



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 622

September, 2012

PART - I NOTIFICATIONS NEWS

Specialist Instructors' Course in First aid to the Injured

A Specialist Instructors' Course in First aid to the Injured (I/237) July - December 2012 term, was inaugurated on Monday, July 9, 2012 at 18.30 hours in the Dr. Moolgavkar Memorial Hall by the Officer Commanding of the Corps, Captain Abid B. Khambaty, under the aegis of Jamsetji Tata Ambulance College.

32 students have been enrolled in the course. They comprise of highly qualified Students of Physiotherapy, persons from medical field, officer of Government Sector. They were selected from 37 applicants.

Seminars of CPR

No.	Date 2012	No. of Participants	Participants from
12/S/CPR/12	July 14	38	K11 & Jumpball Ventures
12/S/CPR/13	July 17	26	Pardeshi & K11
12/S/CPR/14	August 3	34	K11 Fitness Management
12/S/CPR/15	August 11	19	K11 Fitness Management
12/S/CPR/16	August 17	38	K11 Fitness Management
12/S/CPR/17	August 25	19	K11 Fitness Management
12/S/CPR/18	August 31	29	K11 Fitness Management

Service Station Fund Donations

Date 2012	Amount (Rs.)	Donations received from:
July 14,	2,500/-	Jumpball Ventures
July 14,	8,000/-	Pardeshi Associates
July 19,	6,600/-	Bombay District Football Association
July 19,	2,000/-	Mr. Balkrishna D. Satam
July 23,	8,050/-	BFY
July	4,000/-	Participants of CPR Seminar during July
August	4,000/-	Participants of CPR Seminar during August

General Fund Donations

Date 2012	Amount (Rs.)	Donations received from:
July 9,	25,000/-	Shree Mumbadevi Mandir Charities
July 26	28,700/-	K11 Fitness Management

PART II Leg attack

While everyone speaks of blocked arteries leading to heart attacks, equally risky clots lodged in the limbs are going unnoticed

In a clear case of a star disease stealing the limelight from other equally dangerous ailments. Mumbai's vascular surgeons are speaking of the heart overshadowing the limbs. With the media writing reams about fat deposits blocking blood flow through the heart (blame our "ghee maar ke diet" and lack of exercise) and celebrities and actor checking into hospitals after a heart scare, Indians know what they must do to avoid a cardiovascular attack.

Few however, know anything about leg or hand attacks, let

alone how to detect or treat them.

A 72 year old woman from Daman, whose family owns a chain of hotels in the seaside town, ignored what she thought was a nagging leg pain for seven years, before she landed at Mumbai's Hospital two weeks ago, and was advised amputation. "I never took it seriously, although the pain was acute enough for me to have taken note," says she, with a hint of regret.

It was as recent as three months ago that she hit the panic button when she noticed a discoloration in her left heel. "It had developed gangrene, and a doctor administered medication and shaved off the wound. When it worsened, she was taken to Surat, where they amputated her end." At Mumbai, vascular surgeon made sure that blood circulation in her legs improved with the help of angioplasty, a procedure that mechanically widens obstructed arteries – before her left leg was cut off mid-calf.

What Patient suffered is called a leg attack or limb ischemia. It is characterized by a shooting pain in the leg that develops due to restricted blood flow in arteries running through the lower limbs. "It's no different from a heart attack," says an expert in Peripheral Vascular Diseases (PVD), including limb ischemia, "Fat deposits along the walls of the arteries lead to atherosclerosis of thickening, narrowing the passage where blood can flow. This leads to the formation of blood clots," explains the expert.

White Acute Limb ischemia refers to a sudden halt in blood flow to the limb, Chronic Critical Limb ischemia develops after years of neglect leading to a condition that has worsened over time. "An acute leg attack needs urgent medical intervention if not revascularised within eight hours, the patient could lose his limb." He says just like with a heart attack, a leg or hand attack is the result of artery block ages that are worsened by smoking, eating an unhealthy diet, lack of exercise, and diabetes or hypertension, says the doctor, "In fact, a majority of leg attack patient are also heart patients," he adds blocked arteries in the heart indicate a 30 percent chance of the patient suffering from a vascular condition in other parts of the body, research has proven "But a blocked artery in the leg pushes the chance up to 70 per cent. A patch of cholesterol deposit or a blood clot abruptly dislodges from an artery close to the heart and blocks an artery supplying blood to the limbs if the clot travels to arteries that supply blood to the brain, the patient could suffer a stroke," says the doctor.

A leg attack is diagnosed using a Colour Doppler test, or an angiography, which is an imaging technique that helps visualise the inside of blood vessels. Commonly, blockages occur around spots where blood has to face resistance, like at an arterial bifurcation near the thigh. In the initial stages, the blockage can be tackled with medication and physiotherapy. In more serious cases, we suggest angioplasty or a bypass. Amputation, is of course, our last resort."

While a sedentary and stressful urban lifestyle is increasing the incidence of leg and hand attacks, awareness remains low. A 2010 research on peripheral vascular diseases across India revealed that 98 per cent cases were undiagnosed until it would reach the last stage, when amputation would be the only option.

Sign of a leg or hand attack

- Deep, nagging pain in the limb.
- Pain or cramps only when walking (intermittent claudication)
- Numbness and coldness in the limb
- Redness of limbs and delay in healing of wounds

— Curtsey Mumbai Mirror

New fat that can curb obesity

Scientists have identified a third type of fat that helps burn calories in adults, a finding they say could speed up the development of effective treatments for obesity.

The calorie burning tissue, called beige fat, is produced from ordinary "white fat" cells that store energy and contribute to excess body weight. In addition, there is heat generating "brown fat" carried by infants to keep them warm.

Past research had suggested adults also had small amounts of brown fat, which helped to prevent obesity. The new work showed that what was previously thought to be adult brown fat is actually genetically distinct "beige fat".

Like brown fat, it has the ability to burn colourless in stead of storing them in waistline expanding deposits, being fat is now seen as a key target for new strategies to fight the obesity epidemic, the researchers said. We have identified a third type of fat cell. There's white, brown and now there is this third type that is present in most or all human beings." Lead study researcher Dr. Bruce Spiegel man, from Harvard Medical School, was quoted as saying by the Dally Mall, "Going forward, it means that what you want to study for potential therapies are the beige fat cells in these 'hotspots' we're all walking around with," he said.

Dr. Spiegel man's team found beige fat cells in scattered pea-sized deposit beneath the skin near the collar bone and along the spine in human adults. A natural hormone made by exercising muscles, iris in, stimulates beige fat to burn calories nearly as effectively as brown fat, they found. The research, published in the latest on-line issue of the journal cell showed that beige fat cells spring from stem cell precursors of white fat cells, in contrast, brown fat cells emerge from muscle stem cells.

Being fat cells behaved like a hybrid of the two cell types being able both to store and burn calories. Stimulated the right way, their burning capacity was ramped up, the researchers found.

Meanwhile, Ember Therapeutics, a biotic company founded

by Dr. Spiegel man, now plans to develop the hormone's therapy potential.

— Curtsey The Times of India

Healthy Note

Think GOD, Stay Healthy

Spirituality is linked to better mental health regardless of faith, according to a study by researcher from University of Missouri. Three surveys were conducted to see if correlations existed among participants' mental and physical health, personality and spirituality in Buddhist, Muslims, Jews, Catholics and Protestants. Forgiveness was the spiritual trait predictive of mental health, "With increased spirituality people reduce their sense of self and feel a greater sense.

Of Antibiotics & Adipose

Babies given antibiotics before they are six months old are more likely to be overweight by the age of three, a British study says. A study of around 11,000 British children found that those given drugs before they were six months old a bigger BMI than their peers. Authors of the study added this does not prove antibiotics in early life causes young children to be overweight. It only shows a correlation exists.

New Test can Rule out False Alarms

A new test can discern in under an hour whether a patient is having a heart attack, according to a study in Archives of Internal Medicine. Swiss researchers used high sensitivity measurements of cardiac troponins, proteins that leak out of damaged heart tissue, to determine likelihood that patients were having heart attacks. The researchers tested their new strategy on 436 patients in emergency rooms with ambiguous cardiac symptoms. Heart attacks were ruled out of 259 with 100% accuracy. Seventy six were found by the new method to be having heart attacks. Christian Mueller, professor of cardiology at University Hospital of Basel said the assessment could save significant time and space in emergency rooms.

Kids Breathe Easy with Vitamin D

Vitamin D supplements could reduce the risk of respiratory infections such as colds or flu among children in winters, says a Harvard research. Studying Mongolian kids known to be at risk for vitamin D deficiency, especially during winter. Researchers found that daily intake of the vitamin decreased the risk of respiratory infections among children who had low blood levels of vitamin D at the start of the study.

Kill Hunger Pangs with Additive

Researchers are developing an 'anti-hunger' powder dieters can mix with curds or smoothies. The new ingredient is a version of a common food additive, methyl cellulose. It can help people shed pounds making them feel full after eating smaller portions, German scientists say. A trial showed volunteers who ate the food with the additive had 13% fewer calories when they had a second meal two hours later.

— Curtsey The Times of India

SERVICE STATION STATISTICS		
Year 2012	July	August
Calls Registered	18	31
Removal Services	33	53
Services for which NO donations were received	17	26
Donations received on account of :		
Removal Services	₹ 5,850/-	₹ 31,150/-
Donations to the Station Fund	₹ 10,100/-	₹ 4,000/-
Run of Ambulance (Car No.12)	370 Kms.	619 Kms.
Total services rendered till date	79,179	76,232

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

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