't functioning properly. Instead of moving gradually through stages of nonrapid eye movement (NREM) sleep into rapid eye movement (REM) sleep the stage when dreams most likely occur people with narcolepsy zoom right into REM within minutes of falling asleep.

Because the brain naturally keeps our muscles limp during the REM stage of sleep to prevent us from acting out dreams someone with narcolepsy may experience a sudden loss of motor strength when they are awake or paralysis or dreamlike hallucinations when they are not yet asleep. This is part of what is happening when someone with narcolepsy experiences sleep paralysis or hallucinations.

It's important to understand the following facts about narcolepsy symptoms.

**Not everyone with narcolepsy has cataplexy.** There are two main types of narcolepsy: Type 1 involves cataplexy and Type 2 doesn't.

**Symptoms can be mild to severe.** Some people may experience cataplexy only once or twice in their entire lives, but others may have several episodes a day, ranging from a slight drooping of the eyelids to a full-body collapse.

**People are fully awake when they experience cataplexy.** They can be down on the ground but be 100 percent awake. They are not having a seizure, passing out, or having a stroke; it is just that their muscles won't work."

**Cataplexy can have devastating effects.** Many of my patients will avoid instances where they will have positive emotion so that they don't get cataplexy. You can only imagine trying to live a life where one of your goals is to avoid being excited or happy about something. It can lead to avoidance of intimate relationships with a romantic partner or even friendships, which can affect

quality of life. But with treatment, cataplexy can be managed in many cases.

**While some people with narcolepsy do fall asleep during the day, it usually happens when they are not actively engaged.**

6. Many people with narcolepsy also have trouble falling asleep. In fact, they often also have **sleep apnea**, another common sleep disorder. Sleep apnea and narcolepsy commonly coexist.

People with narcolepsy are **not** always sleepy and they may have insomnia or problems sleeping at night. Narcolepsy not only causes problems with being very sleepy during the day but also interferes with the ability to sleep well at night.

7. Narcolepsy can impact health in a number of ways. Some health conditions related to narcolepsy include:

**Other sleep disorders:** Narcolepsy also puts you at higher risk for things like sleep apnea, restless legs syndrome, and unusual behaviors during sleep like dream enactment or sleepwalking. Just as cataplexy can occur while a person with narcolepsy is awake, this muscle weakness can be missing during sleep.

**Obesity:** One reason for extra weight is that people with type 1 narcolepsy are lacking a peptide in the brain that also regulates diet and hunger. The lack of that peptide also makes people obese.

Obesity is particularly pronounced in kids with narcolepsy. Sudden weight gain can be a symptom of narcolepsy in children and is commonly seen in the beginning of the condition. At least 25 percent of children with narcolepsy are obese.

**Depression:** It has been found quite a bit of evidence of an association between narcolepsy, adverse mental health, and reduced quality of life.

**High blood pressure:** People with narcolepsy are also at increased risk of hypertension. It is found that treatment of type 1 narcolepsy often involves the use of stimulant medications, which may raise blood pressure and heart rate, increasing the risk of long-term cardiovascular disease.

8. People with Narcolepsy can drive as long as they are being treated. People who are excessively sleepy cannot drive when they are sleepy period, need to stop driving until they can work with their doctor to get the sleepiness under control.

9. While severe narcolepsy can be debilitating, having accommodations at work maybe a flexible start time if it's difficult to wake up in the morning or allowances for a 30-minute nap during the workday can make a tremendous difference in how much the condition affects someone in the workplace. Symptoms can be manageable with medications and accommodations.

Narcolepsy is a chronic condition like diabetes or high blood pressure and has to be managed. In most patients, it can be treated and controlled so they can live a fulfilling and productive life. Most patients are able to regain as much as 80 percent function in their lives with the right treatment, and researchers are working to find better treatments every day.

Unfortunately, there are some people who, even with treatment, are not able to function very well, but that is usually the exception.

*Curtesy Health World*

**DONATION APPEAL**

**The Bombay city ambulance Corps a society and a charitable trust provides free ambulance services and ambulance education. Except for the ambulance staff and a menial staff everybody renders honorary services to the society. The maintenance of the society mainly depends on voluntary donations.**

**We therefore appeal well-wishers for generous donations. Donations to the society are exempted from payment of Income Tax u/s 80G.**

**Donations may be paid by Crossed order Cheque in the name of : "THE BOMBAY CITY AMBULANCE CORPS".**

**THANKS**

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

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**BOOK-POST**

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