

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 37

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.

Health Awareness Day



World Hepatitis Day – July 28, 2023

worldhepatitisday.org

World Hepatitis Day - takes place annually on 28th July to raise awareness about viral hepatitis. The date of 28 July was chosen because it is the birthday of Nobel-prize winning scientist Dr Baruch Blumberg, who discovered hepatitis B virus (HBV) and developed a diagnostic test and vaccine for the virus. Hepatitis is an inflammation of the liver which is a cause of numerous health problems, most dangerous being liver cancer.

2023 Theme: “We’re not waiting”

‘We’re not waiting’ is call to action for WHD 2023. It’s a call to accelerate elimination efforts of viral hepatitis now and the urgent need for testing and treatment for the real people who need it. Individuals and communities around the world are making change happen in their own lives and in world around them. We celebrate them, while demanding more action.

[Read more...](#)

Do You know?

What is Hepatitis?



Hepatitis is an inflammation of the liver. The swelling happens when tissues are injured or infected. This damage can affect how the liver functions. Located on the right side of the abdomen, under the ribs, the liver works to build protein that your body needs, and to remove toxins from the body. The liver, as a part of the immune system, therefore, plays a vital role in producing chemicals for digestion and healthy blood.

Types of Hepatitis:

Hepatitis can be of different types based on different causes and reasons, which are,

- Viral Hepatitis (A, B, C, D & E)
- Toxic Hepatitis
- Alcoholic Hepatitis
- Autoimmune Hepatitis

[Read more...](#)

Multistate Outbreak of Hepatitis A Virus Infections Linked to Frozen Organic Strawberries

cdc.gov



As of June 14, 2023, there are:

- 9 outbreak-associated cases of hepatitis A reported from 3 states (California, Oregon, and Washington).
- Illnesses started on dates ranging from November 24, 2022, to April 12, 2023.
- 3 people have been hospitalized. No deaths have been reported.

[Read more...](#)

Hepatitis and Dialysis: What Patients can do to Prevent Infection?

apic.org



The high risk of infections in dialysis patients is due to a number of factors including the close distance of dialysis patients to each other, the fast patient turn-over between dialysis sessions, and health of the person receiving dialysis. Many dialysis patients have other health conditions and/or a weakened immune system which can increase susceptibility to infections, especially when infection prevention practices are not strictly followed by dialysis staff.

[Read more...](#)

5 Myths and Facts About Hepatitis C

- 1. Myth:** I feel fine, so I don't need to get tested for hepatitis C.
Fact: Symptoms from hepatitis C only start after serious damage is done to the liver. Most people with hepatitis C currently don't even know they carry the virus. You can get tested with a simple blood test.
- 2. Myth:** Hepatitis C can't be cured.
Fact: There are multiple easy-to-take hepatitis C medications that will cure hepatitis C.
- 3. Myth:** The treatment for hepatitis C is too difficult to take.
Fact: The old treatment for hepatitis C included weekly interferon injections plus pills, taken for up to a year, and often left people feeling exhausted and unable to work. Today's treatments can cure most cases of hepatitis C with as little as one pill daily for as little as 8 weeks. Almost anyone can take them, and the side effects are fewer and more manageable.
- 4. Myth:** I can't afford treatment for hepatitis C.
Fact: While treatments for hepatitis C are expensive, more and more insurance companies are now covering these treatments because they are so effective. Several different medications are available, and your insurance company might have a preference that you take a certain medication. Your doctor and pharmacist will work with your insurance company to get the best treatment for you approved.
- 5. Myth:** A liver biopsy is needed to get hepatitis C treatment.
Fact: FibroScan is a simple, painless test similar to an ultrasound that can evaluate liver damage. This can be done in the office during your hepatitis C consultation visit and gives important information that your doctor will use to choose the best treatment for you. Liver biopsies are no longer needed!

What You Need to Know

Hepatitis B Vaccine

- Hepatitis B vaccine can prevent hepatitis B.
- Hepatitis B vaccine is usually given as 2, 3, or 4 shots.
- Infants should get their first dose of hepatitis B vaccine at birth and will usually complete the series at 6–18 months of age.
- The birth dose of hepatitis B vaccine is an important part of preventing long-term illness in infants and the spread of hepatitis B in the United States.
- Anyone 59 years of age or younger who has not yet gotten the vaccine should be vaccinated.
- Hepatitis B vaccination is recommended for adults 60 years or older at increased risk of exposure to hepatitis B who were not vaccinated previously.
- Adults 60 years or older who are not at increased risk and were not vaccinated in the past may also be vaccinated.
- Hepatitis B vaccine may be given as a stand-alone vaccine, or as part of a combination vaccine (a type of vaccine that combines more than one vaccine together into one shot).
- Hepatitis B vaccine may be given at the same time as other vaccines.

[Read more...](#)

Infographics

The infographic is divided into two main sections. On the left, titled 'Hepatitis B symptoms', there is a 3x3 grid of illustrations. Each illustration shows a person with a specific symptom, accompanied by a small icon. The symptoms listed are: 1. Nausea (person holding their head), 2. Vomiting (person leaning over), 3. Loss of appetite (plate with a red 'X'), 4. Pain in abdomen (person holding their stomach), 5. Jaundice (person with yellowed skin), 6. Dark urine (two test tubes with dark liquid), 7. Tiredness (person slumped over), 8. Weakness (person struggling to walk), and 9. Joint pain (person holding their knee). On the right, titled 'Hepatitis', there is a silhouette of a human torso with the liver highlighted. To the right of the silhouette are two illustrations of a liver. The top one is labeled 'Healthy liver' and is a normal reddish-brown color. The bottom one is labeled 'Inflammation of the liver' and is a darker, more swollen red color.

Hepatitis

What is the difference between hepatitis A, hepatitis B, and hepatitis C?

Hepatitis A, hepatitis B, and hepatitis C are liver infections caused by three different viruses. Although each can cause similar symptoms, they are spread in different ways and can affect the liver differently. Hepatitis A is usually a short-term infection. Hepatitis B and hepatitis C can also begin as short-term infections but in some people, the virus remains in the body and causes chronic, or lifelong, infection. There are vaccines to prevent hepatitis A and hepatitis B; but there is no vaccine available for hepatitis C.

How is hepatitis B spread?

Hepatitis B is spread when blood, semen, or other body fluids – even in microscopic amounts — from a person infected with the hepatitis B virus enters the body of someone who is not infected. People can become infected with the virus from:

- Birth to an infected person
- Sex with a partner who has hepatitis B
- Sharing contaminated needles, syringes, or drug preparation equipment
- Sharing contaminated items such as toothbrushes, razors, or medical equipment (like a glucose monitor) with a person who has hepatitis B
- Direct contact with the blood or open sores of a person who has hepatitis B
- Exposure to the blood from a person who has hepatitis B through needlesticks or other sharp instruments
- Poor infection control in healthcare facilities

Although the hepatitis B virus can be found in saliva, it is not spread through kissing or sharing utensils. Hepatitis B is not spread through sneezing, coughing, hugging, breastfeeding or through food or water.

Can I donate blood if I have hepatitis B?

Unfortunately, no. The American Red Cross does not accept blood donations from anyone who has tested positive for hepatitis B or anyone experiencing symptoms of viral hepatitis.

Can hepatitis B be prevented?

Yes. The best way to prevent hepatitis B is by getting vaccinated. The hepatitis B vaccine is safe and effective. You need to get all shots in the series to be fully protected.

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

SASH Events in June 2023

Title: International Nurses Day celebration

Date: June 02nd 2023

Time: 1700 hrs – 2130 hrs

Venue: Millennium hotel, Al Taj Ballroom



Name of course : BLS course in Arabic language

Instructor: AHA instructor

Date: June 10th, 2023

Time: 1600 hrs-2100 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Name of program : Nursing orientation program

Organized by: Medical Development Center

Date: June 17th – 22nd 2023

Time: 0800 hrs-1500 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Prepared By Medical Development Center