



AL SALAM BULLETIN

Volume # 74

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 Breastfeeding Week - 01st – 07th August 2026



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

Supported by WHO, UNICEF and many Ministries of Health and civil society partners, World Breastfeeding Week is held in the first week of August every year.

Breastfeeding is one of the most effective ways to ensure child health and survival and yet currently, fewer than half of infants under 6 months old are exclusively breastfed.

In 2018, a World Health Assembly resolution endorsed World Breastfeeding Week as an important health promotion strategy. With a different theme each year, it aims to promote the enabling environments that help women to breastfeed – including support in the community and the workplace, with adequate protections in government policies and laws - as well as sharing information on breastfeeding benefits and strategies.

What You Need to Know

Get the Facts about Feeding your Baby



Myth # 1: Many women do not produce enough milk.

Not true! The vast majority of women produce more than enough milk. Indeed, an overabundance of milk is common. Most babies that gain too slowly, or lose weight, do so not because the mother does not have enough milk, but because the baby does not get the milk that the mother has. The usual reason that the baby does not get the milk that is available is that he is poorly latched onto the breast.

[Read more...](#)

Storage and Preparation of Breastmilk



Before expressing/ pumping milk.

Wash your hands well with soap and water.



Inspect the pump kit and tubing to make sure it is clean.

Replace moldy tubing immediately.



Clean pump dials, power switch, and countertops with a disinfectant wipe



[Read more...](#)

Infographics

11

Breastfeeding *Superfoods*

OATMEAL

Lactogenic
Iron
Fiber
Satisfies Hunger



SALMON

Protein
Omega 3's
Vitamin D
Naturally Low Fat



YOGURT

Protein
Calcium
Probiotics
Convenient Snack



LEAFY GREENS

Iron
Vitamin A - K+
Antioxidants
Fiber



AVOCADO

Potassium
Good Heart Fats
Fiber
Antioxidants



LEAN RED MEAT

Highly Absorbable Iron
Niacin & Zinc
Protein
Vitamins B6 & B12



QUINOA

Pure Protein
Fiber
Low-Glycemic Index
Gluten Free



APRICOTS

Prolactin Producing
Aids in Digestion
Sweet Tooth Snack
Grab & Go Snack



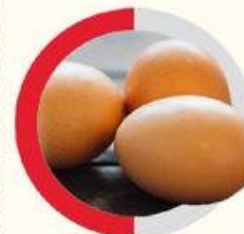
LEGUMES/BEANS

Protein
Fiber
Meat Alternative
Doesn't Give Babies Gas



EGGS

Protein Boost
Good Fats
Folic Acid
B2, B12, A



Water



8 Glasses

SASH Events in July 2026

Title: J & J Surgical Products

Presented by: Company Representative

Date: 09th July 2026

Time: 1230 hrs –1330 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium/ Hybrid



Title: Summer Camp for Kids

Presented by: MDC Team

Date: 12th & 14th July 2026

Time: 1000 hrs - 1200 hrs

Venue: 360 Mall



Title: PALS & NRP Updates 2025

Presented by: Dr. Adel Shalaby

Date: 12th July 2026

Time: 0800 hrs – 0900 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Al Salam Summer Camp

Presented by: MDC, Dietician, Dental & Physiotherapy

Date: 27th & 29th July 2026

Time: 1000 hrs – 1230 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: WHO Labour Care Guide

Presented by: Dr. Saida Abrar

Date: 30th July 2026

Time: 1200 hrs – 1300 hrs

Venue: SASH – 8th Meeting Room/ Hybrid for SAHH



Al Salam Al Assima Hospital
cordially invites you to attend a

Session on
“WHO Labour Care Guide”
Speaker



Dr. Saida Abrar
Consultant
Obstetric & Gynecology

SAHH Events in July 2026

Title: Breech Presentation

Presented by: Dr. Mohamed Gaafar

Date: 16th July 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
“Breech Presentation”

Speaker

Dr. Mohamed Gaafar
Registrar
Obstetrical and Gynecology

Title: Common Arrhythmias Encountered in PALS

Presented by: Dr. Feda Al Gharabli

Date: 22nd July 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
“Common Arrhythmias Encountered in PALS”
Speaker



Dr. Feda Al Gharabli
Consultant
Pediatric Center