



AL SALAM BULLETIN

Volume # 71

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 Day

World No Tobacco Day: 31st May



who.int

Theme: “Unmasking the appeal – countering Nicotine and Tobacco addiction.”

World No Tobacco Day is marked annually on 31st May – bringing together governments, health organizations, civil society and youth from around the world to raise awareness of the threats of tobacco use and the tactics used by the tobacco industry, and to promote effective measures to end nicotine and tobacco addiction.

Campaign goals

1. Expose the industry’s strategies – including the use of synthetic nicotine, nicotine salts and analogues designed to enhance addiction potential while being marketed as innovative or even less harmful.
2. Empower youth and the public – by providing knowledge and tools to recognize and resist industry influence and by ensuring access to evidence-based cessation support.

[Read more...](#)

Medical News Today

How Tobacco Causes Cancer and Other Diseases



Tobacco smoke contains more than 4,000 chemicals, of which at least 70 are established carcinogens. When these compounds enter the body, through inhalation, ingestion, or mucosal absorption, they damage the DNA of healthy cells, disrupt normal cellular repair mechanisms, promote chronic inflammation, and over time create the conditions in which malignant transformation occurs. The International Agency for Research on Cancer (IARC) has established sufficient evidence that tobacco smoking causes cancer of the lung, oral cavity, nasopharynx, larynx, esophagus, stomach, pancreas, liver, kidney, urinary bladder, uterine cervix, and bone marrow.

Other Diseases Caused by Tobacco:

The following conditions represent the major non-cancerous consequences of tobacco use:

- Chronic Obstructive Pulmonary Disease
- Cardiovascular Disease and Heart Disease
- Peripheral Artery Disease & Stroke
- Reproductive disorders in both men and women
- Diabetes & Tuberculosis

[Read more...](#)

Tips on Board

Step-by-Step Guide to Quit Tobacco and Nicotine Products, Including E-cigarettes and Nicotine Pouches

8. If you slip - don't give up



7. Track progress & celebrate milestones



5. Use proven methods to quit



6. Stay Nicotine- and Tobacco-Free



3. Build your support team



4. Anticipate the triggers



1. Why are you quitting?



2. Commit to a quit date and build your plan



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

Essential Home Care Tips to Stay Prepared During Summer Season in Kuwait

Summer season is unlike any other season; intense heat, high humidity, and relentless sunshine create unique challenges for homeowners. To keep your living space comfortable, safe, and well-maintained throughout these months, it's important to take specific steps tailored to the climate. Now explore practical ways to protect your home during summer, focusing on critical areas like your AC system, water tanks, mold prevention, dehumidifiers, and air purifiers.

Keep your AC system in top condition

- **Regular AC maintenance:** Schedule professional AC service and AC cleaning before the summer season begins. This includes cleaning the ducts, checking refrigerant levels, and inspecting the system for any leaks or wear and tear.
- **Filter care:** Change or clean air filters monthly. Dirty filters reduce airflow and force your AC to work harder, which increases energy consumption and decreases cooling efficiency.

Maintain water tanks and plumbing

- **Regular professional water tank cleaning:** Clean your water tanks professionally at least once every 6 months to prevent algae and bacterial buildup.
- **Temperature control:** Insulate water tanks to minimize heat gain, ensuring water stays fresh and reducing energy costs if you use a water heater.

Use dehumidifiers to control indoor moisture

- **Reduce excess moisture:** Dehumidifiers help keep indoor humidity between 40-50%, which is ideal for comfort and health.

Additional tips for a comfortable home in summer season

- Close curtains and blinds during peak hours to block direct sunlight and reduce heat gain.
- Plant indoor greenery that thrives in heat to naturally improve air quality and add freshness.
- Regularly inspect roofing and insulation to prevent heat transfer into your home.
- Use exhaust fans in moisture prone areas to reduce humidity levels

[Read more...](#)

SASH Events in April 2026

Multi-Disciplinary Team meeting

Title: Management of Breast Cancer

Lead by: Dr. Zahraa Ismail

Date: 05th & 26th April 2026

Time: 1500 hrs

Venue: SASH auditorium






 Al Salam Al Assima Hospital
 Cordially Invites you to attend
Third Multi-Disciplinary Team Meeting on
“Management of Breast Cancer”



Lead by
Dr. Zahraa Ismail
 Consultant, General Surgery

CME Session

Title: Anti Inflammatory Relievers – a new concept in Asthma management

Speaker: Dr. Naser Behbehani

Date: 30th April 2026

Time: 1230 hrs

Venue: SASH auditorium






 Al Salam Al Assima Hospital
 Cordially Invites you to Attend a
Session on
“Anti-Inflammatory Relievers – A New Concept in Asthma Management”



Speaker
Dr. Naser Hassan Behbehani
 Consultant and Head of the Chest and Respiratory Diseases Unit

Drug Orientation Session

Title: GLP -1 Medications

Speaker: Ms. Farah Wael

Date: 20th April 2026

Time: 1300 hrs

Venue: SASH auditorium






 Al Salam Al Assima Hospital cordially invites you to attend
Drug Orientation Session on
“GLP -1 Medications”



Speaker
Cl. Ph. Farah Wael
 Clinical Pharmacist

American Heart Association Course

Title: Heart saver First aid training

Attendees: Teachers & Admin staff of Smart Care Educational Nurseries

Trainer: AHA certified Instructor

Date & Time: 11th April 2026 @ 0900 hrs

Venue: SASH auditorium



Nursing Orientation Program

Attendees: Newly joined Registered Nurses

Organized by: Medical Development Center

Date: 11th – 16th April 2026

Time: 0800 – 1500 hrs

Venue: SASH 5th Floor Training room



SAHH Events in April 2026


Title of CME: Delayed Emergency from Anesthesia

Speaker: Dr. Nigum Irshad

Date: 11th April 2026

Time: 1300 hrs

Venue: SAHH Training Room



AL SALAM AL AHMADI HOSPITAL
تقديم خدمة ٢٠٠٥

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

“Delayed Emergency from Anesthesia”

Speaker
Dr . Nigum Irshad
Registrar
Anesthesia


Title of CME: Carpal Tunnel Syndrome

Speaker: Dr. Mohammed Shaban

Date: 13th April 2026

Time: 1300 hrs

Venue: SAHH Training Room



AL SALAM AL AHMADI HOSPITAL
تقديم خدمة ٢٠٠٥

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

“Carpal Tunnel Syndrome”

Speaker
Dr . Mohammed Shaban ElShenawy
Registrar
Orthopedics

Title of CME: Toxic Epidermal Necrolysis & Steven Johnson Syndrome

Speaker: Dr. Hend Gadalla

Date: 15th April 2026

Time: 1300 hrs

Venue: SAHH Training Room



AL SALAM AL AHMADI HOSPITAL
تقديم خدمة ٢٠٠٥

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

“Toxic Epidermal Necrolysis (TEN) & Steven Johnson Syndrome (SJS)”

Speaker



Dr . Hend Gadalla
Registrar
Dermatologist

Title of CME: Ectopic Pregnancy

Speaker: Dr. Eman ElMalky

Date: 22nd April 2026

Time: 1300 hrs

Venue: SAHH Training Room

مستشفى السلام الاحمدي
AL SALAM AL AHMADI HOSPITAL
تقويم ايامه: ٢٠٢٥
Al Salam Al Ahmadi Hospital
cordially invites you to attend a
Session on

“Ectopic Pregnancy”

Speaker

Dr . Eman ElMalky

Registrar

Obstetrical & Gynecology

Title of CME: Feeding Intolerance in Preterm Infants

Speaker: Dr. Shereen Mohamed Gamal

Date: 25th April 2026

Time: 1300 hrs

Venue: SAHH Training Room

مستشفى السلام الاحمدي
AL SALAM AL AHMADI HOSPITAL
تقويم ايامه: ٢٠٢٥
Al Salam Al Ahmadi Hospital
cordially invites you to attend a
Session on

“Feeding Intolerance in Preterm Infants”

Speaker

Dr . Shereen Mohamed Gamal

Registrar

Pediatrician

Title of CME: Liver Trauma

Speaker: Dr. Andriy Kozmenko

Date: 27th April 2026

Time: 1300 hrs

Venue: SAHH Training Room

مستشفى السلام الاحمدي
AL SALAM AL AHMADI HOSPITAL
تقويم ايامه: ٢٠٢٥
Al Salam Al Ahmadi Hospital
cordially invites you to attend a
Session on

“Liver Trauma”

Speaker

Dr . Andriy Kozmenko

Registrar

General Surgery

Title of CME: Traumatic Dental Injuries

Speaker: Dr. Ahmed Adel Allam

Date: 28th April 2026

Time: 1300 hrs

Venue: SAHH Training Room

مستشفى السلام الاحمدي
AL SALAM AL AHMADI HOSPITAL
تقويم ايامه: ٢٠٢٥
Al Salam Al Ahmadi Hospital
cordially invites you to attend a
Session on

“Traumatic Dental Injuries”



Speaker

Dr . Ahmed Adel Allam

General Practitioner

Dental Center

Title of Session: Adverse Drug Reaction

Speaker: Clinical Ph. May Shadi

Date: 28th April 2026

Time: 1200 hrs

Venue: SAHH Admin Meeting Room

مستشفى السلام الاحمدي
AL SALAM AL AHMADI HOSPITAL
تقويم ايامه: ٢٠٢٥
Al Salam Al Ahmadi Hospital
cordially invites you to attend a
Session on

“ADR Awareness Session”



Speaker

Clinical Ph. Mav Shadi

Title of CME: Anesthesia & VAPE

Speaker: Dr. Hatem ElSayed

Date: 29th April 2026

Time: 1300 hrs

Venue: SAHH Training Room

مستشفيات السلام الحمدي
AL SALAM AL AHMADI HOSPITAL

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

“Anesthesia & VAPE”

Speaker

**Dr . Hatem ElSayed
Mohammed**
Registrar
Anesthetist

New Service

Al Salam Hospitals Launches Integrated Neuro Rehabilitation Unit

Venue: Physiotherapy & Rehabilitation Unit

Scope of service: Clinical unit for neurological rehabilitation to provide comprehensive care for patients with neurological conditions.

Upcoming Events

مستشفيات السلام
AL SALAM HOSPITALS
ثقة في الرعاية

CPR & First Aid Course for Housemaids and Caregivers

Conducted in Tagalog

Led by a certified American Heart Association
(AHA) instructor:

- CPR
- Essential first aid techniques
- Handling common home emergencies
(choking, cuts, burns, fractures)

11th May 2026

5:00pm - 6:30pm

Al Salam Al Assima Hospital
Abdul Rahman Al Ateeqi Auditorium

Enroll your household staff today.

98508670 - 1830003

مستشفيات السلام
AL SALAM HOSPITALS
ثقة في الرعاية

دورة الإنعاش القلبي الرئوي والإسعافات الأولية للعمالة المنزلية ومقدمي الرعاية

تُقدم الدورة باللغة التاغالوغ

بإشراف مدرب معتمد من جمعية القلب
الأمريكية (AHA):

- الإنعاش القلبي الرئوي (CPR)
- أساسيات الإسعافات الأولية
- التعامل مع حالات الطوارئ في المنزل
(الاختناق، الجروح، الحروق، الكسور)

11 مايو 2026

5:00 م - 6:30 م

مستشفى السلام العاصمة
قاعة عبد الرحمن العتيقي

سجّل اليوم

98508670 - 1830003