

THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 632

March, 2014

PART - I NOTIFICATIONS

NEW YEAR HONOURS PARADE

The New Year Honours Parade of the Volunteers of the Corps will be held on Sunday, April 6, 2014 at 1030 hours at the Head Quarters when the Officer Commanding will take the Salute and unfurl the Society's Flag.

CELEBRATION OF DIAMOND JUBILEE

It has been decided at the Managing Committee meeting to celebrate Diamond Jubilee of the FREE FIRST AID AND AMBULANCE SERVICE STATION on SUNDAY, JUNE 1, 2014. Members of the society and past volunteers and students of Jamsetji Tata Ambulance College are requested to extend support in celebration and raising Corpus fund for the Ambulance Service.

A souvenir will be published on the day. All are requested to get advertisement for the same and send an article related to our station for publication. Suggestions if any should be sent to the Honorary Officer commanding by end of the March 2014.

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.	Astro Park League	January 7, 8, 21, 22, 28 and 29, February 4, 5, 11, 12, 18 and 19	7-00 p.m. to 12-00 midnight
2.	Mumbai District Football Association	February 9 and 16	1-30 to 6-00 p.m.
3.	Saran Presents	January 28, 29, 30 and 31	9-30 a.m. to 2-00 p.m.
4.	Premier India Football Academy	January 14, 17, 21, February 12, 15, 18, 19, 22 and 24	2-00 p.m. to 4-00 p.m.

Donations to Service Station Fund

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

Date 2014	Amount (Rs.)	Donations received from
January 1	2,000/-	Saran Presents
	6,465/-	Students of Specialist Instructors in First Aid
January 2	2,000/-	Saran Presents
January 13	5,000/-	Saran Presents
January 25	1,001/-	Mr. Kashinath Divecha in memory of Mrs. Hansa K. Divecha
February 10	1,500/-	Nandkishor Arvind Nair
February 24	3,000/-	Dr. Sunanda J. Karandikar

We mourn

We mourn passing away of Mrs. Kanta B. Shroff (Nee: Kanta N. Khambati, Past NCO of Volunteer corps) and a life member. She breathed her last on Wednesday, January 8, 2014. We convey our sincere condolences to her family.

Donation to General Fund

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

Date 2014	Amount (Rs.)	Donations received from
January 9	5,001/-	Mr. Hoshang H. Lashkari
February 10	10,000/-	Sitaram Jindal Foundation
February 10	10,000/-	Fulchand Manekchand Shah Charitable Trust
February 22	28,800/-	Astro Sports Pvt. Ltd.

PART II

SMART PILL ALERTS HEART PATIENTS ABOUT NEXT DOSE

A 'smart' pill that texts your cell phone when your next dose is due is undergoing tests in Britain. The chips in the pills alert a patch attached to the patient's shoulder when swallowed. It also texts the patient if he or she forgets to take medication.

The system, known as Raising, monitors heart rate, heart activity and how well the patient is sleeping. It was initially tested in the US, where it improved the patients' compliance with medicine from 30 per cent to 80 per cent.

Nicholas Peters, professor of cardiology at Imperial College Healthcare, said the main aim was to encourage heart patients to be regular about dosage.

'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."

— Courtesy Mumbai Mirror

10 Common Habits that damage the kidneys

Kidney disease is one of the costliest illnesses in the world and managing kidney disease is very expensive. Each year, lots of people die of

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kidney disease all over the world, and the number of people suffering from chronic renal failure, and need dialysis or kidney transplantation to stay alive keep increasing. Statistics have indicate that, worldwide, more than millions patients are waiting for kidney transplants, but only a few thousands will receive transplants because of shortage of suitable organ donors. Patients usually felt surprised when they are diagnosed of Kidney Failure. Experts have found the explanation from your daily life habits.

Here are the top habits which lead to your kidney failure:

1. **Not emptying your bladder early** : Maintaining a full bladder for a long time is a quick way of causing bladder damage. That the urine stays in the bladder for a long time can cause the bacteria breeding in urine to multiply quickly. Once the urine refluxes back to ureter and kidneys, the bacteria can result in kidney infections, then urinary tract infection, and then nephritis, even Uremia.
So, no matter how busy you are, remember to drink a lot of water and urinate regularly. Once you form the habit of holding back urine, it will ultimately damage your kidneys.
2. **Not drinking enough water** : The main functions of the kidneys are to regulate erythrocyte balances and eliminate metabolic wastes in urine. If we do not drink enough water, the blood will be concentrated and the blood flow to the kidney will not be adequate, thus the function of eliminating toxins in from blood will be impaired.
3. **Taking too much salt** : 95% sodium we consume through food is metabolized by the kidneys. Exceeding the salt intake will make the kidneys work harder to excrete the excess salt and can lead to decreased kidney function. This excess sodium will cause water retention, causing edema. Edema usually elevates blood pressure and increases the risk of developing kidney disease. The daily salt intake should be controlled within 6g per day.
4. **Not treating common infections quickly and properly** Common infections, such as pharyngitis, tonsillitis, common cold etc, usually triggers or aggravates kidney damage. They do this by causing an acute attack of acute glomerulonephritis or chronic nephritis. So, you will see that people who get kidney disease for the first time or whose illness condition becomes worse usually present in hospitals with a history of cold or sore throat.

If after having cold, symptoms like blood in urine, swelling, headache, nausea, vomiting, fatigue, poor appetite appear, you should consult your doctor immediately, to assess your kidney functions, and start treatment if compromised.

5. **Eating too much meat** : Eating too much meat and protein can increase the metabolic load of the kidney. For those suffering from proteinuria, meat consumption too may aggravate protein leakage, worsening renal pathological lesion.
It is suggested that protein intake should be 0.8g/kg per day. This means that a person with 50 kg should consume 40g of protein per day. Meat consumption per day should be limited within 300g.
6. **Not eating enough**: This is equally as dangerous as eating too much, both of them will lead damages to your digestive organs where is full of mucosal tissues. Mucosal tissues relates closely to your immune system. This is why many kidney failure patients are diagnosed with "auto-immune kidney damages".
7. **Painkiller abuse** : The use of analgesics for a prolonged duration may reduce the flow blood and greatly affect kidney function. In addition, patients with analgesic-induced renal failure are more likely to suffer from bladder cancer.
Use analgesics only when it's absolutely necessary, learn to rest instead of taking to the bottles. If you have been on pain killers for a long term, it's about time you had a test to access you renal function done.
8. **Missing your drugs** : Hypertension and diabetes have been shown to precipitate or accelerate kidney damage, so if you are diagnosed as having any of these disease don't live your life in denial, USE YOUR DRUGS.
This will ultimately help control your condition while also helping to preserve your kidneys.
9. **Drinking too much alcohol** : Drinking alcohol without limitation may cause the deposition of uric acid in renal tubules, causing tubular obstruction and increasing risks of kidney failure.
10. **Not resting enough** : In our society, hypertension as a severe threat to life is largely due to stress. A common symptom of stress is insomnia. Blood pressure may increase by an average of 2.5mg/Hg because of insomnia. Chronically elevated blood pressure can cause damage to kidney capillaries giving rise to kidney problems.

Thus, we need to develop a good attitude to life and strike a good balance between work and rest to protect your kidneys and live a healthy life.

At the early stage of kidney diseases, there are usually no the special symptoms, so lots of patients are not diagnosed until the acute attack appears or the illness condition develops into the late stage. So you should endeavor to do kidney function test from time to time to assess how healthy your kidneys are. Never ignore the soreness of waist, swelling of the feet, changes in urine color or volume, increase in night urination, pallor, high blood pressure and other such symptoms. Once found, you should go and see your doctor immediately.

— Received from Mrs. Damkevala – Life Member

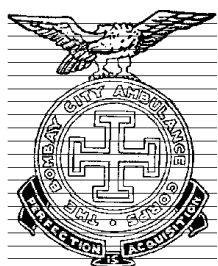
SERVICE STATION STATISTICS		
Year 2014	January	February
Calls Registered	12	6
Removal Services	15	8
Services for which NO donations were received	7	4
Donations received on account of :		
Removal Services	₹ 2,100/-	₹ 900/-
Donations to the Station Fund	₹ 15,466/-	₹ 4,500/-
Run of Ambulance (Car No.12)	720 Kms.	179 Kms.
Total services rendered till date	79,868	79,876

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

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 - 400 101 for the owners of the Publication "The Bombay City Ambulance Corps".

BOOK - POST

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