



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 645

January, 2015

The Bombay City Ambulance Corps wishes Patrons, Life Members, and Well wishers of the Society a very Happy and a Prosperous New Year (2015)

PART - I NEWS 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 :

Sr. No.	Organiser	Date 2014	Time
1.	Mumbai District Football Association	November 1, 2, 3, 21 to 24 & 26 December 21 to 26	3.30 p.m. to 6.15 p.m.
2.	Mumbai Hockey Association	November 4,5,7,9 to 16	2.00 p.m. to 6.00 p.m.

Seminars on CPR for Bystanders Workshop on First Aid

No.	Date 2014	No. of Participants	Participants from
14/W/FA/2	November 18 to 21	11	Prayas
14/S/CPR/5	November 22	04	
14/S/CPR/6	December 20	10	BFY

Donations to Service Station Fund

Date 2014	Amount (Rs.)	Donations received from:
December 11	12,500/-	TATA Steel
December 27	3,500/-	BFY

Donations to General Fund

Date 2014	Amount (Rs.)	Donations received from:
December 11	10,000/-	Manav Jagriti Foundation

PART II

Don't Let Malaria Get You

— Zeenia F Baria

With malaria gripping the city in a deadly embrace, you must do all you can to protect yourself against this disease. The symptoms characteristic of malaria include flu-like illness with fever, chills, muscle aches and headache. Some patients develop nausea vomiting, cough and diarrhoea. Cycles of chills, fever and sweating that repeat every one, two or three days are typical. There can sometimes be yellowing of the skin and in the whites of the skin and in the whites of the eyes due to destruction of red blood cells and liver cells. People with severe P. falciparum malaria can develop bleeding problems, liver or kidney failure, central nervous system problems or even go into coma. Cerebral malaria (coma or altered mental status or seizures) can occur with severe P. falciparum infection.

YOU CAN VIEW BRIGADE GAZZETE ON WEBSITE (bcac.co.in)

Mosquito becomes infected when it takes a blood meal from an infected human. Only female mosquitoes feed on blood, thus males do not transmit the disease. They prefer to feed at night and usually start searching for a meal at dusk, and continue throughout the night until taking a meal. Several drugs, most of which are also used for treatment of malaria, can be taken preventively. Generally, these drugs are taken daily or weekly, at a lower dose then would be used for treatment of a person who had actually contracted the disease. Modern drugs used preventively include Mefloquine (Lariam), Doxycycline, (available generically), and combination of Atovaquone and Proguanil hydrochloride (Malarone). The choice of which drug to use depends on which drugs the parasites in the area are resistant to, as well side-effects and other considerations.

Spraying insecticides on the walls of your homes greatly helps reduce the chances of getting malaria. After feeding, many mosquito species rest on a nearby surface while digesting the blood meal, so if your walls have been coated with insecticides, mosquitoes will be killed before they can bite another victim to transfer the malaria parasite. Mosquito nets are another way to keep mosquitoes away and reduce transmission. While the nets aren't a perfect barrier, try to opt for insecticide-treated nets, which are estimated to be twice as effective as untreated nets and offer 70 per cent more protection compared with no net. Vaccines for malaria are under development, with no completely effective vaccine yet available. Recognising the disease in the early stages can stop the disease from becoming fatal. Make sure that your building or your society has no stagnant water and that water tanks, which are ideal breeding grounds for the parasite and mosquito, are kept clean. Avoid throwing garbage outside the window or on the roads.

The malaria is hazardous, but in pregnancy, can be more severe. A pregnant woman has double the chance of succumbing to falciparum malaria than her non pregnant counterpart. Mumbai has witnessed two types of the malaria infection – falciparum and vivax, of these, the former cause very severe infection, which may result in complications, whereas the latter is relatively benign. Malaria is more common during pregnancy due to suppression of the immune system and first time mothers are at a greater risk. When a pregnant woman suffers from falciparum malaria, she may develop severe anaemia (drop in haemoglobin levels), hypoglycaemia (sudden drop in blood sugar levels), jaundice, pulmonary oedema (accumulation of fluid in the lungs) and kidney failure. If the infection affects the brain, she develops cerebral malaria, and may suffer from fits, become unconscious or go into coma. Her unborn child is also at grave risk. The placenta (the organ that supplies blood to the baby) gets infected with the falciparum parasite, leading to poor blood supply and reduced transfer of nutrients and oxygen to the baby which results in slowing down of foetal growth. There is also a higher risk of miscarriage and still births. Malaria in pregnancy may present diagnostic difficulties for doctors as fever may be absent, low grade or very high and may not have the typical pattern of malaria, the spleen may not be enlarged and blood test may not detect the malaria parasite. Pregnant women who want to minimize the use of repellents should avoid mosquito habitats, use nets and wear clothing that protect their arms and legs.

REMEMBER TO : ss Avoid exposure to mosquitoes during the early morning and early evening hours, which are the hours of greatest mosquito activity.

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

OUR TELEPHONE NOS. : 2201 42 95 and 6633 48 97 • Website : www.bcac.co.in

Try to wear long-sleeved shirts and long pants when you are outdoors.

Apply insect repellent to exposed skin and spray mosquito repellents on clothing to prevent mosquitoes from biting through thin clothing.

Use a permethrin-coated (or similar repellent) mosquito net over beds and have screens over windows and doors.

Spray an insecticide in your house ones a day.

Don't leave unclean vessels lying in your sink for too long, as dirty vessels can be a breeding ground for mosquitoes.

Get adequate rest and immediate medical attention if you develop symptoms of malaria.

— Courtesy Bombay Times

KNOW YOUR EYE CUE

Here is a few common eye symptoms could reveal about your body's health.

Is there more to your health than meets the eye? According to experts, your peepers may hold clues to undiagnosed health problems and a routine eye test could reveal the truth.

Eyes are the window into the body, offering a great pre-warming for many life-threatening illnesses. Most of us think we only need their eyes checked for vision problems, but all of us should have regular examinations, as conditions such as diabetes can be detected in the eye before they start to cause problems in the body.

Here are some common eye symptoms that can be detected by opticians and what they could reveal about your health.

RED EYE'S

COULD BE: High Blood pressure

When an optician shines a light into your eyes, they see the tiny blood vessels in your retinas - the sensitive tissue at back of the eye.

High blood pressure can make these blood vessels appear twisted or even cause them to burst so the eyes look red. A quarter of adults with high blood pressure don't know they have the condition, which can cause strokes.

YELLOW DEPOSITS BEHIND THE EYE

COULD BE: Diabetes.

Yellow deposits of fat, or small tears in the retina, are signs of Type 2 diabetes. A big change to your glasses prescription is another. Early diagnosis is a key to avoiding long-term, sometimes fatal, complications.

IRIS RINGS

COULD BE: High Cholesterol

White rings around the iris — the coloured part of the eye — are signs of high cholesterol levels.

Another clue is 'xanthelasma's — flat, white fat deposits under the skin on or around your eyelids. Studies show people with both these symptoms have a higher risk of heart disease.

PALE INNER EYELIDS

COULD BE: Anaemia

If the inside of your lower eyelids look pale when pulled down, you may be anaemic — lacking iron, which helps makes red blood cells, Anaemia can be treated with iron supplements, but can be a sign of internal bleeding. So see your GP.

BULGING EYES

COULD BE: Thyroid problems

Prominent-looking eyes can run in familiar, but eyes that appear to bulge may be evidence of an overactive thyroid. Abnormal levels of thyroid hormone cause the tissues around the eye to swell, making it appear the eye is popping outwards.

DROOPY EYELID

COULD BE : Bell's Palsy or Stroke

A drooping eye can indicate Bell's palsy, a temporary facial paralysis. It can also be a symptom of a stroke, especially if the speech is slurred.

More rarely, it could also be evidence of a brain tumour or an autoimmune disease that is known as myasthenia gravis.

YELLOW EYES

COULD BE: Liver disease

Liver conditions, including hepatitis and cirrhosis, can turn the whites of your eyes yellow — a symptom which requires an immediate doctor's trip.

The colour is caused by bilirubin, a chemical created by the breakdown of haemoglobin, the oxygen — carrying molecule inside red blood cells.

PALE OPTIC NERVE

COULD BE : MS or Brain Tumour

The optic nerve, which transmits information from the retina to the brain, is visible at the rear of the eye to an optician. A pale optic nerve can be an early manifestation of MS or evidence of a brain tumour.

DIFFERENT SIZED PUPILS

COULD BE: Stroke or Tumour

Healthy pupils are around the same size and react similarly to light. If this is not the case with you, check yourself for problems such as stroke, brain or optic nerve tumour, a brain aneurysm or MS.

— Daily Mirror,
Courtesy Mumbai Mirror

SERVICE STATION STATISTICS		
Year 2014	November	December
Calls Registered	22	4
Removal Services	38	5
Services for which NO donations were received	20	2
Donations received on account of :		
Removal Services	₹ 8,300/-	₹ 1,400/-
Donations to the Station Fund	₹ Nil	₹ 16,000/-
Run of Ambulance Car (No.12)	420 Kms.	274 Kms.
Total services rendered till date	79,541	79,546

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 at Print Percept, Mumbai - 400 098 for the owners of the Publication "The Bombay City Ambulance Corps".

BOOK - POST

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