



# AL SALAM BULLETIN

Volume # 69

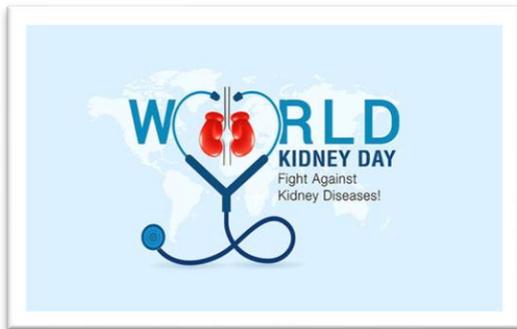
Medical Development Center

## 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 and AlSalam events and recognitions. 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 Kidney Day - 12th March 2026



[kidneycareuk.org](http://kidneycareuk.org)

12 March 2026 will mark 20 years of World Kidney Day, the worldwide campaign dedicated to raising global awareness of chronic kidney disease (CKD) and the importance of kidneys to our health.

Kidney disease affects 1 in 10 people across the world – that's equivalent to more than 7 million people in the UK.

World Kidney Day 2026 arrives as a turning point for kidney health, with global changes being felt in UK. Find out what's on the way to this World Kidney Day, and how you can support the campaign.

[Read more...](#)

#### World Obesity Day - 04th March 2026



[worldobesityday.org](http://worldobesityday.org)

By 2035, half of the world's population - around 4 billion people - is expected to be living with overweight or obesity.

This is not just an adult issue. Childhood obesity is rising rapidly, with rates among school-aged children increasing almost fivefold since 1975, particularly in low- and middle-income countries.

Obesity in childhood often continues into adulthood, increasing the risk of serious non-communicable diseases such as diabetes, heart disease, and some cancers.

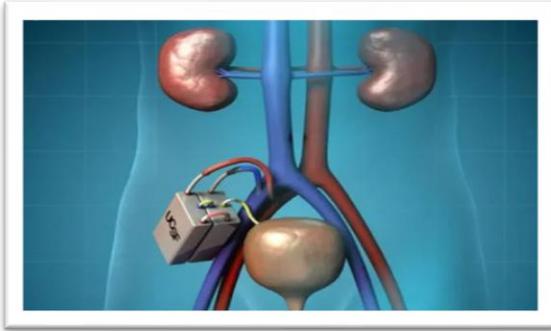
**Obesity does not occur in isolation.**

Poverty, stigma, unequal access to education and healthcare, limited availability of healthy food, and environments that do not support healthy living all shape risk and outcomes across the life course. More than 1 billion people, including 159 million children, are already living with overweight or obesity - a figure projected to reach 4 billion by 2035.

[Read more...](#)

## News

### Artificial Kidney for a Patient with Renal Failure



In December, the FDA granted breakthrough status for an implantable kidney replacement system for patients with end-stage kidney disease, according to a company press release.

The Holly device by Nephrodite, a medical device company, is described as an “implantable, continuous dialysis system,” according to the release. The device received FDA breakthrough designation based on data from a multiday...

[Read more...](#)

### Obesity and Overweight



Overweight is a condition of excessive fat deposits.

Obesity is classified by the World Health Organization (WHO) as a chronic, relapsing disease arising from complex interactions between genetics, neurobiology, eating behaviors, access to a healthy diet, market forces, and the broader environment. In the last decades, obesity has expanded globally as countries have experienced greater food security, socioeconomic development, and shifts in diet...

[Read more...](#)

## What You Need to Know

### Your Kidneys & How They Work



The kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of your spine.

Healthy kidneys filter about a half cup of blood every minute, removing wastes and extra water to make urine. The urine flows from the kidneys to the bladder through two thin tubes of muscle called ureters, one on each side of your bladder.

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

### Obesity Prevention



Obesity is a chronic disease affecting an increasing number of children, teens and adults. Obesity rates among children in the U.S. have doubled since 1980 and have tripled for teens. About 19.7% of children ages 2 to 19 are considered obese, compared with over 41% of adults who are considered obese.

Earlier onset of type 2 diabetes, heart and blood ...

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

# Infographics

## Prevent Obesity

- 
**Eat fruits and vegetables**  
 Add fruits and vegetables into your diet.
- Exercise**  
 Engage in regular physical activity to burn calories, build muscle, and improve cardiovascular health.
- 
**Drink plenty of water**  
 It can help curb hunger, prevent overeating, and support overall health and metabolism.
- Get enough sleep**  
 Aim for 7-9 hours of quality sleep, as insufficient sleep can disrupt hormones related to hunger and appetite regulation.
- 
**Limit processed foods**  
 Sugary snacks, fried foods, and fast food meals contribute to weight gain and obesity.
- 
**Manage stress**  
 Practice stress-reducing techniques to lower cortisol levels and reduce emotional eating.

## HOW TO CARE FOR YOUR KIDNEYS

- 
**SEE YOUR DOCTOR FOR REGULAR CHECK UPS**
- 
**MANAGE YOUR DIABETES**
- 
**HAVE A HEALTHY BLOOD PRESSURE**
- 
**KNOW YOUR FAMILY'S KIDNEY HEALTH HISTORY**
- 
**TAKE MEDICATION AS PRESCRIBED**
- 
**STOP SMOKING**
- 
**EAT HEALTHY**
- 
**LIMIT ALCOHOL**
- 
**AIM FOR A HEALTHY WEIGHT**
- 
**BE ACTIVE**

# Recognition of Loyalty



**Name of the Employee:** Mrs. Annamma Thomas

**Job title:** Chart Analysis technician

**Department:** Quality and Risk Management

**Date of Joining:** 01.04.2000

“**Congratulations** on completing 25 years of an incredible journey with Al Salam Hospital. We deeply appreciate your commitment and celebrate this incredible milestone with you.”

# SASH Events in February 2026

**Title:** Accreditation Canada Survey 2026

**Surveyor:** Mr. Jim Hornel, Mr. Paul Stewart, Ms. Chris Ferguson, Ms. Kris Gustavson, Mr. Manuel Giraldo, Ms. Angela Coxe

**Date:** 01<sup>st</sup> – 05<sup>th</sup> February 2026

**Time:** 0800hrs – 1700hrs

**Venue:** SASH and SAHH



**Title:** 2<sup>nd</sup> MDT Meeting on Management of Breast Cancer

**Lead by:** Dr. Zahraa Ismail

**Date:** 03<sup>rd</sup> February 2026

**Time:** 1500 hrs.

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



**Title:** Pharmacological Management of GERD

**Presented by:** Company Representative

**Date:** 08<sup>th</sup> February 2026

**Time:** 1300 hrs. - 1400 hrs.

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



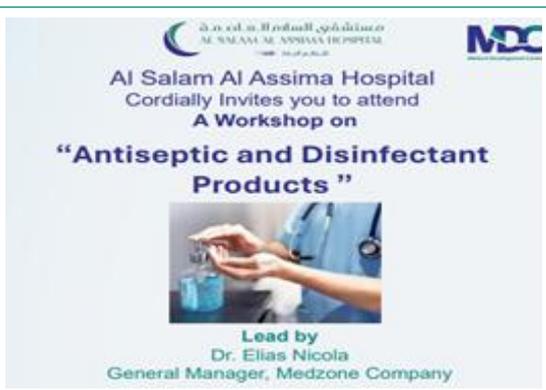
**Title:** Antiseptic and Disinfectant Products

**Presented by:** Dr. Elias Nicola, General Manager – Med zone Company

**Date:** 17<sup>th</sup> February 2026

**Time:** 1230 hrs. - 1330 hrs.

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



# SAHH Events in February 2026

**Title:** Basics of Labor Epidural

**Presented by:** Dr. Ahmed Abdelkawy Ahmed

**Date:** 09<sup>th</sup> February 2026

**Time:** 1200 hrs – 1300 hrs

**Venue:** SAHH – 2<sup>nd</sup> Floor Training Room/ Hybrid



Al Salam Al Ahmadi Hospital Cordially  
Invites you to attend a  
Session on

**“Basics of Labor Epidural”**

Speaker

**Dr . Ahmed Abdelkawy Ahmed**

Registrar  
Anesthesia

**Title:** Gestational Trophoblastic Diseases (GTD) and Neoplasia (GTN)

**Presented by:** Dr. Mohmed Yahia Aly

**Date:** 11<sup>th</sup> February 2026

**Time:** 1230 hrs – 1330 hrs

**Venue:** SAHH – 2<sup>nd</sup> Floor Training Room/ Hybrid



Al Salam Al Ahmadi Hospital  
cordially invites you to attend a  
Session on

**“Gestational Trophoblastic Diseases (GTD)  
and Neoplasia (GTN)”**

Speaker

**Dr . Mohmed Yahia Aly**

Registrar  
Obstetric & Gynecology

**Title of the Event:** Little Health Heroes – School Visit

**Date:** 12<sup>th</sup> & 19<sup>th</sup> February 2026

**Time:** 0900hrs - 1200hrs

**Venue:** SAHH – Ground Floor



**Title:** Congenital Adrenal Hyperplasia (CAH)

**Presented by:** Dr. Wafaa Osman Ahmed

**Date:** 15<sup>th</sup> February 2026

**Time:** 1230 hrs. – 1330 hrs.

**Venue:** SAHH – 2<sup>nd</sup> Floor Training Room/ Hybrid



Al Salam Al Ahmadi Hospital  
cordially invites you to attend a  
Session on

**“Congenital Adrenal Hyperplasia (CAH)”**

Speaker



**Dr . Wafaa Osman Ahmed**

Consultant  
Pediatric Center