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AL SALAM BULLETIN

Volume # 76

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

Breast Cancer Awareness Month October 2026



breastcancer.org

Breast Cancer Awareness Month is an international health campaign that's held every October. The month aims to promote screening and reduce the risk of the disease, which affects 2.4 million women worldwide.¹ Known best for its pink theme color, the month features a number of campaigns and programs designed to:

- support people diagnosed with breast cancer, including those with metastatic breast cancer
- educate people about breast cancer risk factors
- motivate people to learn about their risk of breast cancer
- encourage people to go for regular breast cancer screening at age 40 or earlier, depending on personal breast cancer risk

In the month of October, there are also specific dates designed to raise awareness of specific groups within the breast cancer community.

[Read more...](#)

Global Hand-Washing Day 15th October 2026



cdc.gov

Each year on October 15, CDC works with global partners and colleagues to highlight Global Handwashing Day and raise awareness about the importance of handwashing.

Theme: "Be a Handwashing Hero"

Aim: To increase awareness and understanding about the importance of handwashing to prevent diseases and save lives.

One of the simplest, most effective ways to stop the spread of germs and stay healthy is handwashing with soap and water. Keeping hands clean can help prevent diarrheal illnesses and respiratory infections, such as the common cold or flu.

Many germs that can make people sick are spread when we don't wash our hands with soap and clean, running water. That is why handwashing is so important, especially at key times such as after using the bathroom, when preparing food, before eating, and after coughing, sneezing, or blowing your nose.

[Read more...](#)

What You Need to Know

When to Wash Your Hands?



You should wash your hands often throughout the day — at home, at work and in public. But during a busy day, it's easy to miss important moments. One way to remember when to wash your hands is to think of **FACES**, which stands for:

- Food
- Animals
- Caregiving
- Exposure to bodily fluids
- Special situations

Food

Food itself can contain germs. Or germs may travel from your hands to the food you're preparing or eating. Because of this, you should wash your hands.

Animals

Animals, including pets, can spread germs. Wash your hands after touching pets.

Caregiving

Whether you're caring for a child, parent or someone else, it can be easy to pick up germs. Help lower your risk by washing your hands after caring for someone who's sick.

Exposure to body fluids

Body fluids can carry many germs. Wash your hands after using the bathroom, after sneezing or coughing and after blowing your nose.

Read more...

Myths and Facts

Breast Cancer

Breast cancer is a disease in which abnormal cells in the breast grow out of control and form tumors. If left unchecked, the tumors can spread throughout the body and become fatal.

MYTH: If breast cancer doesn't run in my family, I'm not at risk.

FACT: Having a family history of breast cancer can increase your risk, but not having a family history doesn't mean that you are protected.

MYTH: Breast cancer only affects older women.

FACT: Breast cancer is more common in middle-aged and older women, but younger women can develop the disease, too.

MYTH: If I don't feel a lump, I don't have breast cancer.

FACT: Breast cancer does not always cause a lump. Some breast cancers are detected on a screening mammogram before a person notices any symptoms.

MYTH: A mammogram is only needed if I have symptoms.

FACT: Screening mammograms are designed to find breast cancer before symptoms appear.

MYTH: A breast self-exam is enough to screen for cancer.

FACT: Knowing how your breasts normally look and feel is important, but self-exams do not replace mammograms.

MYTH: There's nothing I can do to lower my breast cancer risk.

FACT: You can't control every risk factor, but some lifestyle choices can help you lower your risk like limit alcohol, stay physically active, don't smoke, choose a healthy diet.

MYTH: For doing Mammogram I can wait until I'm 50 .

FACT: It's recommended to begin routine mammography before the age of 50.

Infographics

THE RIGHT WAY TO WASH YOUR HANDS



Risk Factors of *Breast Cancer*



SASH Events in September 2026

Title: Back to School

Organizer: Marketing department

Date: 02nd September 2026

Time: 1400 hrs – 2000 hrs

Venue: SASH Basement 1 atrium



Title: Recent Updates in the Management of Recurrent Miscarriage

Presenter: Dr. Reem Babiker Ali

Date: 10th September 2026

Time: 1200 hrs -1300 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium/ Hybrid



Title: Update Management of Dyslipidemia 2026

Presenter: Dr. Islam Mahrous

Date: 13th September 2026

Time: 1230 hrs – 1330 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium/ Hybrid



Title: Heart saver First aid CPR AED course

Trainer: AHA instructor

Attendees: RSM Company employees

Date: 17th September 2026

Time: 0900 hrs - 1600 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



Title: Dental Laser – an Innovative Tool for Modern Dentistry

Presenter: Dr. Vipin Indira

Date: 23rd September 2026

Time: 1300 hrs – 1400 hrs

Venue: SASH 8th Floor meeting room/ Hybrid

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AL SALAM HOSPITALS
TRUST
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Al Salam Al Assima Hospital
cordially invites you to attend a
Session on
“Dental Laser An Innovative Tool for Modern
Dentistry.”

Speaker



Dr. Vipin Indira
Registrar
Dental Center Center

Title: Heart saver CPR AED course

Trainer: AHA instructor

Attendees: Al Salam Non-Medical staffs

Date: 09th & 23rd September 2026

Time: 0900 hrs - 1300 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium



SAHH Events in September 2026

Title: Anesthetic Difference Between Children & Adults

Presenter: Dr. Mohammed Zahid Yergatti

Date: 05th September 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 5th Floor - Admin Meeting Room / Hybrid

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Al Salam Al Ahmadi Hospital
cordially invites you to attend a
CME Session on
“Anesthetic Difference Between Children & Adults”

Speaker



Dr. Mohammed Zahid Yergatti
Specialist
Anesthesia

Title: The Management of Iron Deficiency Anemia in Pregnancy

Presenter: Dr. Asmaa Gaber

Date: 07th September 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 5th Floor - Admin Meeting Room / Hybrid

مستشفيات السلام
AL SALAM HOSPITALS
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مستشفى السلام

Al Salam Al Ahmadi Hospital
cordially invites you to attend a
CME Session on
“The Management of Iron Deficiency Anemia in
Pregnancy”

Speaker

Dr. Asmaa Gaber
Registrar
Obstetric & Gynecology

Title: Epistaxis

Presenter: Dr. Reji Mathew

Date: 19th September 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 5th Floor - Admin Meeting

Room / Hybrid



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

“Epistaxis”
Speaker



Dr. Reji Mathew
Registrar
ENT

Title: Approach to Fever with Rash

Presenter: Dr. Reda ElBastawisy

Date: 21st September 2026

Time: 1430 hrs – 1530 hrs

Venue: SAHH – 5th Floor - Admin Meeting

Room / Hybrid



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

“Approach to Fever with rash”

Speaker

Dr. Reda ElBastawisy
Registrar
Pediatric Center

Title: Dental Calculus

Presenter: Dr. Somar Sallom

Date: 26th September 2026

Time: 1300 hrs – 1400 hrs

Venue: SAHH – 5th Floor - Admin Meeting

Room / Hybrid



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

“Dental Calculus”



Speaker

Dr. Somar Sallom
General Practitioner
Dental Center