



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 627

July, 2013

PART - I

Public Duty

Football Match

Ambulance Car with trained staff and equipments such as First Aid box, extra stretcher, oxygen cylinder etc., was posted at Bombay School Gymkhana from 1st June to 5th June 2013 from 8 a.m. to 11 a.m. and 4 p.m. to 7.00 p.m. for Mumbai Soccer School of Excellence.

Seminars of Cardio Pulmonary Resuscitation

No.	Date 2013	No. of Participants	Participants from
13/S/CPR/4	May 3	26	K11 Fitness Management
13/S/CPR/5	May 13	32	K11 Fitness Management
13/S/CPR/6	May 14	23	K11 Fitness Management
13/S/CPR/7	May 18	28	K11 Fitness Management
13/S/CPR/8	May 20	31	K11 Fitness Management

Training on Fire Extinguisher

On request of Welfare Department of Accountant General Office, New Marine Lines, Mr. Laha, Honorary Lecturer of our college conducted a training session on May 27, and 30, 2013 from 3.00 p.m. to 4.30 p.m. for about 120 staff members of the Office. The training included use of various fire extinguishers. The practical demonstration was carried out in three groups each day.

Two days Workshop on Post disaster First Aid

On request of Nirmala Niketan Institute of Social work two days workshop was organized on June 28, & 29, 2013 from 9 a.m. to 6 p.m. The workshop dealt with post disaster management, Rescue work, First Aid. 41 students of 2nd year Master of social work batch participated who has volunteered to render services to victims of floods and land slide at Uttarakhand.

General Fund Donations

We have received munificent donation of Rs.10,000/- on June 10, 2013 from Manav Jagriti Foundation, Bangalore for General Fund of the Society.

Station Fund Donations

We have received donations of Rs. 4,800/- on May 15, 2013 from Participants of the CPR Seminars during the months and Rs.12,000/- from Mumbai Soccer School of Excellence June 10, 2013 for Station Fund of the Society.

PART II

First treatment for vitiligo skin ailment

Researchers from Loyola University and Chicago stritch school of Medicine have developed a genetically modified protein which dramatically reverses the skin disorder vitiligo in mice, and has similar effect on immune responses in human skin tissue samples. The modified protein is potentially the first effective treatment for vitiligo, which causes unsightly white patches on the face, hands and other parts of the body.

Loyola university Chicago has submitted a patent application for the protein, and researchers are seeking regulatory approval and funding for a clinical trial in humans.

Vitiligo affects millions of people around the world, about 1 in

200 people. It is an auto immune disease, in which the immune system goes into overdrive and kills pigment cells, which give skin its colour. Previous studies have found that a protein called HSP70i plays a vital role in the auto-immune response that causes vitiligo. (HSP70i stands for inducible heat shock protein 70)

HSP70i consists of 641 building blocks called amino acids. Researchers genetically modified one of these amino acids to create a mutant HSP70i. This mutant protein supplants normal HSP70i, thereby reversing vitiligo's auto-immune response.

Researchers gave mutant HSP70i to mice that developed vitiligo, and the results were striking. Mouse fur-affected by vitiligo-had the colouring of a salt and pepper beard. But when the mice were vaccinated with mutant HSP70i, the fur turned black. The mice look normal.

Some of the effects seen in mice also were seen in human skin specimens. There are no long-term effective treatments for vitiligo. Steroid creams sometimes return some colour to affected skin. But this treatment also thins the skin, and can cause streaks or lines. Bright lights, similar to tanning booths, also can return colour, but can cause sunburns and other side effects, including vitiligo.

Skin grafts transfer skin from unaffected areas to the white patches, but can be painful and expensive. None of the existing treatments effectively prevent vitiligo from progressing. Researchers wrote that mutant HSP70i "may offer potent treatment opportunities for vitiligo."

CONTROL IT TO LIVE A HEALTHY, HAPPY LIFE

Diabetes might be one of the most talked about diseases across the world, but the level of awareness in India is still very low. No wonder that India today has more people with type-2 diabetes, more than 50 million than any other nation. With the country having the highest number of diabetic patients in the world, the sugar disease in posing an enormous challenge in India today.

Often referred to as the diabetes capital of the world, India has been witnessing an alarming rise in incidence of diabetes according to the international journal of Diabetes in Developing Countries. According to a World Health organization (WHO) fact sheet on diabetes, an estimated 3.4 million deaths are caused due to high blood sugar. The WHO also estimates that 80 percent of diabetes deaths occur in low and mid-die-income countries and projects that such deaths will double between 2010 and 2030.

So, what exactly is diabetes? To put it simply. It is a medical condition that is caused due to insufficient, production and secretion of insulin from the pancreas. In case of Type-I diabetes, and defective response of insulin in type-2 diabetes. Under normal body circumstances, blood glucose levels are tightly controlled by insulin, a hormone produced by the pancreas. Insulin lowers the blood glucose level. When the blood glucose elevates (for example, after eating food), insulin is released from the pancreas to normalize the glucose level. In patients with diabetes, the absence of insufficient production of insulin causes hyperglycemia. Diabetes is a chronic medical condition that can be curbed at the initial level by introducing lifestyle changes, and controlled after its incidence through medicines in early stages and administration of external insulin in advanced stages. The patients have to understand that even though it can never be cured completely, it is possible to leas a normal life if you take care of a couple of things.

Diabetes mellitus is one of the world's major diseases. It currently affects an estimated 143 million people worldwide and the number is growing rapidly in India, about 3 percent population suffers from diabetes. Medical health experts assert that regular check-ups and

timely detection plays a vital role in controlling and managing the problem. The situation is made worse by lack of awareness about the disease and I can't suffer from diabetes mindset.

"In today's time, when prevalence of type-2 diabetes is increasing very fast screening for the same is very important. The screening patterns for general patients and the ones detected of diabetes are different. The standard tests are fasting and non-fasting blood sugar levels. HbA1c test helps to assess the pattern of blood sugar level and control.

Practitioners feel that patient adherence to medication and lifestyle modifications plays an important role in diabetes management and this can help them lead a normal life. Un-monitored prevalence of diabetes also results in increased risk of vascular complications like CIO vascular renal. Neural and visual disorder which are related to the duration of the disease.

A natural replacement for worn-out joint

Scientists have shown for the first time that it may be possible to replace a human hip or knee with a joint grown naturally inside the body using the patient's stem cells. In experiments on rabbits, the researchers coaxed the animals' stem cells to rebuild the bone and cartilage of a missing leg joint according to a study. This is the first time an entire joint surface was regenerated with return of functions including weight bearing and locomotion.

Naturally grown joint would likely last longer than the current generation of artificial mechanisms. With aging populations and many people under 65 requiring replacement surgery, there is a real danger patients will outlive metallic joints and require a second gruelling operation late in life.

In the experiments, scientist removed the forelimb thigh joint of 10 rabbits, and then implanted a kind of scaffolding made of biologically compatible materials. A naturally occurring substance that stimulated cell growth then cued the site of the missing joint and regenerate both cartilage and bone in two distinct layers. Within four weeks the animals resumed normal movements – a medical first, the researchers reported in the British medical journal the Lancet.

The fact that the regenerated limb joint was created from the

stem cells in the host animal rather than being harvested and then cultivated outside the body is also unprecedented. This new procedure "may ultimately lead to clinical applications" in patients who need the knee, shoulder, hip of finger joints regenerated, the rabbit model provides a proof of principle. "But a number of scientific and regulatory issues remain before the procedure can be tested on humans, he said.

For hip replacements, for example, recovery in people will be more difficult because humans carry all their weight on two legs. The period of immobility while a joint regenerates also presents its own risks.

Eat your way to happiness

Here's a list of foods that have a de-stressing effect and boost your mood

If you're an emotional eater, you probably go running to seek comfort in ice creams, deserts and cookies, pizzas, burgers, etc. basically foods that are loaded with sugar and fat. However, you know that no matter how much a soothing effect these foods have on your emotions, they aren't really great for your waistline. But still you gorge on them in times of despair and get racked with guilt later. We give you a list of healthy foods.

BROCCOLI

Broccoli is considered as one of nature's super foods, it's rich in folic acid that helps in reducing stress and irritability. But if you're still averse to eating steamed or stir-fried broccoli, then eat it with a low-fat version of your favourite dressing.

BERRIES

Berries have abundant antioxidant properties that support brain function and blood circulation. Raspberries are said to contain the most amount of ellagic acid that improves liver function, regulating cholesterol levels and elimination toxins.

CHAMOMILE / GREEN / BLACK TEA

Theanine, an amino and glutamic acid found in tea, reduce tension producing beta waves and accelerates the production of relaxation inducing alpha waves in the brain. A UK study found that having four cups of black tea daily for about six weeks lowers cortisol levels. Chamomile tea is known to have a calming effect and is great for aiding good sleep.

BETROOTS

This colourful tuber is a great source of float also known as vitamin B9. This vitamin promotes functioning of he liver and the nervous system, which usually gets congested under chronic stress.

HOT COCOA

Having warm beverages tend to raise the temperature in the body by a few notches. And the feeling of warmth that we derive from a slight raise in temperature, which we often associate with comfort triggers a similar response in the brain.

(To be continued)

— Courtesy Mumbai Mirror & Bombay Times

SERVICE STATION STATISTICS		
Year 2013	May	June
Calls Registered	11	04
Removal Services	22	05
Services for which NO donations were received	11	03
Donations received on account of :		
Removal Services	₹ 4,400/-	₹ 400/-
Donations to the Station Fund	₹ 4,800	₹ 12,000/-
Run of Ambulance (Car No.12)	314 Kms.	327 Kms.
Total services rendered till date	76,800	76,805

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

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BOOK - POST

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