



AL SALAM BULLETIN

Volume # 70

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 / factchecking. 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 Health Day: 7th April



[who.int](https://www.who.int)

Theme: “Together for health. Stand with science.”

World Health Day 2026, observed on 7 April, calls on people everywhere to stand with science. Under the theme “Together for health. Stand with science”, this year’s observance launches a year-long campaign celebrating the power of scientific collaboration to protect the health of people, animals, plants, and the planet. The campaign spotlights both scientific achievements and the multilateral cooperation needed to turn evidence into action – through a strong focus on the One Health approach.

Campaign goals

The campaign calls on governments, scientists, health workers, partners, and the public to:

- Stand with science by engaging with evidence, facts, and science-based guidance to protect the health.
- Rebuild trust in science and public health.

[Read more...](#)

World Autism Awareness Day: 2nd April



[un.org](https://www.un.org)

Theme: “Autism and Humanity – Every Life Has Value.”

The 2026 observance of World Autism Awareness Day (WAAD), held under the theme “Autism and Humanity – Every Life Has Value,” highlights and affirms the dignity and worth of all autistic people as part of our shared human future. At a time when misinformation and regressive rhetoric about the lives of autistic people is resurfacing, this year’s virtual event is a call to action to move beyond limiting narratives and to recognize the inherent dignity, equal rights, and unconditional worth of every autistic person.

Grounded in the principles of human rights and aligned with the UN Sustainable Development Goals (SDGs), this vision sees the inclusion of neurodiversity as crucial to sustainable development. When societies embrace neurodiversity, they strengthen creativity, resilience, and innovation, laying the foundation for more just, inclusive, and sustainable communities. This year’s discussion explores the role of neurodiversity in shaping policies that advance health and well-being....

[Read more...](#)

World Immunization Week: 24th – 30th April



who.int

Theme: “For every generation, vaccines work.”

World Immunization Week, celebrated in the last week of April, aims to promote the life-saving power of immunization to protect people of all ages against vaccine-preventable diseases.

Vaccines have long been one of the most powerful tools in public health. Over the last 50 years, vaccines have saved more than 150 million lives – not by accident, but because ordinary people made the decision to protect themselves, their children and one another. That’s 6 lives every minute, every day, for five decades.

Health workers rolling up sleeves, parents bringing their children to health clinics, communities showing up, and generations deciding that preventing infectious diseases, such as measles, diphtheria, pertussis and polio, is worth it.

Those choices to vaccinate have contributed to a 40% improvement in infant survival during that time and protected tens of millions of children from lifelong disabilities. More children now live to see their first birthday – and grow up, fall in love, have families, and grow old – than at any other point in human history.

This year’s World Immunization Week theme, “For every generation, vaccines work”, aims to promote how vaccines have safely protected people, families, and communities for generations – and continue to safeguard our future.

Campaign objectives:

To raise awareness that vaccines have protected people for generations, World Immunization Week 2026 aims to:

- Demonstrate how immunization has safely and effectively protected generations from deadly diseases, thanks to the decisions individuals and families have made to protect themselves and others.
- Equip health workers with the skills and tools to communicate clearly and compassionately about vaccines, helping families who are hesitant or have questions feel informed, heard, and confident ...

Read more...

Health Awareness Month

Stress Awareness Month: 1st – 30th April



mattersofthemind.uk.com

Stress has become an unavoidable part of modern life. It negatively impacts relationships and productivity and results in endless worries. The personal responsibilities and pressures we face daily can often feel overwhelming and overtake our mental and physical health. Stress Awareness Month has been observed every April since 1992 and is dedicated to raising awareness about modern stress.

Why Caring for Stress is Important?

Stress might look normal but when it is left unmanaged it leads to serious consequences on our mental as well as physical well-being. 47% of workers believe that work causes them stress, while 77% believe, health. Ignoring stress doesn't make it disappear, it only builds up on a greater level.

Purpose of Stress Awareness Month

1. Awareness about stress

Due to social stigma, most people hesitate to talk about stress, often considering it unimportant. However, stress is the root cause of many mental and physical health problems, and if left unmanaged, it can lead to long-term consequences such as anxiety, depression, and chronic illness. This month encourages awareness and education, helping individuals to recognize stress as a serious concern that requires attention.

2. Encourage open conversations

Stress is something that people suffer in silence. Stress Awareness Month is dedicated to breaking the stigma by encouraging open conversations about the challenges people face. Whether in workplaces, schools, or personal relationships, this month promotes a supportive environment where people feel free to share their stress without any judgment.

3. Highlights the importance of mental health

With rising stress, mental health awareness is more than crucial. 1 in 5 adults experience mental health disorders each year with stress being a leading factor. This month emphasizes the need for mental health awareness, urging individuals, organizations, and communities to prioritize emotional well-being.

4. Promoting healthy coping strategies

Stress can't be ignored but how we manage makes all the difference. Choose healthy strategies that can make a lasting impact on your health. Practice meditation & mindfulness, engage in physical activity, and seek professional help when needed. By integrating these individuals can make a difference in their lives.

Read more...

SASH Events in March 2026

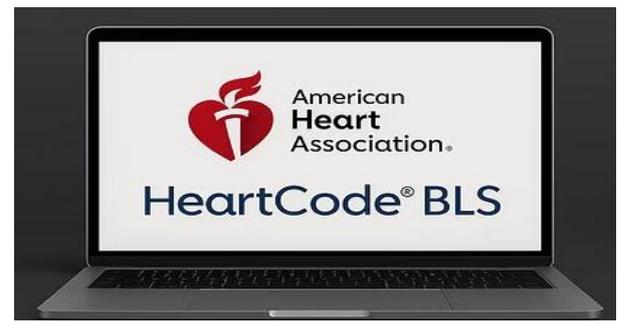
Session: Heart Code BLS Course

Instructor: AHA Instructor

Date: 15th March 2026

Time: 1000 hrs – 1230 hrs

Venue: 5th Floor Training Room



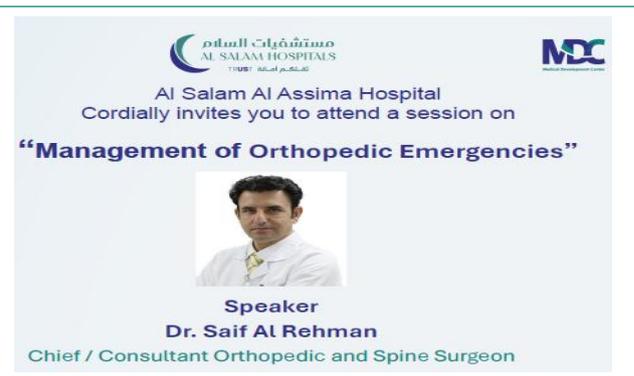
Title: Management of Orthopedic Emergencies

Speaker: Dr. Saif Al Rehman

Date: 30th March 2026

Time: 1200 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



AL SALAM AL ASSIMA HOSPITAL
Cordially invites you to attend a session on
“Management of Orthopedic Emergencies”

Speaker
Dr. Saif Al Rehman
Chief / Consultant Orthopedic and Spine Surgeon

SAHH Event in March 2026

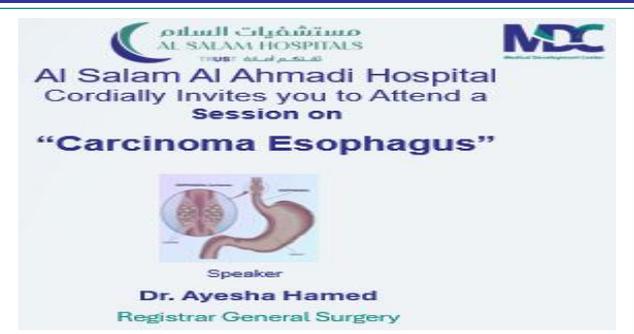
Title: Carcinoma Esophagus

Speaker: Dr. Ayesha Hamed

Date: 2nd March 2026

Time: 1230 hrs

Venue: 2nd Floor Training Room / Online



AL SALAM AL AHMADI HOSPITAL
Cordially Invites you to Attend a
Session on
“Carcinoma Esophagus”

Speaker
Dr. Ayesha Hamed
Registrar General Surgery

Al Salam Hospitals Event in March 2026

Session: Manage Stress & Support your Children in Coping with Anxiety

Lead by: Dr. Adel Al – Zayed

Day: Every Tuesday

Time: 1200 hrs – 1300 hrs

Venue: Online – Zoom Sessions



Your Wellbeing Matters to Us

Al Salam Hospitals is offering confidential, one-to-one online support sessions with Dr. Adel Al-Zayed.

These sessions are designed to help you manage stress and support your children in coping with anxiety.

Dr. Adel Al-Zayed
Via Zoom
Every Tuesday

Please scan the QR code to register.

Or Click Here