



THE BOMBAY CITY AMBULANCE CORPS

(FOUNDED 1930)

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

BRIGADE GAZETTE

GRATIS

No. 629

September, 2013

PART - I NOTIFICATIONS

NEWS

Specialist Instructors' Course in First aid to the Injured

A Specialist Instructors' Course in First aid to the Injured (I/238) July - December 2013 term, was inaugurated on Monday, July 8, 2013 at 18.30 hours in the Dr. Moolgavkar Memorial Hall by the then Officer Commanding of the Corps, Late Captain Abid B. Khambaty, under the aegis of Jamsetji Tata Ambulance College. 11 students have been enrolled in the course.

Volunteers Meet

The Ex volunteer's meet is organized at the Head Quarters on Saturday, September 14, 2013 at 1700 hours (5-00 p.m.). Ex volunteers are requested to contact Captain Lad on 99308477 or Mr. Anjan Lalaji 9820939090 for further details and RSVP.

All ex volunteers are requested to update their profile and also pass on this message to the volunteers you are your touch.

Seminars of CPR

No.	Date 2013	No. of Participants	Participants from
13/S/CPR/9	July 1	13	Ravish Dobani
13/S/CPR/10	August 31	16	BFY

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 2013	Time
1.	Mumbai District Football Association	July 28, August 4,11,15,18 & 25	10 am to 6 pm
2.	Soccer School of Excellence	July 30 & 31 August 6,7,13,14,20 & 21	7 pm to 11-45 pm

Service Station Fund Donations

Date 2013	Amount (Rs.)	Donations received from
July 1	4,000/-	Ravish Dobani
July 11	1,000/-	Reserve Bank of India
July 18	37,100/-	K11 Fitness Management
July-Aug	2,500/-	Participants of CPR Seminar
July 22	3,200/-	Mr. Balkrishna D. Satam
July 22	5,000/-	Mr. Abbas Abid Khambaty

General Fund Donations

Date 2013	Amount (Rs.)	Donations received from
July 18	1,00,000/-	Shree Mahalakshmi Temple Charities
July 18	1,03,250/-	K11 Fitness Management

**KINDLY SEND YOUR OPTIONS TO RECEIVE
BRIGADE GAZZETE ON WEBSITE (bcac.co.in)
OR BY E-MAIL (send your email id)**

PART II

Young at Heart!

With world heart day on September 29 just around the corner, learn ways to keep the old ticker in good shape.

According to medical experts with each passing day, our heart is ageing faster than other parts of our bodies and is finding it difficult to go on. Your heart age can be different from your actual age. A sedentary lifestyle, stress, long work hours, a growing appetite for junk food, excessive smoking and drinking are some of the factors that can make your heart older a lot faster than you actually age.

Age : Just a Number ?

You may know the shape of your heart. There are sites online which claim to calculate the age of your heart but you shouldn't rely on them. There is no way to calculate the age of your heart. When doctors use the term 'ageing heart', what they are referring to is a tendency among young people who would otherwise have a very low risk of heart disease now grappling with cardiovascular disease which is largely prevalent at later stages in life.

Teen under attack

Heart age is an estimated 'age' of the heart as compared to a person's chronological age. It's based on the influence that physical and lifestyle factors have on heart. The age group of people suffering from heart disease now includes teenagers. There are cases of 17 and 19 year-olds patients with heart problems.

It's essential that you measure your risk of heart disease and make a plan for how to prevent it in the near future. Often we do not realize dangers to the heart due to the toll junk food. Quitting smoking, regular exercise and modification in diet helps to get through for preventing heart attack.

Whatever is your age, keeping your heart healthy is well worth it. Because a strong heart is ultimately what keeps you young and vital.

— Curtsey Times News Network

Test your heart Age

The heart forecaster reveals your age after getting your heart number, which is your blood pressure and your cholesterol ratio. With a few simple questions, the Heart age will estimate the current condition of your heart. It will also give you insight into how healthy your heart is and also the effect that your life style has on your body.

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

How to keep a healthy heart?

1. If you have high cholesterol level, avoid red meat.
2. Avoid fried, junk, salty and oily food.
3. Exercise regularly, go for a brisk walk, for 45 minutes to an hour, three to four times a week. It helps increase good cholesterol.
4. Avoid drinking too much alcohol. Drinking in moderation is not harmful. One or two pegs a day, two or three times a week, is okay.
5. Check your weight and maintain it.
6. Quit smoking and control BP and blood sugar levels.
7. Sleep for at least 6-8 hours at a stretch.

Few Heart Terms**What is Angina?**

Angina is a recurring pain or discomfort in chest that happens when some part of the heart does not receive enough blood. It is common symptoms of coronary heart disease (CHD), which occurs when coronary arteries that carries blood to the heart becomes narrow and blocked due to atherosclerosis. Angina feels like pressing or squeezing pain, usually in the chest under the breast bone, but sometimes in the shoulders, arms, neck, jaws, back or upper abdomen. Angina is usually precipitated by exertion. It is relieved within a few minutes by resting or by taking angina medicine.

What is the purpose of an Angiography?

The doctor who is consulted will conduct an angiography to see what caused the angina. This test is conducted in the catheterization laboratory and identifies all the specific location of blockages of narrowing in the coronary arteries. It also determines the severity of any blockages present and evaluates the left ventricles. This information is essential to determine if angioplasty is needed. The procedure involves long thin tube called catheter to be passed inside an artery of the groin or arm, usually under local anaesthesia. Then an X-ray contrast dye is injected through the catheter into the heart. This allows X-rays to show clear images of the inside of the heart and coronary arteries.

What is the procedure involved in an Angioplasty?

If the blockage seems critical, then an angioplasty is conducted. It is not an operation but rather a technique of mechanically widening a narrowed or totally obstructed blood vessel. For this wire is introduced into the catheter and guided across the blockage and parked distally. Over this wire, the balloon catheter is threaded and placed at the lowest portion of the blockage and inflated followed by deflation process pushes aside the plaque and improves the blood flow to that portion of the heart muscle.

What are Stents?

A stent is a specially designed metal mesh that is introduced inside the artery. It is normally mounted on a balloon that can be selectively pressurized. The stent is designed to open after inflation of the balloon and hold artery open after deflation. It stays permanently in the artery. With conventional stents, re-narrowing of arteries can occur. Drug eluting stents have shown promise in a vast majority of cases. The intention of this time taking process is to slow down the unwanted growth of cells (restenosis) which causes re-blockages and allow the artery to heal.

Tests for Your Heart

There are different types of tests to diagnose various types of heart disease. The first step is checking your family history for cases of heart diseases. Some simple tests you can take include Blood Pressure checks, Lipid profile and Blood sugar levels. Other tests include ECG, 2D echo and a stress test. An angiograph is the good standard in detecting heart artery blockages. These tests are utilized by cardiologists to pin point diagnosis and plan the treatment strategy.

— Curtsey Bombay Times

SERVICE STATION STATISTICS		
<i>Year 2013</i>	<i>July</i>	<i>August</i>
Calls Registered	6	19
Removal Services	8	32
Services for which NO donations were received	3	18
Donations received on account of :		
Removal Services	₹ 1,500/-	₹ 3,950/-
Donations to the Station Fund	₹ 15,700	₹ 37,100/-
Run of Ambulance (Car No.12)	144 Kms.	1073 Kms.
Total services rendered till date	79,775	79,807

ALL OUR SERVICES ARE FREE, BASED ON VOLUNTARY DONATIONS

Edited and Published by Captain Abid B. Khambaty, B.Sc. (Hons.), Dip. Amb. Work, N.K.D., 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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