



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 AIDS Day – 1st December 2021

who.int

World AIDS day, observed each year on December 1, is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV, and remember those who have died from an HIV-related illness. Started in 1988, World AIDS Day was the first-ever global health day. HIV remains a major public health issue that affects millions of people worldwide.

Theme: “End inequalities. End AIDS”.

With a special focus on reaching people left behind WHO and its partners are highlighting the growing inequalities in access to essential HIV services.

Read more...



International Day of Persons with Disabilities, 3 December

Un.org

Disability inclusion is an essential condition to upholding human rights, sustainable development, and peace and security. It is also central to the promise of the 2030 Agenda for Sustainable Development to leave no one behind. The commitment to realizing the rights of persons with disabilities is not only a matter of justice; it is an investment in a common future.

Theme: “Leadership and participation of persons with disabilities toward an inclusive, accessible, and sustainable post-COVID-19 world”

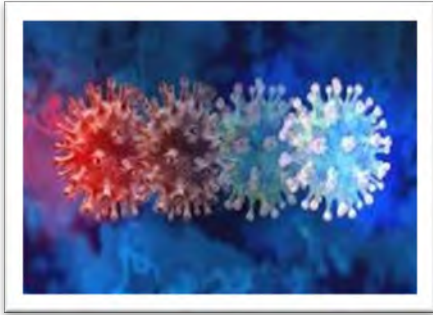
The global crisis of COVID-19 is deepening pre-existing inequalities, exposing the extent of exclusion, and highlighting that work on disability inclusion is imperative.

Read more...





COVID - 19 CORONA VIRUS DISEASE 2019 UPDATE



New COVID Variant Sparks U.S. Travel Ban for Southern Africa

medpagetoday.com

The U.S. will ban travel from South Africa and several other African nations starting on Monday due to the emergence of the Omicron variant (B.1.1.529), which may have the ability to evade COVID vaccines and increase the risk of reinfection.

[Read more...](#)

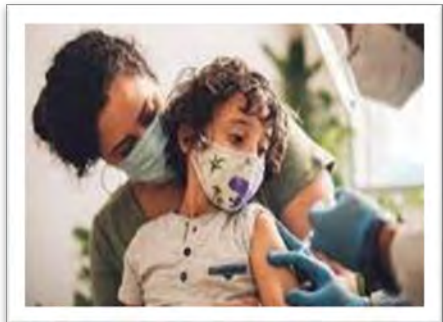


Antiviral Pill Almost 90% Effective

medpagetoday.com

Pfizer announced that its oral antiviral reduced the risk of hospitalization or death by 89% in a study of patients with mild or moderate COVID-19 symptoms. "Boostermania" continues to outpace the rate of new COVID vaccinations.

[Read more...](#)



COVID-19 Vaccines for Children and Teens

cdc.gov

Although children are at a lower risk of becoming severely ill with COVID-19 compared with adults, children can be infected with the virus that causes COVID-19, get very sick from COVID-19, have both short and long-term health complications from COVID-19 and spread COVID-19 to others.

[Read more...](#)



COVID Booster Shot Increases Protection in Cancer Patients

medpagetoday.com

COVID-19 booster shots generated immune responses in cancer patients who had no detectable antibodies after primary vaccination, researchers said. Among seronegative patients, a third dose of vaccine achieved a 56% seroconversion rate, reported Balazs Halmos, MD, MS, of Montefiore Einstein Cancer Center in New York City, and colleagues.

[Read more...](#)



Some of the Best Hair Growth Products of 2021

medicalnewstoday.com

Hair loss is very common, and there are numerous hair loss products available for people to consider. Individuals should discuss hair loss with a doctor to establish the best treatment options in relation to their overall health.

[Read more...](#)



Parenteral Nutrition Safety

gastroendonews.com

Parenteral nutrition (PN) is a complex therapy that requires a robust system to ensure its safety and efficacy. Since its inception, PN has been associated with serious issues, ranging from catheter complications, such as thrombosis and infection, to metabolic complications.

[Read more...](#)



What is Bruxism or Teeth Grinding?

medicalnewstoday.com

Bruxism is when a person grinds or clenches their teeth while not chewing. It usually occurs during sleep, but it can also happen during waking hours. Often, a person is not consciously aware that they are doing it. Teeth grinding involves making a chewing motion in which the teeth rub against each other.

[Read more...](#)



Can Herbs and Spices Lower Blood Pressure?

medicalnewstoday.com

High blood pressure, or hypertension, increases the risk of heart disease and stroke, both of which are leading causes of death Trusted Source in the United States. Nutrition advice on how to lower blood pressure often includes using herbs and spices rather than salt to flavor meals.

[Read more...](#)



Chronic Gastrointestinal Bleeding Caused by a Dieulafoy's Lesion in the Small Intestine : a Case Report

Javad Salimi et al.

Journal of Medical Case Reports - 15, Article number: 545 (2021)

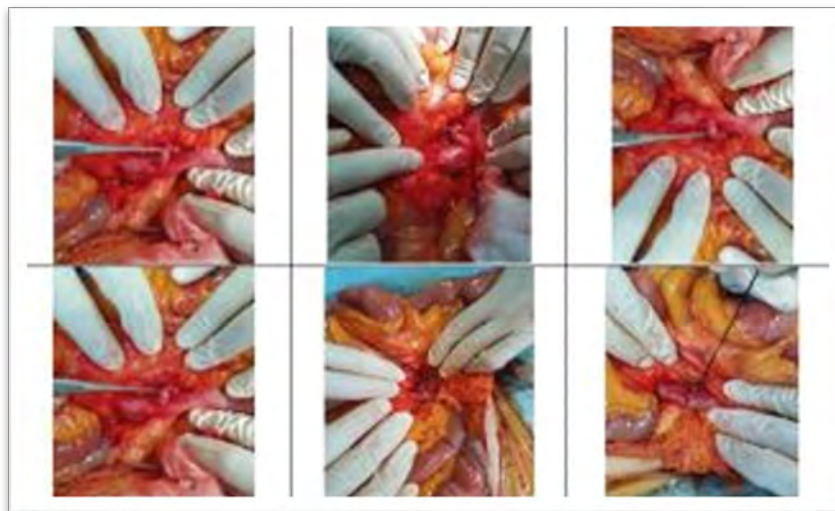
Date of publication: 2nd November 2021

INTRODUCTION:

Dieulafoy's lesion, first found by Paul Georges Dieulafoy, is an infrequent but important cause of recurrent upper gastrointestinal bleeding. The bleeding is usually severe, but patients rarely present with chronic, occult gastrointestinal bleeding.

CASE PRESENTATION:

In this article, we discuss the case of a 68-year-old Caucasian man with a history of recurrent hematemesis and chronic anemia with evidence of extravasation of contrast in the lumen of the bowel loop on computed tomography angiography. The patient was taken to the operating room, and a laparotomy procedure was performed.



CONCLUSION:

Dieulafoy's lesions (DLs) could be life-threatening, acute, or chronic. Surgical treatment is advantageous with a low risk of re-bleeding, and surgery should be selected when patients are hemodynamically unstable and when other methods have failed. In conclusion, we recommend that DL should be considered as an important differential diagnosis in acute and chronic GI bleeding. Although endoscopic modalities are chosen to treat DL, segmental resection and anastomosis are preferred in small bowel DL treatment.

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



Inpatient Glycemic Control with Sliding Scale Insulin in Noncritical Patients with Type 2 Diabetes: Who can Slide?

Alexandra L Migdal et al.
Journal of Hospital Medicine,
DOI: August 16, 2021.
P.no: 462 – 468; 10.12788/jhm.3654

ABSTRACT:

OBJECTIVE:

Despite clinical guideline recommendations, sliding scale insulin (SSI) is widely used for the hospital management of patients with type 2 diabetes (T2D). We aimed to determine which patients with T2D can be appropriately managed with SSI in non-critical care settings.

METHODS:

We used electronic health records to assess inpatient glycemic control in medicine and surgical patients treated with SSI according to admission blood glucose (BG) concentration between June 2010 and June 2018. Primary outcome was the percentage of patients with T2D achieving target glycemic control, defined as mean hospital BG 70 to 180 mg/dL without hypoglycemia <70 mg/dL during SSI therapy.

RESULTS:

Among 25,813 adult patients with T2D, 8,095 patients (31.4%) were treated with SSI. Among patients with admission BG <140 mg/dL and BG 140 to 180 mg/dL, 86% and 83%, respectively, achieved target control without hypoglycemia, as compared with only 18% of those with admission BG \geq 250 mg/dL ($P < .001$). After adjusting for age, gender, body mass index (BMI), race, Charlson Comorbidity Index score, and setting, the odds of poor glycemic control increased with higher admission BG (BG 140-180 mg/dL: odds ratio [OR], 1.8; 95% CI, 1.5-2.2; BG 181-250 mg/dL: OR, 3.7; 95% CI, 3.1-4.4; BG >250 mg/dL: OR, 7.2; 95% CI, 5.8-9.0), as compared with patients with BG <140 mg/dL. A total of 1,192 patients (15%) treated with SSI required additional basal insulin during hospitalization.

CONCLUSION:

Most non-intensive care unit patients with admission BG <180 mg/dL treated with SSI alone achieve target glycemic control during hospitalization, suggesting that cautious use of SSI may be a viable option for certain patients with mild hyperglycemia.

LYRICA

Generic name : PREGABALIN (pre-GAB a Lin)
Brand name : Lyrica, Lyrica CR
Drug class : Gamma-aminobutyric acid analogs

What is Lyrica?

Lyrica was originally FDA approved as an anti-epileptic drug, also called an anticonvulsant. It works by slowing down impulses in the brain that cause seizures. Pregabalin also affects chemicals in the brain that send pain signals across the nervous system.

Uses and indication:

Lyrica is used to treat seizure as well as pain caused by fibromyalgia, or nerve pain in people with diabetes (diabetic neuropathy), herpes zoster (post-herpetic neuralgia), or spinal cord injury.

Contraindications & Points to remember before taking this medicine:

Avoid administering Lyrica if the person had history of allergy to the same drug.

Pregabalin is not approved for use by anyone younger than 18 years old to treat nerve pain caused by fibromyalgia, diabetes, herpes zoster, or spinal cord injury.

Pregabalin is not approved for seizures in anyone younger than 1 month old.

Some people have thoughts about suicide while taking Lyrica. Stay alert to changes in your mood or symptoms. Report any new or worsening symptoms to your doctor.

To make sure Lyrica is safe for you, tell your doctor if you have ever had:

- lung disease / mood disorder / alcoholism / allergic reaction
- heart problems / bleeding disorders / kidney diseases
- diabetes (unless you are taking pregabalin to treat diabetic neuropathy)

How should I take Lyrica?

- Take the medicine at the same time each day, with or without food.
- Do not crush, chew, or break an extended-release tablet. Swallow the tablet whole.

Do not stop using Lyrica suddenly, even if you feel fine. Stopping suddenly may cause increased seizures or unpleasant withdrawal symptoms.

What to avoid?

Avoid drinking alcohol. It may increase certain side effects of Lyrica.

Avoid driving or hazardous activity until you know how this medicine will affect you. Your reactions could be impaired.

What happens if I miss a dose?

Take medicine as soon as you can but skip the missed dose if it is almost time for your next dose. Do not take two doses at one time.

What happens if I overdose?

Seek emergency medical attention immediately.

Side effects:

Hives or blisters on skin, trouble breathing, or swelling in face, mouth, throat.

What other drugs will affect Lyrica?

Using Lyrica with other drugs that slow your breathing can cause dangerous side effects or death. Tell your doctor about all your other medicines, especially oral diabetes medicine, ACE inhibitors or any other seizure drug.

To know more, click <https://www.drugs.com/lyrica.html>



Components of Glasgow score for pancreatitis PANCREAS

P_aO₂ (<8kPa)

Age (>55)

Neutrophilia (WCC > 15 x 10⁹/L)

Ca²⁺ (<2mmol/L)

Renal function (urea >16mmol/L)

Enzymes (LDH >600 iu/L or AST >200 iu/L)

Albumin (<32g/L)

Sugar (blood glucose >10mmol/L)

Complications of multiple pregnancy HI PAPA

Hydramnios (poly)

Intrauterine growth restriction

Preterm labor

APH

Pre-eclampsia

Abortion

Video



Topic: Caring for your Suprapubic Catheter – Discharge Instructions

To watch [CLICK HERE](#)

Medical quiz



Topic: Basic Medical Quiz

To attend quiz [CLICK HERE](#)

New Courses



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 **LIVE WEBINAR**

Continuing Medical Education

Topic: Turning Negative into Positives in TNBC – Triple Negative Breast Cancer

Note: Complete the activity before attending CME

To attend [CLICK HERE](#)



Common Heart Attack Warning Signs

- 1**
Pain or discomfort in chest
- 2**
Lightheadedness, nausea, or vomiting
- 3**
Jaw, neck or back pain
- 4**
Discomfort or pain in arm or shoulder
- 5**
Shortness of breath



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