



# THE BOMBAY CITY AMBULANCE CORPS

( FOUNDED 1930 )

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

BRIGADE GAZETTE

GRATIS

No. 640

July, 2015

## PART - I NOTIFICATION

### Results of First Aid Instructors' Examination

The Examination of the students of the Specialist Instructors' Course in First Aid to the Injured (Course No. I/240) of Jamsetji Tata Ambulance College was conducted in May 2015 by the Board of Examiners appointed by the Medical Board of the Society consisting of (1) Dr. A.H. Kantharia, M.D. (Bom), and (2) Dr. Girish G. Lad, M.S. (Bom.), The Board was assisted by (i) Mr. Anjan S. Lalaji, B.Com., Dip. Amb. Work, (ii) Mr. Nitin S. Lalaji, B.E., Dip Amb. Work, and (iii) Mr. Glen Rebelo, Specialist Instructor in First Aid, as assessors for practical tests. The following students have been declared successful in order of merit :

1. Dr. Pradip S. Sambare
2. Mr. Milind J. Gaikwad
3. Mrs. Kanchan R. Phadke

### Awards

1. Dr. Pradip S. Sambare, has been awarded the "First Aid Instructors' Cup" for standing first in the examination.
2. Mr. Milind J. Gaikwad, has been awarded the "First Aid Instructors' Prize for standing Second in the examination.
3. Mrs. Kanchan R. Phadke, has been awarded the "Consolation Prize" for standing Third in the examination.

## NEWS

### Visit to London Ambulance Service

Officer Commanding, Captain R. J. Lad, spent a day on June 2, 2015 with London Ambulance service during his social visit to U. K. He was taken around the head quarter control center. Receipts of calls are through the latest technology. The complete line of action is recorded for evaluation. Then Capt. Lad accompanied a paramedic on live emergency calls to take view their modus operandi. These paramedics go through three years degree course in university of the country.

50 years ago 9 county council ambulance services of London were merged in to one Ambulance service. It is under National Health Service of U. K. LAS is celebrating golden jubilee year. Paramedics are attending emergency calls on bicycle, motorbikes, cars, ambulance cars and helicopter.

We place on record debt of gratitude to the chief executive of LAS for organizing informative the visit.

### 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 by Mumbai District Football Association on : April 27, 28,29, May 5-9, 11, 14, 17-20, 23- 30 June 1, 2015.

### Condensed First Aid Course

Two days condensed Basic First Aid Course was conducted at Head Quarters on Wednesday and Thursday, June 10, 11 and 24, 25, 2015 for participants of Rangoonwala Foundation. 57 participants participated in the training.

### General Fund Donations

We have received donations for General Fund of the Society.

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WEBSITE (bcac.co.in)

Date 2015	Amount (Rs.)	Donations Received from
May 16	11,000/-	Mr. Parmanand Agrawal
June 25	1,00,000/-	Mahalakshmi Temple Charities
June 25	10,000/-	Manav Jagriti Foundation Bangalore
June 25	11,000/-	Mr. Parmanand Agrawal

### Station Fund Donations

We have received donations for Station Fund of the Society.

Date 2015	Amount Rs.	Donation received from
May 22	1,600/-	Miss Tinal B. Chawda
May 22	1,600/-	Mr. Milind J Gaikwad
May 22	1,600/-	Mrs. Kanchan R. Phadke
May 22	1,600/-	Mr. Ravindra R. Phadke
May 22	1,600/-	Dr. Pradip S. Sambare

## PART II

### 20 Mind-Blowing Medical BREAKTHROUGHS

The latest news you can use to protect your heart, Keep your brain sharp, wake up happier, and more

1. **Better Stroke Detector** : Imagine you're experiencing severe dizziness and suspect you're having a stroke, precious life saving minutes tick by before you finally decide to go to the hospital and while you wait to have a CT or MRI to diagnose the cause. Now a newest may quickly determine whether the dizziness is being caused by a stroke or another condition such as vertigo, preventing the misdiagnosis of innumerable strokes a year. During the test, a patient dons goggles connected to a webcam and laptop that record video of her eyes as they look at a target on the wall and the doctor moves her head from side to side, (IF it's just dizziness, eyes wander off; if it's a stroke, eyes stay focused on the target, ) the test identifies the cause correctly 99 percent of the time. According to the experts the rate of accuracy is higher than that of CT scans and MRIs.
2. **Protection for Big and Small Athletes** : Figuring out when players have sustained blows to the head-not just concussions but minor hits, which may be just as damaging – is a big concern among coaches, professional athletes, and parents alike. Two wearable devices may soon make it a lot easier to determine whether a player has suffered a worrisome head injury. The check Light skull cap (worn under a helmet or without one) has sensors that identify the strength, duration, and location of impacts to the head. Moderate hits trigger a yellow blinking light; severe ones set off a red one. Available from Reebok and American electronics startup MC10, the Check Light launched last year in the USA for \$150 at reebok.com. Another option is the X-Patch, a sensor developed by X2 Bio systems in the form of a patch that is worn behind the ear and transmits information about injuries wirelessly to a computer on the sidelines. Neurologist and brain-trauma pioneer Robert C. Cantu, MD, told the New York Times that he is in favour of such devices but says that they shouldn't be used to diagnose concussions.
3. **Foods for Lower Blood Pressure** :  
**Sesame and rice-bran oil** : People who cooked with a blend of the two sold at health-food stores, saw a drop in blood pressure almost comparable with the decrease that results from talking medications, according to research from the American heart Association's Scientific Sessions. Researchers believe the effect is due to the oils fatty acids and antioxidants such as sesamin, sesamol, sesamolol, and oryzanol.

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**Purple majesty potatoes** : Eating two small helpings a day decreased blood pressure by about 4 percent without causing weight gain, according to a University of Scranton study published last year. Researchers believe the drop is likely due to the high levels of healthful antioxidant compounds in the colourful spud developed at Colorado State University. Other studies have identified in all potatoes substances that have blood pressure-lowering effects similar to those of ACE inhibitors, a type of blood pressure medication.

**Beet juice** : People with high blood pressure who drank about 230 ml of beetroot juice experienced a decrease in blood pressure of about 10 mm Hg, according to a study published in April 2013 in the American Heart Association journal Hypertension. The magic ingredient is Nitrate, which turns into nitric oxide, a gas that widens blood vessels and aids blood flow. A glass a day could help keep blood pressure at a lower, healthier level.

4. **The Supplement Cardiologists Love** : Coenzyme Q10 – a substance your body produces naturally in small amounts – decreased mortality rate among heart-failure patients by about half, according to a widely lauded study presented at the International heart Failure 2013 Congress, “Coenzyme Q10 may be so beneficial because it encourages heart cells to produce more energy although more research is needed if this is to become widely recommended for patients. The study found that people with chronic heart failure who took 100mg of CoQ10 supplements three times a day (along with their regular medications) were about half as likely to suffer major cardiovascular complications as people who didn’t take the supplement.
5. **Genes Predict Weigh-Loss Surgery Success** : Some obese patients shed 60 percent of their weight after bariatric surgery, while others struggle to lose just 15 percent. Soon prospective surgery patients may learn in advance how much weight they are likely to lose, thanks to a researcher at Massachusetts General Hospital who identified a genetic variation on chromosome 15 that seems to influence how people respond to gastric surgery, patients who had two copies of the beneficial version of this gene lost about 40 percent of their presurgical weight, while those with only one copy lost about 33 percent. The one unlucky individual with no copies lost less than 30 percent. (For very obese people, this could translate to differences of about 13 to 23 kilos.) The team is studying 12 other gene variants that may influence surgery outcomes and plans to develop a test within two years to determine who is a good

candidate.

6. **Obesity is a Disease** : The American Medical Association votes last year to categorize obesity as a disease that requires “a range of interventions.” The milestone decision-strongly supported by cardiologists and endocrinologists-is expected to influence whether insurance companies cover treatment such as weight-loss counselling, medication and surgery. By elevating obesity to more than a risk factor in other diseases, the new classification should help patients realize that obesity is not just a behavioural issue-that it is due to changes in brain and body chemistry that make losing weight difficult-and encourage physicians to play an active role in their patents’ weight.
7. **Blockbuster Blood Sugar Drug** : Endocrinologists are buzzing about Invokana, a new type 2 diabetes drug that received US FDA approval in March last year. Unlike other drugs that lower the amount of glucose you absorb from food, invokana “causes you to pee out your blood sugar. One study published in April 2013 found that patients who added Invokana to their diabetes drug regimen improved blood sugar control significantly more than those who added a different diabetes drug that encourages the body to release insulin after meals. Invokana produces modest weight loss (about one kilo over a year) and lowers blood pressure. Unfortunately, it also has one undesirable side effect; it also has one undesirable side effect; an increased risk of yeast infections.
8. **The Healthiest Diet, Rediscovered** : Eating like a Greek was touted for years as pure diet nirvana; where else could you snack on nuts and enjoy olive oil-soaked bread? But as doctors and nutrition experts zealously promoted Paleo-and veganstyle programs over the past decade, the diet fell out of favour. Now the Mediterranean diet is back, after two important studies recently confirmed its powerful health benefits.

**Better brainpower** : Healthy people who followed the diet were 19 percent less likely to develop memory problems, according to a University of Alabama, USA, study of over 17,000 people.

**Healthier heart** : Mediterranean-style caters were 30 percent less likely to die from cardiovascular disease or have a stroke, according to a Spanish study of over 7000 people followed for eight years, recently published in the New England journal of Medicine.

9. **Wacky Fix for a Tamer Tummy** : An effective antidote for an antibiotic resistant intestinal infection may come not from the medicine cabinet but from the toilet bowl. With a procedure informally known as a poop transplant, researchers found that transferring stool from a healthy person into the gut of someone infected with C, difficile, a deadly bacteria, cured 15 out of 16 persistent cases (only one third of patients who took only antibiotics improved), according to a 2013 study published in the New England journal of Medicine. Donor stool is typically diluted in a saline solution and then inserted into the intestines via colonoscopy or enema; the healthy bacteria wipe out the C, difficile critters. Doctors have started to recommend stool transplants for other gut-related health problems like ulcerative colitis and Crohn’s disease. “We hope that in the future, there will be stool banks, just like there are blood banks and sperm banks.

(To be continued)

**SERVICE STATION STATISTICS**

Year 2015	May	June
Calls Registered	5	5
Removal Services	6	5
Services for which NO donations were received	4	3
<b>Donations received on account of :</b>		
Removal Services	₹ 150/-	₹ 850/-
Donations to the Station Fund	₹ 8,000/-	Nil
Run of Ambulance Car (No.12)	184 Kms.	164 Kms.
Total services rendered till date	79,552	79,557

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**

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From :  
**THE BOMBAY CITY AMBULANCE CORPS**  
 21 New Marine Lines, Mumbai - 400 020.  
 Telephone Nos. : 2201 42 95 & 6633 48 97