

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 44

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



National Cancer Prevention Month – February 2024

wcrf-uk.org

Many people – including scientists – used to think that cancer was a matter of bad luck and there wasn't much you could do to avoid getting cancer.

Thanks to the work of World Cancer Research Fund since 1982, we now know that cancer can be prevented in many cases and there are proven ways for people to make a cancer diagnosis less likely.

Experts now believe that up to 40% of cancer cases are preventable, if people didn't smoke, avoided the sun, avoided alcohol, ate a healthy diet, maintained a healthy body weight and stayed physically active.

We want that to happen. We want to live in a world where no one develops a preventable cancer.

[Read more...](#)



National Children's Dental Health Month - February 2024

nationaldaycalendar.com

Each year throughout National Children's Dental Health Month in February, the American Dental Association promotes a different campaign targeting a new dental health goal.

National Children's Dental Health Month brings together dental health professionals, caregivers, parents, and teachers to give children the best start on oral health. From brushing and flossing to healthy snacks and routine dental visits, the month also includes Give Kids A Smile Day on February 6th.

[Read more...](#)

What You Need to Know

Common Cancer Myths and Misconceptions



Certain popular ideas about how cancer starts and spreads—though scientifically wrong—can seem to make sense, especially when those ideas are rooted in old theories. But wrong ideas about cancer can lead to needless worry and even hinder good prevention and treatment decisions. This page provides the latest science-based information about some common cancer myths and misconceptions.

Is cancer a death sentence?

In the United States, the likelihood of dying from cancer has dropped steadily since the 1990s. Five-year survival rates for some cancers, such as breast, prostate, and thyroid cancers, now are 90 percent or better. The 5-year survival rate for all cancers combined is currently about 68 percent. For more information, see the Annual Report to the Nation on the Status of Cancer.

It is important to note, however, that these rates are based on data from large numbers of people. How long an individual cancer patient will live and whether he or she will die from the disease depend on many factors, including whether the cancer is slow or fast growing, how much the cancer has spread in the body, whether effective treatments are available, the person's overall health, and more.

Will eating sugar make my cancer worse?

No. Although research has shown that cancer cells consume more sugar (glucose) than normal cells...

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

News

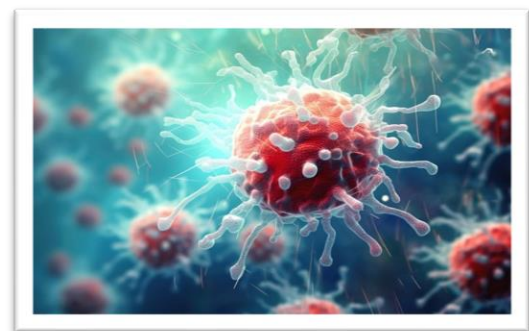
Tooth decay prevalent in kids; 79% in Kuwait



KUWAIT CITY, Nov 30: Dr. Sumant Mishra, a specialist in pediatric dentistry at the Amiri Hospital and Bedi Al-Gar Specialized Dental Hospital, says about 514 million children suffer from caries (decay) in their primary teeth, according to the World Health Organization. In a special press statement, Dr. Mishra said the average prevalence of Early Childhood Caries (ECC) around the world is estimated at 23.8 percent, and 57.3 percent of the children are under the age of three years. He explained that a study conducted in Kuwait years ago revealed high caries rates in early childhood by up to 79 percent.

[Read more...](#)

What to Know about Cancer



Cancer is a broad term. It describes the disease that results when cellular changes cause the uncontrolled growth and division of cells. Some types of cancer cause rapid cell growth, while others cause cells to grow and divide at a slower rate...

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

Miscellaneous

Lifestyle tips for cancer prevention

While your diet is central to preventing cancer, other healthy habits can further lower your risk:

1. Be as lean as possible without becoming underweight. Weight gain and being overweight or obese increases the risk of a number of cancers, including bowel, breast, prostate, pancreatic, endometrial, kidney, gallbladder, esophageal, and ovarian cancers.
2. Be physically active for at least 30 minutes every day. Physical activity decreases the risk of colon, endometrial, and postmenopausal breast cancer. Three 10-minute sessions work just as well, but the key is to find an activity you enjoy and make it a part of your daily life.
3. Limit alcoholic drinks. Limit consumption to no more than two drinks a day for men and one a day for women.
4. Where possible, aim to meet nutritional needs through diet alone, instead of trying to use supplements to protect against cancer.
5. It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods. Babies who are breastfed are less likely to be overweight as children or adults.
6. After treatment, cancer survivors should follow the recommendations for cancer prevention. Follow the recommendations for diet, healthy weight, and physical activity from your doctor or trained professional.


Frequently Asked Question




This is a summary of the most asked questions by cancer patients. It does NOT include all information about conditions, illnesses, injuries, tests, procedures, treatments, therapies, discharge instructions or lifestyle choices that may apply to you. It is highly advisable to talk with your health care provider for proper information about your health and treatment options. This information should not be used to decide whether to accept your health care provider's recommendations.

[Read more...](#)


KIDS DENTAL ADVICE




Fluoride = Stronger teeth
Best way to prevent tooth decay, by using a fluoride toothpaste.




Brush 2 times a day to prevent holes in your teeth!




Visit the dentist for a checkup!
After 1 year old




Losing your teeth
Losing your teeth. Don't worry you will get another one, with a visit from the tooth fairy.




Time to STOP thumb sucking
Can cause ugly gaps between your teeth



These are the bad guys
Sugary drinks
Candy



Brushing
A pea sized amount of FLUORIDE toothpaste does trick!
Brush gently over the teeth, on all surfaces to make them sparkle!
Brush 2 times a day!



Drink lots of MILK makes your teeth **STRONG**
Not too many sweets
Avoid snacking in between meals

Eat healthy!

CANCER PREVENTION

IN THE GENERAL POPULATION



 **Keep your weight within a healthy range**

Walk more and sit less 

 **Eat a diet rich in whole grains, vegetables, fruits, and beans**

Limit "fast foods" and other processed foods 

 **Limit red meats and avoid processed meats**

Limit sugar-sweetened drinks 

 **Limit alcohol**

Do not use supplements for cancer prevention 

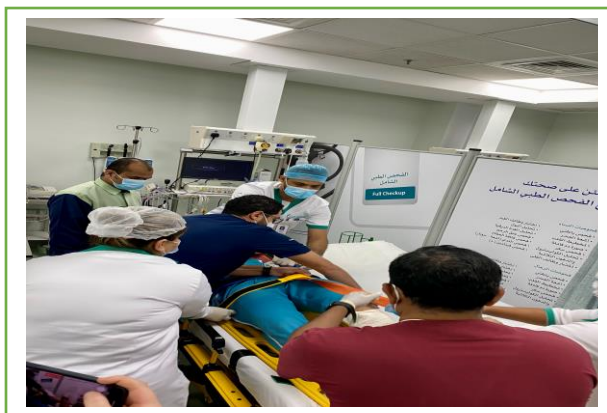
SASH Events in January 2024

Title: Annual Mock Fire Drill

Date: January 14th 2024

Time: 1040 hrs – 1200 hrs

Venue: SASH



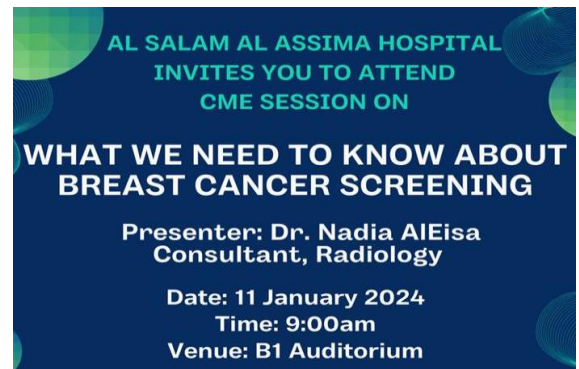
SASH Events in January 2024

Title: What We Need to Know about Breast Cancer Screening

Date: January 11th 2024

Time: 0900 hrs-1000 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



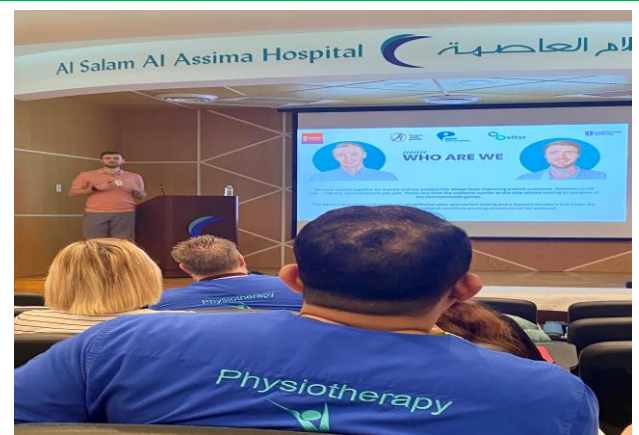
Name of course: Complete ACL Rehab Journey

Instructor: James Phillips & Andrew Goodall

Date: January 18th & 19th 2024

Time: 0900 hrs – 1700 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title of session: Digital Dentistry

Speaker: Dr. Faisal Alrashidi

Date: January 25th 2024

Time: 1600 hrs-2100 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Prepared By Medical Development Center