

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 35

مستشفى السلام العاصمية
Al Salam Al Assima 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.



International Nurses Day – 12 May 2023

CEO Message

On behalf of our entire organization, I want to extend my warmest greetings and express our deepest appreciation for your unwavering commitment to healthcare. As we celebrate International Nurses Day 2023, we reflect on the theme "Nurses: A Voice to Lead - A Vision for Future Healthcare," and recognize your crucial role in shaping the future of healthcare.

You have been the backbone of our healthcare system, and we are grateful for everything you have done. As we move forward, it is essential to recognize that nurses play a critical role in shaping the future of healthcare. Your voices are important, and your insights and experiences can guide us towards a better and more equitable healthcare system.

On this International Nurses Day, we want to encourage you to continue to be the voices that lead and shape the vision for future healthcare.

Once again, thank you for all that you do, and we wish you a happy International Nurses Day.

Health Awareness Days



World Hand Hygiene Day – 5 May

nationaltoday.com

We are celebrating World Hand Hygiene Day on May 5. There are several deadly and dangerous diseases caused by microorganisms all around us. They are all trying to get inside us in one way or the other, which could easily happen through our hands. Hand hygiene is the best defense against such microbial attacks. Understanding this, the World Health Organization (WHO) launched a campaign to spread the importance of hand hygiene in healthcare.

Read more...

Watch this video...



World No Tobacco Day – 31 May

nationaldaycalendar.com

Each year, the World Health Organization (WHO) holds World No Tobacco Day on May 31. Their goal is to spread awareness about the risks of tobacco use and how we can make the world tobacco free. Roughly 6 million people die from tobacco-related ailments every year. And that number is projected to rise to over 8 million by 2030.

Tobacco is the leading cause of respiratory disorders like chronic obstructive pulmonary disease, tuberculosis, and other lung diseases. In 2008, the WHO banned any kind of advertisement or promotion of tobacco.

Read more...

Health Awareness Topics



Hypertension

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Your blood pressure changes throughout the day based on your activities. Having blood pressure measures consistently above normal may result in a diagnosis of high blood pressure (or hypertension). High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart, brain, kidneys, and eyes. The good news is that, in most cases, you can manage your blood pressure to lower your risk for serious health problems.

[World Hypertension Day](#) is observed annually on [May 17](#) to raise awareness of hypertension and encourage hypertension prevention, detection, and control.



Asthma

Asthma is a condition in which your airways narrow and swell and may produce extra mucus. This can make breathing difficult and trigger coughing, a whistling sound (wheezing) when you breathe out and shortness of breath.

For some people, asthma is a minor nuisance. For others, it can be a major problem that interferes with daily activities and may lead to a life-threatening asthma attack.

Asthma can't be cured, but its symptoms can be controlled. Because asthma often changes over time, it's important that you work with your doctor to track your signs and symptoms and adjust your treatment as needed.

[World Asthma Day](#) is observed on the [first Tuesday of May](#) every year. This year it falls on [May 2](#).

Association Between Smoking and Blood Pressure

Evidence From the Health Survey for England
By Paola Primatesta et.al

ABSTRACT:

Cigarette smoking causes acute blood pressure (BP) elevation, although some studies have found similar or lower BPs in smokers compared with nonsmokers. Cross-sectional data from 3 years (1994 to 1996) of the annual Health Survey for England were used to investigate any difference in BP between smokers and nonsmokers in a nationally representative sample of adults (≥ 16 years old). Overwhelming evidence supports the conclusion that cigarette smoking causes various adverse cardiovascular events¹² and acts synergistically with hypertension and dyslipidemia to increase the risk of coronary heart disease.

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

Smoking & Asthma



Tobacco smoke is a powerful trigger of asthma symptoms, irritating the lining of the airways. Second-hand smoke can be even more harmful to a person with asthma. This is true for adults, but especially so for children.

The airways in a person with asthma are very sensitive and can react to many things, or "triggers." Coming into contact with these triggers often produces asthma symptoms. Tobacco smoke is a powerful asthma trigger.

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



Do you know?

Smoking kills around 3,000 people in Kuwait every year

06/04/2022

By Abdellatif Sharaa

www.kuwaittimes.com

Chairman of Kuwait Society for Preventing Smoking and Cancer (KSSCP) and Chairman of Cancer Aware Nation (CAN) Dr Khalid Al-Saleh said smoking contributes to the death of nearly 3,000 people every year in Kuwait. This represents 25 percent of annual mortalities of 209 per 100,000 people, equivalent to 12,380 death cases in 2020.

During the opening of the “Gaining health and fighting smoking in Ramadan” program organized by CAN in cooperation with the smoking fighting team at KSSCP, Dr Saleh said the program, which will continue until the 20th of Ramadan, aims at urging smokers to stop smoking and encouraging them to exercise.

Dr Saleh said studies showed the financial burden of smoking in the Gulf is 1 percent of the GDP of these countries. Bearing in mind that Kuwait’s GDP is around KD 41 billion, then 1 percent equals KD 401 million, which is a huge amount the country spends annually on the harm smoking causes to people. He said if we succeed in adopting awareness programs that are financially supported and increase cigarette prices by 50 percent, we can prevent more than 1,000 deaths annually and reduce the financial cost for the health ministry by nearly 33 percent.



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

Sun Safety

Everybody needs some sun exposure to produce vitamin D (which helps calcium absorption for stronger and healthier bones). But unprotected exposure to the sun's ultraviolet (UV) rays can cause damage to the skin, eyes, and immune system. It can also cause cancer. [Sun Awareness Week](#) takes place in the UK in the first week of May [from May 1 to 7 this year.](#)

What does tanning do to the skin?

Tanning is the skin's response to UV light. When UV rays reach the skin, the skin makes more melanin. Melanin is the color (pigment) that causes tanning. Tanning does not prevent skin cancer.

How can you protect yourself against the sun's harmful rays?

The best way to protect yourself against the damaging effects of the sun is to limit exposure and protect your skin.

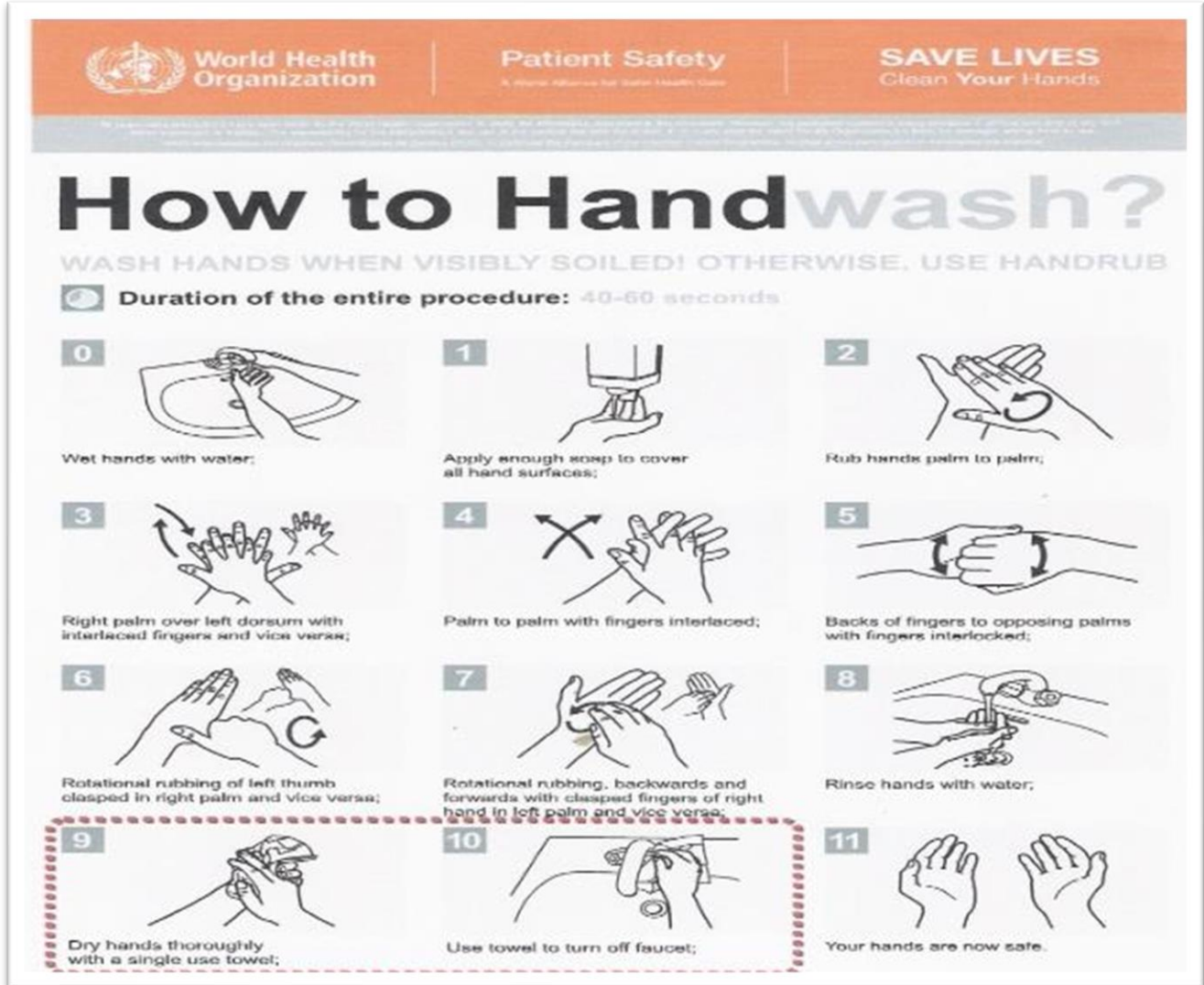
The best way to prevent sunburn in children over 6 months old is to follow these tips from the American Academy of Dermatology:

- ✓ Generously apply a broad-spectrum water-resistant sunscreen with an SPF (Sun Protection Factor) of at least 30 to all exposed skin.
- ✓ Wear protective clothing such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, whenever possible.
- ✓ Seek shade when appropriate. Remember that the sun's rays are strongest between 10 a.m. and 4 p.m.
- ✓ Get vitamin D through a healthy diet that may include vitamin supplements.

How to use sunscreens?

- ✓ Apply sunscreens to all exposed areas of skin, including easily overlooked areas. This includes the rims of the ears, the lips, the back of the neck, and tops of the feet.
- ✓ Apply sunscreens 30 minutes before going out into the sun to give it time to work. Use it liberally and reapply it every 2 hours after being in the water or after exercising or sweating.
- ✓ Choose a sunscreen for children and test it on your child's wrist before using. If your child develops skin or eye irritation, choose another brand. Apply the sunscreen very carefully around the eyes.

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



To watch the video, [Click Here](#)

SIH Events in May

Topic: International Lab Day

**Presenters: Dr. Wadha AlFouzan
Dr. Rola Ali
Dr. Heba Abdelhafiz**

Date: 3 May 2023

Time: 12:00pm-1:00pm

Venue: Abdul Rahman Al Ateeqi Auditorium

“Practical Issues In Pathology - Expectations And Limitations”

Speaker 1
Dr. Rola Ali - MD FRCPC, Consultant Pathologist

- Aims and Objectives:
- Discuss pre-analytical factors that may influence the quality of the pathology sample and/or the accuracy of the pathological diagnosis, in order to minimize diagnostic errors.

“Al Salam Al Assima Medical Laboratory New Era”

Speaker 2
**Dr. Heba Abdelhafiz - Biochemistry Registrar,
MD of Clinical Chemistry**

- Aims and Objectives:
- Highlight newly introduced tests to provide good health services.
- Total lab automation project and its value.

“Advances in Infectious Disease Testing”

Speaker 3
**Dr. Wadha Alfouzan- Manager, Microbiology Consultant
Laboratory Department**

- Aims and Objectives:
- To cover new tests introduced for microbiology and infectious diseases to aid patient diagnosis.



Topic: World Hand Hygiene Day

Date: 10 May 2023

Time: 1:00pm-5:00pm

Venue: Abdul Rahman Al Ateeqi Auditorium



Topic: Evidence-based Medicine and Basic Scientific Research

Presenter: Dr Hanady Hamdallah

Date: 11 May 2023

Time: 12:00pm – 1:00pm

Venue: Online


Al Salam International Hospital cordially invites you to the scientific lecture (CME-SIH) titled:

Evidence Based Medicine and Basics of Scientific Research

Venue: Auditorium B1 / Online

Dated on: 11/05/2023
Time: 12:00 PM - 1:00 PM

Speaker

Dr. Hanady Hamdallah
Ph.D., MSc AFN SFHEA
Senior Lecturer
Programme Leader MSc Cardiovascular Disease
Chester Medical School
University of Chester

Scan to register Scan to join

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