

# MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 40

مستشفى السلام العاصمية  
Al Salam Al Assima Hospital  
ثقتكم أمانة TRUST



AL 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 Day



### Breast Cancer Awareness Month – October 2023

October is Breast Cancer Awareness Month, when we reflect on trends in breast cancer research, prevention, and treatment. According to the National Cancer Institute, almost 298,000 women in the United States will be diagnosed with breast cancer and more than 43,000 will die of the disease in 2023. In addition, an estimated 2,800 men are expected to be diagnosed with breast cancer and 530 will die of the disease this year.

Breast cancer is the most common type of non-skin cancer in women in the United States, accounting for 15 percent of all new cases. Also, it is second only to lung cancer as a cause of cancer death in American women.

[Read more...](#)



### World Stroke Day – 29 October

World Stroke Day is an opportunity to raise awareness of the serious nature and high rates of stroke and talk about ways in which we can reduce the burden of stroke through better public awareness of the risk factors and signs of stroke. It is also an opportunity to advocate for action by decision makers at global, regional, and national levels that are essential to improve stroke prevention, access to acute treatment and support for survivors and caregivers.

[Read more...](#)



## [High levels of particulate air pollution associated with increased breast cancer incidence](#)



The researchers saw that the largest increases in breast cancer incidence was among women who on average had higher particulate matter levels (PM2.5) near their home prior to enrolling in the study, compared to those who lived in areas with lower levels of PM2.5. Particulate matter is a mixture of solid particles and liquid droplets found in the air. It comes from numerous sources, such as motor vehicle exhaust, combustion processes (e.g., oil, coal), wood smoke/vegetation burning, and industrial emissions. The particulate matter pollution measured in this study was 2.5 microns in diameter or smaller (PM2.5), meaning the particles are small enough to be inhaled deep into the lungs. The Environmental Protection Agency has a website known as Air Now where residents can enter their zip code and get the air quality information, including PM2.5 levels, for their area.

"We observed an 8% increase in breast cancer incidence for living in areas with higher PM2.5 exposure. Although this is a relatively modest increase, these findings are significant given that air pollution is a ubiquitous exposure that impacts almost everyone," said Alexandra White, Ph.D., lead author and head of the Environment and Cancer Epidemiology Group at NIEHS. "These findings add to a growing body of literature suggesting that air pollution is related to breast cancer."

[Read more...](#)

## [Sleep Disorder Tied To a Marked In Stroke Risk](#)



As family medicine continues to evolve, members of the interprofessional team can find it challenging to stay up to date on the latest research. Increasing demands on time and resources can make it even harder to be aware of key advances that could affect daily practice. This program highlights 3 recent news articles in sleep medicine that may have broad implications for patient care.

The first article highlights the important relationship between sleep and stroke risk. Approximately 795,000 people in the United States experience a stroke each year. Stroke also remains a leading cause of death: it has been estimated that someone in the United States dies of stroke every 3.5 minutes. Understanding the complex relationship between sleep health and stroke could help identify patients at risk for stroke before it occurs.

Disordered sleep is associated with a significantly increased risk for stroke, new research shows. Results of a large international study show stroke risk was more than 3 times higher in those who slept too little, more than twice as high in those who sleep too much, and 2 to 3 times higher in those with symptoms of severe obstructive sleep apnea (OSA).

[Read more...](#)

# A Matter of Concern

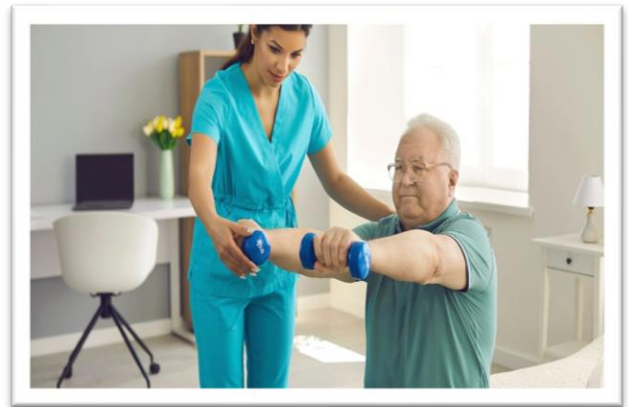
## [What Can I Do To Reduce My Risk Of Breast Cancer?](#)



When it comes to breast cancer, there are some risk factors that you can't control, such as your age and genetics. But there are other risk factors that are in your power to control. Although breast cancer...

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

## [Five Stroke Recovery Tips to Improve Faster](#)



While a lot of progress recovering from the side effects of a stroke is typically seen in the first few months, full stroke recovery can take years. This not only makes the post-stroke experience physically taxing, but it is also emotional. While the road can be long, there are five stroke recovery tips anyone can follow to see improvement faster.

Stroke recovery differs based on the type of stroke you experienced, the severity of the stroke and the areas of the brain it affected. Additionally, recovery plans for each stroke should be customized to an individual. As you recover from a stroke, consider these recommendations to improve your experience.

1. Prioritize a healthy lifestyle: Physical activity and exercise are now more important than ever to minimizing risk factors, such as high blood pressure. Adding even a quick walk to your daily activities can make a big difference in building a strong heart and helping prevent additional strokes. Maintaining a healthy diet also plays a large role, so try to focus on fruit- and vegetable-rich meals and foods that are good for your heart. If you have any questions about making changes to your diet, you should talk to your doctor.

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

## [What is the best diet for stroke patients?](#)




Diet is an important part of recovery following a stroke. It may involve making changes to help prevent further strokes, as well as adjustments that accommodate any symptoms a person has, such as difficulty swallowing. Diet for stroke prevention typically involves eating lots of fruits and vegetables, lean protein.....

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





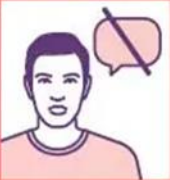

# Infographics

## SPOT A STROKE

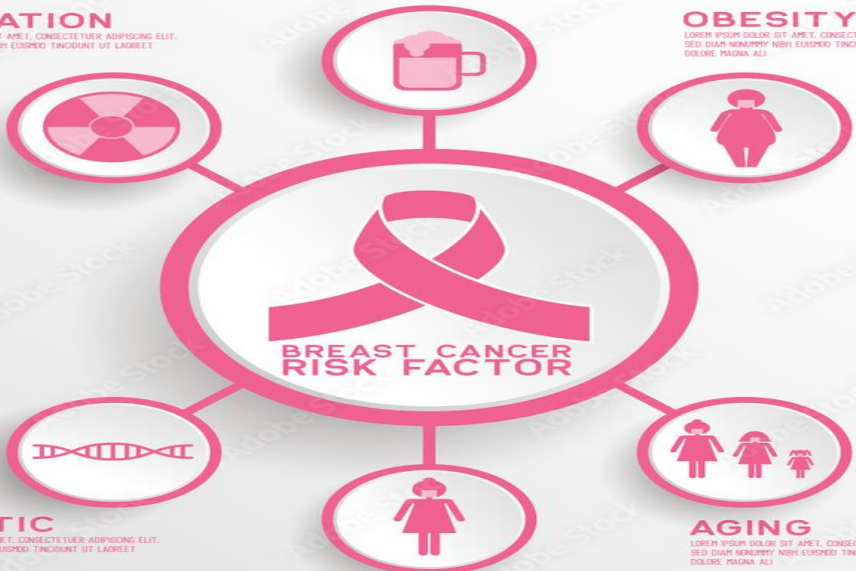
LEARN THE WARNING SIGNS AND ACT FAST



**B E F A S T**

					
<b>BALANCE</b>	<b>EYES</b>	<b>FACE</b>	<b>ARMS</b>	<b>SPEECH</b>	<b>TIME</b>
LOSS OF BALANCE, HEADACHE OR DIZZINESS	BLURRED VISION	ONE SIDE OF THE FACE IS DROOPING	ARM OR LEG WEAKNESS	SPEECH DIFFICULTY	TIME TO CALL FOR AMBULANCE IMMEDIATELY

### BREAST CANCER RISK FACTOR



- RADIATION**  
LOREM IPSUM DOLOR SIT AMET, CONSECTETUR ADIPISCING ELIT.  
SED DIAM NONPRY NIBH EUSPMD TINCIDUNT UT LAOREET  
DOLORE MAGNA ALI
- ALCOHOL**  
LOREM IPSUM DOLOR SIT AMET, CONSECTETUR ADIPISCING ELIT.  
SED DIAM NONPRY NIBH EUSPMD TINCIDUNT UT LAOREET  
DOLORE MAGNA ALI
- OBESITY**  
LOREM IPSUM DOLOR SIT AMET, CONSECTETUR ADIPISCING ELIT.  
SED DIAM NONPRY NIBH EUSPMD TINCIDUNT UT LAOREET  
DOLORE MAGNA ALI
- GENETIC**  
LOREM IPSUM DOLOR SIT AMET, CONSECTETUR ADIPISCING ELIT.  
SED DIAM NONPRY NIBH EUSPMD TINCIDUNT UT LAOREET  
DOLORE MAGNA ALI
- BEING FEMALE**  
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- AGING**  
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## SASH Events in September 2023

**Title:**

**Neck Pain: Normal Therapy & Dry Needling**

**Date:**

**August 7<sup>th</sup> & 8<sup>th</sup>, 2023**

**Time:**

**0830 hrs – 1700 hrs**

**Venue:**

**SASH Abdul Rahman Al Ateeqi Auditorium**

**Al Salam Al Assima Hospital cordially invites you for the Course On Neck pain: Assessment, Manual therapy and Dry Needling**

**Objectives:**

- Recognize significant anatomical & biomechanical function of cervical spine.
- Determine neck conditions that has red flags, require imaging or need referral for emergency.
- Classify neck pain into specific rehabilitation categories to make clinical decision.
- Apply rehabilitation interventions including manual therapy, dry needling, and rehabilitation exercises.

**Speaker:**



**Dr. Muhammad Alrwayly**

Consultant in Spine & Musculoskeletal Physical therapy  
Physical Therapy Board Certified  
Fellow of the American Academy of Orthopedic manual Therapy

**Organized by:** Medical Development Center

**Target audience:** Physical Therapists

**Dated on:** 7<sup>th</sup> - 8<sup>th</sup> september 2023

**Time:** 8:30 am - 5:00 pm

**Venue:** B1 auditorium



**Title:**

**Gulf Training Institute Ambulance Training**

**Date:**

**September 17<sup>th</sup> & 20<sup>th</sup>, 2023**

**Time:**

**1500 hrs – 1700 hrs**

**Venue:**

**SASH Ambulance Parking Area**



# SASH Events in September 2023

## Name of course :

**Artificial Intelligence in Medicine**

## Date:

**September 21<sup>st</sup>, 2023**

## Time:

**1300 hrs – 1400 hrs**

## Venue:

**SASH Abdul Rahman Al Ateeqi Auditorium**

Alsalam Al Assima Cordially invites you all for the Education Session On **Artificial Intelligence in Medicine**

## Aims and Objectives:

- Cover the basics of Artificial Intelligence.
- Focus on the growth of interest in using Artificial Intelligence in medicine.
- Discuss the use of AI in healthcare, including medical diagnosis, treatment, and research.



## Speaker:

**Dr. Ahmed Ali Elbaz**

Specialist, Internal Medicine



## Moderator:

**Dr. Lalarukh Kanwal**

Consultant, Internal Medicine

**Organized by:** Medical Development Center

**Dated on:** 21<sup>st</sup> September 2023

**Time:** 1:00 PM

**Venue:** B1 Auditorium



**Prepared By Medical Development Center**