

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 42

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 Days



World AIDS Day – Dec 1, 2023

unaids.org

World AIDS Day - takes place annually on 1st December to spread awareness about the status of the pandemic and encourage progress in HIV/AIDS prevention, treatment and care around the world. World AIDS Day brings together people from around the world to raise awareness about HIV/AIDS and demonstrate international solidarity in the face of the pandemic.

2023 Theme: "Let communities Lead"

The world can end AIDS, with communities leading the way. Organizations of communities living with, at risk of, or affected by HIV are the frontline of progress in the HIV response. Communities connect people with person-centered public health services, build trust, innovate, monitor implementation of policies and services, and hold providers accountable.

[Read more...](#)



International Day of Persons with Disabilities 2023

who.int

International Day of Persons with Disabilities is observed globally on December 3rd each year. This date provides an opportunity for governments, organizations, and communities to come together to raise awareness, promote inclusion, and take action to improve the lives of persons with disabilities. More than 1.3 billion people experience significant disability today, which represents 16% of the global population.

2023 Theme: "United in action to rescue and achieve the SDGs (Sustainable Development Goals) for, with and by persons with disabilities".

International Day of Persons with Disabilities (IDPD) is an annual event established by the United Nations to raise awareness about the challenges faced by persons with disabilities and to promote their full and equal participation in all aspects of society. It serves as a platform to advocate for the rights and dignity of individuals with disabilities.

[Read more...](#)

10 Tips for Staying Healthy in Winter

1. Eat Healthy and Stay Well
2. Skincare in winter
3. Exercise daily
4. Keep yourself hydrated
5. Watch out for the Flu
6. Vitamin intake
7. Get proper sleep
8. Dress up warmly
9. Avoid stress
10. Practice proper hygiene

To Know in detail, [Click here ...](#)

Have You Taken Flu Shot?

Flu (or influenza) is a highly contagious virus. Its symptoms, which include fever, fatigue, aching joints and headache, can last anywhere up to 2 weeks. Antivirals can help with the symptoms, but for some people, getting flu puts them at risk of very serious illness.

To protect you, and those around you, and to help minimize the spread of flu, doctors recommend getting the flu vaccine every winter.

When should I receive the flu vaccine?

Cases of flu increase during the winter months. To maximize protection, you should have the flu vaccine in early autumn. The shot will protect you for a minimum of 6 months – enough to last the flu season.

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

HIV / AIDS

MYTH: “HIV/AIDS is a death sentence.”

FACT: 35 FDA approved medications to treat HIV/AIDS. These medications, primarily known as anti-retroviral therapy, allow HIV positive individuals to live a full and healthy life after diagnosis and early treatment.

MYTH: HIV or AIDS can cured.

FACT: There is no cure for HIV/AIDS. Treatments are available, but they do not cure the disease itself.

MYTH: “If I take birth control, I won’t get HIV.”

FACT: Birth control does not protect you against HIV. It is important to use protection when engaging in any type of sexual activity.

MYTH: When you’re on HIV therapy, you can’t transmit the virus to anyone else.

FACT: HIV treatment reduces the chance of passing HIV by 96%, but there is a 4% chance of transmission between an infected (virally suppressed) and uninfected partner.

MYTH: HIV spread through sharing utensils.

FACT: HIV CANNOT be spread through:

- Saliva, such as through kissing or sharing eating utensils.
- Hugging or shaking hands with someone who is HIV positive.
- Sharing exercise equipment or playing sports with an HIV positive person.
- Touching a toilet seat or doorknob handle after an HIV positive person.
- Drinking from a public water fountain.

What You Need to Know

HIV and AIDS

HIV targets the body's white blood cells, weakening the immune system. The most advanced stage of this disease is termed as AIDS. HIV spread from the body fluids of an infected person, including blood, breast milk, semen and vaginal fluids. It is not spread by kisses, hugs or sharing food. It can also spread from a mother to her baby.

In the first few weeks after being infected people may not experience symptoms. Others may have an influenza-like illness including:

- Fever
- Headache
- Rash
- Sore throat.

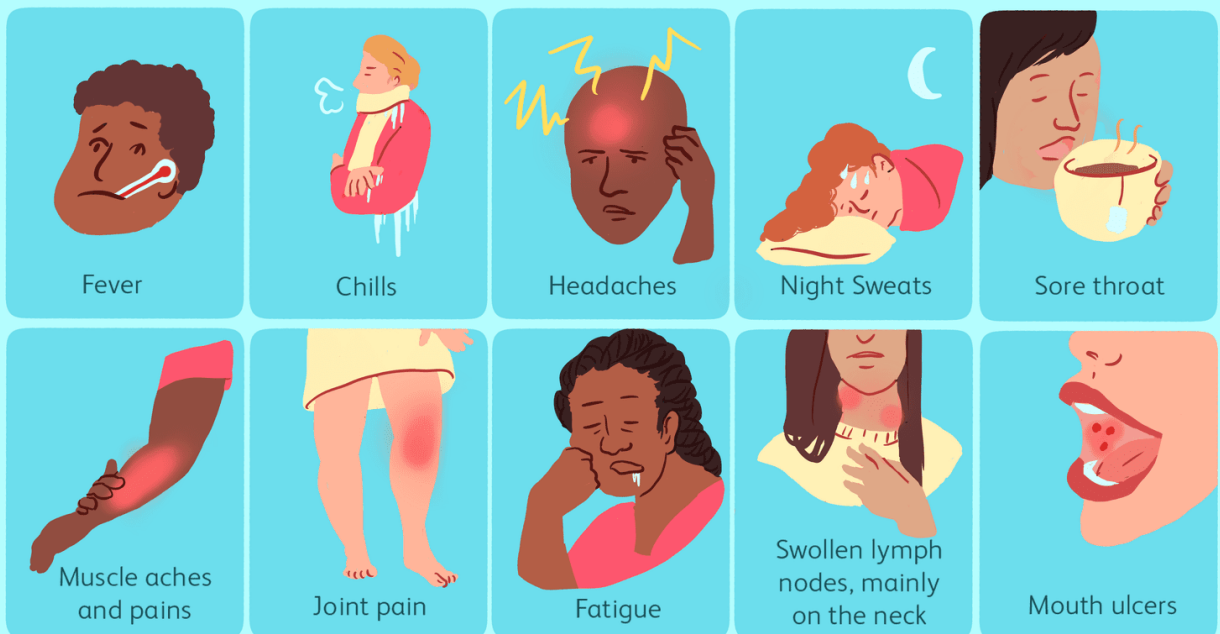
HIV can be diagnosed through rapid diagnostic tests that provide same-day results. Most widely used HIV diagnostic tests detect antibodies produced by the person as part of their immune response to fight HIV. In most cases, people develop antibodies to HIV within 28 days of infection.

HIV is treated with antiretroviral drugs, which stop the virus from replicating in the body. Current antiretroviral therapy (ART) does not cure HIV infection but allows a person's immune system to get stronger. This helps them to fight other infections.

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

Infographics

Symptoms of Acute HIV



Polyarteritis Nodosa Presenting as Cholecystitis



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Journal of Surgical Case Reports

Volume 2023, Issue 11, November 2023

Abstract:

Medium and small arteries are mainly affected by polyarteritis nodosa. Lungs are spared but any other organ can be involved. Gallbladder can be part of this systemic disease. Isolated gallbladder disease is not common. The presentation of the systemic polyarteritis nodosa as acute cholecystitis is described in this case report. Management of the disease depends on the involved organs and usually consists of systemic steroids. The diagnosis of polyarteritis nodosa should be considered in patients with previous systemic symptoms who develop picture of acute cholecystitis.

Case presentation:

This is a 61-year-old gentleman with a background of pulmonary fibrosis, essential hypertension, chronic kidney disease, and type 2 diabetes mellitus. He presented with right upper quadrant pain, nausea but no vomiting. Clinical examination revealed a systemically stable patient with normal temperature. Abdomen was soft and lax but tender at the right upper quadrant with a positive Murphy's sign. The biochemical profile of the patient showed a picture of type 1 acute kidney injury and high inflammatory markers. The inflammatory markers have slightly improved, but the renal function continued to deteriorate over time. Ultrasound scan of the abdomen showed a thickened gallbladder wall of 5.5 mm with some biliary mud. He underwent laparoscopic cholecystectomy under general anesthesia in the standard way. The gallbladder was found to be macroscopically inflamed with few omental adhesions. The procedure was completed peacefully, and the patient recovered well. The histology of the gallbladder specimen came back showing features of necrotizing vasculitis of small and medium arteries suggestive of PAN. He was treated with steroids for his systemic vasculitis and has shown significant improvement in his symptoms. His kidney function also markedly improved.

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

SASH Events in November 2023

Title: World Diabetes Day Celebration

Date: November 14th 2023

Time: 0800 hrs – 1900 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Antibiotic Stewardship Day Celebration

Date: November 23rd 2023

Time: 1000 hrs – 1300 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Safety Week Celebration

Date: 26th – 30th November 2023

Time: 0800 hrs – 1600 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Name of course: Heart saver CPR Course

Instructor: AHA Instructor

Attendees: Faculties of American Bilingual School

Date: November 07th & 8th 2023

Time: 1600 hrs – 2000 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



SASH Events in November 2023

Title: Workshop on ABG analysis

Date: November 09th 2023

Time: 1300 hrs – 1400 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Name of course : Advanced Surgical Care Course

Instructor: Dr. Jyothi Chakrabarty & Mr. Anil Raj from Manipal University, India

Date: 04th – 09th November 2023

Time: 0800 hrs-1400 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title of session : Breast Feeding Promotion and Support in Baby Friendly Hospital Initiative

Organized by: Medical Development Center in Coordination with Maternity Education Center

Date: November 22nd 2023

Time: 0800 hrs-1400 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Prepared By Medical Development Center