

MEDICAL DEVELOPMENT CENTER



مستشفى السلام العاصمة

AL SALAM AL ASSIMA HOSPITAL

ثقتكم أمانة TRUST

Al Salam Bulletin- Volume # 50



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 Lung Cancer Day – 1st August 2024

nationaltoday.com

World Lung Cancer Day is observed on August 1 each year. In a move to beat back occurrences of lung cancer, people around the world observe this very special day. The mission for this day is simple — raise as much awareness of lung cancer as you can, while encouraging people to screen themselves for this disease. As for why this day is so important, according to the World Health Organization, this cancer is so prevalent in the world that yearly, more people die from lung cancer than from colon, breast, and liver cancers combined.

First described by doctors in the early 19th century, lung cancer was an extremely rare disease for a very long time. Some 150 years ago, people had only heard of this disease, and studies showed less than 1% to 2% of the population was afflicted with it, then it became the leading cause of male cancer-related deaths in more than 25 countries.

[Read more...](#)



World Breastfeeding Week – August 1-7 2024

who.int

World Breastfeeding Week is held in the first week of August every year, supported by WHO, UNICEF and many Ministries of Health and civil society partners.

The theme for 2024 is **Closing the gap: Breastfeeding support for all.**

This support includes:

- Policies and attitudes that value women and breastfeeding
- A women and breastfeeding-friendly health care system
- Respect for women’s autonomy and her right to breastfeed anytime, anywhere
- Solidarity and community support

[Read more...](#)

What You Need to Know

Lung Cancer

There are different types of lung cancer. Knowing which type you have is important because it affects your treatment options and your outlook (prognosis).

Early Detection, Diagnosis, and Staging:

Catching cancer early often allows for a higher likelihood of successful treatment. Some early cancers may have signs and symptoms that can be noticed, but that is not always the case. After a cancer diagnosis, staging provides important information about the extent of cancer in the body and anticipated response to treatment.

Lung Cancer Causes, Risk Factors:

Tobacco smoke, secondhand smoke, exposure to radon (radioactive gas), exposure to asbestos, air pollution, family history of lung cancer

Prevention:

Not all lung cancers can be prevented, but you may be able to lower your risk for lung cancer by changing the risk factors that you can control.

How smoking leads to lung cancer:

Smoking tobacco is by far the leading cause of lung cancer. About 80% of lung cancer deaths are caused by smoking, and many others are caused by exposure to secondhand smoke. Smoking is clearly the strongest risk factor for lung cancer, but it often interacts with other factors. People who smoke and are exposed to other known risk factors, such as radon and asbestos, are at an even higher risk. Not everyone who smokes gets lung cancer, so other factors like genetics probably play a role as well.

E-cigarettes:

E-cigarettes are a type of electronic nicotine delivery system. Most e-cigarettes contain nicotine, so the Food and Drug Administration (FDA) classifies them as “tobacco products.” The FDA states that e-cigarettes cause health risks, including lung damage. Furthermore, e-cigarettes have not been shown to improve your chances of quitting smoking. Whether e-cigarettes directly increase your risk of lung cancer is not yet known.

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

Benefits of Breastfeeding

It's a good idea to nurse your baby, if you're able. Breast milk provides optimal nutrition for babies. It has the right amount of nutrients and is easily digested

Breastfeeding benefits for baby:

1. Breast milk provides ideal nutrition for babies.
2. Breast milk contains important antibodies
3. Breastfeeding may reduce disease risk
4. Breast milk promotes baby's healthy weight
5. Breastfeeding may make children smarter

Breastfeeding benefits for you:

1. Breastfeeding may help you lose weight
2. Breastfeeding helps the uterus contract
3. Mothers who breastfeed have a lower risk for depression
4. Breastfeeding reduces your disease risk
5. Breastfeeding may prevent menstruation
6. It saves time and money

Takeaway:

The benefits of breastfeeding are so numerous that most health agencies recommend it for everyone for as long as possible, barring medical problems that prevent it. No matter what choice you make, your healthcare team can guide you to the right methods and choices.

The Best of Breastfeeding

Lowers risk of diseases
Babies who are breastfed have a lower risk of diseases— including diabetes, obesity, inflammatory bowel disease, celiac disease, childhood leukemia and lower respiratory tract infections.

Prevents infections
Breastfeeding may also help prevent ear infections and allergies.

Reduces SIDS
A Pediatrics study found breastfeeding reduces the risk of sudden infant death syndrome (SIDS).

Breastfeeding can help moms, too
Breastfeeding can lower the risk of type 2 diabetes and breast and ovarian cancer. Breastfeeding mothers may also be less likely to have postpartum depression.

Breastfeeding can save money
If 90 percent of mothers in America breastfed their babies for the first six months, it would save \$13 billion a year.

Smarter babies
Some studies have found that babies who have been breastfed for three months or longer have higher intelligence scores.

Stronger immune systems
Breast milk can help premature babies strengthen their immune systems and help with neurological development.

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

Facts

5 Vaping Facts You Need to Know

1- Vaping is less harmful than smoking, but it's still not safe.

E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create an aerosol that you inhale. There has been an outbreak of lung injuries and deaths associated with vaping.

2- Research suggests vaping is bad for your heart and lungs.

Nicotine is the primary agent in regular cigarettes and e-cigarettes, and it is highly addictive. It causes you to crave a smoke and suffer withdrawal symptoms if you ignore the craving.

3- Electronic cigarettes are just as addictive as traditional ones.

Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine. What's worse, many e-cigarette users get even more nicotine than they would from a combustible tobacco product.



4- Electronic cigarettes aren't the best smoking cessation tool.

Although they've been promoted as an aid to help you quit smoking, e-cigarettes have not received Food and Drug Administration approval as smoking cessation devices.

5- A new generation is getting hooked on nicotine.

Among youth, e-cigarettes, especially the disposable kind, are more popular than any traditional tobacco product. More than 2 million U.S. middle and high school students reported using e-cigarettes in 2021.

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

Q&A session

Breast Milk Storage

If you're breastfeeding and going back to work or looking for more flexibility, you may be considering using a breast pump. And once you start pumping, it's important to know how to safely store your expressed milk.

1- What kind of container should I use to store expressed breast milk?

Store the expressed milk in a clean, capped food-grade glass container or hard plastic container that's not made with the chemical bisphenol A (BPA). You can also use special plastic bags designed for milk collection and storage.

2- What's the best way to store expressed breast milk?

Place the containers in the back of the refrigerator or freezer, where the temperature is the coolest. If you don't have access to a refrigerator or freezer, store the milk temporarily in an insulated cooler with ice packs.

3- How long does expressed breast milk keep?

Room temperature: Freshly expressed breast milk can be kept at room temperature for up to six hours. However, it's optimal to use or properly store the breast milk within four hours, especially if the room is warm.

Insulated cooler: Freshly expressed breast milk can be stored in an insulated cooler with ice packs for up to one day.

Refrigerator: Freshly expressed breast milk can be stored in the back of the refrigerator for up to four days in clean conditions. However, it's optimal to use or freeze the milk within three days.

Deep freezer: Freshly expressed breast milk can be stored in the back of a deep freezer for up to 12 months. However, using the frozen milk within six months is optimal.

BREASTMILK STORAGE GUIDELINES

FRESHLY PUMPED MILK

- 4 HOURS ROOM TEMP
- 4 DAYS IN THE FRIDGE
- 6 MONTHS IN FREEZER
- 12 MONTHS DEEP FREEZE

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

SASH Events in July 2024

Title of session: Nursing Orientation Program

Date: July 04th – 11th 2024

Time: 0800 hrs - 1500 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Introduction of Octaplex

Speaker: Dr. Akeel Hadi Moosa

Date: July 18th 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

“Introduction to Octaplex”

Objectives:

- To discuss current practice and recommendation on rapid and effective correction of anticoagulant effect of Vitamin K Antagonists (VKA) and Direct-Acting Oral Anticoagulants (DOAC) in patients presenting with a major bleeding such as Intracranial hemorrhage (ICH) or patients requiring emergency major surgery while on VKA or DOAC medications.



Speaker:
Dr. Akeel H. Moosa
Consultant
Hematology



Moderator:
Dr. Sania Shoeb
Consultant / Chief
Internal Medicine

Title of session: Junior Life Saver -

First aid session for Kids

Date: Occurs every Sunday (Arabic) &

Wednesday (English) from

21st July – 21st August 2024

Time: 1000 hrs - 1230 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



دورة الإسعافات الأولية الصيفية للأطفال

Invest your child's time this summer in developing their skills, Make their summer an enjoyable experience by joining our Junior Life Saver Program.

Prepared By Medical Development Center