

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 41

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
مستشفى السلام العاصم
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

World Diabetes Day – 14th November
Know your risk, Know your response.
Theme: Access To Diabetic Care



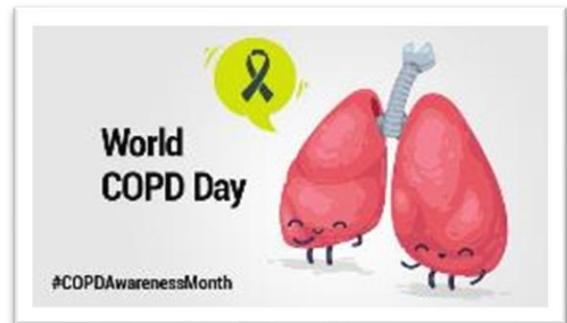
who.int

Key Facts About Diabetes

Type 1 diabetes is not preventable. Type 2 diabetes is often preventable through healthy diet, regular physical activity, maintaining a normal bodyweight and avoiding tobacco use.

[Read more...](#)

World COPD DAY 2023- 15th November
“Breathing is Life - Act Earlier”



mayoclinichealthsystem.org

Checking The Facts Fallacies Regarding COPD

1. COPD is caused by smoking.
2. COPD is easy to catch early.
3. Chronic bronchitis and emphysema are other types of COPD.
4. COPD can be cured.

[Read more...](#)



Antimicrobial Resistance: A Clear and Present Danger

Antimicrobial resistance (AMR) is listed as a top global health threat along with climate change which has now been shown to worsen the effects of AMR, particularly severe in low- and middle-income generating countries.

[Read more...](#)

Intermittent fasting is safe, effective for those with Type 2 diabetes, study suggests.



sciencedaily.com

Time-restricted eating, also known as intermittent fasting, can help people with Type 2 diabetes lose weight and control their blood sugar levels, according to a new study published in *JAMA Network Open* from researchers at the University of Illinois Chicago.

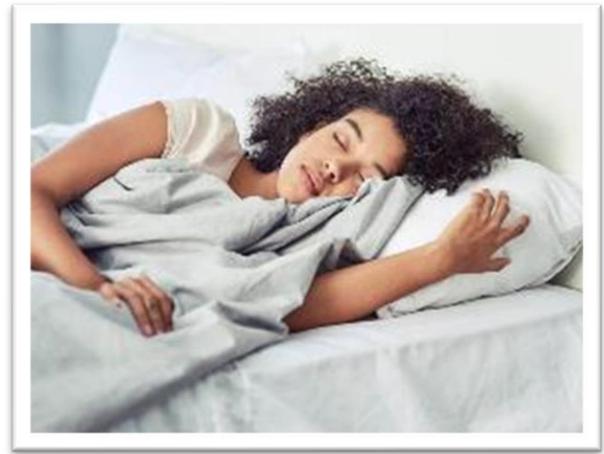
Participants who ate only during an eight-hour window between noon and 8 p.m. each day actually lost more weight over six months than participants who were instructed to reduce their calorie intake by 25%. Both groups had similar reductions in long-term blood sugar levels, as measured by a test of hemoglobin A1C, which shows blood sugar levels over the past three months.

The study was conducted at UIC and enrolled 75 participants into three groups: those who followed the time-restricted eating rules, those who reduced calories and a control group. Participants' weight, waist circumference, blood sugar levels and other health indicators were measured over the course of six months.

Our study shows that time-restricted eating might be an effective alternative to traditional dieting for people who can't do the traditional diet or are burned out on it," said Varady, a professor of kinesiology and nutrition. "For many people trying to lose weight, counting time is easier than counting calories."

[Read more...](#)

How to sleep with asthma: Sleeping positions and other strategies to try



medicalnewstoday

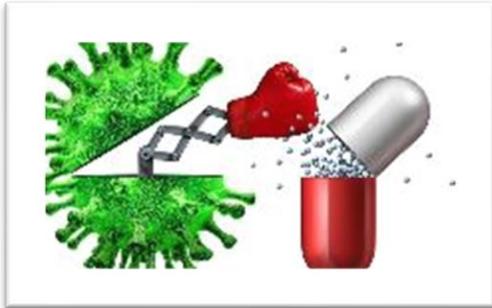
People with asthma may find their symptoms worsen when they sleep. Certain sleep positions may help to reduce asthma symptoms to improve sleep quality in those with this condition.

Doctors refer to asthma attacks that occur while sleeping as nocturnal asthma. Nocturnal asthma can cause coughing and make people wake up, disrupting their sleep. However, resting, trying certain sleep positions, and reducing the allergens in the bedroom can help lower the frequency of nocturnal asthma attacks.

This article will review the sleeping positions that may benefit those with nocturnal asthma. It will also discuss some tips that may reduce the risk of asthma attacks and when someone should consult a doctor.

[Read more...](#)

Antibiotic Resistance



paho.org

Antimicrobial resistance (AMR) threatens the effective prevention and treatment of an ever-increasing range of infections caused by bacteria, parasites, viruses, and fungi.

[Read More](#)

Diabetes Meal Planning



cdc.gov

A meal plan is your guide for when, what, and how much to eat to get the nutrition you need while keeping your blood sugar levels in your target range. A good meal plan will consider your goals, tastes, and lifestyle, as well as any medicines you're taking.

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

International Stress Awareness Week (2nd – 6th November 2023)



cdc.org

Reduce Stress in 10 Minutes and Improve Your Well-Being

Quick Activities to Improve Your Emotional Well-Being

Taking breaks throughout the day may help relieve stress, ease tensions, or lessen worry. But we often don't take breaks. Even 10 minutes is enough to improve your mental health. Let's commit to taking 10 minutes today to do something for ourselves.

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

A Glance Through World Data Of Climate In Kuwait



worlddata.info

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

Infographics



SASH Events in October 2023

Title: Nursing Orientation Program

Date: 14th – 19th October 2023

Time : 008hrs – 1500hrs

Venue: 5th Floor Training room



Title: Global Handwashing Day

Date: 24th October 2023

Time: 1000 hrs – 1300 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium




Al Salam Al Assima Hospital Cordially invites you all for the Education Session On
Update on Pre-Operative Evaluation for Non-Cardiac Surgery

Aims and Objectives:

- Detailed assessment of the patient's medical status and his ability to tolerate the anesthesia for planned surgical procedure.
- Reduce the risks of anesthesia and surgery.
- Improve the patient's condition and prepare him for the surgical procedure.

Speaker:  **Dr. Khaled Abdul Baki**
Consultant in Intensive Care and Cardiology

Moderator:  **Dr. Islam Mahrous**
Consultant in Obstetrics and Gynecology

Organized by: Medical Development Center
Dated on: Thursday 19th October 2023
Time: 12:00 PM
Venue: B3 Auditorium

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 www.alsalamhospt.com


Al Salam Al Assima Hospital Cordially invites you all for the Education Session On
Hyperkalemia: Risk and Management

Aims and Objectives:

- Raising Hyperkalemia and Chronic Kidney Disease's awareness.
- Reduce Upfilling local health care professionals' experience through face-to-face engagement.

Speaker:  **Dr. Khaldaon Al Humood**
Consultant, Adult Cardiology & Intensive Medicine

Moderator:  **Dr. Islam Mahrous**
Consultant in Child of Heart and Adolescent Center

Organized by: Medical Development Center
Dated on: Thursday 20th October 2023
Time: 1:00 PM
Venue: B3 Auditorium

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Prepared By Medical Development Center