

# MEDICAL DEVELOPMENT CENTER

مستشفى السلام الدولي  
Al Salam International Hospital  
ثقتكم أمانة TRUST

Al Salam Bulletin- Volume # 34



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 Health Day – 7th April 2023

who.int

**On 7 April 2023 – World Health Day – the World Health Organization will observe its 75th anniversary.**

In 1948, countries of the world came together and founded WHO to promote health, keep the world safe and serve the vulnerable. So everyone, everywhere can attain the highest level of health and well-being.

WHO's 75th anniversary year is an opportunity to look back at public health successes that have improved quality of life during the last seven decades. It is also an opportunity to motivate action to tackle the health challenges of today and tomorrow.

**Theme: Health for all**

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

### SIH 2023 Reaccreditation



#### SIH Reaccreditation CANADA

- Period of reaccreditation: March 12<sup>th</sup> – March 16<sup>th</sup> 2023
- Theme for reaccreditation 2023: **“Patient Centered Care”**
- List of surveyors:
  1. Mr. Richard Bedard (Team Leader)
  2. Ms. Glenda Reid
  3. Mr. Firas Al-Derbashi
  4. Dr. John Guy
- Mode of survey:
  1. Meeting
  2. Tracer
- Preliminary report:  
**Achieved 99.8%**

## Medical News

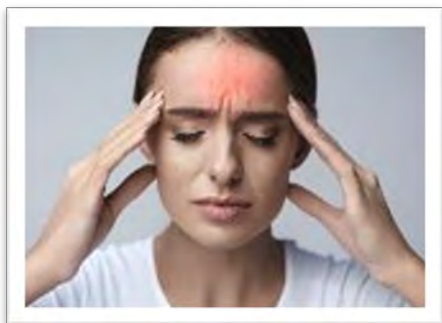


### Insulin Deficiency Leads to Reduced Pancreas Size in Type 1 Diabetes

newsmedical.net

Individuals with Type 1 diabetes have a smaller pancreas than people without diabetes. This is surprising because insulin-producing beta cells account for just a small fraction of the pancreas, so the loss of beta cells in Type 1 diabetes would not be expected to reduce pancreas size.

[Read more...](#)



### FDA Approves New Nasal Spray to Treat Migraine Headaches in Adults

cnn.com

The US Food and Drug Administration approved a new nasal spray as a rapid treatment for migraine pain in adults. The nasal spray zavegepant, sold as Zavzpret, may relieve pain and other bothersome migraine symptoms as soon as 15 minutes after use, drugmaker Pfizer said in a news release.

[Read more...](#)

## Do You Know?

### The WHO Emblem



WHO's emblem was chosen by the First World Health Assembly in 1948. The emblem consists of the United Nations symbol surmounted by a staff with a snake coiling round it.

The staff with the snake has long been a symbol of medicine and the medical profession. It originates from the story of Asclepius, who was revered by the ancient Greeks as a god of healing and whose cult involved the use of snakes. Asclepius, incidentally, was so successful at saving lives that, the legend goes, Hades the god of the underworld complained about him to the supreme god Zeus who, fearing that the healer might make humans immortal, killed Asclepius with a thunderbolt.

### The WHO Logo



The WHO logo consists of the WHO emblem and the words "World Health Organization" or "WHO".

[To know more Click Here](#)

# Ramadan – Holy Month Tips



## Healthy Tips for Ramadan and Eating Healthy

- Drink lots of water and fluids after the Sahur
- Get enough sleep to avoid dehydration
- Balance Sahur with different nutrients – preferably low-calorie, easily digestible, and low-fat foods
- Ensure meals are thoroughly cooked to aid digestion
- Eat green salad for essential vitamins, minerals, salts, and fiber to avoid constipation
- Ensure the Sahur meal contains fluids and dairy products such as yoghurt and cheese as well as fruit
- Avoid sugary foods
- Make sure your Iftar includes complex carbohydrates and other slow-digesting foods – such as barley, wheat, oats, semolina, beans, lentils, and whole meal flour
- Avoid spicy foods and caffeine-based drinks

**In order to best benefit the body, both the Sahur and Iftar meals should be balanced – with any high-fat/sugar foods best avoided.**

## Positive Effects of Fasting During Ramadan

Many studies have shown that fasting helps improve blood pressure, cholesterol levels and insulin sensitivity as well as weight loss.

**Detoxification** is another important benefit of fasting, with the body transitioning into self-cleansing mode. This occurs because the energy normally used in digestion can get to work elsewhere, removing built-up toxins, healing old wounds, and building new cells.

## Ramadan & Diabetes

### Top Ten Tips for Getting Through the Holy Month as a Diabetic

#### One: Discuss with your doctor

It's very important to discuss with your physician about your plan to fast. For example, insulin injections might be changed to just before one breaks his or her fast, so their blood sugar doesn't drop.

#### Two: Stay hydrated

Advises diabetics to drink lots of fluids – at least eight glasses of water - during Iftar (the breaking of fast) and Sahur (the meal before dawn).

#### Three: Check blood sugars regularly while fasting

#### Four: Don't skip Sahur

Diabetics that skip the predawn meal could develop sugar levels that are too low – which can be dangerous.

#### Five: Watch out for symptoms of hypoglycemia

Watch for symptoms of hypoglycemia include shaking, sweating, tremors, blurring of vision or dizziness.

#### Six: Avoid overeating during iftar

Avoiding overeating during iftar prevents blood sugar levels from fluctuating and stays away from high carb and sugary foods.

#### Seven: Good foods to eat

Recommend including grains, meat, chicken and yoghurt and starchy vegetables such as potato, carrot and beetroot.

#### Eight: Foods to avoid

Diabetics reduce their intake of fatty and salty foods as well as limiting caffeine during eating hours.

#### Nine: Exercise during Ramadan

Maintain light to moderate between iftar and suhur times.

#### Ten: Know when to stop fasting

If blood sugar levels are less than 4 mmol/L or more than 16 mmol/L, diabetics should not fast and they need to stop.

To know more [Click Here](#)

# WHO Message on its 75<sup>th</sup> Anniversary

## Key Messages for the Public From WHO for the World Health Day - 2023

Health For All envisions that all people have good health for a fulfilling life in a peaceful, prosperous, and sustainable world.

The right to health is a basic human right. Everyone must have access to the health services they need when and where they need them without financial hardship.

30% of the global population is not able to access essential health services.

Almost two billion people face catastrophic or impoverishing health spending, with significant inequalities affecting those in the most vulnerable settings.

Universal health coverage (UHC) offers financial protection and access to quality essential services, lifts people out of poverty, promotes the well-being of families and communities, protects against public health crises and moves us toward Health for All.

To make health for all a reality, we need: individuals and communities who have access to high quality health services so that they can take care of their own health and that of their families; skilled health workers providing quality, people-centered care; and policy-makers committed to investing in universal health coverage.

Evidence shows that health systems powered by a primary health care (PHC) approach is the most effective and cost-effective way to bring services for health and well-being closer to people.

COVID-19 and other health emergencies, overlapping humanitarian and climate crises, economic constraints, and war, have made every country's journey to #HealthForAll more urgent. Now is the time for leaders to take action to meet their universal health coverage commitments and for civil society to hold leaders accountable.

**Demand your right to access the health services you need without falling into financial hardship!**

## Action Points



- Shift from economies driven by profit and pollution to economies driven by fairness and well-being.
- Success must be measured by the well-being of people and healthy environment.
- Engage and empower individuals, families and communities for increased social participation and enhanced self-care in health. Ensure informed and active participation, with people at the center of health decisions and outcomes.
- Strengthen integrated national health systems using a PHC approach to deliver essential quality services with financial protection, with equity-oriented, gender-sensitive and rights-based programming to reach and engage those in greatest need and improve the health and well-being of all people at all ages.
- Enable non-State actors to participate in government-led planning, progress reviews or implementation towards Universal Health Coverage.

To know more [Click Here](#)

## Video



**Topic: Health For All**

To watch the video [Click Here](#)

## Health Stories

### **WHO's 7+5 Health Stories for Everyone, Everywhere**

#### **75 Years of Improving Public Health**

The World Health Organization's commitment to Health For All, underpinned by a democratic notion that all humans are equal, shone through brightly in its founding Constitution in 1948. The Constitution was an unprecedented document in a world that was reeling from the destruction of the Second World War, but setting on a transformative path to value all human lives. It uncompromisingly called for health as a fundamental right of every human being and a foundation for peace and security.

Through the decades, WHO has been addressing key challenges for its mission: spearheading efforts to improve social conditions so that people are born, grow, work, live and age with good health. WHO has also been central to the global promotion of gender and disability inclusion. But such progress has been constantly threatened by the persistence of health inequalities. The goal to achieve Health For All, therefore, remains as important today as it was 75 years ago. For WHO, this remains a key pathway to UN Sustainable Development Goal (SDG) 3, reinforced by 16 other SDGs to be attained by 2030.

WHO detects thousands of health emergency signals every day and works to protect people from the risks and repercussions of epidemics and pandemics. During past decades, WHO has been at the frontlines of all major health emergencies: from cholera and ebola to avian flu (H5N1), SARS and the COVID-19 pandemic. Each time, WHO's unique convening role, technical expertise and partnerships are activated to respond rapidly and at scale, moving people, resources and supplies to where they are most needed. Discussions and decisions, many in the most challenging settings, are undertaken so that data and specimens are shared, and scientific advances are made in order for the world to overcome the emergency.

WHO is the global authority for the issuance of policies and guidelines to improve people's health. In 1981, WHO Member States adopted the International Code of Marketing of Breast-milk Substitutes. By 2020, the code had been implemented in 136 countries, promoting breastfeeding for millions of babies.

To know more [Click Here](#)

## Topic: Accreditation Canada General Debriefing

Date: 16.03.2023

Participants: Qmentum accreditation teams & General staffs

Venue: B1 auditorium



## Topic: Heart Saver FA-CPR Course for Al Nebras School Faculties

Date: 04.03.2023

Presenter: AHA BLS instructor

Venue: B1 auditorium



## Topic: Nursing Orientation Program

Date: 20.03.2023 – 27.03.2023

Presenter: MDC team, IC team

Venue: B1 auditorium



Prepared By Medical Development Center