

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 52



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



World Breast Cancer Awareness Month October 2024

who.int

Breast cancer is the most common cancer globally with around 2.3 million new cases every year. It represents one in eight cancer cases in both sexes and a quarter of all cancers in women with 70% mortality occurring in resource constrained settings. Health system barriers and patient level factors with low levels of awareness and knowledge are contributing to low uptake of early detection services, with resultant late-stage diagnoses and poor outcomes.

Theme for 2024: “No-one should face breast cancer alone”

Objectives

1. To promote advocacy, awareness, social mobilization and behavior change communication on breast cancer.
2. To launch the breast cancer patient navigation brief and knowledge action portal.

[Read more...](#)



Global Handwashing Day – 15th October 2024

cdc.gov

Each year on October 15, CDC works with global partners and colleagues to highlight Global Handwashing Day and raise awareness about the importance of handwashing with soap and water.

Theme for 2024: “Why are clean hands still important?”

Handwashing with soap and water is most important and it is one of the simplest, most effective ways to stop the spread of germs and stay healthy. Keeping hands clean can help prevent diarrheal illnesses and respiratory infections, such as the common cold or flu.

Studies show that handwashing education in the community can reduce the number of people who get sick with diarrhea by about 23% – 40%.

[Read more...](#)

Facts on Handwashing



Many diseases and conditions are spread by not washing hands with soap and clean, running water. CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others.

- People often get sick when they make contact with germs from feces (poop) on their hands.
- Washing hands prevents illnesses and spread of infections to others.
- Not washing hands harms children around the world.
- Handwashing helps battle the rise in antibiotic resistance.
- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap.
- Be sure to lather the backs of your hands, between your fingers, and under your nails.
- Scrubbing your hands for at least 20 seconds removes more germs from hands than washing for shorter periods.
- Rinsing your hands well under clean, running water helps remove soap.
- Your hands should be as dry as possible after handwashing.

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

Breast Cancer

Breast cancer is when breast cells mutate and become cancerous cells that multiply and form tumors.

Causes and Risk factors:

- Females are affected more
- Strong family history & Smoking
- Drinking beverages containing alcohol
- Having obesity
- Having radiation therapy in head or neck

Symptoms:

Breast cancer may not cause noticeable symptoms either. But when it does, symptoms may include:

- A change in the size, shape or contour of your breast.
- A mass or lump, which may feel as small as a pea.
- A lump or thickening in or near your breast or in your underarm that persists through your menstrual cycle.
- A change in the look or feel of your skin on your breast or nipple. Your skin may look dimpled, puckered, scaly or inflamed. It may look red, purple or darker than other parts of your breast.
- A marble-like hardened area under your skin.
- A blood-stained or clear fluid discharge from your nipple.

Treatment:

Breast cancer surgeries include:

- Mastectomy
- Lumpectomy.

Providers may combine surgery with one or more of the following treatments:

- Chemotherapy
- Radiation therapy
- Immunotherapy
- Hormone therapy

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

Myths Vs Facts

Breast Cancer

Myth: If I don't have a family history of breast cancer, I won't get it.

Fact: Most people diagnosed with breast cancer have no known family history.

Myth: If you maintain a healthy weight, exercise regularly, eat healthy diet, and limit alcohol, you don't have to worry about the breast cancer.

Fact: Although these behaviors can help lower breast cancer risk, they can't eliminate it.

Myth: Wearing a bra can cause breast cancer.

Fact: There is no evidence that bras cause breast cancer.

Myth: Using underarm antiperspirant can cause breast cancer.

Fact: There is no evidence of a connection between underarm antiperspirants and breast cancer.

Myth: Carrying your cell phone in your bra can cause breast cancer.

Fact: There is no evidence of a connection between cell phones and breast cancer.

Myth: Breast cancer always causes a lump you can feel.

Fact: Breast cancer might not cause a lump, especially when it first develops.

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

FDA Approves Kisqali Tablet for Early-Stage Breast Cancer

On Sept. 17, the U.S. Food and Drug Administration (FDA) approved Kisqali (chemical name: ribociclib) in combination with an aromatase inhibitor after surgery to reduce the risk of recurrence of stage II or stage III hormone receptor-positive, HER2-negative breast cancer with a high risk of recurrence. Kisqali had previously been used only to treat advanced-stage and metastatic breast cancers.

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

What you Need to Know

3D Mammography (Tomosynthesis)

What is 3D Mammogram?

Digital breast tomosynthesis (DBT) is a technologically advanced 3D mammogram that's excellent at detecting breast cancer, especially in dense breast tissue.

Who should have digital breast tomosynthesis?

Anyone who needs a mammogram can potentially benefit from DBT, but it's especially beneficial if you have dense (as opposed to fatty) breast tissue. About half of women and people assigned female at birth (AFAB) have dense breasts. The denser your breast tissue, the harder it is to spot cancer on a standard 2D mammogram.

Tomosynthesis	
How does 3D mammography (Tomosynthesis) compare to 2D mammography?	
2D mammogram	Tomosynthesis (3D mammogram)
Takes one image from the top and one from the side.	Takes multiple images in an arc-like pattern, creating a detailed image.
Technology: Low-dose X-ray.	Technology: Low-dose X-ray.
How it works: Breast is positioned on a flat support and compressed between two horizontal plates.	How it works: Same as 2D mammogram.
Duration of Scan: 2-3 seconds.	Duration of Scan: 4 seconds.
Best for: Gold standard imaging procedure for breast cancer screenings.	Best for: More sensitive in detecting cancers in dense breast tissue in screening and diagnostic exams.

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

SASH Events in September 2024

CME Title : Evaluation of a Dyspnea Patient

Speaker: Dr. Khaldoon AlHumoud

Date: September 05th 2024

Time: 1300 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium

Al Salam Al Assima Hospital cordially invites you for the CME On "Evaluation of a Dyspnea patient"

Objectives:

- Understand how to evaluate a patient presenting with Dyspnea.
- To know how to identify causes for Dyspnea.
- Understand the management of each cause.



Speaker :
Dr. Khaldoon AlHumoud
Consultant
Heart & Vasoular center



Moderator :
Dr. Islam Mahrous
Consultant / Chief
Heart & Vasoular center

CME Title: Airway management during CPR

Speaker: Dr. Bassil Hassan

Date: September 23rd 2024

Time: 1300 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium

Al Salam Al Assima Hospital cordially invites you for the CME On "Airway Management during CPR"

Objectives:

- Understand primary and secondary assessment during Respiratory arrest.
- To know how to improve quality of airway management during CPR.



Speaker :
Dr. Bassil Hassan Hassan
Specialist
Anesthesia



Moderator :
Dr. Islam Mahrous
Consultant / Chief
Heart & Vasoular center

Title of course: Heart saver First aid CPR course

Sponsor: KFH

Date: 16th & 19th September 2024

Time: 0900 hrs - 1600 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title of course: Vestibular Rehabilitation course

Speaker: Ms. Amanda Male, UK

Date: 26th & 27th September 2024

Time: 0900 hrs - 1700 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Prepared By Medical Development Center