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AL SALAM HOSPITALS
TRUST ثقتكم أمانة



AL SALAM BULLETIN

Volume # 77

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 Diabetes Day
14th November 2026



worlddiabetesday.org

Theme: Early Action on Diabetes

Diabetes is one of the world's fastest-growing health challenges. By 2050, the number of people living with diabetes is projected to reach 853 million. Urgent action is needed to increase early detection, provide uninterrupted care, and support diabetes risk reduction. Early action on diabetes can save lives, improve health, and reduce long-term costs to healthcare systems.

- **World Diabetes Day (WDD)** is the world's largest diabetes awareness campaign, reaching a global audience across more than 160 countries. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin with Charles Best in 1921.
- **World Diabetes Day** was established in 1991 by the International Diabetes Federation (IDF) and the World Health Organization (WHO). It became an official United Nations Day in 2006 following the adoption of United Nations Resolution 61/225.

Read more…

Lung Cancer Awareness Month
November 2026



www.aacr.org

Lung cancer is the most common cause of cancer death in the United States for both men and women. About 64,190 men and 60,540 women are estimated to die from lung cancer in 2025.

According to estimates by the National Cancer Institute, 226,650 patients are expected to receive a diagnosis of lung or bronchus cancer in the United States in 2025. The estimated five-year relative survival rate is 28.1%.

Smoking is the most common cause of lung cancer in the United States. Cigarette smoking causes 80% to 90% of lung cancer deaths, according to experts. Other risk factors for lung cancer include being exposed to secondhand smoke; having a family history of lung cancer; being treated with radiation therapy to the breast or chest; exposure to asbestos, arsenic, chromium, beryllium, or nickel in the workplace; and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer increases.

Read more…

What You Need to Know

What is diabetes?



Diabetes is a chronic disease that occurs when the body does not produce enough insulin or cannot use insulin effectively, resulting in high blood glucose (blood sugar) levels. Over time, high blood glucose can damage the heart, kidneys, eyes, nerves, and blood vessels.

Things You Need to Know About Diabetes:

Know the Types of Diabetes

- **Type 1:** An autoimmune condition in which the body stops producing insulin.
- **Type 2:** The body cannot use insulin effectively and may gradually become unable to produce enough insulin.
- **Gestational diabetes:** Develops during pregnancy when blood glucose levels are higher than normal.

2. Recognize the Warning Signs

- Common symptoms include frequent urination, increased thirst, unusual fatigue, blurred vision, and unexplained weight loss.
- Symptoms may develop quickly in type 1 diabetes, while type 2 diabetes may cause mild or no noticeable symptoms for years.

3. Get Your Blood Sugar Checked

- Blood tests, including fasting blood glucose and HbA1c, can help diagnose diabetes.
- Early detection allows people to receive appropriate care and helps reduce the risk of complications.

Read more…

Myths and Facts

Lung Cancer



Lung cancer can affect anyone, including people who have never smoked. Knowing the facts can help reduce stigma and encourage people to seek medical advice when needed.

MYTH: Only smokers get lung cancer.

FACT: People who have never smoked can also develop lung cancer.

MYTH: Smoking is the only cause of lung cancer.

FACT: Other risk factors include secondhand smoke, radon, air pollution, and certain workplace exposures.

MYTH: Quitting smoking after years of smoking does not help.

FACT: Quitting smoking at any age provides health benefits and reduces lung cancer risk over time.

MYTH: Lung cancer always causes symptoms in its early stages.

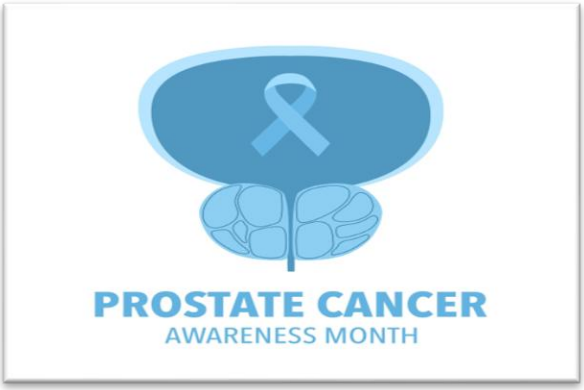
FACT: Lung cancer may not cause noticeable symptoms in its early stages.

MYTH: Everyone should get screened for lung cancer.

FACT: Low-dose CT screening is recommended for people who meet specific high-risk criteria.

Prostate Cancer Awareness Month - November 2026

WHAT YOU NEED TO KNOW ABOUT PROSTRATE CANCER



- Prostate cancer develops when cells in the prostate gland grow uncontrollably. The prostate is a small gland located below the bladder and in front of the rectum.

KEY FACTS

- Risk increases with age.
- Family history can increase the risk.
- Early prostate cancer may cause no symptoms.
- Warning signs may include difficulty urinating, blood in the urine or semen, and persistent pain in the back, hips, or pelvis.
- Urinary symptoms can also be caused by non-cancerous prostate conditions.
- Discuss your personal risk and screening options with your healthcare professional.

REMEMBER: Know your risk. Recognize the signs. Talk to your doctor.

Read more…

Myths vs. Facts



MYTH: Prostate cancer always causes symptoms.

FACT: Most men with prostate cancer have no symptoms. When symptoms occur, they may include frequent urination, difficulty urinating, blood in the urine or semen, or pain in the back, hips, or pelvis.

MYTH: An elevated PSA test result means you have prostate cancer.

FACT: A high PSA level can indicate a prostate problem, but it does not always mean cancer. Your doctor may recommend further tests, including a biopsy.

MYTH: Prostate cancer screening has benefits but no risks.

FACT: Screening can help detect prostate cancer that may spread, but it can also lead to unnecessary tests, biopsy complications, and treatment side effects. Discuss the potential benefits and harms with your doctor.

MYTH: Family history does not affect prostate cancer risk.

FACT: Men are more likely to develop prostate cancer if the disease runs in their family. Age and race are also important risk factors.

SASH Events in October 2026

Title: Headache in Pregnancy

Presenter: Dr. Alyia Waheed

Date: 1st October 2026

Time: 1230 hrs – 1330 hrs

Venue: SASH Abdul Rahman Al Ateeqi Auditorium / Hybrid



Title: Temporomandibular Disorders TMD

Presenter: Mr. Cornel Tol

Date: 8 & 9th October 2026

Time: 0900 hrs – 1700 hrs

Target Attendees: Occupational Therapists, Dentists, Speech Therapists.

Venue: SASH Abdul Rahman Al Ateeqi



Title: Medi-Span Clinical Review & Override Justification

Presenter: CL.PH May Elkoriei

Date: 12th October 2026

Time: 1230 hrs – 1300 hrs

Venue: Online



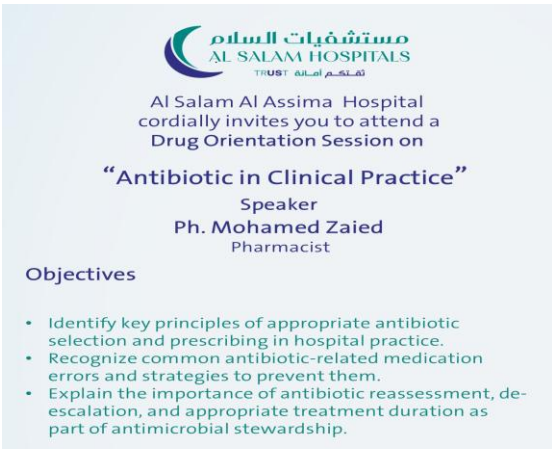
Title: Antibiotic in Clinical Practice

Presenter: Ph. Mohamed Zaied

Date: 25th October 2026

Time: 1400 hrs – 1430 hrs

Venue: SASH 5th Floor – Training Room / Hybrid



SAHH Events in October 2026

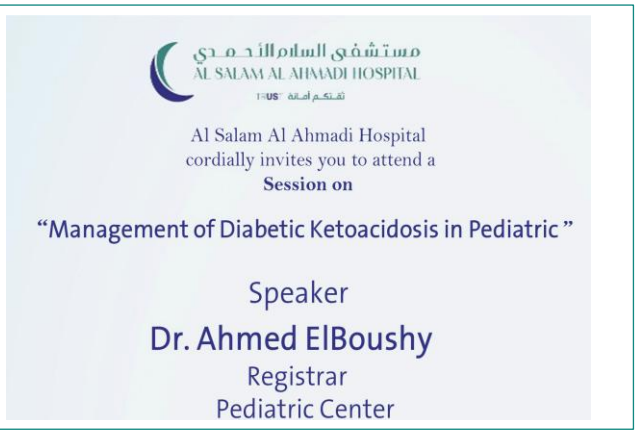
Title: Management of Diabetic Ketoacidosis in Pediatric

Presenter: Dr. Ahmed ElBoush

Date: 3rd October 2026

Time: 1300 hrs – 1400 hrs

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



Title: Anesthesia Practice MOH Guidelines for Vaginal Delivery & Cesarean Section

Presenter: Dr. Ahmed Abdelkawy

Date: 5th October 2026

Time: 1300 hrs – 1400 hrs

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



Title: Update of Renal Colic Treatment

Presenter: Dr. Hassan Abdelbaky

Date: 10th October 2026

Time: 1300 hrs – 1400 hrs

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



Title: Practical Approach to Abnormal Coagulation Test

Presenter: Dr. Akeel Moosa

Date: 14th October 2026

Time: 1300 hrs – 1400 hrs

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



Title: Breast Cancer Awareness

Presenter: Dr. Mohammad Athamnah

Date: 17th October 2026

Time: 1300 hrs – 1400 hrs

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



Title: Anti-D Prophylaxis Rh Negative Mothers

Presenter: Dr. Sidra Fareed

Date: 19th October 2026

Time: 1300 hrs – 1400 hrs

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



Title: Otalgia

Presenter: Dr. Reji Mathew

Date: 24th October 2026

Time: 1300 hrs – 1400 hrs

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



SAHH & SASH Safety week

Organizer: Quality Team

Date: 18th October 2026 at SAHH

19th-20th October 2026 at SASH

Time: 1000 hrs – 1330 hrs

