

# MEDICAL DEVELOPMENT CENTER

Al Salam Bulletin- Volume # 62



AL SALAM BULLETIN

## OVERVIEW ABOUT 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, training, 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 Breastfeeding Week: August 1st to 7th

[northernmedicalcentre.co.uk/](http://northernmedicalcentre.co.uk/)

Breastfeeding is one of the most effective ways to ensure child health and survival and yet currently, fewer than half of infants under 6 months old are exclusively breastfed worldwide.

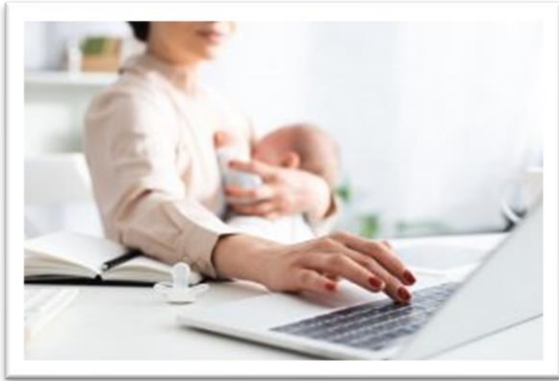
Breastfeeding has many benefits for both mother and baby:

- Protection for babies against gastrointestinal infections.
- Supplying the vital source of energy and nutrients – breast milk can provide more than half a child's energy between the ages of 6 and 12 months, one third of energy needs between 12 and 24 months.
- Research has shown that children and adolescents who are breast-fed as babies are less likely to become obese.
- Longer durations of breast feeding have been found to reduce the risk of breast cancer in mothers.

[Read more...](#)



### Tips for returning to work and breastfeeding.



Breastfeeding benefits both baby and mom. If you're planning your return to work after having a baby, you may be wondering how to continue providing breast milk to your baby. You can take steps to help make the transition smoother for you and your baby. Here are a few tips and resources to help you prepare to return to your workplace.

#### 1. Talk to your employer

Schedule time to talk to your employer. Having this conversation early will help you to create a plan before returning to work. Prepare by writing down your questions and reviewing your rights as a breastfeeding employee. You may want to talk with your employer about:

- Where you can express breast milk in a private, non-bathroom space.
- Where you can store breast milk (for example, refrigerator or insulated cooler).
- Where you can clean pump parts.
- What times during your work schedule are best for you to express breastmilk.

#### 2. Learn to pump or express breastmilk

Having expressed breast milk allows you or another caregiver to feed your baby breast milk from a bottle. This is especially helpful when you're going back to work. Before you return to work, plan to buy or rent a breast pump. Check with your insurance provider for coverage options.

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

### Breastfeeding device measures babies' milk intake in real time...



To take the guesswork out of breastfeeding, an interdisciplinary team of engineers, neonatologists and pediatricians at Northwestern University has developed a new wearable device that can provide clinical-grade, continuous monitoring of breast milk consumption.

The unobtrusive device softly and comfortably wraps around the breast of a nursing mother during breastfeeding and wirelessly transmits data to a smartphone or tablet. The mother can then view a live graphical display of how much milk her baby has consumed in real time.

By eliminating uncertainty, the device can provide peace of mind for parents during their baby's first days and weeks. In particular, the new technology could help reduce parental anxiety and improve clinical management of nutrition for vulnerable babies in the neonatal intensive care unit (NICU).

The study will be published on Wednesday (May 14) in the journal *Nature Biomedical Engineering*. To ensure its accuracy and practicality, the device endured several stages of rigorous assessments, including theoretical modeling, benchtop experiments and testing on a cohort of new mothers in the hospital.

"Knowing exactly how much milk an infant is receiving during breastfeeding has long been a challenge for both parents and healthcare providers," said Northwestern's John A. Rogers, who led the device development. "This technology eliminates that uncertainty, offering a convenient and reliable way to monitor milk intake in real time, whether in the hospital or at home."

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

# Frequently Asked Questions

## Breastfeeding 101 FAQs...

### 1. When should I start breastfeeding?

Breastfeeding must begin after childbirth. Your body will not continue to make milk if your baby is not nursing or if you are not pumping. Nursing immediately after delivery when your baby is wide awake is the best way to begin...

### 2. What is a "normal" suck/swallow pattern for my baby?

Each baby's suck/swallow pattern is unique. Initially, when beginning breastfeeding right after birth, your baby may take quick, brief sucks until colostrum is tasted. Following that, the suck/swallow pattern is more rhythmic. When you first begin a feeding, you want to see about six to ten rhythmic sucks to each swallow followed by a pause. You will feel a gentle pull on the breast with each suck if you have positioned the baby correctly. Multiple sucks encourage your milk to let down. Once the milk is flowing, your baby will swallow more frequently with fewer pauses.

### 3. How do I know my baby is getting enough milk?

Newborns typically lose from five to seven percent of their birth weight during the first few days after birth. Breast milk contains 20 calories per ounce, and it has the perfect balance of fat and protein needed for your baby to gain weight. Your baby will regain his or her initial weight loss in one to two weeks if you are feeding 10 to 12 times every 24-hour period...

### 4. Will I spoil my baby with frequent breastfeeding?

Frequent breastfeeding does not spoil babies. Babies who are breastfed on demand have healthy growth patterns and form healthy attachments. Feeding on demand helps babies grow properly and it teaches babies their first lesson about relationships: they can safely rely on their mothers to take care of their needs for food and comfort.

### 5. How do I wake my baby to breastfeed?








It is common and normal for newborns to sleep a lot. However, babies need to breastfeed often and for a long enough period. Encourage your baby to nurse every one to three hours during the day. Once your baby is nursing well, has regained birth weight and has helped you establish a good milk supply, you can allow the baby to sleep for longer stretches at night. There are various techniques to wake a sleepy baby and keep her or him interested in nursing...


### 6. Can I breastfeed multiples and will I have enough milk?

Yes, you can. Many mothers fully breastfeed twins and triplets (multiples). Multiples can be born early and often are small. These factors can make early breastfeeding more challenging. Learn as much as you can about breastfeeding before your babies are born. Plan for extra help around the house. A home visit from a professional lactation consultant can help you learn comfortable nursing positions and how to tell if your babies are feeding and growing well.

**Read more...**

## 11 Breastfeeding Superfoods

<b>OATMEAL</b> Lactogenic Iron Fiber Satisfies Hunger		<b>SALMON</b> Protein Omega 3's Vitamin D Naturally Low Fat	
<b>YOGURT</b> Protein Calcium Probiotics Convenient Snack		<b>LEAFY GREENS</b> Iron Vitamin A - K+ Antioxidants Fiber	
<b>AVOCADO</b> Potassium Good Heart Fats Fiber Antioxidants		<b>LEAN RED MEAT</b> Highly Absorbable Iron Niacin & Zinc Protein Vitamins B6 & B12	
<b>QUINOA</b> Pure Protein Fiber Low-Glycemic Index Gluten Free		<b>APRICOTS</b> Prolactin Producing Aids in Digestion Sweet Tooth Snack Grab & Go Snack	
<b>LEGUMES/BEANS</b> Protein Fiber Meat Alternative Doesn't Give Babies Gas		<b>EGGS</b> Protein Boost Good Fats Folic Acid B2, B12, A	

**Water**  **8 Glasses**

# BREASTFEEDING

## GOOD FOR BABY GOOD FOR MOM

### Benefits for baby:

- Prevents diarrhea, ear infections, pneumonia and asthma
- Cuts risk of Sudden Infant Death Syndrome
- Lowers risk for obesity, developing allergies

### Benefits for mom:

- Lessens risk of breast cancer, ovarian cancer
- Prevents postpartum depression, Type 2 diabetes
- Reduces stress





## SASH Events in July 2025

**Title:** Junior Life Saver for KFH Employees  
(First aid for Kids)

**Date:** 08.07.2025 (2 Sessions)

**Time:** 0930 hrs - 1100 hrs

1200 hrs – 1330 hrs

**Venue:** SASH Abdul Rahman Al Ateeqi  
Auditorium



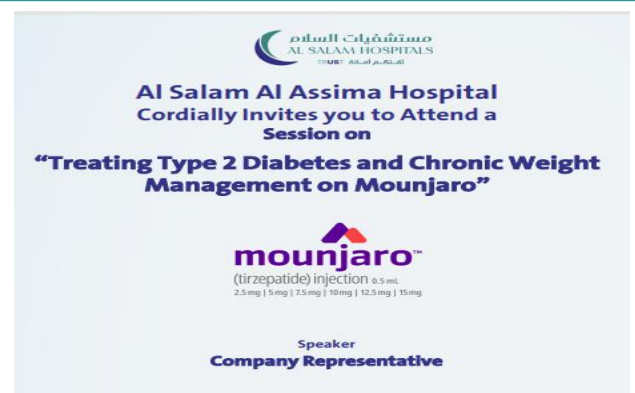
**Title:** Treating Type 2 Diabetes and Chronic  
Weight Management on Mounjaro

**Speaker:** Company Representative

**Date:** 10.07.2025

**Time:** 1300 hrs

**Venue:** SASH Abdul Rahman Al Ateeqi  
Auditorium



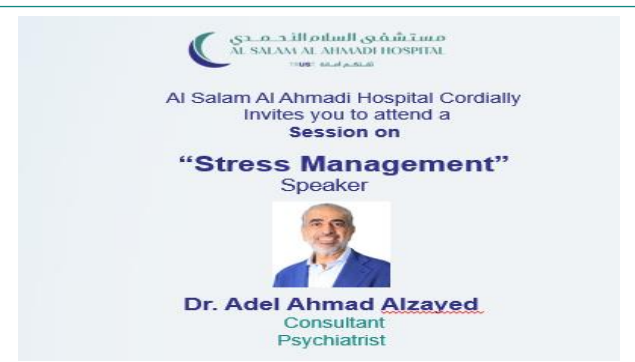
**Title:** Stress Management

**Speaker:** Dr. Adel Ahmad Alzayed

**Date:** 23.07.2025

**Time:** 1515 hrs

**Venue:** SASH Abdulrahman Al Ateeqi  
Auditorium / Online



**Title:** First Aid CPR Course for Gastronomica  
Company

**Speaker:** AHA Instructors

**Date:** 26.07.2025

**Time:** 0900 hrs – 1600 hrs

**Venue:** SASH Abdulrahman Al Ateeqi  
Auditorium



## SASH Events in July 2025

**Title:** Communication and Body Language Workshop

**Speaker:** Ms. Oraib Al Fouzan

**Date:** Every Sunday until Wednesday of the month

**Time:** 0800 hrs – 1200 hrs

**Venue:** SASH Abdulrahman Al Ateeqi Auditorium



**Title:** Internship Program

**Attendees:** Students from the Public Authority of Manpower

**Date:** 9<sup>th</sup> June 2025 – 24<sup>th</sup> July 2025

**Time:** 0900 hrs – 1300 hrs

**Venue:** Designated Departments in SASH



**Prepared by Medical Development Center**