



## **Common First Aid Remedies you shouldn't try at home**

Take a look inside your first-aid kit: bandages, some gauze, painkillers, a tube of antibacterial cream, maybe iodine or hydrogen peroxide. We're all familiar with these tried-and-true solutions. They may be tried, but they're not all true. "Many traditional home 'remedies' may do more harm than good by further damaging the affected area," says Dr Walter Kloock, president of the College of Emergency Medicine of South Africa. After years of research, experts are finding that your standard first aid response sometimes may be the worst thing you can do in an emergency.

**Here are some remedies you should not try to do at home.**

### **Cuts and scrapes & Hydrogen Peroxide, Iodine, Rubbing Alcohol, Mercurochrome**

When the skin isn't broken, it's hard to beat iodine for killing bacteria, that's why doctors use it to clean an area before surgery. But when there's a cut, full-strength iodine, hydrogen peroxide and rubbing alcohol can be toxic to skin cells, full strength iodine may damage the good tissue, impeding healing. The chemical reaction (and bubbling) that occurs when hydrogen peroxide hits the skin isn't only cleaning the wound – its killing healthy cells. And that stinging from the rubbing of alcohol? This stuff hurts because it's wiping out healthy tissue. Putting iodine on cuts and wounds kills bacteria, but it won't do much else for the wound. Mercurochrome also kills bacteria, but, as the name suggests, it contains mercury, which is toxic and not generally recognized as safe. Today, many doctors don't use Mercurochrome.

**Better bet:** Remarkably, cleansing a wound has become much simpler. The most effective way to get rid of debris and bacteria without damaging healthy tissue is flushing the wound out with water. Don't use ice as this could damage the tissue. Put the wound under a tap or spray it with a hand-held showerhead. Run the water over it until all debris is cleared. If you are worried the bandage may stick to the wound, use an antibacterial ointment that contains bacitracin or neomycin to keep the area lubricated.

### **Burns & Butter**

According to a popular old wives' tale, you should spread butter on a burn to ease the pain, but that isn't a good idea. Butter can mask the injury. There's no evidence of benefit, and it also can create an environment for bacterial growth.

**Better bet:** Run the burn under cool water immediately to help remove the heat and put an end to the damaging process. The water will also clean the area, decrease the risk of infection and make it feel better. Next, wrap the burn with sterile gauze or a non-adhesive bandage and keep it clean and dry. If blisters form, don't break them – the fluid inside is sterile and it creates a natural bandage over the burn.

### **Poisoning & Syrup of ipecac (induce Vomiting)**

For years, ipecac syrup was thought to be a good way to treat a child who had swallowed anything poisonous and well-prepared parents kept it on hand. Today, the type of treatment would depend on what has been ingested, ipecac irritates the stomach to induces vomiting, a problem that may cause dehydration and prevent doctors from giving other treatments.

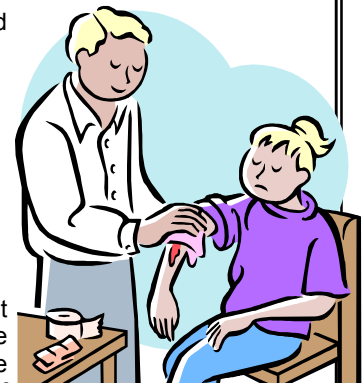
**Other risks:** if the poisonous substance is caustic, like lye, it burns the oesophagus when swallowed and can burn it again when it comes back up. And if the toxic substance is paraffin, as so often is swallowed in South Africa, vomiting can cause a severe inflammation of the lung tissues.

**Better bet:** Immediately call the 999. The experts will be able to tell you what, if anything, to do. If it's a true emergency, they may advise you to go directly to the casualty department of your nearest hospital. There, the treatment of choice is often activated charcoal, a very finely ground charcoal powder. When swallowed, it can soak up the ingested substance like a sponge, preventing it from entering the bloodstream. Although best taken within an hour of ingesting the poison, doctors warn that activated charcoal should not be used without expert guidance.

### **Excess bleeding & Tourniquets (tight bandages)**

Once upon a time, every well-trained Boy Scout learnt how to stop bleeding with a tourniquet. But studies show this method causes more harm than good. A tourniquet should never be used by an ordinary member of the public, except where a limb has been totally severed. Tourniquets can increase the risk of tissue damage or even the loss of a limb. Since there are other methods that can slow the blood flow – and preserve life – without the loss of the limb, tourniquets are out.

**Better bet:** Simply place a clean cloth on the wound and keep pressing firmly; don't remove the cloth, even if it gets saturated. If necessary, add more cloths on top of the first. Applying direct pressure reduces blood flow to the wound. This should stop the bleeding and promote clotting, but still leave blood circulating to the rest of the limb. If that's not enough, you can further slow blood flow by applying pressure to the main artery of the upper arm or leg, depending on the site of the wound.





### TRIP/AGM Photo's



A view at Longleat Safari



Members walking around the Safari Park



Saheli members walking around the Mystical Garden



Members at the AGM.



**From left to right:** Dr. Pushpinder Choudhary (Speaker) Bharti Shetty (Vice-Chair), Saroj Parekh (Chair), Jaya Ajodha and Neera Lakhmana (Co-ordinator)

**On the Chairs :**from left to right: Usha Patel, Chandra Bhatia (Chair person of the AGM), Letcimei Desai and Jane Jessup (the newly appointed trustees).

**Enfield Saheli would like to offer thanks to our service users, supporters, friends, the Enfield Primary Care Trust, The London Borough of Enfield and the London Probation Service for their on-going support.**

# "Hiding Divya" a South Asian Movie about Bipolar Disorder

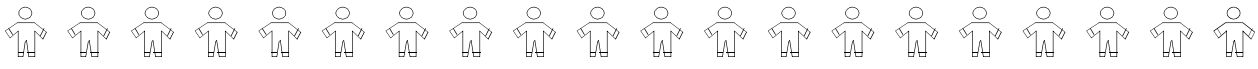








<http://www.hidingdivya.com>

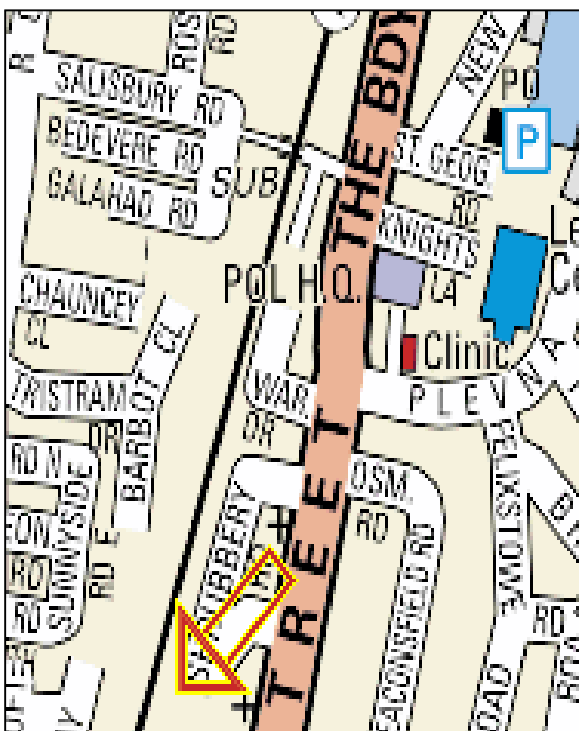
As the key speaker at our AGM put it, films can be a useful medium to change mindsets and to chip away social taboos around mental illness. Films are often made to reflect the world, but what we tend to forget is that they have the power to change the world. The speaker Dr Choudhary recommended 'Hiding Divya', as a film worth watching in this context. The following passages are extracted from the Film Director Rehana Mirza's Note.

Early in my screenwriting career, one of my sister's friends approached me about the problem of mental illness in the South Asian community. Surprisingly, she pointed out that South Asians tend to deny its existence and rarely, if ever, seek treatment. Mental illness is often treated as a failure or shortcoming rather than a treatable disease. South Asian families coping with it find themselves the subject of bias and humiliation within their communities.

Divya, Linny and Jia are characters that have been developed precisely to reflect how mental illness and the humiliation associated with it can tear a South Asian family apart. Years passed and I began playing around with possible script options. It wasn't until another friend's father, who was suffering from depression, shot himself that I realized there was an immediate need to tell this story. Over the past few months, I've been surprised at how many prominent figures from the community have approached me - actors, directors, fellow colleagues — all offering to help, stating that they have a father, a grandmother or another loved one who suffers from a mental illness. It seems like we all share a hidden secret that needs to be told.

While "Hiding Divya" came out of a need to educate South Asians about a very serious issue in their communities, it has developed into a wonderful, universal story about a family in crisis. It is a story which will appeal to not only those who are marginalized by mental illness, but anyone who has lived through the struggle of keeping a family together.

  
 **NEWSFLASH:** We are now starting the "Welfare Benefits Surgery" once a week from   
 24/10/07 at Enfield Saheli on Wednesday at 1.30 pm to 3.30 pm. The appointments   
 will be booked on First come First served basis. For further details contact Neera   
  




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**Reg. charity no.1045236**

**Buses to Fore Street 102,144,149,259,279, 491**

**Buses to Edmonton Green W6, W8, 191**