

# MEDICAL DEVELOPMENT CENTER



مستشفى السلام العاصمة

AL SALAM AL ASSIMA HOSPITAL

ثقتكم أمانة TRUST

Al Salam Bulletin- Volume # 49

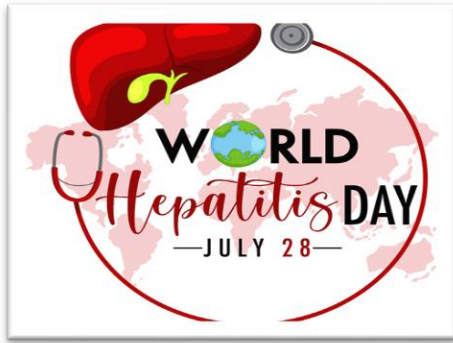


AL SALAM BULLETIN

## 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 Hepatitis Day– 28<sup>th</sup> July 2024

awarenessdays.com

The date of 28<sup>th</sup> July was chosen as World Hepatitis Day 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.

World Hepatitis Day aims to raise global awareness of hepatitis, to encourage prevention, diagnosis, and treatment. It brings the world together under a single theme to raise awareness of the global burden of viral hepatitis and to influence real change.

On World Hepatitis Day, 28 July, we call on people from across the world to take action and raise awareness of hepatitis because Hepatitis Can't Wait. With a person dying every 30 seconds from a hepatitis related illness, we can't wait to act on viral hepatitis.

[Read more...](#)

### Key Facts

#### Hepatitis B

Hepatitis is an inflammation of the liver. There are 5 main hepatitis viruses, referred to as types A, B, C, D and E.

- Hepatitis B is a viral infection that attacks the liver and can cause both acute and chronic disease.
- Hepatitis B virus is most commonly transmitted from mother to child during birth and delivery, in early childhood, as well as through contact with blood or other body fluids during intercourse with an infected partner, unsafe injections or exposures to sharp instruments.
- WHO estimates that 254 million people were living with chronic hepatitis B infection in 2022, with 1.2 million new infections each year.
- In 2022, hepatitis B resulted in an estimated 1.1 million deaths, mostly from cirrhosis and hepatocellular carcinoma (primary liver cancer).
- Hepatitis B can be prevented by vaccines that are safe, available and effective.
- All babies should receive the first dose of hepatitis B vaccine as soon as possible after birth (within 24 hours).

[Read more...](#)

## Community Corner

### How Does Hepatitis B Spreads?

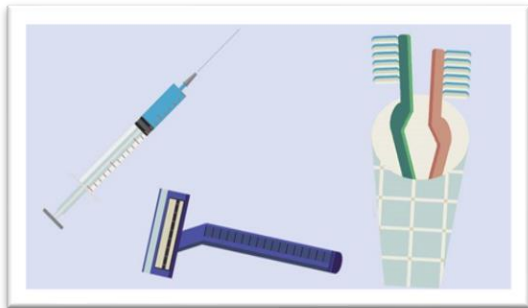
Hepatitis B is primarily spread when blood, semen, or certain other body fluids even in microscopic amounts from a person infected with HBV enter the body of someone who is not infected. Hepatitis B Virus (HBV) can also be transmitted through:

Birth from a person infected with HBV.

Intercourse with a person infected with HBV.

Sharing equipment that has been contaminated with blood from a person infected with HBV, such as needles, syringes, and even medical equipment, such as glucose monitors.

Sharing personal items, such as toothbrushes or razors, though less common.



Direct contact with the blood or open sores of a person who has hepatitis B.

Poor infection control in health care facilities.

Although the 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 food or water.

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

## What You Need to Know

### Types of Hepatitis

There are five types of viral hepatitis — A, B, C, D, and E. Each is caused by a different hepatitis virus.

#### Hepatitis A

Hepatitis A is caused by eating food and drinking water contaminated with a virus called HAV.

#### Hepatitis B

Hepatitis B is caused by the virus HBV.

It is spread by contact with an infected person's blood, semen, or other body fluids, and it is a sexually transmitted disease (STD).

#### Hepatitis C

Hepatitis C is caused by the virus HCV.

It can be severe and is considered to be the deadliest type of hepatitis.

Hepatitis C is spread the same way as hepatitis B, through contact with an infected person's blood or other body fluids.

#### Hepatitis D

Hepatitis D is caused by the virus HDV.

You can only get hepatitis D if you are already infected with hepatitis B.

It is spread through contact with infected blood, dirty needles that have HDV on them, and unprotected intercourse with a person infected with HDV.

#### Hepatitis E

Hepatitis E is caused by the virus HEV. You get hepatitis E from food or water infected with the virus.

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

## Myth Vs Fact

### Hepatitis B

**Myth:** Hepatitis B spreads by touching, coughing, and sharing utensils.

**Fact:** Hepatitis B does not spread through casual contact, such as touching, coughing, or sharing utensils. Hepatitis B is primarily transmitted through direct contact with infected blood, semen, vaginal fluids, or other bodily fluids.

**Myth:** Hepatitis B can be transmitted by mosquito bites.

**Fact:** Hepatitis B cannot be transmitted by any insect bites, including mosquitos.

**Myth:** It is not safe to breastfeed if I have Hep B.

**Fact:** Breastfeeding is safe, hepatitis B cannot be transmitted to the baby through breast milk. Vaccination of the new-born will reduce any risk of mother to child transmission. If you have cracked or bleeding nipples, then there is risk of hepatitis B transmission. However, if your baby has been vaccinated against hepatitis B, then they are protected from the low risk of transmission this way.

**Myth:** Shaking hands with a sweaty person can transmit hepatitis B.

**Fact:** Hepatitis B cannot be transmitted through sweat, it can only be transmitted from blood-to-blood contact, unprotected intercourse, or mother to child during childbirth.

**Myth:** If I am infected by the hepatitis B virus, can I still be vaccinated to prevent me from spreading it?

**Fact:** The vaccine is ineffective for people already infected with hepatitis B. Vaccination is not necessary for you, but your household contacts or partners should be vaccinated to prevent them from contacting hepatitis B.

## Q&A session

### Hepatitis

**Is it safe for a mother infected with hepatitis B virus (HBV) to breastfeed her infant?**

**Yes.** All infants born to HBV-infected mothers should receive hepatitis B immune globulin (HBIG) and the first dose of hepatitis B vaccine within 12 hours of birth. The second dose of vaccine should be given at age 1–2 months, and the third dose at age 6 months. The infant should be tested after completion of the vaccine series, at age 9–12 months (generally at the next well-child visit), to determine if the vaccine worked and that the infant is not infected with HBV through exposure to the mother's blood during the birth process. However, there is no need to delay breastfeeding until the infant is fully immunized. The risk of HBV mother-to-child transmission through breastfeeding is negligible if infants born to HBV-positive mothers receive the HBIG/HBV vaccine at birth.

**Is it safe for the HBV-positive mother to breastfeed if her nipples are cracked and bleeding?**

**Data are insufficient to say yes or no.** However, HBV is spread by infected blood. Therefore, if the HBV-positive mother's nipples and/or surrounding areola are cracked and bleeding, she should stop nursing temporarily. To maintain her milk supply while not breastfeeding, she can express and discard her breast milk until her nipples are healed. Once her nipples are no longer cracked or bleeding, the HBV-positive mother may fully resume breastfeeding. Providers may need to refer mothers for lactation support to learn how to maintain milk production and how to supplement with pasteurized donor human milk or formula while temporarily not breastfeeding.

**Is it safe for a mother infected with hepatitis C virus (HCV) to breastfeed her infant?**

**Yes.** There is no documented evidence that breastfeeding spreads HCV. Therefore, having HCV-infection is not a contraindication to breastfeed.

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

## SASH Events in June 2024

**Title: Renal Denervation for Resistant Hypertension**

**Speaker: Dr. Yahya AlAnsari**

**Date: June 02<sup>nd</sup> 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

**“Renal Denervation for Resistant Hypertension”**

**Objectives:**

- To understand the principle of Renal Denervation
- To be familiar with selection criteria



**Speaker:**

**Dr. Yahya AlAnsari**  
Consultant  
IM & Interventional Cardiology



**Moderator:**

**Dr. Islam Mahrous**  
Consultant /Chief  
Heart and Vascular Center

## Upcoming Events

**Title of session: HR General Orientation Program**

**Date: July 03<sup>rd</sup> 2024**

**Time: 0930 hrs - 1500 hrs**

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

**ORIENTATION  
PROGRAM**

**Title of session: Summer Camp – First aid session**

**Date: Occurs every Sunday (Arabic) &**

**Wednesday (English) from**

**21<sup>st</sup> July – 21<sup>st</sup> August 2024**

**Time: 1000 hrs - 1230 hrs**

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



**Prepared By Medical Development Center**