

# MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 33

مستشفى السلام الدولي  
Al Salam International Hospital  
ثقتكم أمانة TRUST

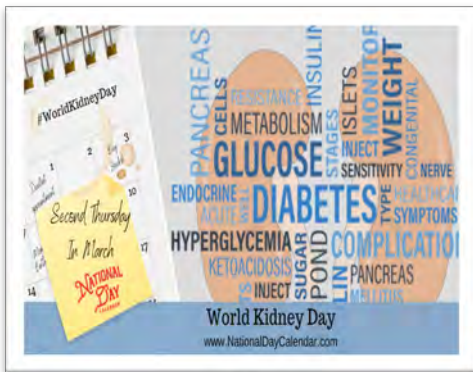


AL SALAM BULLETIN

# 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 Kidney Day – March 09, 2023

World Kidney Day on the second Thursday in March sets out each year to create increased awareness about kidney care.

Our kidneys are vital to our everyday health, and many health issues contribute to chronic kidney disease. Preventative measures help to reduce our risks and improve outcomes. Several health conditions impact our kidneys. These are just a few:

- Diabetes is one of the leading causes of kidney failure.
- High blood pressure weakens blood vessels, including the ones in the kidneys.
- High Cholesterol impacts how well the kidneys work and can also lead to high blood pressure and diabetes.

[Read more...](#)



### World TB Day Facts – March 24, 2023

Isn't it worrying that tuberculosis kills about 1.7 million people every year? Did you know that TB is among the top 10 causes of death especially in the third world countries?

Due to these saddening numbers, the World Health Organization created World TB Day in efforts to treat, prevent and eliminate the infectious disease. Observed on March 24th every year, World TB Day is one of the eight global health holidays promoted by the World Health Organization. Other names for this holiday include World Tuberculosis Day and World TB Awareness Day.

[Read more...](#)

### [TB Meningitis: Difficult to Treat...](#)



In a study published Dec. 29 in Nature Communications, the investigators showed that the FDA-approved regimen of three antibiotics -- bedaquiline, pretomanid and linezolid (BPaL) -- used for treating TB of the lungs due to MDR strains, is not effective in treating TB meningitis....

[Read more...](#)

### [Symptoms, stages, and treatment of chronic kidney disease \(CKD\)](#)



Chronic kidney disease (CKD) is a gradual loss of kidney function over several years. In the early stages there are often no symptoms, but it can cause high blood pressure and ...

[Read more...](#)

### [8 Week TB Treatment Strategy Shows Potential](#)



A strategy for the treatment of [tuberculosis](#) (TB) involving just an 8-week treatment regimen — along with close posttreatment monitoring and treatment extension if needed — shows potential as an effective alternative to the standard 24-week regimen.

"We found that if we use the strategy of a bedaquiline–linezolid five-drug regimen for 8 weeks and then followed patients for 96 weeks, [the regimen] was non-inferior, clinically, to the standard regimen in terms of the number of people alive, free of TB disease, and not on treatment," said lead author Nicholas Paton, MD, of the National University of Singapore, in a press conference at the Conference on Retroviruses and Opportunistic Infections (CROI) 2023.

"The total time on treatment was reduced by half — instead of 160 days, it was 85 days for the total duration." Commenting on the study, which was published concurrently in the New England Journal of Medicine, Richard E. Chaisson, MD, noted that although more needs to be understood, the high number of responses is nevertheless encouraging.

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

## March is **National Kidney Month**

Get to know your hard working kidneys

### 6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

### 8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Nerve damage



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Weak bones



High blood pressure



Kidney Failure

### 4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

### 7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine  
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

### 2 TESTS YOU CAN TAKE (BLOOD AND URINE)



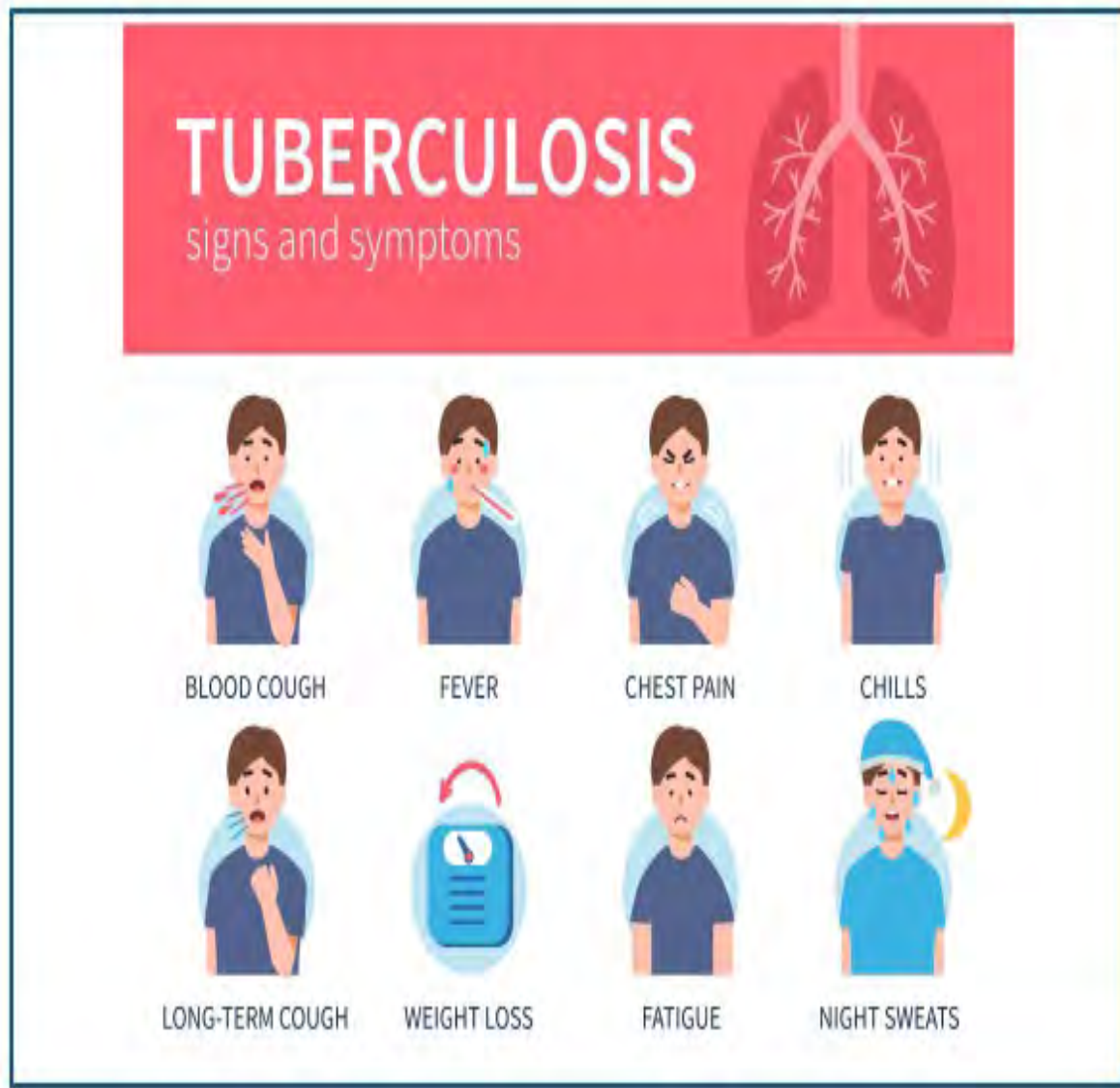
**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



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