

CAMP 10

A free Medical Check-up camp sponsored by **Dr. Jayshree Javeri, President "College of Physician & Surgeon"**, Parel, Mumbai and technically accomplished by "The Family Planning & Medical Aid Trust", Indian Mercantile Mansion, Madam Cama Road, Opp. Regal Cinema, Fort, Mumbai - 400 001 for "Traffic Police Officers and Hawaldars" was organised on the eve of "Parsi New Year" i.e. on Thursday the 22nd August, 1996 at "Traffic Police Head Qtrs.", 3rd Floor, Worli, Mumbai - 400 025 under the Supervision of "Shri. Hasan Gafoor (I.P.S.), Dy. Commissioner of Plice (Traffic) between 10.00 a.m. to 2.30 p.m.

The Following staff Members attended this camp activity:

1. Mr. D.P. Gawai : Public Relation Officer
2. Mrs. Shehnaz P. : Lab. Technician
3. Mrs. Swati Kadam : Lab. Technician

4. Mrs. Ranjana Tulve : Ahya
5. Mr. Ravi Nalawade : Driver with Small Ambulance

The Following activities were carried out in the camp :

Surgeon, Dr. Vijay Deshmukh examined around **Ninety Five** patients. Most of his patients complained about Indigestion, Mucus in Stool, Hyperacidity. His opinion regarding the common diseases in Traffic Police was due to irregularity in food, more spicy food, standing in the same position for a longer period. 10% of the patients suffered because of Alcohol and Tobacco chewing. All the patients were given free advice and prescription.

The Ophthalmic Department was well managed by **Dr. Ajit Hajari** from K.E.M. Hospital. He examined around **Thirty** patients whose common complaint was redness in eyes, watering of eyes, short & long sightedness. He said the reason could be that they are exposed to more dust particles pollution etc. some of the patients had retina problem due to High Blood Pressure and diabetic. These persons were advised to get their eye checked every year.

The Orthopaedic Department was looked by Orthopaedic Surgeon **Dr. Sharad Bhure**. He examined around **Ten to Fifteen** patients. Mainly complaining of knee joint pain and swelling over legs which could be to his opinion because of standing in the same position for longer period.

A Panel of Skin Specialist were present viz. Dr. Shailendra, Dr. Deepak Ringanekar, Dr. Santosh Zuzer, Dr. D.G. Sapale, Dr. Satish Wadhwa all from G.T. Hospital examined around **THIRTY FIVE TO FORTY** patients C/o Haemotoma, Eszema, Skin infection, swelling of veins and so on. He says that this could be because of various reasons like standing in one position, quality of clothes used by them is not good, the belt which they tie on the vest are too tight which hinders the blood circulation and so on. Every body were given free advise.

DR. V. H. Salaskar, Dr. Nilang Shah did the **General check-up** of around **FIFTY TO FIFTY FIVE** patients. Some of them had blood pressure, diabetic problems. Proper advise and line of treatment were given to the needed persons.

Laboratory Investigations mainly blood grouping and blood sugar estimation was done by our staff members **Mrs. Shehnaz Presswala and Mrs. Swati Kadam**. They did **NINETY FIVE** blood groups among which **FOUR** had Rh-factor negative. Around Twelve blood sugar was estimated and **Two to Three** were found to be diabetic.

Around **SIXTEEN** pockets of contraceptive were freely distributed by **Mr. D.P. Gawai**, Public Relation Officer **The Family Planning & Medical Aid Trust, Mumbai**.

OBSERVATION : The camp was organised under the supervision of **Mr. D.P. Gawai** Public Relation Office "The Family Planning & Medical Aid Trust", **Dr. Jayshree Zaveri** President, College of Physician & Surgeon, Parel, Mumbai and Ex. P.M. and wellknon personality **Dr. V. H. Salaskar, Mr. C.G. Nagare Police Inspector, Mr. D.B. Shinde Police Inspector, Mr. Sanjay Parade Inspector, Mr. Vinay Rode Police Sub-Inspector, Mr. Lekhade, Mr. S.P. Sabare, Mr. V.G. Khuntal** helped in managing the camp.

The camp ended with the introduction of all the Doctors with each other and a breakfast.

This is for information and record.

DR. H.V. POPHALE

CHAIRMAN - THE FAMILY PLANNING & MEDICAL AID TRUST