What to do in the first few minutes

First Aid for the Brain



Dr Anand Diwan

Consultant Neurologist · Adults & Children
Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

During a fit (seizure)

1. **Stay calm** and note the time.
2. **Move away** sharp or hard objects; cushion the head.
3. **Loosen** tight clothes around the neck.
4. **After the jerking stops,** turn the person on their side.
5. **Stay** until fully awake; speak gently.

Do NOT

- Put anything in the mouth – no spoon, key or fingers
- Hold them down forcefully
- Give water or tablets until fully awake
- Make them smell a shoe or onion

Call an ambulance (108 / 112) if the fit lasts more than 5 minutes, fits repeat, there is injury, or it is the first fit ever.

Stroke – think BE FAST

B – Balance
Sudden loss of balance or giddiness

E – Eyes
Sudden loss of vision or double vision

F – Face
Face drooping on one side

A – Arm
Weakness of an arm or leg

S – Speech
Slurred speech or cannot understand

T – Time
Go to a hospital with a CT scan immediately

While going to hospital

- Note the time symptoms started
- Do not give food, water or tablets
- Do not wait for symptoms to settle

Head injury



Go to hospital at once if

- Unconscious even briefly
- Repeated vomiting, severe headache
- Drowsy, confused, fits, weakness
- Blood or fluid from nose or ear

- Keep the neck still if a spine injury is possible
- For 24 hours, someone should stay with the person

Fainting and an unconscious person

1. **Lay the person flat;** raise the legs if they fainted.
2. **Check breathing.** If not breathing, call 108 / 112 and start chest compressions if trained.
3. **If breathing but unconscious,** place in the recovery position (on the side).
4. **Do not crowd;** allow fresh air.
5. **Low sugar?** If the person has diabetes and is awake enough to swallow, give sugar or juice.



My emergency card

Fill this in and keep it in your wallet or on the fridge.

Name	
Illness	
Medicines	
Allergies	
Family contact	
Doctor	Dr Anand Diwan · 0253 2224411

Emergency numbers

- **108** – Ambulance
- **112** – All emergencies

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

83900 00385 · 93702 54026

WhatsApp is for booking appointments only.

narayanihospitalfrontdesk@gmail.com

www.diwanneurology.com

Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.