



AL SALAM BULLETIN

Volume # 68

Medical Development Center

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 Cancer Day- 4th Feb, 2026



awarenessdays.com

World Cancer Day, observed annually on February 4th, is a global initiative aimed at raising awareness about cancer, promoting early detection, prevention, and treatment, and advocating for improved access to healthcare services for cancer patients. It provides an opportunity for individuals, organizations, and governments worldwide to unite in the fight against cancer.

The 2026 World Cancer Day theme

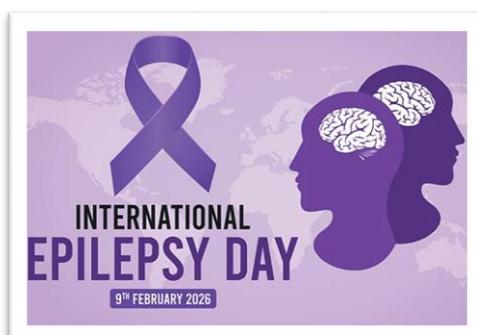
"United by Unique," focus on individual experiences and people-centered care.

United in our goals, unique in our needs
Recognizing that while every person's cancer journey is different, they are united in the need for better care.

World Cancer Day was established by the Union for International Cancer Control (UICC) in 2000.

Read more...

World Epilepsy Day- 9th Feb, 2026



nationalday.com

International Epilepsy Day takes place on February 9 this year (2026).

International Epilepsy Day is a special awareness day to shine a light on the challenges faced by people living with epilepsy.

Epilepsy, also known as seizure disorder, is the fourth most common neurological disorder and one of the oldest-known medical conditions. The condition causes electrical activity in the brain to stop for a short time, which leads to recurrent seizures. Even though 65 million people in the world live with epilepsy, there is still some stigma around the disease. International Epilepsy Day exists to educate the general public about epilepsy and to teach people how to provide better care for people living with the disorder.

The 2026 World Epilepsy Day theme

"Turning Stories into Action," focusing on moving beyond awareness to make concrete, measurable improvements for the epilepsy community.

Read more...

Health Tips



Tips to Stay Healthy During Ramadan

Fasting during the month of Ramadan is as much a mental exercise as it is a physical one. Different people adjust their minds and bodies differently, however here are some tips that can help adjust and accommodate to the routine:

Starting the day right:

Do not skip suhoor! A healthy meal ensures that you have adequate energy till iftar.

Hydration is vital:

Drink plenty of water during iftar, suhoor and the time in between. An adult needs an average of 2-3 liters of water each day. It is important to avoid dehydrating fluids such as those containing caffeine, therefore coffee, tea and sodas are not recommended. Instead, opt for fresh fruit juice or milk.

Protect yourself from excess water loss

When temperatures are high, it is important to remain in a cool and shaded place and avoid the sun. Dehydration can also result in unhealthy weight loss.

A balanced diet is a priority

Eat meals that include bread, cereals, grains, fruits, vegetables, fish, poultry, dairy and healthy fats. Healthy fats are those derived from nuts or plants, like olive oil. Ensure that your body is getting all the nutrients it needs. It is traditional to break the fast by eating dates, which are an excellent source of fiber.

Some foods should be avoided/limited

Food high in salt content is not good for maintaining hydration. This includes processed meat, salami, sausages, salty cheeses, and sauces. You should also limit intake of fried and fatty foods. Instead of fried food, try to eat foods that have been grilled, baked, or steamed.

Eat slowly and moderately

Eating too much too quickly can cause discomfort and heartburn. Slowly eating small portions of food is the best way to prevent weight gain and is good for overall health.

Maintain moderate physical activity

Even though fasting is physically exhausting, remaining completely sedentary is not recommended. Short easy walks or simple stretches can help keep your energy up during the day.

Get enough sleep

Make sure to get adequate sleep during Ramadan to maintain optimal health.

If you have any health conditions like diabetes or if you are pregnant/breastfeeding, it is best to consult your doctor to confirm if you can fast without any harm.

Health Tips

5 Tips to Stay Hydrated During Winter

peacehealth.org

It's easy to get thirsty and want to drink water in the summer. Staying hydrated is just as important in the winter.

To get your daily fill of water this winter:

1. **Carry a bottle of water with you.** Keep it nearby to sip throughout the day.
2. **Add slices of lemon or fresh ginger** to hot or warm water for a subtle infusion of flavor. Ginger water provides nutrients and can improve blood sugar management and inflammation levels.
3. **Try herbal tea or hot water.** Tea is a tasty no-sugar choice when plain water seems a little boring. Herbal tea comes in various flavors.
4. **Opt for a broth.** Broths (vegetable, chicken, beef or bone) can be a great savory option, especially if you're trying to avoid sweet drinks. If you're watching your blood pressure, choose low-sodium.
5. **Skip sweetened beverages.** If it's tough to go without sugary drinks altogether, try making one from scratch. You can use a sweetener such as honey, maple syrup, stevia or agave syrup and control the amount.

Read more...

Infographics

Eating healthy this Ramadan



Aim for 2 to 3 litres of fluids a day, which includes water, soup, yoghurt to herbal tea



Choose complex carbohydrates instead of sugar



Beware of beverages that can irritate the stomach, such as coffee, orange juice and soda



Practice portion control. Take small but frequent meals from iftar to sahur

Make time for physical activity this Ramadan.



World Health Organization
Eastern Mediterranean Region

Ramadan
A time for HEALTH
A time for GIVING

SASH Events in January 2026

Title: American Heart Association Surveyors Visit:

Al Salam Hospital Medical Development Center - AHA Certification Renewal Admin Review

Surveyor: Mr. Suleiman Alrawashdeh, AHA Regional Faculty, MENA region

Date: 12th – 14th January 2026

Certification period: Jan 22, 2026 – Jan 21, 2029



Title: 1st MDT Meeting on Management of Breast Cancer

Lead by: Dr. Zahraa Ismail, Consultant General Surgery

Date: 14th January 2026

Time: 1500 hrs

Venue: 8th Floor Meeting Room



Title: Nursing Orientation Program

Lead by: Medical Development Center

Date: 17th – 24th January 2026

Time: 0800 hrs - 1500 hrs

Venue: 12th Floor Training Room



Title of the Event: Little Health Heroes – School Visit

Date: 20th January 2026

Time: 1000 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Rhabdomyolysis

Lead by: Dr. Ahmad Al Ashker

Date: 22nd January 2026

Time: 1230 hrs

Venue: Abdul Rahman Al Ateeqi Auditorium



Al Salam Al Assima Hospital
Cordially Invites you to Attend a
Session on

“Rhabdomyolysis”



Speaker

Dr. Ahmad AlAshker

Consultant, Internal Medicine & Nephrology

Title: ICD-10-CM

Speaker: Dr. Zuhair Mohamed Azam
Physician, National Center for Health Information,
Ministry of Health, Kuwait

Date: 28th January 2026

Time: 1230 hrs

Venue: Abdul Rahman Al Ateeqi Auditorium/ Hybrid



Upcoming Events in February 2026

Title of the Event: A Safe Journey for You & Your Baby during Ramadan (Session will be held in Arabic)

Date: 09th February 2026

Time: 1700 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium

Target attendees: Expectant Mothers



استعددي لأجمل بداية

حياتكم الله بمحاضرة

”درب السلامة لج ولطفلج

“برمضان“

برنامج تدريسي متكامل للحوامل وما بعد الولادة.

يجمع نخبة من دكتارينا وادعوكم علينا من افضل محدثاتنا.

الاربعاء 9 فبراير 2026 - 5 مساءً - 7 مساءً

الوقت: 7 مساءً

المكان: مستشفى السلام العالمي

قاعة عبد الرحمن سالم العقبي - المسجد الأزرق

مهم ان تدعون عن التغذية الادوية.

تذكرة الدخول: 15 دينار

يبدأ البرنامج من اول يوم.

دوري مكانك الدين.

وادي رحاب للعلوم

ويا مستشفى السلام

للمزيد من المعلومات

98508670 - 98534150

Title of the program: Onboarding Doctors Orientation

Date: 10th – 12th February 2026

Time: 0900 – 1300 hrs

Venue: 8th Floor Meeting room

Target attendees: Newly joined Doctors

