

MEDICAL DEVELOPMENT CENTER

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مستشفى السلام العاصمية
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



Let's make breastfeeding and work, work!

- More than half a billion working women are not given essential maternity protections in national laws.
- Just 20% of countries require employers to provide employees with paid breaks and facilities for breastfeeding or expressing milk.
- Fewer than half of infants under 6 months of age are exclusively breastfed.

Explore How,

1. Policy makers can make breast feeding and work, work.!
2. Employers and managers can make breast feeding and work, work.!
3. Colleagues can help make breast feeding and work, work!

Read more...



WORLD ORGAN DONATION DAY

13th AUGUST 2023

Kuwait first in organ donation after death in Arab world



Kuwait comes first in the Arab region and second in middle east in terms of number of organ donors after death. As per the Kuwait organ transplant society 50 deceased renal transplants and 49 live donor transplants has been successfully completed last year. So around 100 renal transplants are carried out annually. However, shortage of donated organs is a global crisis. The list of waiting patients is growing whereas the number of available organs remains small. The United Network of Organ Sharing (UNOS) shows hundreds and thousands of patients who are waiting for different types of organs and some of them die during waiting. Both living and deceased donors occupy an essential parts of organ transplant. Live donor transplant is done from relatives and non-relatives. Since the number of expats are more in Kuwait, the donors are non-Kuwaitis compared to Kuwaitis. The ministry supports the donor's family.

Since Kidney failure is commonest type of organ failure there is significant demand to kidneys compared to other organs. Kidney transplants constitute the largest number of transplants annually in Kuwait and globally.

References:

<https://www.kuna.net.kw/ArticleDetails.aspx?id=3079748&language=en>



Be A Hero, Be an Organ Donor. Life Is a Gift. Pass It On. (Click the link).

Evidence based breast feeding benefits by age.



Day One: Newborn milk or colostrum is a laxative that helps remove sticky meconium. Colostrum coats and protects baby's sensitive gut.

Month One: Oxytocin release from caring improve the mother child bonding. It also helps in contracting mother's uterus back to original size.

Month Four: Breastfeeding significantly lowers baby's risk of SIDS. In addition, long term risk of asthma is lowered. It also decreases mother's risk of postpartum depression.

Month Six: Breast feeding helps in gut maturation of the baby so that baby can be ready for solids. Six months of breast feeding reduces mother's risk of type 2 Diabetes Mellitus and breast cancer.

Month Nine: Increases baby's immunity and tolerance to solid foods.

Month Twelve: Breastfeeding past a year reduces baby's lifelong risk of heart disease, several cancers, high blood pressure and other chronic diseases.

Month Eighteen: Continued breastfeeding will improve the immunity and baby's resistance against microorganisms. It also provides hydration and nutritional insurance.

Why Breast Feed? Let us count the reasons!!



clevelandclinic.org

Breast feeding has many health benefits for you and your baby. Understanding these benefits can help you decide if breastfeeding is right for your family.

Research suggests that breastfeeding lowers your baby's risk of certain diseases and helps build a strong system. Most healthcare organizations recommend exclusively breastfeeding your baby for at least six months.

[Read more...](#)

A Guide to Breast feeding



womenshealth.gov

- Breast feeding
- Making a decision
- Learning to breast feed – Preparing, positions, latching techniques, and support systems.
- Breast feeding Challenges.
- Pumping and storing breastmilk.
- Breast feeding at home, at work and in public.
- Business case of breast feeding.
- Breast feeding Resources.
- Breast feeding fact sheet (PDF)

[Read more...](#)

Infographics



SASH Events in July 2023



Summer Camp for Kids

Every Sunday, Monday, and Wednesday

From 16th July – 31st August 2023

Organized by MDC in Co - ordination with Marketing.

Prepared By Medical Development Center