

MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 43



مستشفى السلام العاصمية
Al Salam Al Assima Hospital
TRUST ثقتكم أمانة



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.

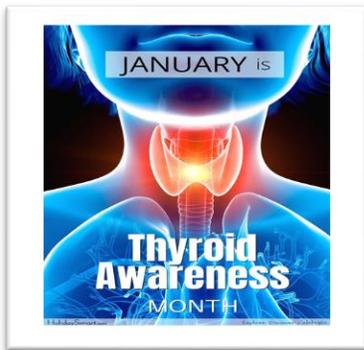
Message from CEO

Dear Al Salam family,

As we welcome the New Year, I want to express my sincere gratitude for your dedication and hard work. Let's embrace new challenges together and continue our mission of providing exceptional care. I wish you all a year filled with hope and good health. Let's make 2024 a year of continued achievements and shared success.



Health Awareness Days



Thyroid Awareness Month January 2024

nationaltoday.com

The thyroid is a small gland responsible for producing hormones that play a crucial role in many of the body's systems — from cells and tissues to organs like the heart, brain, liver, and kidneys. Dysfunction occurs when the thyroid produces either too much or too little thyroid hormone. Either can disrupt healthy functioning of vital organs — leading to a wide range of symptoms. The good news? Once diagnosed and treated, it's entirely possible to live a normal, healthy life.

[Read more...](#)



International Mind-Body Wellness Day January 3, 2024

daysoftheyear.com

International Mind-Body Wellness Day is the perfect time to make a renewed commitment to love your body and your mind by implementing new ideas for growth and health in the coming year!

Take a look at some of these ways to celebrate International Mind-Body Wellness Day, not only on this one day but all throughout the year! Use the day to get started on some healthy new habits.

[Read more...](#)

Medical Information

	Hypothyroidism	Hyperthyroidism
Definition	Hypothyroidism, or underactive thyroid, is when the thyroid gland does not produce enough hormones. Without enough thyroid hormones, many functions in the body will slow down.	Hyperthyroidism, also known as overactive thyroid, is a condition in which the thyroid produces too much of the thyroid hormones. This can cause bodily functions to speed up.
Differences	<ul style="list-style-type: none"> ▪ slowed heart rate ▪ weight gain ▪ difficulty tolerating the cold ▪ depression 	<ul style="list-style-type: none"> ▪ a rapid or irregular heartbeat ▪ weight loss ▪ difficulty tolerating heat ▪ irritability, nervousness, and anxiety
Symptoms	<ul style="list-style-type: none"> ▪ fatigue ▪ depression ▪ feeling sensitive to cold ▪ thinning hair ▪ muscle stiffness ▪ stiffness and pain in your joints ▪ slowed heart rate ▪ decline in the ability to sweat ▪ constipation 	<ul style="list-style-type: none"> ▪ noticeable weight loss ▪ rapid or irregular heart rate ▪ nervousness and irritation ▪ difficulty sleeping ▪ fatigue and tiredness ▪ shaky hands and muscle weakness ▪ frequent bowel movements ▪ goiter, which is an enlargement in the neck
Causes	<ul style="list-style-type: none"> ▪ Hashimoto’s thyroiditis ▪ Thyroiditis ▪ Complete or partial surgical removal of the thyroid ▪ Radioactive iodine ▪ Medications, including some that treat heart conditions 	<ul style="list-style-type: none"> ▪ Overactive thyroid nodules ▪ Thyroiditis ▪ Excess iodine ▪ Noncancerous tumor located at the base of the brain ▪ Too much thyroid hormone medication

[Read more...](#)

What You Need to Know

Mind-Body Wellness

What is the mind-body connection?

Your mind and body are powerful allies. How you think can affect how you feel. And how you feel can affect your thinking. An example of this mind-body connection is how your body responds to stress. Constant worry and stress over jobs, finances, or other problems can cause tense muscles, pain, headaches, and stomach problems. It may also lead to high blood pressure or other serious problems.

On the other hand, constant pain or a health problem like heart disease can affect your emotions. You might become depressed, anxious, and stressed, which could affect how well you treat, manage, or cope with your illness.

But your mind can have a positive effect on your health, too. Having a positive outlook on life might help you better handle pain or stress and stay healthier than someone who is less hopeful.

Ideas for mind-body wellness

- Relaxing your mind and body
- Laughter
- Building resilience
- Tending to your spiritual wellness

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

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

Click on the image to print it and enjoy coloring.



Blood Donor Month – January 2024

According to the American Red Cross, winter is “one of the most difficult times of year to collect enough blood products to meet patient needs.” That’s because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations.

That’s just one of the reasons that National Blood Donor Month, which has taken place each January since 1970 in the US, is such an important observance.

5 Amazing facts about blood donations

- Not enough blood for all of us
- According to the American Red Cross, about 38 percent of the U.S. population can donate blood — but only 10 percent actually do.
- The multiplier effect is huge
- Every time we donate one pint of blood, the potential is there to save three lives. It's good for donors, too
- The American Journal of Epidemiology reports that blood donors are 88 percent less likely to have a heart attack.

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

To donate blood in Kuwait, you can visit Kuwait Central Blood Bank located in Jabriya behind Mubarak Al-Kabeer Hospital.



SASH Events in December 2023

Achievement

Al Salam Al Ahmadi Hospital

Diamond Accreditation by Accreditation Canada

Accreditation Visit: Dec. 10th – Dec. 14th, 2023



Title: Stroke

Speaker: Dr. Kiran Azizi

Date: December 14th, 2023

Time: 01:00pm

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Airway Management

Speaker: Dr. Bassil Hassan

Date: December 25th, 2023

Time: 01:00pm

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: ECG Basics Interpretation for ACLS Candidate

Speaker: Dr. Islam Mahrous

Date: December 28th, 2023

Time: 12:00pm

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Prepared By Medical Development Center