



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 642

October, 2015

PART - I NOTIFICATIONS

Instructors' Courses

The next Specialist Instructors' Course in First Aid to the Injured (January-June 2016 term), in English medium, will be conducted under the aegis of Jamsetji Tata Ambulance College from Monday, January 4, 2015 for 2 hours in the evening on Mondays and Thursdays in First Aid.

Admission is open to teachers, factory supervisors, and approved social workers. Graduates with high academic qualifications and aptitude for teaching are preferred. Enrollment will be at the sole discretion of the Commandant of the College. Those desirous of enrolling in the course should call in person at the College office between 6 and 8 p.m. from December 1 to 25, 2015.

Members and Well wishers are requested to do wide publicity of the course.

NEWS

85th Ordinary General Meeting

The Eighty Fifth Ordinary General Meeting of the Members of the Society was held in the Dr. Moolgavkar Memorial Hall at the Registered Office of the Society (21 New Marine Lines, behind Government of India Offices, Mumbai 400 020) on Saturday, the 31st day of the October, 2015 at 3.30 p.m.

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 Mumbai Hockey Association Ground for Hockey matches on August 27, September 7 to 22, 24, October 17 & 18, 2015 from 14.30 hrs to 19.00 hrs. (Ninety hours of service)

Donations to General Fund

We have received the following donations to the General Fund of the Society:-

| Date 2015 | Amount (Rs.) | Donations received from: |
|-------------|--------------|---------------------------|
| September 1 | 11,000/- | Parmanand Aggarwal |
| October 1 | 11,000/- | Parmanand Aggarwal |
| October 26 | 11,000/- | Aatmabodh Academy of Yoga |

Donations to Station Fund

We have received the following donations to the Station Fund of the Society :-

| Date 2015 | Amount (Rs.) | Donations received from: |
|--------------|--------------|---------------------------|
| September 5 | 9,000/- | Mumbai Hockey Association |
| September 19 | 500/- | Mr.Prashant J. Damle |
| September 19 | 500/- | Miss Vaishali D. Tupe |
| September 19 | 500/- | Mr. Rupesh A. Kadam |
| September 19 | 500/- | Mr. Kiran M. Kadam |
| September 19 | 500/- | Mr. Shailesh A. Panwalkar |
| September 19 | 500/- | Mr. Rakesh T. Thorat |
| September 19 | 500/- | Mr. Nagesh J. Shirsat |
| October 1 | 16,000/- | Mumbai Hockey Association |
| October 16 | 1,500/- | Miss Gool Avasia |

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

Note : Next CPR Seminar will be held on December 11, 2015 at the College campus from 2 pm to 6 pm. Registration for the seminar will be at 1.30 pm on the same day.

PART II

20 Mind-Blowing Medical BREAKTHROUGHS

(Continued from BG 640 – July 2015)

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

- 19. Drink Up for Healthier Ears :** Experts have known for year now about the ability of resveratrol, a substance found in grapes and red wine, to help fight heart disease, certain types of cancer, and diabetes. Now they may add hearing loss to the list, Rats exposed to loud noise that were given a resveratrol supplement beforehand had much less hearing loss than those that weren't. Oxidative stress – or the body's "rusting" – affects age-related hearing loss, and resveratrol, a potent antioxidant, appears to help offset that damage, explains study author Michael Seidman, MD, director of the division of otologic / neurotologic surgery at the Henry Ford Health System. But since there are many compounds in red wine that could have antioxidant effects – such as tannins or grape seed extract – Dr. Seidman Suggests getting the benefits through a daily 180 – ml glass of red wine instead of supplements. Teetotaller? A 235-ml glass of grape juice will also do the trick.
- 20. Prevent Drug Mess-ups :** Taking drugs haphazardly – Skipping doses or lapsing between refills – costs billions per year in unnecessary health-care costs. Now new advances hope to improve medication compliance:
 - ★ **Swallowable Sensors :** A poppy seed-size sensor placed inside pills can monitor whether or not you've taken your medicine, stomach acids activate the sensor, which relays data to a skin patch that sends info to a mobile app that you, your doctor, and family members can access to track compliance. The product, from technology company Proteus Digital Health, received US FDA clearance in 2012 and should be available soon.
 - ★ **Brilliant bottles :** Adhere Tech created pill bottles that measure the exact number of pills they contain and wirelessly transmit this data to patients, reminding them to take their medication via an automated phone call or text message.

Courtesy : Reader Digest February 2014

Eyesight Loss: Symptoms and Natural Treatments

Our eyes are perhaps one of our most important sensory tools. They are the primary way for most of us to gather information about what's going on around us so we can sense the world, live, work, interact with people, and walk around safely, being able to tell what is coming up ahead with remarkable accuracy. However, with age, our eyesight may become dim and our eyes tired. It is, therefore, very important that we take good care of them through a proper diet, special exercises, and healthy habits that reduce the eye's stress and effort.

But first, how do we even know if we are losing our eyesight?

How do you know if you are losing your sight?

If you are losing your vision, chances are you may not even know it. Vision loss happens so gradually that you may not recognize you have a problem until it becomes a much larger one. According to the

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World Health Organization, more than 285 million people worldwide are visually impaired. About 80 percent of those cases could have been avoided or cured with proper treatment. The best way to prevent such deterioration is by going to regular checkups with your eye doctor, but there are additional things you can do yourself to prevent and treat eyesight loss.

If you find yourself suffering from sudden and temporary blurred vision, changes in your night vision, changes in how you read and write, increased clumsiness (brushing more and more against objects) or an increased sensitivity to light, then you may be developing an eyesight problem.

If you find out about your problem early, or if you just want to keep your eyes healthy, there are many things you can do following for your eyes that are completely natural and highly beneficial.

- ★ Eating a healthy diet with plenty of fruits and vegetables will keep your eyesight from deteriorating and might even help improve it!
- ★ Vitamin A, C, and E, are all important to eye health as well as foods rich in antioxidants.
- ★ Add Omega 3 to your regular diet. These fatty acids are essential nutrients that have great health benefits. It can also help keep your retinas healthy and slow down age-related eyesight deterioration.
- ★ To get all of these great nutrients, you can eat more things kale, chard, collards, spinach and carrots.
- ★ Salmon and tuna are excellent for omega 3 and if you want even more beneficial non-meat protein you can have some bananas, beans or nuts.

It's important to remember that a change in your diet alone will only protect your eyes from more harm and can only lead to a minor improvement in your sight.

Perform Eye Exercises

One of the best ways to naturally improve your vision is to perform daily eye exercises. Don't forget, your eyes have muscles just your arms or legs.

- ★ Start by doing an eye "warm up", rub your palms together and

place them over your eyes. Hold your hands over your eyes for five to 10 seconds, and repeat 3-4 times.

- ★ Your first exercise should be to just roll your eyes up and down without straining them too much. Look up as far as you can, and then look down. Repeat this 10 times. Now look to each side, repeating 10 times. Finally, roll your eyes in a clockwise motion about 10 times, then reverse the movement and roll them counter-clockwise 10 times as well.
- ★ When you are done, grab a pen or a pencil and hold it at arm's length, making sure it is at eye level. Focus on the tip as you slowly move it closer to your eyes. Always focus on the tip as you move it closer to you, and then back to arm's length. Repeat this 9 more times.
- ★ When you're done, massage your temples with your fingertips and gently move to your eyebrows and under your eyes as well. If your eyes feel tired close them and let them rest for a few moments. Just at the gym, these muscles can get tired if you overwork them.

Lifestyle Changes :

The thing about our habits - they accumulate. Even the little things we do, when done often enough, can have negative consequences that keep building up.

- 1 **Stop smoking:** Smoking can lead to macular degeneration later in life, as well as cataracts.
- 2 **Make things bigger and brighter :** It is very straining for our eyes to look at small and dark objects, and doing so may lead to a decline in your eyesight. To prevent this you can do many things - changing the font size of the text you read and using the zoom option on computers and cell phones. You can also adjust the brightness settings on electronic screens and see if your paper has a larger-print edition.
- 3 **Take more breaks :** Practice the "20-20-20" rule. If your work or hobbies involve staring at a screen for long periods of time, take a break every 20 minutes, and focus on a point 20 feet away (6 meters) for at least 20 seconds. It will let your eyes relax a bit and change your focus.
- 4 **Rest properly :** Getting enough sleep at night is important for the health of your eyes. If your eyes are well-rested, they will be in a much better condition during the day.
- 5 **Wear sunglasses :** Too much exposure to ultraviolet light can lead to macular degeneration and cataracts. The old myth about staring at the sun has some truth in it, so avoid it when you can. If you don't want to wear sunglasses, a simple hat will also protect your eyes nicely.

I hope these tips will help you and that your eyes will continue to serve you well for many more years to come!

— Courtesy Times of India

| SERVICE STATION STATISTICS | | |
|-----------------------------------------------|------------|------------|
| Year 2015 | September | October |
| Calls Registered | 05 | 06 |
| Removal Services | 07 | 07 |
| Services for which NO donations were received | 02 | 04 |
| Donations received on account of : | | |
| Removal Services | ₹ 1,150/- | ₹ 1,500/- |
| Donations to the Station Fund | ₹ 12,500/- | ₹ 17,500/- |
| Run of Ambulance Car (No.12) | 207 Kms. | 281 Kms. |
| Total services rendered till date | 79,576 | 79,583 |

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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