

# MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 47

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
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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 2024

#### CEO Message



“On this International Nurses Day, I would like to express my sincere gratitude to all Al Salam nurses for their compassionate work and exceptional professionalism that makes a significant difference in the lives of many.

Your unwavering dedication to patient care is the foundation to our hospital’s success, and I want to assure you that it does not go unnoticed. As we celebrate your achievements, we acknowledge the challenges you face in your work. Your unwavering commitment to your patients is admirable and inspiring.

We are here to support and encourage you in every possible way, and we stand in solidarity with you as you continue to make a difference in the lives of those you serve.



## Health Awareness Days



### World Ovarian Cancer Day – May 8, 2024

[worldovariancancercoalition.org](http://worldovariancancercoalition.org)

Established in 2013 by a group of leaders from ovarian cancer advocacy organizations around the world, May 8 – World Ovarian Cancer Day, is the one day of the year we globally raise our voices in solidarity in the fight against ovarian cancer. ‘Ovarian cancer’ is not a singular diagnosis, rather it is an umbrella term for a multitude of different types of cancer that affect the ovaries, fallopian tubes, and the primary peritoneal cavity.

Ovarian cancer is the most lethal of the female cancers for which there is no reliable screening test, and every person assigned female at birth is at risk. With delays in diagnoses due to this lack of screening and because symptoms are often confused with other, less severe, illness, most people are diagnosed once the cancer has already spread, making it more difficult to treat.

[Read more...](#)



### Stroke Awareness Month – May 2024

[nationaltoday.com](http://nationaltoday.com)

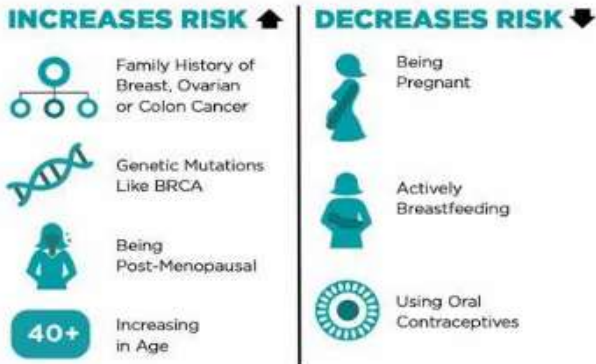
Stroke Awareness Month is observed in the United States every year during May. This month aims to create public awareness about stroke risk factors and to lessen the occurrence of stroke in the U.S. A stroke is a medical condition where poor blood flow to the brain results in cell death. There are two main types of strokes — ischemic stroke, which occurs due to lack of blood flow, and hemorrhagic stroke, which occurs due to bleeding. Both conditions cause parts of the brain to stop functioning properly. A stroke happens in America every 40 seconds, and someone dies of it every four minutes.

The term “brain attack” was introduced to underline the acute nature of stroke according to the American Stroke Association, and the term has been used since 1990. Annually, more than 795,000 people in America have a stroke. Of this number, approximately 610,000 are people having their first stroke.

[Read more...](#)

## Things to know about breastfeeding and your cancer risk

### Risk Factors of Ovarian Cancer



### Breastfeeding reduces your risk for breast and ovarian cancers

Breastfeeding has been shown to reduce your risk for breast cancer and ovarian cancer. Studies vary according to the exact amount it reduces your risk, but you'll get a significant benefit if you can breastfeed for at least one year.

You get the most benefit if you can breastfeed for more than two years. The benefit is the same if this time is for one child or the total time you breastfeed all of your children.

There are a couple of ways breastfeeding reduces your risk for cancer. One is that it can delay ovulation and reduce your lifetime exposure to estrogen. Another is that breastfeeding may lead your body to shed breast cells, and in that process, you'll likely shed cells that had the potential to become abnormal.

The American Academy of Pediatrics recommends breastfeeding exclusively for the first six months, with continued breastfeeding along with solid foods for one year or more.

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

## Stroke Symptoms

### F.A.S.T. Warning Signs

Use the letters in **F.A.S.T.** to spot a Stroke.

**F = Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**A = Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S = Speech Difficulty** – Is speech slurred?

**T = Time to call for help** – Stroke is an emergency. Every minute counts. Call 112 immediately. Note the time when any of the symptoms first appear.

### Other Stroke Symptoms

#### **Watch for Sudden:**

**NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body.

**CONFUSION**, trouble speaking or understanding speech.

**TROUBLE SEEING** in one or both eyes.

**TROUBLE WALKING**, dizziness, loss of balance or coordination.

**SEVERE HEADACHE** with no known cause.

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

# Screening and Prevention

## Ovarian Cancer

- 1- Regular women's health exams
- 2- See a doctor if you have symptoms.
- 3- TVUS (transvaginal ultrasound)
- 4- The CA-125 blood test
- 5- Biopsy if needed.

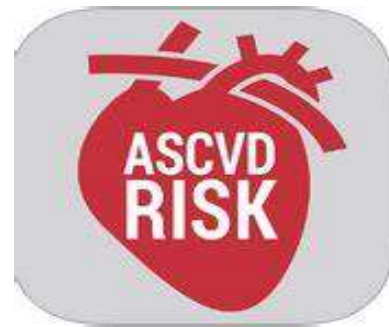


To Know in detail, [Click here....](#)

## Stroke

### ASCVD Risk Estimator

- 1- age
- 2- sex
- 3- race
- 4- blood pressure
- 5- cholesterol levels
- 6- smoking status and history
- 7- medication use



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

# Infographics

## SOME RISK FACTORS FOR STROKE ARE PREVENTABLE!

Here are some things you can be aware of to help prevent a stroke in yourself or a loved one:

- High Blood pressure
- Smoking
- Excessive alcohol use
- Diabetes
- High Cholesterol
- Physical inactivity/obesity
- Carotid or other artery disease and/or heart disease
- Certain blood disorders

## SYMPTOMS OF OVARIAN CANCER

- PERSISTENT BLOATING
- FEELING FULL QUICKLY
- LOSS OF APPETITE
- URINARY URGENCY
- FATIGUE
- UNEXPLAINED WEIGHT LOSS
- PELVIC OR STOMACH PAINS

# SASH Events in April 2024

**Title:** Headache Academy and Migraine Healer's Workshop

**Date:** April 18<sup>th</sup>, 2024

**Time:** 1200 hrs – 1400 hrs

**Venue:** SASH Abdul Rahman Al Ateeqi Auditorium

## “Headache Academy and Migraine Healer's Workshop”

### Objectives:

- To raise awareness and diagnostic value of migraine among Family Medicine, ER doctors and Medical registrars.
- To improve the quality of care and diagnosis of headache.



**Speaker 1:**  
**Dr. Ali Al Sanousi**  
Consultant & Head of  
Neurology Department



**Speaker 2:**  
**Dr. Karim Kotkata**  
Specialist, Neurology

**Title:** Suspected Pulmonary Embolism (PE) Diagnostic Pathway

**Date:** April 25<sup>th</sup>, 2024

**Time:** 1300 hrs – 1400 hrs

**Venue:** SASH Abdul Rahman Al Ateeqi Auditorium

## “Suspected Pulmonary Embolism (PE) Diagnostic Pathway”

### Objectives:

- Introduction of a new clinical pathway in relation to suspected pulmonary embolism in non-pregnant adult patients.
- Improving quality and safety of patient care



**Speaker:**  
**Dr. Ghada Eid**  
Consultant, Respiratory  
Diseases



**Moderator:**  
**Dr. Sania Shoeb**  
Consultant / Actg. Chief  
Internal Medicine

**Title:** Nursing Leadership Course by Manipal University

**Date:** 27<sup>th</sup> April 2024 – 2<sup>nd</sup> May 2024

**Time:** 0800 hrs – 1400 hrs

**Venue:** SASH Abdul Rahman Al Ateeqi Auditorium



**Prepared By Medical Development Center**