

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 28

مستشفى السلام الدولي
Al Salam International Hospital
TRUST ثقتكم أمانة



AL SALAM BULLETIN

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 and trends in the Healthcare industry.

Health Awareness Days



Breast Cancer Awareness Month 1 Oct. to 31 Oct 2022

emro.who.int

Breast cancer is a serious disease that affects millions of people and their loved ones each year. Every ten minutes a woman is diagnosed with breast cancer in the UK. So, don't be ignorant, during breast cancer awareness month 2022 go for a medical checkup, it might save your life.

“The only thing we have to fear is fear itself. So, the only thing to really be afraid of is if you don't go get your mammograms.”

Theme - “Close the care gap.”

[Read more...](#)



Global Handwashing Day – Oct 15 2022

nationaltoday.com

Global Handwashing Day was founded by the Global Handwashing Partnership as an opportunity to design and implement creative ways to encourage people to wash their hands with soap, especially during critical times.

The aims of Global Handwashing day are to create a culture of handwashing with soap in all societies. To create awareness on the state of handwashing in each country. To inform people about the benefits of handwashing with soap.

Theme - “Unite for Universal Hand Hygiene.”

[Read more...](#)



Breast Cancer Spreads at Night - Study Shows

sciencedaily.com

Metastasis occurs when circulating cancer cells break away from the original tumour, travel through the body via blood vessels and form new tumours in other organs. A new study shows that breast cancer metastases form more efficiently while patients are sleeping. The finding could significantly change the way cancer is diagnosed and treated in future.

[Read more...](#)



New Treatments Battle Advanced Breast Cancers

usnews.com

Two "smart bomb" drugs – Enhertu & Trodelvy are offering new hope to women with aggressive breast cancers. Both medications are antibody-drug conjugates, consisting of a chemo drug that's been wedded to an antibody that delivers the chemotherapy directly to cancer cells.

[Read more...](#)

Breast Cancer—Epidemiology, Risk Factors, Classification, Prognostic Markers, and Current Treatment Strategies—An Updated Review

Sergiusz Łukasiewicz et al.
Cancers Journal
Published in August 2021.

ABSTRACT:

Breast cancer (BC) is the most frequently diagnosed cancer in women worldwide with more than 2 million new cases in 2020. Its incidence and death rates have increased over the last three decades due to the change in risk factor profiles, better cancer registration, and cancer detection. The number of risk factors of BC is significant and includes both the modifiable factors and non-modifiable factors. Currently, about 80% of patients with BC are individuals aged >50. Survival depends on both stage and molecular subtype. Invasive BCs comprise wide spectrum tumors that show a variation concerning their clinical presentation, behavior, and morphology. Based on mRNA gene expression levels, BC can be divided into molecular subtypes (Luminal A, Luminal B, HER2-enriched, and basal-like).

[To know more Click here...](#)



Importance of Breast Cancer Early Detection by Dr. Shatha AlNajdi

Do you know?

About Mammogram

What is Mammogram?

A mammogram is an X-ray picture of the breast.

Purpose:

To look for early signs of breast cancer.

How is a Mammogram Done?

You will stand in front of a special X-ray machine. A technologist will place your breast on a plastic plate. Another plate will firmly press your breast from above. The plates will flatten the breast, holding it still while the X-ray is being taken. You will feel some pressure. The steps are repeated to make a side view of the breast. The other breast will be X-rayed in the same way. You will then wait while the technologist checks the four X-rays to make sure the pictures do not need to be redone.



To know more [Click here...](#)

Myths Vs. Facts

About Breast Cancer

MYTH: If I don't have a family history of breast cancer, I won't get it.

FACT: Most people diagnosed with breast cancer have no known family history.

MYTH: If you maintain a healthy weight, exercise regularly, eat healthy, and limit alcohol, you don't have to worry about breast cancer.

FACT: Although these behaviors can help lower breast cancer risk, they can't eliminate it.

MYTH: Wearing a bra can cause breast cancer.

FACT: There is no evidence that bras cause breast cancer.

MYTH: Breast cancer only happens to middle-aged and older women.

FACT: Younger women can and do get breast cancer.

MYTH: Carrying your cell phone in your bra can cause breast cancer.

FACT: There is no evidence of a connection between cell phones and breast cancer, but the safety of cell phones is still being studied.

MYTH: Breast cancer always causes a lump you can feel.

FACT: Breast cancer might not cause a lump, especially when it first develops.

To know more [Click here...](#)

10 Tips for Breast Cancer Prevention



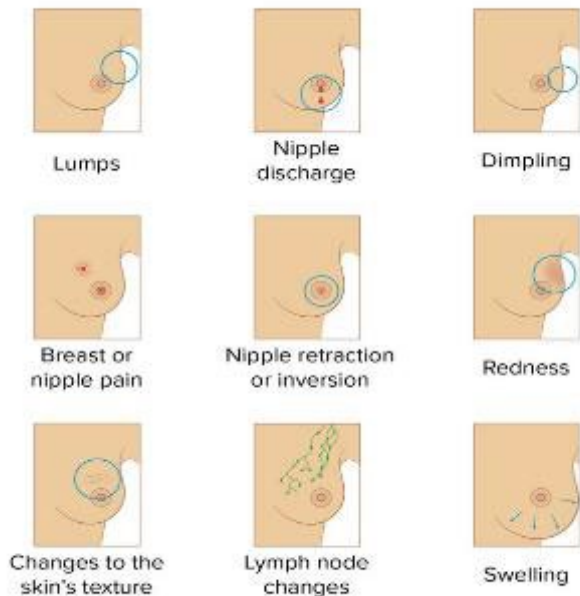
- Avoid becoming overweight
- Eat healthy to avoid tipping the scale
- Keep physically active
- Drink little or no alcohol
- Avoid hormone replacement therapy
- Consider taking an estrogen-blocking drug
- Don't smoke
- Breast-feed your babies for as long as possible
- Participate in a research study
- Get fit and support breast cancer research at the same time

Breast Cancer Fighting Foods



- Green leafy vegetables like Kale, Arugula, Spinach, Mustard greens and Chard
- Citrus fruits include Oranges, Grapefruits, Lemons, Limes and Tangerines
- Fatty fish like Salmon, Sardines, Mackerel
- Berries like Strawberries, Blueberries
- Fermented foods Like Yogurt, Kimchi, Miso and Sauerkraut
- Allium vegetables like Garlic, Onion
- Peaches, Apples and Pears
- Cruciferous vegetables like Cauliflower, Cabbage and Broccoli
- Beans
- Herbs and Spices like Parsley, Rosemary, Oregano, Thyme, Turmeric and Ginger

Signs of Breast Cancer



Foods and Beverages to Avoid:

- Alcohol
- Fast food
- Fried foods
- Processed meats
- Added sugar
- Refined carbs

To know more [Click here...](#)

SIH Events

Topic: World Patient Safety Day Event 2022

Date: 18.09.2022

Presenter: Quality and Risk Management Department

Theme: Medication Safety



Topic: Introduction to Breast Cancer Clinical Approach and Management.

Date & Time: 13.10.2022 @1300hrs

**Presenter: Dr. Mohammad Nasser Athamnah
Specialist. General and Breast Surgeon.**

Venue: B1 Auditorium

New Services

تم افتتاح
عيادة التثقيف الصحي لمرضى السكري

مواعيد العيادة
يوم الأحد من 1 ظهراً وحتى الساعة 5 مساءً
و يوم الأربعاء من 9 صباحاً وحتى 1 ظهراً

Opened
Diabetes Education Clinic

Clinic Timing
Sunday: from 1:00 PM till 5:00 PM
Wednesday: from 9:00 AM till 1:00 PM



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