



Overview about Salam Bulletin:

Al Salam bulletin is your one stop comprehensive newsletter, for all the latest healthcare content. Stay updated with latest healthcare related news, public health advice, narrative experiences, trainings and links to valid sources for further reading / fact-checking. Medical Development Center highlights Bulletin sources for you to keep abreast of the latest developments in COVID-19 and trends in the Healthcare industry.



HEALTH AWARENESS DAYS

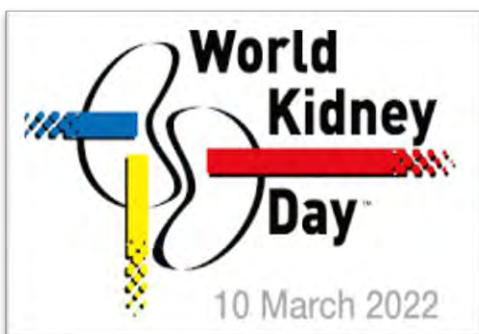
World Kidney Day – 10th March 2022

worldkidneyday.org

Theme: KIDNEY HEALTH FOR ALL – “Bridge the knowledge gap to better kidney care”

The World Kidney Day for 2022 falls on 10th of March . Joint Steering Committee has declared 2022 to be the year of “Kidney Health for All”. The 2022 campaign will focus on efforts to increase education and awareness about kidney health and on reducing the stubbornly high CKD knowledge gap at all levels of kidney care.

[Read more...](#)





COVID - 19 CORONA VIRUS DISEASE 2019 UPDATE



COVID -19 Treatment New Guidelines

nih.gov

The COVID-19 Treatment Guidelines Panel is committed to updating this document to ensure that health care providers, patients, and policy experts have the most recent information regarding the optimal management of COVID-19. The section is divided into pre and post exposure prophylaxis.

[Read more...](#)

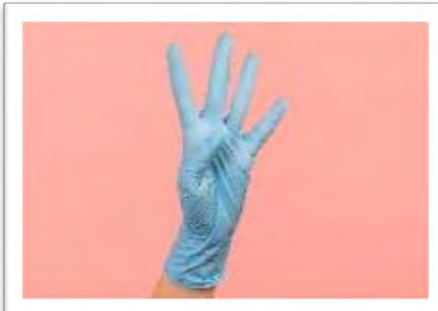


Omicron Variant – What You Need to Know?

cdc.gov

CDC has been collaborating with global public health and industry partners to learn about Omicron, as we continue to monitor its course. We are still learning about how easily it spreads, the severity of illness it causes, and how well available vaccines and medications work against it.

[Read more...](#)

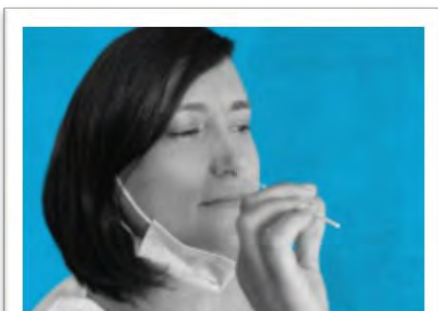


What's the Benefit of a Fourth COVID Vaccine?

medpagetoday.com

Once, twice, and now three times, many people in the U.S. have rolled up their sleeves to get vaccinated against COVID-19. But as daily infections break records and hospitals across the country near capacity during the Omicron surge, many people have raised questions about whether they'll need to get a fourth dose.

[Read more...](#)



Home COVID-19 Tests of 2022

medicalnewstoday.com

The SARS-CoV-2 virus and COVID-19, the disease that this virus causes, spread quickly throughout the world. Public health measures, such as physical distancing, are essential for stopping the spread of infection. Medically approved home testing can also be a valuable tool in helping end the COVID-19 pandemic.

[Read more...](#)



Early Detection of Type 1 Diabetes in Children

medicalxpress.com

It only takes a blood test to detect the autoimmune disease type 1 diabetes in children at an early stage and, thus, prevent severe metabolic derailments. A research team from Helmholtz Munich and the Technical University of Munich (TUM) has now calculated that introducing screening into standard care would probably cost the health care system in Germany just 22 euros per child examined.

[Read more...](#)



New Technology Restores Movement After Spinal Cord Paralysis

medicalxpress.com

A motorcycle crash left Michel Roccati with complete lower-body paralysis from a devastating spinal cord injury. But now, the Italian native is walking again, courtesy of groundbreaking Swiss research that restores motor function within one day by means of carefully targeted electrical stimulation.

[Read more...](#)

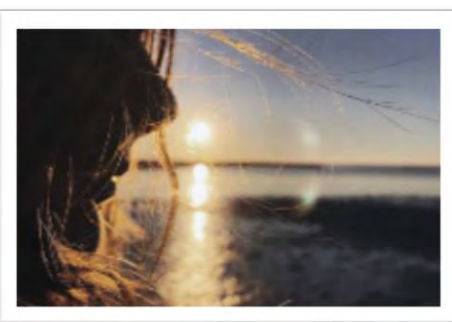


How to Increase Synovial Fluid?

verywellhealth.com

Synovial fluid is a thick liquid that helps your joints move and keeps them from rubbing together. It is also called joint fluid. All of your joints have this liquid around them but you will have less of it as you get older. That's partly why your joints do not move as well and get stiff as you age. Synovial joints are made up of bones that slide against each other.

[Read more...](#)



Could Vitamin D Deficiency Increase the Risk of Heart Disease?

medicalnewstoday.com

Vitamin D, also known as the “sunshine” vitamin, is a fat-soluble vitamin that exists in two main forms: D-2 and D-3. As an essential micronutrient and one that is primarily derived from sunlight, vitamin D is important for the development of bones and teeth and the regular functioning of the immune system.

[Read more...](#)



Case report: Woman Cured of HIV After Umbilical Cord Blood Transplant

Source: The New York Times

Date of publication: 16th February, 2022

INTRODUCTION:

A woman with HIV who received an umbilical cord blood transplant has become the third person in the world to be cured of the virus that causes AIDS.

CASE HISTORY:

The woman who is of mixed race was diagnosed with HIV in 2013 and took antiretroviral drugs to keep her virus levels low. She was diagnosed with leukemia in 2017 and received the cord blood transplant that year to treat the cancer, along with blood from a close relative to give her temporary immune protection while the cord blood transplant took hold, said researchers. The cord blood contained a mutation that blocks HIV's entry into cells and came from a partially matched donor. That's in contrast to similar procedures using bone marrow transplants, where there's the need to find a donor of similar race and ethnicity, the research team noted.

CONCLUSION:

The cord blood procedure could therefore be a major advance in efforts to develop a cure for HIV, according to the researchers.

To know more about the case study, [CLICK HERE](#)



PHENERGAN

Generic name : Promethazine (pro METH a zeen)
Brand name : Phenergan, Phenadoz, Promethegan
Drug class : Antihistamines, Phenothiazine antiemetics

What is Phenergan?

Phenergan works by changing the actions of chemicals in your brain. It also acts as an antihistamine. It blocks the effects of the naturally occurring chemical histamine in your body.

Uses and indication:

Phenergan is used to treat allergy symptoms such as itching, runny nose, sneezing, itchy or watery eyes, hives, and itchy skin rashes. Phenergan also prevents motion sickness, and treats nausea and vomiting or pain after surgery. It is also used as a sedative or sleep aid.

How to take Phenergan?

Phenergan is often taken at bedtime or before meals. For motion sickness, Phenergan is usually started within 1 hour before traveling. When used for surgery, Phenergan is usually taken the night before the surgery.

To know more about Phenergan, [CLICK HERE](#)



Protection Against SARS-CoV-2 After Covid-19 Vaccination and Previous Infection

Victoria Hall et al;
The New England Journal of Medicine,
DOI: February 16, 2022.
10.1056/NEJMoa2118691

ABSTRACT:

BACKGROUND: The duration and effectiveness of immunity from infection with and vaccination against severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) are relevant to pandemic policy interventions, including the timing of vaccine boosters.

METHODS: Investigated the duration and effectiveness of immunity in a prospective cohort of asymptomatic health care workers in UK who underwent routine PCR testing. Vaccine effectiveness (≤ 10 months after the first dose of vaccine) and infection-acquired immunity were assessed by comparing the time to PCR-confirmed infection in vaccinated persons with that in unvaccinated persons, stratified according to previous infection status. Used a Cox regression model with adjustment for previous SARS-CoV-2 infection status, vaccine type and dosing interval, demographic characteristics, and workplace exposure to SARS-CoV-2.

RESULTS: Of 35,768 participants, 27% (9488) had a previous SARS-CoV-2 infection. Vaccine coverage was high: 97% of the participants had received two doses (78% had received BNT162b2 vaccine [Pfizer–BioNTech] with a long interval between doses, 9% BNT162b2 vaccine with a short interval between doses, and 8% ChAdOx1 nCoV-19 vaccine [AstraZeneca]). Between December 7, 2020, and September 21, 2021, a total of 2747 primary infections and 210 reinfections were observed. Among previously uninfected participants who received long-interval BNT162b2 vaccine, adjusted vaccine effectiveness decreased from 85% (95% confidence interval [CI], 72 to 92) 14 to 73 days after the second dose to 51% (95% CI, 22 to 69) at a median of 201 days (interquartile range, 197 to 205) after the second dose; this effectiveness did not differ significantly between the long-interval and short-interval BNT162b2 vaccine recipients. At 14 to 73 days after the second dose, adjusted vaccine effectiveness among ChAdOx1 nCoV-19 vaccine recipients was 58% (95% CI, 23 to 77) — considerably lower than that among BNT162b2 vaccine recipients. Infection-acquired immunity waned after 1 year in unvaccinated participants but remained consistently higher than 90% in those who were subsequently vaccinated, even in persons infected more than 18 months previously.

CONCLUSION: Two doses of BNT162b2 vaccine were associated with high short-term protection against SARS-CoV-2 infection; this protection waned considerably after 6 months. Infection-acquired immunity boosted with vaccination remained high more than 1 year after infection.

To know more details, [CLICK HERE](#)



Pulmonary Edema Treatment LMNOP

- L**asix
- M**orphine
- N**itro
- O**xygen
- P**osition / positive pressure ventilation

Video



Topic: Robotic Gastric Sleeve surgery
To watch [CLICK HERE](#)

Medical quiz



Topic: Clinical Medicine Quiz
To attend quiz [CLICK HERE](#)

New Courses



Topic: Catheter Associated Urinary Tract Infections

Note: Login to open WHO or create new account

To enroll for the course [CLICK HERE](#)

Continuing Medical Education

Topic: Arrhythmias, Anticoagulation & Antiplatelet therapy

CPD credit: 2.25

To attend [CLICK HERE](#)



4 things you can do to help protect yourself from Omicron:

1. Get vaccinated
2. Get boosted
3. Wear a mask in public indoor settings
4. Consider taking a test before you gather



SIH Offers

On the occasion of national days, Check Your Health with Full Checkup Offer during February

This offer cannot be combined with any other offers or agreements with insurance companies

8 am - 9 pm (Except Friday) Fasting from 8 to 12 hours is required Prebooking is required for the examination For booking an appointment 18 3000 3

- FEMALE CHECKUPS**
- Internal medicine checkup
 - Chest X-Ray
 - ECG
 - CBC
 - Blood Sugar Level
 - Kidney function test
 - Liver function test
 - Cholesterol
 - Urine analysis
 - Thyroid function test
 - Pap smear
 - Dexa scan
 - Vitamin D test

99 K.D

Offer Extended till March 31, 2022

- MALE CHECKUPS**
- Internal medicine checkup
 - Chest X-Ray
 - ECG
 - CBC
 - Blood Sugar Level
 - Kidney function test
 - Liver function test
 - Cholesterol
 - Urine analysis
 - Thyroid function test
 - Prostate cancer screening
 - Vitamin D test

بمناسبة الأعياد الوطنية تظمن على صحتك عرض الفحص الشامل لشهر فبراير

لا يمكن ضم هذا العرض مع أي عروض أخرى أو التغطيات مع شركات التأمين

9 صباحاً - 9 مساءً (ماعدا الجمعة) يجب الصيام من 8 - 12 ساعة ضرورة الحجز المسبق للحجز الرجاء الاتصال على 18 3000 3

- فحوصات الرجال**
- فحص باطني
 - أشعة الصدر
 - تخطيط القلب
 - فحص الدم الشامل
 - فحص السكر
 - مستوى الكوليسترول بالدم
 - إختبار وظائف الكلى
 - إختبار وظائف الكبد
 - تحليل البول
 - تحليل الغدة الدرقية
 - الفحص المبكر لسرطان البروستات
 - فحص فيتامين (د)

99 K.D

تم تمديد العرض حتى 31 مارس 2022

- فحوصات النساء**
- فحص باطني
 - أشعة الصدر
 - تخطيط القلب
 - فحص الدم الشامل
 - فحص السكر
 - مستوى الكوليسترول بالدم
 - إختبار وظائف الكلى
 - إختبار وظائف الكبد
 - تحليل البول
 - تحليل الغدة الدرقية
 - فحص مسحة عنق الرحم
 - فحص كثافة العظام
 - فحص فيتامين (د)

7% Discount on breast examination (x-ray and sonar) during the offer period.

خصم 50% على فحص الثدي (أشعة وسونار) أثناء فترة العرض.