



## 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 Health Day – 7<sup>th</sup> April

who.int



April 7 of each year marks the celebration of World Health Day. In the midst of a pandemic, a polluted planet, increasing diseases like cancer, asthma, heart disease, on World Health Day 2022, WHO will focus global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being.

**Theme: Our Planet, Our Earth.**

**[Read more...](#)**



## COVID - 19 CORONA VIRUS DISEASE 2019 UPDATE



### 4th Shots and COVID-19 Boosters: When Best to Get it ?

medicalnewstoday

A study conducted in Japan found that having a breakthrough infection shortly after vaccination did not boost antibodies by much. However, having an infection months after the last dose significantly increased protection, particularly against Omicron.

[Read more...](#)



### Study Provides Further Assurances About the Safety of COVID 19 Vaccination During Pregnancy

medical.net

Researchers have found that receiving a COVID-19 vaccine during pregnancy does not lead to increases in the frequency of complications around the time of childbirth. Approximately 23 percent received at least one dose of a COVID-19 vaccine during pregnancy. No increase in the babies' need for neonatal intensive care unit (NICU) admission.

[Read more...](#)



### WHO Update Treatment Guidelines to Include Molnupiravir Against Covid19

who.int

WHO has updated its living guidelines on COVID-19 therapeutic to include a conditional recommendation on molnupiravir, a new antiviral medicine. This is the first oral antiviral drug to be included in the treatment guidelines for COVID-19.

[Read more...](#)



### COVID-19 Pandemic Triggers 25% Increase in Prevalence of Anxiety and Depression Worldwide

who.int

In the first year of the COVID-19 pandemic, global prevalence of anxiety and depression increased by a massive 25%, according to a scientific brief released by the World Health Organization (WHO) today.

[Read more...](#)



## **Low Folate Levels Associated with Dementia and Mortality**

medicalnewstoday

Blood folate levels diminish with age and impairs cognitive function and nerve signaling in the brain, potentially elevating risks of dementia and death. Researchers found that low serum folate levels may increase the risk of dementia by 68%. According to the authors of the latest study, “Evidence suggests that serum folate deficiency increases the likelihood of deficits in cognitive performance and neurological functioning.”.

[Read more...](#)

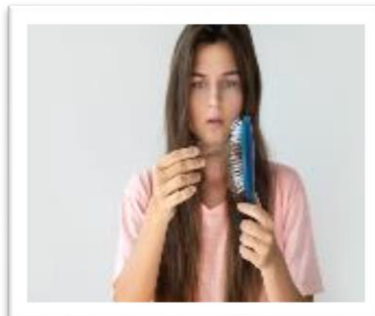


## **15 Natural Ways to Lower Your Blood Pressure**

medicalnewstoday

High blood pressure is a dangerous condition that can damage your heart. It affects one in three people. If left uncontrolled, high blood pressure raises your risk of heart disease and stroke. There are a number of things you can do to lower your blood pressure naturally, even without medication.

[Read more...](#)

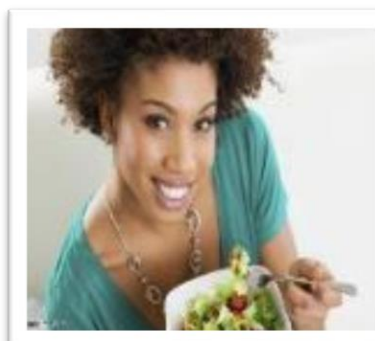


## **Thyroid Health and Hair Loss**

medicalnewstoday

The thyroid hormone plays an essential role in the development and maintenance of the hair follicles. Follicles are the small pockets under the skin from which hairs grow. Severe or prolonged hypothyroidism or hyperthyroidism may result in hair loss. Typically, autoimmune conditions are the most common causes of abnormal thyroid hormone levels.

[Read more...](#)



## **Does Diet Influence Cervical Cancer Risk?**

medicalnewstoday

Cervical cancer is one of the most common gynecologic cancers. Research shows that there is a relationship between diet and disease risk, including the potential for developing some cancer. Diets with high inflammatory potential much like the Western-style dietary pattern are associated with the development of cervical cancer, particularly among women who have an HPV infection and a sedentary lifestyle.

[Read more...](#)

## Case Report: Omeprazole-Induced Galactorrhea in Kidney Transplant Patients

Choki Dorji et.al;  
Journal of Medical Case Reports,  
Date of publication: 27 March 2022

### CASE HISTORY:

This is a case of a 26-year-old unmarried Asian (Bhutanese) female who underwent kidney transplant and was administered standard antirejection medication (tacrolimus, prednisolone, and leflunomide) along with an antihypertensive agent. She came to the emergency department with complaints of nausea, vomiting, abdominal pain, chronic gastritis, anemia, hypertension, and loss of appetite. The tacrolimus trough level was in the subtherapeutic range at admission. The tacrolimus dose was adjusted, and oral omeprazole was administered. After 3 days, she experienced milk production from her left breast, which according to the patient was her second incidence after omeprazole ingestion.

### CONCLUSION:

Causality assessment using Naranjo's algorithm and recovering from galactorrhea after stopping omeprazole and omeprazole rechallenge with the reappearance of galactorrhea confirmed omeprazole as the causative agent. Tacrolimus interferes with omeprazole metabolism and increases tacrolimus levels in the blood. Caution needs to be taken when omeprazole is administered with other drugs that interfere with metabolizing enzymes.

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

## ROSUVASTATIN

Generic name : rosuvastatin (roe SOO va sta tin)

Brand name : Crestor, Ezallor Sprinkle

Drug class : Statins

### What is Rosuvastatin?

Rosuvastatin is used together with diet to lower blood levels of "bad" cholesterol or to increase levels of "good" cholesterol and to lower triglyceride

### Rosuvastatin side effects

Unexplained muscle pain, tenderness, or weakness, confusion, memory and liver problem.

### Warnings

Do not take rosuvastatin if you are pregnant, breastfeeding or you have liver diseases.

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



### Post-COVID-19 Syndrome

Pierce, Janet D et.al;  
Journal of Nursing Research,  
DOI: March2022  
Vol 71 - Issue 2 - P 164-174

#### ABSTRACT:

**OBJECTIVE:** The purpose of this integrative review is to summarize and evaluate post-COVID-19 syndrome from a biological perspective.

**METHODS:** An integrative review was conducted using Whittemore and Knafl's methodology for literature published through August 30, 2021. The PubMed, CINAHL, and Web of Science databases were searched for articles published as of August 30, 2021, using combinations of the following key words: post-COVID-19 syndrome, post-SARS-CoV-2, long COVID-19, long COVID-19 syndrome, and pathophysiology of post-COVID-19. Data were analyzed using the constant comparison met.

**RESULTS:** The search generated 27,929 articles. After removing duplicates and screening abstracts and full-text reviews, we retained 68 articles and examined 54 specific articles related to the pathophysiology of post-COVID-19 syndrome. The findings from our review indicated that there were four pathophysiological categories involved: virus-specific pathophysiological variations, oxidative stress, immunologic abnormalities, and inflammatory damage.

**CONCLUSION:** This integrative review summarizes the definitions, classifications, manifestations, and pathophysiology related to post-COVID-19 syndrome. Understanding the role of the pathophysiological pathways involved with this syndrome may assist in developing and testing potential therapeutics such as antioxidants and mitochondrial supplements. Long-term complications of COVID-19 are still unfolding, and in the future, more evidence will be available to guide therapeutic management of this syndrome.

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



### Immediate Treatment For MI DOGASH

- **D**iamorphine
- **O**xygen
- **G**TN spray
- **A**spirin 300 mg
- **S**treptokinase
- **H**eparin



## Video



**Topic: Weight Loss Surgery: Robotic Bariatric Procedure**

To watch [CLICK HERE](#)

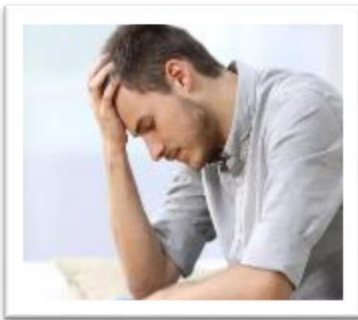
## Medical quiz



**Topic: Anemia Basic Quiz**

To attend quiz [CLICK HERE](#)

## New Courses



**Topic: Mental Health Studies**

Duration: 1.5 – 3 hours

Total number of modules: 5

To take course [CLICK HERE](#)

## Continuing Medical Education

**Topic: GLOBAL PERSPECTIVES - FOOD AS MEDICINE**

Date: April 14, 2022

Organizer: Drexel University

To register [CLICK HERE](#)



# CAUSES & CONSEQUENCES OF OBESITY



## CAUSES



EATING TOO MUCH



GENETICS



CERTAIN MEDICATIONS



STRESS



POOR SLEEP



HORMONAL IMBALANCE

## CONSEQUENCES



HEART DISEASE



DIABETES



KIDNEY DISEASE



FATTY LIVER



CANCER



HIGH BLOOD PRESSURE

## SIH Offers

### Ramadan Mubarak

On the occasion of the holy month of Ramadan we wish you all good health and present to you our full Checkup offer

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

- 10 am - 3 pm (Except Friday) Fasting for 8 to 12 hours is required
- Prebooking is required for the examination
- For booking and appointment please call 18 3000 3

#### FEMALE CHECKUPS

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

#### MALE CHECKUPS

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

99 K.D

Terms and conditions apply

- Please visit internal medicine clinic in 1st floor all days except Thursdays.
- On Thursday please visit General Emergency, Ground Floor.

50% Discount on Breast Examination (X-Ray and Sonar) during the offer period.



alsalamhospt

18 3000 3

www.sih-kw.com



### رمضان كريم

### مبارك عليكم الشهر

بمناسبة شهر رمضان المبارك نتمنى لكم كل الخير والصحة ونقدم لكم الفحص الطبي الشامل لا يمكن ضم هذا العرض مع أي عروض أخرى أو التناقيات مع شركات التأمين

10 صباحاً - 3 مساءً (ماعدا الجمعة)

يجب الصيام من 8 - 12 ساعة

ضرورة الحجز المسبق

للحجز الرجاء الاتصال على 18 3000 3

#### تطبيق الشروط والأحكام

99 دك

#### خدمات الرجال

- فحص سريري
- 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)

#### خدمات النساء

- فحص سريري
- 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)

- يرجى التوجه لعيادات الباطنية الدور الأول ما عدا أيام الخميس.
- أيام الخميس يرجى الفحص بقسم الطوارئ العامة بالدور الأرضي.

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



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