



AL SALAM BULLETIN

Volume # 72

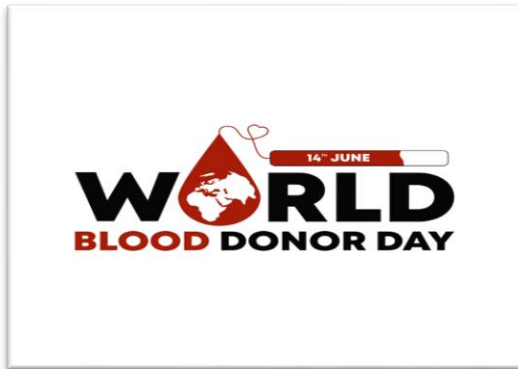
Medical Development Center

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 Blood Donor Day - 14th June 2026



nationaltoday.com

World Blood Donor Day on June 14th serves to celebrate the donors and to raise awareness. The need for safe and reliable supplies of blood and blood products is a never-ending requirement around the world. Thanks to volunteer donors, readily accessible blood banks, and trained professionals, quality blood supplies are more accessible than ever before.

As part of the awareness campaign, World Blood Donor Day stresses the importance of voluntary donation to the safety of the blood supply. Volunteer unpaid donation in conjunction with screening protocols is essential for the safest blood supply.

Blood and blood by-products support both planned and emergency treatments. During disasters, volunteer donors step up to fill the need...

[Read more...](#)

World Food Safety Day - 07th June 2026



who.int

Safe food starts with understanding which foodborne hazards cause the greatest harm. By measuring the public health burden and its causes, countries and partners can prioritize evidence-based actions, target interventions and use resources where they will have the greatest impact.

Every year on 7 June, FAO and WHO join governments, civil society, academia and partners worldwide to mark World Food Safety Day, highlighting food safety as a shared right and responsibility and a call to collective action.

The Day mobilizes policymakers, food businesses, scientists and consumers to strengthen food safety through cooperation and political commitment, protecting lives, supporting prosperity and building a safer future.

The 2026 theme, “From burden to solutions – safe food everywhere”, stresses the role of data and science...

[Read more...](#)

What You Need to Know

Blood Donation



Blood donation is a procedure that can help save lives. People volunteer to donate blood. There are many types of blood donation. Each type helps meet different medical needs.

Whole blood donation is the most common type of blood donation. During this donation, you donate about a pint (about half a liter) of whole blood. The blood may stay as whole blood. Or a special machine can separate the blood into its parts.

[Read more...](#)

Food Safety



Access to enough safe and nutritious food is key to sustaining life and promoting good health. Unsafe food containing harmful bacteria, viruses, parasites or chemical substances can cause more than 200 different diseases, ranging from diarrhea to cancers. Around the world, an estimated 600 million – almost 1 in 10 people – fall ill after eating contaminated food each year, resulting in 420 000 deaths and the loss of 33 million healthy life years (DALYs).

[Read more...](#)

International Nurses Day Celebration

IND 2026: Our Nurses. Our Future. Empowered Nurses Save Lives



Al Salam Hospital (Al Salam Al Assima and Al Ahmadi Hospitals) in Kuwait celebrated International Nurses Day honoring their nursing teams. Dr. Ayman Al Mutawa, CEO and Dr. Raghad AbdulMutaleb Al Kazemi Deputy CEO/Chief Medical Officer, shared a special message recognizing their continuous commitment, compassion, and excellence in patient care.

The celebrations centered around the global 2026 theme: "Our Nurses. Our Future. Empowered Nurses Save Lives", honoring the dedication of nurses who form the backbone of healthcare delivery. You can find further details about their nursing staff and view celebratory videos on the official Al Salam Hospital.

Infographics



Food and Agriculture
Organization of the
United Nations



World Health
Organization



FOOD SAFETY MYTHS AND FACTS



Can you tell if food is safe to eat by its look and smell?

NO.

Most microorganisms that can make you sick don't change the look or smell of the food.

Do I have to refrigerate leftover food?

YES.

Food becomes unsafe if left at room temperature for more than two hours.



Is food dropped on the floor OK to eat if you pick it up within 5 seconds?

NO.

Microorganisms can transfer to food immediately and cause disease in some cases.

Can dish cloths spread dangerous bacteria?

YES.

Dish cloths and sponges can carry and spread dangerous bacteria. Disinfect them in sanitizing solution or boil in water.



Should raw poultry be washed before cooking?

NO.

Washing poultry can spread harmful microorganisms to hands, surfaces, utensils or other food.

Can I get sick from food I ate 3 days ago?

YES.

Some dangerous microorganisms take longer than a few hours to make you sick.



Is it safe to thaw frozen food at room temperature?

NO.

Thawing food in the refrigerator or in cold water prevents the growth of microorganisms.

Do organic fruits and vegetables need to be washed?

YES.

All produce, including organic, should be washed with clean water to remove physical contaminants and reduce the risk from any harmful microorganisms or chemicals.



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WHO/HEP/NSAF/S2/022.7

SASH Events in May 2026

Title: World Hand Hygiene Day 2026

Presented by: Dr. Sania Shoeb

Date: 05th May 2026

Time: 1000 hrs – 1500 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium/
Hybrid



Title: Johnson & Johnson Surgical Products

Presented by: Company Representative

Date: 19th May 2026

Time: 1300 hrs - 1400 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



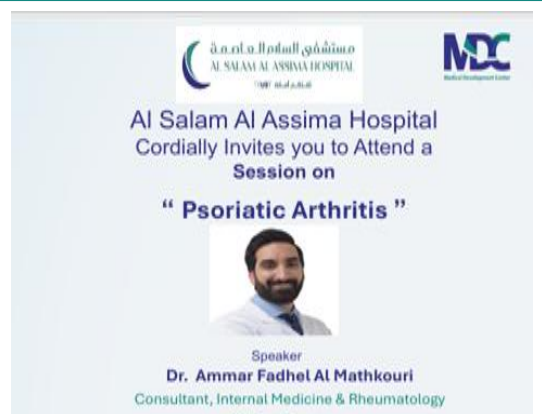
Title: Psoriatic Arthritis

Presented by: Dr. Ammar Fadhel Al Mathkouri

Date: 21st May 2026

Time: 1230 hrs - 0130 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: International Patient Experience Week 2026:

Where Care Meets Caring

Speaker: Dr. Raghad AbdulMutaleb Al Kazemi

Deputy CEO/ Chief Medical Officer

Date: 25th May 2026

Time: 1400 hrs - 1700 hrs

Venue: SASH Abdul Rahman Al Ateeqi
Auditorium



Title: Hypertension Management Update

Presented by: Dr. Islam Mahrous

Date: 31st May 2026

Time: 1200 hrs -1300 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium/
Hybrid





 مستشفى السلام الحاصمة
 AL SALAM AL ASSIMA HOSPITAL
 تفتكهم الحاصمة
 Al Salam Al Assima Hospital
 Cordially Invites you to Attend a
Session on
“Hypertension Management Update”

Speaker
Dr. Islam Mahrous
 Consultant & Chief of Heart and Vascular Center

SAHH Events in May 2026

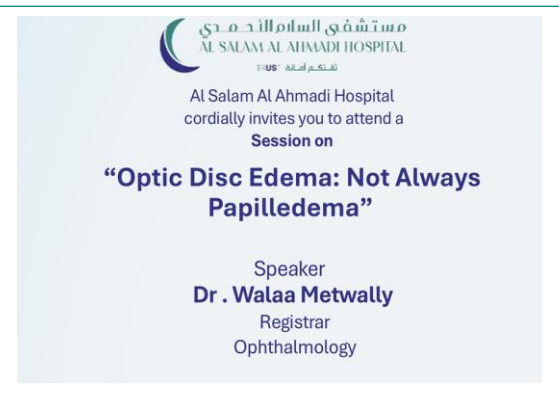
Title: Optic Disc Edema: Not Always Papilledema


Presented by: Dr. Walaa Metwally

Date: 04th May 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 2nd Floor Training Room/ Hybrid





 مستشفى السلام الحمدي
 AL SALAM AL AHMADI HOSPITAL
 تفتكهم الحمدي
 Al Salam Al Ahmadi Hospital
 cordially invites you to attend a
Session on
**“Optic Disc Edema: Not Always
Papilledema”**

Speaker
Dr . Walaa Metwally
 Registrar
 Ophthalmology

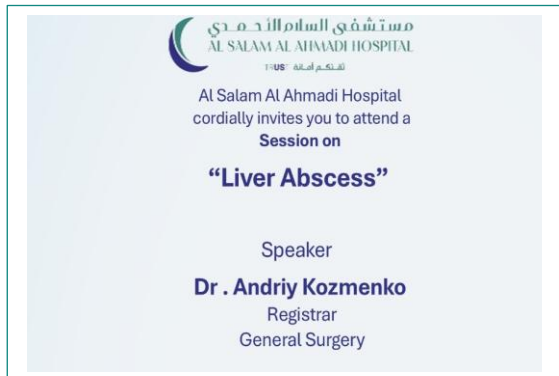
Title: Liver Abscess


Presented by: Dr. Andriy Kozmenko

Date: 07th May 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 2nd Floor Training Room/ Hybrid





 مستشفى السلام الحمدي
 AL SALAM AL AHMADI HOSPITAL
 تفتكهم الحمدي
 Al Salam Al Ahmadi Hospital
 cordially invites you to attend a
Session on
“Liver Abscess”

Speaker
Dr . Andriy Kozmenko
 Registrar
 General Surgery

Title of the Event: Recognition and Management of Sepsis in Emergency Care

Presented by: Dr. Hamael Shahid Chaudhry

Date: 10th May 2026

Time: 1300 hrs - 1400 hrs

Venue: SAHH – 2nd Floor Training Room/ Hybrid





 مستشفى السلام الحمدي
 AL SALAM AL AHMADI HOSPITAL
 تفتكهم الحمدي
 Al Salam Al Ahmadi Hospital
 cordially invites you to attend a
Session on
**“Recognition and Management of Sepsis
in Emergency Care”**

Speaker
Dr . Hamael Shahid Chaudhry
 General Practitioner
 Internal Medicine & GER

Title: Thromboprophylaxis in Pregnancy and Puerperium

Presented by: Dr. Amro Mostafa

Date: 14th May 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 2nd Floor Training Room/ Hybrid



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

“Thromboprophylaxis in Pregnancy and Puerperium”

Speaker

Dr . Amro Mostafa
Senior Registrar
Obstetrics & Gynecology

Title: Process of Wound Healing

Presented by: Dr. Ayesha Hamed

Date: 21st May 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 2nd Floor Training Room/ Hybrid



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

“Process of Wound Healing”

Speaker

Dr . Ayesha Hamed
Registrar
General Surgery

Title: Heel Pain: Common Causes and Red Flags

Presented by: Dr. Mohammed Shaban ElShenawy

Date: 23rd May 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 2nd Floor Training Room/ Hybrid



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

“Heel Pain: Common causes and red flags”

Speaker

Dr . Mohammed Shaban ElShenawy
Registrar
Orthopedics

Title: Adhesive Dentistry

Presented by: Dr. Somar Sallom

Date: 24th May 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 2nd Floor Training Room/
Hybrid



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

“Adhesive Dentistry ”

Speaker



Dr . Somar Sallom
General Practitioner
Dental Center