

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 48

مستشفى السلام العاصمة
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



Cataract Awareness Month – June 2024

holidaycalendar.io/holiday/cataract-awareness-month

Get ready to shed some light on Cataract Awareness Month, celebrated throughout the month of June! This month is dedicated to raising awareness about cataracts – a common eye condition that affects millions of people worldwide.

Did you know that cataracts can be traced back to ancient times, with evidence of surgeries being performed as early as 2nd century BC? While there may not have been much understanding about the condition back then, modern medicine has come a long way in treating and preventing cataracts. So let's take this opportunity to spread awareness and educate ourselves about this important issue!

[Read more...](#)



Alzheimer's and Brain Awareness Month - June 2024

whainfocenter.com/Analytics/Fast-Facts/Alzheimer's-and-Brain-Awareness

June is recognized as Alzheimer's and Brain Awareness Month to bring attention to and spread the word about Alzheimer's disease and other dementia-related conditions. The Alzheimer's Association states that worldwide, there are more than 55 million people who are living with Alzheimer's or some other form of dementia. In 2020, according to the Centers for Disease Control and Prevention (CDC), as many as 5.8 million Americans were living with Alzheimer's disease. The CDC expects that number to climb to about 95 million by 2060. Currently, Alzheimer's is ranked as the sixth leading cause of death among U.S. adults. The number of people who live with Alzheimer's doubles every five years after the age of 65. In more than 90% of cases of Alzheimer's....

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Congenital Cataract



A cataract is an opacification of the crystalline lens. Congenital or infantile cataracts are present within the first year of life. Timely diagnosis relies on pediatrician screening exams. If a visually significant cataract goes undetected in an infant, permanent visual loss may ensue.

Not all cataracts are visually significant. If a lenticular opacity is in the visual axis, it is considered visually significant and may lead to blindness. If the cataract is small, in the anterior portion of the lens, or in the periphery, there may be no effect on vision.

Unilateral cataracts usually are the result of isolated, sporadic incidents. They can be associated with ocular developmental abnormalities (eg, posterior lenticonus, persistent fetal vasculature, anterior segment dysgenesis, posterior pole tumors).

Bilateral cataracts may be inherited or associated with systemic disease. Therefore, a systemic work up with genetic, metabolic, and infectious testing may be considered. Associated diseases include chromosomal trisomy's (eg, Down, Edward, and Patau syndromes), metabolic conditions (eg, diabetes, hypoglycemia, and galactosemia), Lowe syndrome, and congenital infections (eg, toxoplasmosis, rubella, cytomegalovirus, and herpes simplex [TORCH]). Most unilateral cases and approximately half of all bilateral cases are idiopathic.

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

What to Know about Alzheimer's Disease



Alzheimer's disease is a neurological condition in which the death of brain cells causes a decline in thinking skills and memory. There is currently no cure, but there are ways to support a person through medication and other strategies.

It is the most common type of dementia, accounting for around 60–80% of cases of dementia in the United States.

Alzheimer's disease affects around 5 million people Trusted Source in the U.S. Estimates suggest that this number will nearly triple by 2060.

The condition usually affects people aged 65 years and over, with only 10% Trusted Source of cases occurring in people younger than this.

This article provides an overview of Alzheimer's disease, including its symptoms, causes, and possible treatment options.

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

9 Tips to keep your eyes healthy!



Your eyes are irreplaceable. They are your windows to the world. But they are fragile, and you need to take meticulous care of them. There are many reasons your eyesight could deteriorate- age, pollution, stress, unhealthy diet etc. While you can't really stop the ageing of your eyes, you can slow it down. But many of the other issues could be avoided if you adopt a few measures.

1. Regular Check-up for your Eyes

You need to visit an ophthalmologist/optometrist at least once a year. They will administer several tests to determine how strong your vision is or how healthy your eyes are. Based on the tests, you will be given a new pair of lenses for your glasses or medicines if needed. Myopia has been becoming an epidemic, especially in kids. Scheduling regular eye check-up exams are the best way to ensure safety from myopia. Regular checkups can also ward off cataracts, retinal detachment and glaucoma, all very sight-threatening eye conditions.

2. A Healthy Diet to the Rescue

This is an age-old and sure shot means of keeping your eyes healthy. There are certain foods that boost your eyesight and reverse the effects of ageing. Make sure your diet includes –

[Read more...](#)

How to improve your memory?



A strong memory depends on the health and vitality of your brain. Whether you're a student studying for final exams, a working professional interested in doing all you can to stay mentally sharp, or a senior looking to preserve and enhance your grey matter as you age, there's lots you can do to improve your memory and mental performance

They say that you can't teach an old dog new tricks, but when it comes to the brain, scientists have discovered that this old adage simply isn't true. The human brain has an astonishing ability to adapt and change—even into old age. This ability is known as neuroplasticity. With the right stimulation, your brain can form new neural pathways, alter existing connections, and adapt and react in ever-changing ways.

The brain's incredible ability to reshape itself holds true when it comes to learning and memory. You can harness the natural power of neuroplasticity to increase your cognitive abilities, enhance your ability to learn new information, and improve your memory at any age. These nine tips can show you how.

Tip 1: Give your brain a workout

By the time you've reached adulthood, your brain has developed millions of neural pathways that help you process and recall information quickly, solve familiar problems...

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Cataract Facts & Myths

Maintain visits with your eye care physicians to keep up with cataract treatment and progress.

MYTHS



Eye drops can prevent or dissolve cataracts.



Close focus make cataracts worse.



Cataracts are reversible.

FACTS



False: Some products state they can prevent cataracts, but cataract formation is natural.



False: Cataracts are not affected by use of vision, but they might be more noticeable when viewing up close.



False: Your eye lens clouds naturally as it ages and it is completely unavoidable.



SASH Events in May 2024

Title: International Nurses' Week Celebration

Date: May 12th and 17th 2024

Venue: SASH and Millenium Hotel - Kuwait



SASH Events in May 2024

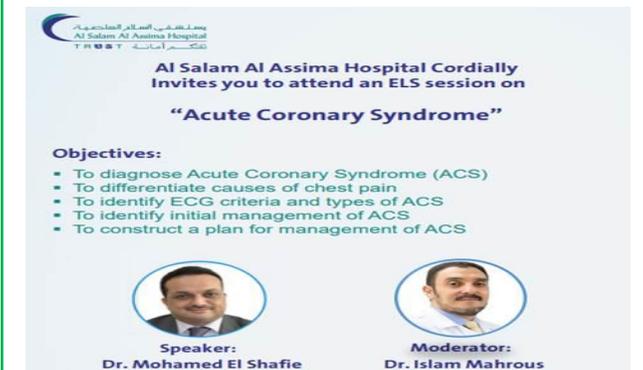
Title: Acute Coronary Syndrome

Speaker: Dr. Mohamed El Shafie

Date: May 13th 2024

Time: 1300 hrs-1400 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Al Salam Al Assima Hospital Cordially Invites you to attend an ELS session on
“Acute Coronary Syndrome”

Objectives:

- To diagnose Acute Coronary Syndrome (ACS)
- To differentiate causes of chest pain
- To identify ECG criteria and types of ACS
- To identify initial management of ACS
- To construct a plan for management of ACS

Speaker: Dr. Mohamed El Shafie

Moderator: Dr. Islam Mahrous

Name of course: Geriatric Medicine: The Missing Piece

Speaker: Dr. Batoul A. Alwazzan

Date: May 16th 2024

Time: 1300 hrs – 1400 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Al Salam Al Assima Hospital Cordially Invites you to attend a session on
“Geriatric Medicine: The Missing Piece”

Objectives:

- To introduce Geriatric Medicine
- To explain the difference between Internal Medicine and Geriatric Medicine
- To introduce the concept of comprehensive geriatric assessment
- To explore geriatric syndromes and the concept of Frailty

Speaker: Dr. Batoul A. AlWazzan
Specialist Geriatric/ Internal Medicine

Moderator: Dr.Sania Shoeb
Consultant / Chief Internal Medicine

Title of session: Communication and Body Language

Speaker: Dr. Suliman Almunaifi

Date: May 24th 2024

Time: 1300 hrs - 1700 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Prepared By Medical Development Center