

# MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 32

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 Cancer Day – 4 February

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

Sooner or later, it seems, cancer has an impact on us all. That's why World Cancer Day on February 4 is an important day to raise awareness about prevention, detection, and treatment.

According to the World Health Organization, Cancer is one of the leading causes of death worldwide.

On this day, hundreds of events and fundraisers take place around the world each year, to bring individuals, communities, and organizations together to campaign and deliver the powerful reminder that those hit by cancer are not alone, and we all share a responsibility in reducing the global impact of this disease.

**Read more...**

**Congenital Heart Defect  
Awareness Week.**



**7th - 14th February!**

#### Congenital Heart Defect Awareness Week - 7-14 February

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

Every year from February 7th to February 14th, Congenital Heart Defect Awareness Week promotes awareness and provides education about congenital heart defects. Congenital heart defects (CHD) are the most common birth defect. According to the CDC, 40,000 babies a year are born with a heart defect. This is about 1% of all babies in the United States.

Babies born with CHD usually have certain symptoms. These include trouble breathing, poor weight gain, poor circulation, and tiring easily.

**Read more...**



## 5 Key Facts About Cancer

- 1- **It has a staggering death toll rate:** Cancer has a staggering death-toll rate — every year, 9.6 million people die from cancer.
- 2- **It can be prevented:** About one-third of common cancers are preventable and treatable.
- 3- **It is a major cause of death:** Cancer is the second most common cause of death around the world.
- 4- **Income is a factor:** 70% of deaths by cancer occur in lower-income countries.
- 5- **It doesn't just physically take its toll:** The total economic cost of cancer annually is around \$1.16 trillion.

[Read more...](#)

## Obesity and Cancer

You may be surprised to learn that being overweight or having obesity are linked with a higher risk of getting 13 types of cancer. Many things are associated with cancer, but avoiding tobacco use and keeping a healthy weight are two of the most important steps you can take to lower your risk of getting cancer.

### How Can Obesity Cause Cancer?

Overweight and obesity can cause changes in the body that help lead to cancer. These changes can include long-lasting inflammation and higher than normal levels of insulin, insulin-like growth factor, and sex hormones. The risk of cancer increases with the more excess weight a person gains and the longer a person is overweight.

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

## Cancer Prevention: Tips to Reduce Your Risk

Cancer prevention information continues to develop. However, it's well accepted that lifestyle choices affect the chances of getting cancer. Consider these lifestyle tips to help prevent cancer:

**1. Don't use tobacco:** Smoking has been linked to many types of cancer, including cancer of the lung, mouth, throat, voice box, pancreas, bladder, cervix and kidney. Even being around secondhand smoke might increase the risk of lung cancer.

**2. Eat a healthy diet:** Although eating healthy foods can't ensure cancer prevention, it might reduce the risk.

**3. Maintain a healthy weight and be physically active:** Being at a healthy weight might lower the risk of some types of cancer. These include cancer of the breast, prostate, lung, colon, and kidney. Physical activity counts too. Besides helping control weight, physical activity on its own might lower the risk of breast cancer and colon cancer.

**4. Protect yourself from the sun:** Skin cancer is one of the most common kinds of cancer and one of the most preventable. Try these tips: Avoid midday sun, Cover your skin, Use a broad-spectrum sunscreen, and stay in the shade.



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

### Most Common Types of Cancer in Kuwait

#### Breast Cancer

Regular Mammograms are the best test doctors have to find breast cancer early. Talk to your doctor about when to start and how often to get a screening mammogram.

#### Colon Cancer

If you are 45 years or older, get screened. Screening tests can help prevent colorectal cancer or find it early, when treatment works best.

#### Thyroid Cancer

To lower the risk of thyroid cancer, avoid unnecessary exposure to radiation, including radiation from medical imaging procedures, especially in young children, and especially around the head and neck.

#### Prostate Cancer

Most prostate cancers grow slowly and don't cause any health problems. Talk to your doctor before you get tested for prostate cancer.

#### Non-Hodgkin's lymphoma

Non-Hodgkin's lymphoma begins in the lymphatic system. Symptoms include fever, night sweats, feeling tired, and weight loss. Avoidance of infection and chemicals is advisable to prevent it.

#### Leukemia

You may lower your risk of developing leukemia by being a non-smoker, maintaining a healthy body weight, and avoiding breathing in benzene and formaldehyde.

#### Lung Cancer

Lung cancer is the leading cause of cancer death in the US. To lower your risk, quit smoking and avoid secondhand smoke.

#### Bladder Cancer

Bladder cancer risk factors include smoking, genetic mutations, and exposure to certain chemicals.

#### Liver Cancer

You can lower your risk for developing liver cancer by following healthy lifestyle such as regular exercise, controlling your weight, and eating a healthy diet. It's also important to avoid infection with the hepatitis B and C viruses.

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

## Congenital Heart Disease

### What is congenital heart disease?

Congenital heart disease (CHD) is a defect or problem with the heart's structure that's present at birth, such as:

- ✓ A hole in the heart wall.
- ✓ Issues with the blood vessels
- ✓ Problems with the heart valves.

### How common are congenital heart defects?

CHD is the most common type of birth defect, affecting 8 to 9 per 1,000 live births.

### What are the symptoms of congenital heart disease?

Symptoms may start as soon as a baby is born or may not appear until later in life. They can include:

- ✓ Cyanosis (blueish skin, lips or nails).
- ✓ Excessive sleepiness.
- ✓ Fast breathing or trouble breathing.
- ✓ Fatigue (extreme tiredness).
- ✓ Heart murmur (a swishing sound made by the heart that may indicate abnormal blood flow).

### What causes congenital heart disease?

CHD happens when the fetal heart doesn't develop correctly in the uterus. It may be related to:

- ✓ Abnormal chromosomes or genetics.
- ✓ Drinking or smoking during pregnancy
- ✓ Illnesses in the mother during pregnancy (diabetes or viral infection).

### How is congenital heart disease diagnosed?

Sometimes a heart defect is found before a baby is born. If your healthcare provider finds anything unusual during a routine prenatal ultrasound, you and the fetus may need further testing. Other heart defects are found soon after a baby is born. In this case, further investigation is needed.

**To know more Click here...**

## How do you take care of yourself if you have adult congenital heart disease (ACHD)?

Adults with congenital heart disease may develop certain health problems later in life. They can limit your ability to perform everyday tasks and shorten your life span.

To keep your heart as healthy as possible and prevent complications of ACHD:

- ✓ Eat a well-balanced, nutritious diet of heart-healthy foods.
- ✓ Exercise regularly (but only with your cardiologist's approval).
- ✓ Maintain a healthy weight.
- ✓ See a cardiologist regularly throughout your life to monitor and manage ACHD and detect any complications.
- ✓ Tell all of your healthcare providers about the heart defect, all medications you take and what surgeries you've had.
- ✓ Understand the specific type of heart defect you have and what the possible complications are.
- ✓ If you plan to become pregnant, talk to your cardiologist, obstetrician and primary care doctor well in advance. They will help you understand and manage the risks throughout your pregnancy.

**To know more Click here...**



Healthy eating and weight control are very important in preventing many diseases and health problems.

## HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



**STAY ACTIVE!**

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The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



## طبق الأكل الصحي

تناول الدهون الصحية (مثل زيت الزيتون والكانولا) عند طهي الطعام وتحضير السلطة، وعلى مائدة الطعام. قلل من تناول الزبدة وتجنب الدهون المتحولة.



كلما زاد أكل الخضروات و تعددت أصنافها زادت الفائدة. البطاطا أو البطاطا المقلي لا تدخل ضمن الخضروات.

تناول الكثير من الفواكه بالوانها المتنوعة.



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تناول الماء أو الشاي أو القهوة (مع قليل من السكر أو من دونه) قلل الحليب ومنتجات الألبان (إلى 1 - 2 حصة يوميا) وقلل العصائر (إلى كوب صغير يوميا). تجنب المشروبات السكرية.

تناول مجموعة متنوعة من الحبوب الكاملة (مثل خبز القمح الكامل والأرز الاسمر والمعكرونة من الحبوب الكاملة) قلل من الحبوب المصفاة (مثل الأرز الأبيض والخبز الأبيض).

تناول السمك والدجاج والبقول والمكسرات. قلل تناول اللحوم الحمراء والجبن وتجنب تناول شرائح اللحوم الباردة والأنواع الأخرى المعالجة صناعيا.

Harvard Medical School  
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[www.health.harvard.edu](http://www.health.harvard.edu)



## SIH Events Held in January

**Topic: FA-CPR Course for Rawd Alsaleheen Nursery**

**Presenter: First Aid Instructor**

**Date: 4 January 2024**

**Venue: Abdul Rahman Al Ateeqi Auditorium**



**Topic: Nursing Orientation**

**Date: 07-12 January 2022**

**Venue: Abdul Rahman Al Ateeqi Auditorium**



**Topic: Kuwait Medica Conference & Exhibition**

**Date: 18 January 2023**

**Venue: Jumeirah Beach Hotel**



**Topic: Perioperative Management of Cardiac Implantable Electronic Devices**

**Presenter: Dr. Jorje Raul Dorticos**

**Date: 19 January 2023**

**Venue: Abdul Rahman Al Ateeqi Auditorium**



**Prepared By Medical Development Center**