

# MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 29

مستشفى السلام الدولي  
Al Salam International Hospital  
ثقتكم أمانة TRUST



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



#### World Antimicrobial Awareness Week 18 Nov to 24 Nov 2022

who.int

World Antimicrobial Awareness Week is a global campaign that is celebrated annually to improve awareness and understanding of AMR and encourage best practices among the public, One Health stakeholders and policymakers, who all play a critical role in reducing the further emergence and spread of AMR.

Theme - “Preventing Antimicrobial Resistance Together.”

[Read more...](#)



#### World Diabetes Day – Nov 14 2022

[nationaltoday.com](http://nationaltoday.com)

World Diabetes Day is every year on November 14, first created in 1991 by the International Diabetes Foundation and the World Health Organization. Diabetes is a chronic disease where the pancreas doesn't produce enough insulin if any at all. It also leads to serious health conditions and, in many ways, can be preventable. That's why we take this day to spread awareness and education.

Theme - “ Education to Protect Tomorrow”

[Read more...](#)





### 5 Unusual Symptoms of Diabetes

medicalnewstoday.com

Diabetes is a condition that can affect the whole body and cause a variety of symptoms. Many common and unusual symptoms occur due to uncontrolled high blood sugars. Few unusual symptoms include skin changes, poor healing, vision changes, fruity breath and recurring infections.

[Read more...](#)



### What to Know about Diabetic Shock?

medicalnewstoday.com

Diabetic shock occurs when blood sugar levels drop dangerously low. It is a state of severe hypoglycemia that requires emergency help. Without urgent treatment, a person can go into a diabetic coma.

[Read more...](#)

### Management of Hyperglycemia in Type 2 Diabetes, 2022

**A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD)**

Melanie J. Davies et.al.;  
American Diabetes Association and the European Association for the Study of Diabetes 2022.  
Published in August 2022.

#### ABSTRACT:

The American Diabetes Association and the European Association for the Study of Diabetes convened a panel to update the previous consensus statements on the management of hyperglycemia in type 2 diabetes in adults, published since 2006 and last updated in 2019. The target audience is the full spectrum of the professional healthcare team providing diabetes care in the USA and Europe. A systematic examination of publications since 2018 informed new recommendations. These include additional focus on social determinants of health, the healthcare system and physical activity behaviors including sleep. There is a greater emphasis on weight management as part of the holistic approach to diabetes management. The results of cardiovascular and kidney outcomes trials involving sodium–glucose cotransporter-2 inhibitors and glucagon-like peptide-1 receptor agonists, including assessment of subgroups, inform broader recommendations for cardiorenal protection in people with diabetes at high risk of cardiorenal disease. After a summary listing of consensus recommendations, practical tips for implementation are provided.

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

## Do you know?

### About Hemoglobin A1C (HbA1c) Test

#### What is Hemoglobin A1C (HbA1c) Test?

It is a blood test that shows what your average blood sugar (glucose) level was over the past two to three months.

#### Purpose:

To diagnose Pre Diabetes and Diabetes.

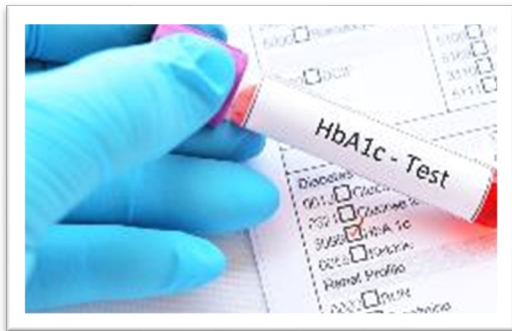
#### How is HbA1c test Done?

A health care professional will take a blood sample from a vein in your arm, using a small needle. After the needle is inserted, a small amount of blood will be collected into a test tube or vial. You may feel a little sting when the needle goes in or out. This usually takes less than five minutes.

#### What do the Results mean?

The percentages commonly used are:

- **Normal:** A1C below 5.7%
- **Prediabetes:** A1C between 5.7% and 6.4%
- **Diabetes:** A1C of 6.5% or higher



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

## Myths Vs. Facts

### About Diabetes Diet

**MYTH:** People with diabetes should never consume sugar

**FACT:** Most With good diabetes control (evidenced by good HbA1c and overall good capillary blood glucose levels), and by learning carbohydrate counting with the added knowledge of your personalized requirements, you may be able to include some sugar as part of your daily eating plan, without compromising on your glycemic control. Work with your dietitian.

**MYTH:** Bitter-tasting food will help lower blood glucose levels.

**FACT:** Bitter-tasting foods such as bitter melon will not help lower your blood glucose levels. Glucose levels in your blood are driven by the amount of carbohydrates consumed. The key to controlling your blood glucose levels is to have a good understanding of your individualized carbohydrate requirements and keeping to it. it.

**MYTH:** It's ok to eat my favorite sweets when I have hypoglycemia

**FACT:** Hypoglycemia should be treated appropriately with only 15-20 g of carbohydrates (for a blood glucose reading of < 4.0 mmol/L. This carbohydrate should be fast-acting carbohydrates in the form of juice, soft drinks, sugar or appropriate jellied sweets. A hypoglycemia episode is not an excuse to eat your favorite sugary snacks uncontrollably. You will be at risk of over-treating and causing a spike in your blood glucose levels.

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

## VIDEO

### How to use an Insulin Pen?



An insulin pen is an injection device with a needle that delivers insulin into the subcutaneous tissue (the tissue between your skin and muscle). This video provides detailed instructions on how to use an insulin pen.

To watch the video [Click here...](#)

### Diabetes Prevention: 5 Tips for Taking Control

Lifestyle changes can help prevent the onset of type 2 diabetes, the most common form of the disease. Prevention is especially important if you're currently at an increased risk of type 2 diabetes because of excess weight or obesity, high cholesterol, or a family history of diabetes.

Changing your lifestyle could be a big step toward diabetes prevention — and it's never too late to start. Consider these tips.

- Lose extra weight
- Be more physically active
- Eat healthy plant foods
- Eat healthy fats
- Skip fad diets and make healthier choices

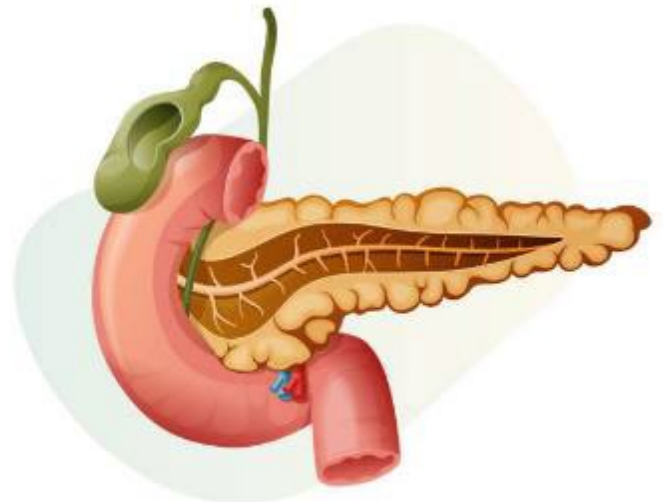
To know more [Click here...](#)

## DIABETES

### SYMPTOMS



## The 15-15 Rule



If you have low blood sugar between 55-69 mg/dL, you can treat it with the 15-15 rule: have 15 grams of carbs. Check it after 15 minutes. Repeat if you're still below your target range.

## 7 Day Healthy Meal plan for Diabetes

### Day 1

**Breakfast:** 1 apricot oat muffin, 1 cup (250 mL) low-fat milk (282 calories, 37 g carbohydrates, 2 g fibre)

**Lunch:** 2 cups (500 mL) red lentil soup, green salad, 1 tbsp (15 mL) light salad dressing (432 calories, 59 g carbohydrates, 14 g fibre)

**Dinner:** 1 serving skillet chicken breast,  $\frac{3}{4}$  cup (175 mL) roasted sweet potatoes (make extra for tomorrow's lunch) (610 calories, 58 g carbohydrates, 10 g fibre)

### Day 2

**Breakfast:** 1-egg omelette with vegetables (spinach, mushrooms, or other vegetable of your choice), 2 slices whole-grain toast, 2 tbsp (30 mL) soft margarine,  $\frac{1}{2}$  cup (125 mL) low-fat milk (366 calories, 36 g carbohydrates, 4 g fibre)

**Lunch:** 1 serving tofu frittata,  $\frac{3}{4}$  cup (175 mL) leftover roasted sweet potatoes (435 calories, 49 g carbohydrates, 7 g fibre)

**Dinner:** 1 serving roasted cauliflower salad, 1 cup (250 mL) mashed potato (625 calories, 52 g carbohydrates, 7 g fibre)

### Day 3

**Breakfast:** steel-cut rolled oats ( $\frac{1}{3}$  cup/75 mL dry), 1 tbsp (15 mL) peanut butter added to cooked oats,  $\frac{1}{2}$  cup (125 mL) low-fat milk (324 calories, 37 g carbohydrates, 5 g fibre)

**Lunch:** 3 oz. (85 g) roast chicken, 2 slices whole-grain bread, 2 tsp (10 mL) mayonnaise, mustard, lettuce, tomato if desired, 1 fruit (example: medium-sized apple or small banana) (428 calories, 59 g carbohydrates, 7 g fibre)

**Dinner:** 1 serving white fish, green salad, 1 tbsp (15 mL) light salad dressing,  $\frac{3}{4}$  cup (175 mL) cooked couscous (725 calories, 55 g carbohydrates, 13 g fibre)

### Day 4

**Breakfast:** 2 slices whole-grain or rye toast, 1 egg, poached or sunnyside up (cooked to your liking),  $\frac{1}{4}$  small avocado, mashed, salt and pepper to taste (293 calories, 33 g carbohydrates, 5 g fibre)

**Lunch:** 1 serving Mexican baked eggs on black beans, 1 slice whole-grain bread, 2 tsp (10 mL) soft margarine,  $\frac{1}{2}$  cup (125 mL) low-fat yogurt (454 calories, 57 g carbohydrates, 9 g fibre)

**Dinner:** 1 cup (250 mL) cooked pasta (example: spaghetti, spirals, macaroni),  $\frac{1}{2}$  cup (125 mL) favourite pasta sauce, 3-4 oz. (85-115 g) grilled or baked chicken (405 calories, 51 g carbohydrates, 4 g fibre)

## 7 Day Healthy Meal plan for Diabetes – contd...

### Day 5

**Breakfast:** steel-cut rolled oats ( $\frac{1}{3}$  cup/75 mL dry), 1 tbsp (15 mL) peanut butter added to cooked oats,  $\frac{1}{2}$  cup (125 mL) low-fat milk (324 calories, 37 g carbohydrates, 5 g fibre)

**Lunch:** 3 oz. (85 g) tuna packed in water, drained, 1 whole-wheat pita (6 inch/15 cm), 2 tsp (10 mL) mayonnaise, lettuce, tomato, or other vegetable if desired, 1 fruit (example: medium-sized apple or small banana) (410 calories, 50 g carbohydrates, 8 g fibre)

**Dinner:** 1 serving oven roasted salmon,  $\frac{3}{4}$  cup (175 mL) mashed sweet potato, broccoli, steamed or roasted (547 calories, 53 g carbohydrates, 8 g fibre)

### Day 6

**Breakfast:** 1-egg omelette with vegetables (spinach, mushrooms, or other vegetable of your choice), 2 slices whole-grain toast, 2 tbsp (30 mL) soft margarine,  $\frac{1}{2}$  cup (125 mL) low-fat milk (366 calories, 36 g carbohydrates, 4 g fibre)

**Lunch:** 1 serving buddha bowl, 1 fruit (example: medium-sized apple or small banana) (440 calories, 55 g carbohydrates, 12 g fibre)

**Dinner:** 1 cup (250 mL) spinach pilaf, 3-4 oz. (85-115 g) grilled or baked chicken (440 calories, 48 g carbohydrates, 8 g fibre)

### Day 7

**Breakfast:** steel-cut rolled oats ( $\frac{1}{3}$  cup/75 mL dry), 1 tbsp peanut butter added to cooked oats,  $\frac{1}{2}$  cup (125 mL) low-fat milk (324 calories, 37 g carbohydrates, 5 g fibre)

**Lunch:** green salad (lettuce, cucumber, tomato) with 3 oz.(85 g) grilled chicken breast and  $\frac{1}{4}$  cup (60 mL) croutons, 1 tbsp (15 mL) light salad dressing,  $\frac{1}{2}$  cup (125 mL) low-fat yogurt, 1 fruit (example: medium-sized apple or small banana) (435 calories, 49 g carbohydrates, 5 g fibre)

**Dinner:** 1 serving chicken and white bean stew, 2 oz. (55 g) whole grain bread or roll (450 calories, 52 g carbohydrates, 10 g fibre)

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

# SIH Events

**Topic:** Revolutionizing T2D management to reduce Kidney associated risks.

**Date & Time:** Monday 14th November 2022 3:00pm

**Presenter:** Dr. Anas Alyousef.

Consultant Internal Medicine Chief Nephrology Unit

**Venue:** Abdul Rahman Al Ateeqi Auditorium

**Topic:** Antibiotic Stewardship Workshop

**Date & Time:** Monday 21st November 2022. 1:00pm

**Presenters:** Dr. Wadha AlFouzan. Microbiology Consultant Manger. Medical Laboratories.

Ms. Zainab Mohammed .Clinical Pharmacist

**Venue:** Abdul Rahman Al Ateeqi Auditorium

**Theme of video:** Viral Respiratory Infections



**Theme of video:** Interview with SALT Ameena Al Shamali



**Prepared By Medical Development Center**