



THE BOMBAY CITY AMBULANCE CORPS

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

GRATIS

No.688

September 2023

PART - I

NOTIFICATION

New Instructors' Course

The next Specialist Instructors' Course in First Aid to the Injured (January - June 2024 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 8, 2024 for 2 hours in the evening on Mondays and Thursdays in First Aid.

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 December 1 to 25, 2023.**

Members and well wishers of our society are requested to do wide publicity of the course.

Faculty of College

Approved by Chairman, Medical Board, on July 10, 2023

Commandant

Lt. Sunil C. Kansara,
G.C.D., B.Com., Dip. Amb. Work,
Divisional Commander,
Specialist Instructor in First Aid and Home Nursing

Lecturer

Mrs. Manish M. Patwardhan, M.Sc.,
Specialist Instructor in First Aid

Assistant Lecturer

Sgt. Milkhasingh H. Bedi, B.Com., LL.B., Dip. Amb. Work
Specialist Instructor in First Aid and Home Nursing

Honorary Clerk: Sgt. Chittaranjan N. Mehta

Occasionally following persons will be invited by the Commandant as Guest Lecturer:

Mrs. Snehal Mane
Dr. (Miss) Sunanda Karandikar, M.Sc., Ph.D

One day Seminar on Cardio Pulmonary Resuscitation

No	Date 2023	No. of Participants	Participants from
S/23/CPR/2	August 26	15	Course I/251 & Talwalkar

Donations to Station Fund

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

Date 2023	Amount Rs.	Donations Received from
26-08-2023	3,750.00	We3 Education & Management

Donation to General Fund

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

Date 2023	Amount Rs.	Donations Received from
01-07-2023	21000/-	Aatmabodh Academy of Yoga
14-07-2023	12000/-	Sumukhei Performing Arts
02-08-2023	21000/-	Aatmabodh Academy of Yoga
14-08-2023	12,000/-	Sumukhei Performing Arts

SERVICE STATION STATISTICS

Year 2023	July	August
Calls Registered	22	17
Removal Services	40	33
Services for which NO donation were received	30	28
Amount of Donations received on account of :		
Removal Services	Rs.7,700.00	Rs. 1,500.00
Donation to Station Fund	0.00	3,750.00
Run of Ambulance Car (Amb. Car No.12)	446 Kms	372 Kms
Total Services rendered till date	81,812	81,845

OBITUARY

We record with profound grief the passing away on August 01, 2023 of Mrs. Udhawala, wife of Mr. Nariman D. Udhawala. She is survived by her husband and two daughters. In her, society has lost a well-wisher. We extend sincere condolences to bereaved husband and daughters.

PART II

'SUNSHINE VITAMIN' CAN HELP BEAT CANCER, HEART DISEASE

Milk fortified with vitamin D can make our bones not only stronger but also prevent heart disease and cancer, a new study says. The vitamin is vital for calcium absorption and bone health and may help to prevent Alzheimer's, reports the Daily Mail. Recent research has shown that vitamin D supplements are as good as some drugs at keeping prostate cancer under control.

It is also being said that taking vitamin D supplements in pregnancy and childhood could wipe out 80 per cent of cases of multiple sclerosis.

Susan Lanham New, the member of the Scientific Advisory Committee on Nutrition and Surrey University nutritionist, said a study of 14,000 pregnant women in Bristol during the 1990s found that more than 90 percent of them were not getting enough of the vitamin.

She said, "Vitamin D is known to be vital for a wide range of body functions. A lot of us are very worried about (deficiencies) and think it needs looking at." some tips on how to reduce the bloat:-*Courtesy Daily Mirror*

Jogging in a park is better than at the gym

Jogging in the park boosts energy and improves mood more than going to the gym. A walk in the great outdoors is better for body and mind than pounding the treadmill, according to research and those who burn off calories by jogging in the park or hiking on the moors feel happier than those who break a sweat in the gym. They also have more energy and may even find it easier to concentrate at work. Exercising outdoors is better at cutting anger, fatigue and sadness than exercising outdoors is better at cutting anger, fatigue and sadness than exercising indoors.

And saving money on gym membership fees could also give many a reason to smile. The finding come from a review of 25 studies comparing the benefits of exercise in natural environments, such as parks, forests and university campuses, with 'synthetic' ones, including gyms and leisure centers. Those who chose an open-air workout also felt more energetic, and often found it easier to concentrate. However, there was no firm evidence that exercising outdoors is better for blood pressure or the immune system. And not all 'natural' environments are created equal - with those who did physical activity in parks and other green spaces benefitting more than others who pounded pavements. Researchers said this systematic review contributes a rigorous and objective synthesis of the evidence for added benefits to health from activities in a natural environment.

Anaemia can predict colon cancer early on

Anaemia, a common blood disorder characterized by low hemoglobin levels in the blood, can actually indicate a potential for colon cancer years before it's actually diagnosed.

Graduate student who worked with Gabriel Chodick and Varda Shalev of Tel Aviv University, says that paying close attention to routine blood test results can be an effective when diagnosed early enough, can be treated effectively.

The study, recently published in the European Journal of Cancer Prevention, shows that most patients with colon cancer have a history of consistently declining hemoglobin levels up to four years before being diagnosed with the disease.

Previously, says Goldshtein, researchers only looked for a sharp decrease in hemoglobin levels as a symptom of colon cancer. But the researchers have discovered that it's the continuous long-term decline that may announce the onset of cancer.

Taking into account the correlation between anemia and colorectal cancer, the team was keen to discover if a decline

Don't take pills on your own

Taking antibiotics on a self-prescription basis can be dangerous, experts tell Lisa Antao

Most of us lead busy lives today and sometimes, busy to such an extent that we don't find the time to visit a doctor. So, whether we are having a fever, bad cold or sore throat, sometimes we resort to taking antibiotics in compensate our lack of time to visit the doc. But little do we know that doing so on a self-medication basis can be harmful. Read on to find out why...

What are they?

Antibiotics are also known as antimicrobial agents of antibacterials. Consultant physician Dr. Anil G. Ballani defines them as, "substances that kill or slow down the growth of bacteria and hence, they are also termed as bactericidal or bacteriostatic. Their basic function is to stop and cure any infection in the body." Though antibiotics target microorganisms such as bacteria, fungal and parasites but they are not effective against viruses.

When Should One Take Them?

Antibiotics are administered by an attending doctor. He / she determines the choice, route dose and frequency of administration after considering the possible target microbe, extent and severity of infection and urgency of the patient's condition. Dr. Ballani says that a person is given an antibiotic when he harbours an infection in the body. It may be at any region in the human body e.g., tonsils, ears, soft tissue and urinary tract. Specific antibiotics are available which attack specific bacteria in specific organs. If the infection is mild then oral antibiotics are given. If the infection

is moderate or severe then parenteral (intra-muscular or intra-venous) are administered.

Are They Very Strong?

Internal medicine specialist Dr. Sunil Dalvi explains that there is nothing like strong or weak antibiotic. It's action against the microbe has to give desired results namely, complete elimination which in turn depends upon the effective blood levels of the drug required to effectively eliminate the microbe. These levels are in nano or micrograms and hence, the drug required also is in milligrams or grams at the most. A patient's body weight is noted to calculate the extra cellular fluid volume. Other important factors considered are liver and kidney function, hemoglobin and other blood anomalies, administration of other medicines allergies and g/hyper sensitivity.

Side-Effects

Dr. Vasant Nagekar, an internal medicine specialist opines that all antibiotics have some or the other side effects but does not mean it will manifest in everyone. It can be very rarely severe at times like anaphylaxis (a severe allergic reaction which could be fatal), Stevens Johnson syndrome (severe skin drug reaction) to minor side effects like loose motions, oral ulcerations. Most of the time antibiotics are well tolerated unless patient is sensitive to that drug which at times becomes difficult for the doctor unless patient has had a reaction in the past and informs the doctor.

Dr. Ballani agrees saying that antibiotics do have side effects like diarrhea, vomiting itching, acidity, jaundice, allergic reactions, muscle pain and vertigo. Hence, antibiotics should be used under medical supervision and always wise to ask the treating doctor regarding the side effects in advance. The frequent and indiscriminate use of antibiotics leads to increased resistance levels and they do not work in the future. Hence, a course of antibiotic should never be left incomplete and they should never be used as over the counter products.

Precautions

Oral antibiotics are to be taken only when there is evidence or a high suspicion of bacterial infection, like urinary tract infection, traveller's diarrhea or any Dysgenic (pus) infection provided. Simultaneously investigated Most important is to take the complete dose as prescribed by the physician and not part doses thinking it is heavy. Also, in case of any adverse effect of any drug, to stop the drug and inform the doctor, advises Dr. Nagekar

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DONATION APPEAL

To run our FREE FIRST AID & AMBULANCE SERVICE, to buy New Ambulance Car and upkeep of infrastructure we need donations to Service Station Fund, New Ambulance Car Fund or General Fund. Philanthropist are request to donate annually or a corpus donation earmarked for specific purpose.

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

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