



## Overview about 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, trainings 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 in COVID-19 and trends in the Healthcare industry.



### HEALTH AWARENESS DAYS

#### World Cancer Day– 4th February 2022

[nationaltoday.com](http://nationaltoday.com)

World Cancer Day is a global event that aims to raise awareness of cancer and the impact it has on those who live with it. Observed annually on February 4, World Cancer Day actively promotes the early detection, prevention, and effective treatment of cancer. The main aim of the event, which is organized by the Union for International Cancer Control (UICC) and backed by the UN, is to drastically reduce the number of people who die from cancer around the world each year. By raising awareness and educating communities around the world, World Cancer Day believes it can reduce the number of deaths from cancer by one-third in the next decade.

Theme: I AM AND I WILL

[Read more...](#)





## COVID - 19 CORONA VIRUS DISEASE 2019 UPDATE

### How do You Know You Are Infected with Omicron?

medicalnewstoday.com

As infections of the Omicron variant of SARS-CoV-2 — the virus that causes COVID-19 — continue to spread around the world, there have been reports that symptoms, in some respects, are different from those of Delta variant infections. Do symptoms really differ? What should you look out for?

[Read more...](#)

### WHO Recommends Two New Drugs to Treat COVID -19

who.int

WHO has recommended two new drugs for COVID-19, providing yet more options for treating the disease. The first drug, baricitinib, is strongly recommended for patients with severe or critical COVID-19. It is part of a class of drugs called Janus kinase (JAK) inhibitors that suppress the overstimulation of the immune system. WHO recommends that it is given with corticosteroids.

[Read more...](#)

### Anti-Omicron Vax Coming; Blood Crisis is Here; Elevators Recalled for Safety Issue

medpagetoday.com

Current coronavirus vaccines may have to be reformulated to make sure they're effective against Omicron and other variants to come, the World Health Organization said. In related news, Pfizer is planning to manufacture 50 million to 100 million doses of an Omicron-specific COVID-19 vaccine.

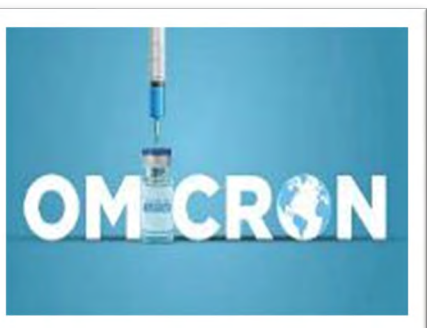
[Read more...](#)

### CDC Panel Pushes Boosters for All Teens

medpagetoday.com

Adolescents ages 12-17 should receive a booster dose of Pfizer's COVID-19 vaccine (Comirnaty), the CDC's Advisory Committee on Immunization Practices (ACIP) said. ACIP voted 13-1 to recommend a booster dose of Pfizer vaccine at least 5 months after the two-dose primary series. The committee also boosted their recommendation for 16-17 year-olds,

[Read more...](#)



### Scientists Discover a New Type of Heart Cell

medicalnewstoday.com

The cells, called cardiac nexus glia, were shown to play an important role in both heart rate and heart rhythm. Now, researchers have discovered a new type of glial cell in the heart that is crucial for both development and function and may explain certain congenital abnormalities and other cardiac diseases.

**Read more...**

### Isopropyl Alcohol vs. Rubbing Alcohol: Are They the Same?

medicalnewstoday.com

Rubbing alcohol is a mixture of isopropyl alcohol and water. Sometimes, it contains additional ingredients. By contrast, isopropyl alcohol is pure alcohol with no other ingredients. Because rubbing alcohol contains isopropyl alcohol, the two liquids have similar properties, but they are not the same.

**Read more...**

### Zephyr Valve Treatment Review: Uses, Benefits, and Risks

medicalnewstoday.com

A Zephyr Endobronchial Valve System, or Zephyr Valve, is a device that doctors use to treat severe cases of chronic obstructive pulmonary disease (COPD) and emphysema. They may improve an individual's breathing and quality of life by increasing airflow to the healthy parts of the lungs.

**Read more...**

### What to Know About Rh Incompatibility in Pregnancy?

medicalnewstoday.com

A negative Rhesus (Rh) test can have certain implications for a pregnancy. However, with the right medical care, people and their babies with Rh incompatibility can experience a healthy pregnancy and delivery. The Rh factor is an inherited protein that may appear on the surface of red blood cells.

**Read more...**





## Case report: Locally Advanced Gallbladder Cancer Treated with Effective Chemotherapy and Subsequent Curative Resection

Masashi Inoue et al.;

Journal of Medical Case Reports,

Date of publication: 17<sup>th</sup> January, 2022.

### CASE HISTORY:

A 55-year-old Japanese female was hospitalized with right hypochondrial pain. Enhanced computed tomography revealed a 49 × 47 mm mass at the neck of the gallbladder, with suspected invasion of the liver and right hepatic artery. Endoscopic retrograde cholangiopancreatography demonstrated displacement of the upper bile duct. Intraductal ultrasonography showed irregular wall thickening and disappearance of the wall structure in bile ducts from the B4 branch to distal B2 and B3. Percutaneous transhepatic biliary biopsy revealed a poorly differentiated carcinoma. The patient was diagnosed with unresectable gallbladder cancer (T4N0M0 stage IVA). Cisplatin plus gemcitabine chemotherapy was initiated. After six courses of chemotherapy, enhanced computed tomography showed that the mass in the neck of the gallbladder had shrunk to 30 mm, Endoscopic retrograde cholangiopancreatography showed improvement of the hilar duct stenosis. A biopsy of the bile duct mucosa showed no malignant cells in the branch of the left and right hepatic ducts, the left hepatic duct, or the intrapancreatic ducts. The patient underwent conversion surgery with right and segment 4a liver resection, extrahepatic duct resection, and cholangiojejunostomy. The histopathologic diagnosis showed that the tumor cells had shrunk to 2 × 1 mm, and that R0 resection of the T2aN0M0 stage IIA tumor was successful.

### CONCLUSION:

Although conversion surgery for gallbladder cancer is rarely possible, curative resection may offer a better prognosis, and it is important to regularly pursue possibilities for surgical resection even during chemotherapy.

To know more about the case study, [CLICK HERE](#)



## PLAVIX

Generic name : Clopidogrel ( kloe PID oh grel)

Brand name : Plavix

Drug class : Platelet aggregation inhibitors

### What is Plavix?

Plavix prevents platelets in your blood from sticking together to form an unwanted blood clot that could block an artery.

### Uses and indication:

Plavix is used to lower your risk of having a stroke, blood clot, or serious heart problem after you've had a heart attack, severe chest pain (angina), or circulation problems.

### How to take Plavix?

Plavix can be taken with or without food. Plavix is sometimes taken together with aspirin. Take aspirin only if your doctor tells you to.

To know more about Plavix, [CLICK HERE](#)



### Systematic Review of Self-Monitoring of Blood Glucose in Patients with Type 2 Diabetes

Chircop et al;  
Journal of Nursing Research,  
DOI: December, 2021.  
Volume – 70, Issue – 6, P.no: 487 – 497

#### ABSTRACT:

**OBJECTIVE:** The aim of this study was to conduct meta-analyses of glycemic control in non-insulin-treated participants with Type 2 diabetes: self-monitoring of blood glucose versus usual care, structured versus unstructured self-monitoring of blood glucose, and use of self-monitoring of blood glucose readings by clinicians to adjust (or modify) therapy versus usual care.

**METHODS:** Medline, Embase, and Cochrane Central were electronically searched to identify articles published from January 1, 2000, to June 30, 2020. Trials investigating changes in HbA1c were selected. Screening was performed independently by two investigators. Two investigators extracted HbA1c at baseline and follow-up for each trial.

**RESULTS:** Nineteen trials involving 4,965 participants were included. Overall, self-monitoring of blood glucose reduced HbA1c. Preplanned subgroup analysis showed that using self-monitoring of blood glucose readings to adjust therapy contributed significantly to the reduction. No significant improvement in HbA1c was shown in self-monitoring of blood glucose without therapy adjustment. The same difference was observed in structured versus unstructured self-monitoring of blood glucose.

**CONCLUSION:** HbA1c is improved with clinician therapy modification based on structured self-monitoring of blood glucose readings. Implications are for clinicians to prescribe structured self-monitoring of blood glucose to modify therapy based on the readings and not prescribe unstructured self-monitoring of blood glucose. Participants with suboptimal glycemic control may benefit most. A self-monitoring of blood glucose regimen that improves clinical and cost-effectiveness is presented. Future studies can investigate this regimen specifically.

To know more details, [CLICK HERE](#)



### Stroke Risk Factors

#### HEADS

**H**ypertension / Hyperlipidemia

**E**lderly

**A**trial fibrillation

**D**ialysis mellitus / Drugs [cocaine]

**S**moking / Sex [male]

## Video



### **Topic: Urinary Incontinence: Transobturator Tape Procedure (TOT)**

To watch [CLICK HERE](#)

## Medical quiz



### **Topic: Anesthesia Basic Quiz**

To attend quiz [CLICK HERE](#)

## New Courses



### **Topic: Hazard Recognition and Risk Assessment**

Duration: 1.5 – 3 hours

Total number of modules: 5

To take course [CLICK HERE](#)

 LIVE WEBINAR

## Continuing Medical Education

### **Topic: Relapsed/Refractory Multiple Myeloma: Exploring Recent Evidence and Implications with Novel Therapies**

Note: Complete the survey before attending CME

CPD credit: 0.50

To attend [CLICK HERE](#)

## Cervical Cancer Signs and Symptoms

The infographic features a central green silhouette of a woman with a uterus. Surrounding her are ten icons, each with a label for a symptom:

- Pain in pelvis** (top left)
- Fatigue** (top right)
- Lack of appetite** (middle left)
- Unexplained weight loss** (middle right)
- Pain in back and legs** (bottom left)
- Heavy vaginal bleeding** (bottom right)
- Bleeding after Pelvic examination** (bottom left, lower)
- Rarely there is the presence of a vaginal mass** (bottom center)
- Blood tainted vaginal discharge with a strong odour** (bottom right, lower)
- Bleeding during sexual intercourse** (bottom right, lower)

**NIRUJA** logo is visible in the bottom left corner.

## SIH Offers

### MARKETING & PR

**On the occasion of national days, Check Your Health with Full Checkup Offer during February**

**This offer cannot be combined with any other offers or agreements with insurance companies**

**99 K.D**

*Terms and conditions apply*

- 9 am - 9 pm (Except Friday)
- Fasting from 8 to 12 hours is required
- Prebooking is required for the examination For booking an appointment 18 3000 3

**MALE CHECKUPS**

- Internal medicine checkup
- Chest X-Ray
- ECG
- CBC
- Blood Sugar level
- Kidney function test
- Liver function test
- Cholesterol
- Urine analysis
- Thyroid function test
- Prostate cancer screening
- Vitamin D test

**FEMALE CHECKUPS**

- Internal medicine checkup
- Chest X-Ray
- ECG
- CBC
- Blood Sugar Level
- Kidney function test
- Liver function test
- Cholesterol
- Urine analysis
- Thyroid function test
- Pap smear
- Dexa scan
- Vitamin D test

18 3000 3
 www.sih-kw.com

### Staff Offer

*Derma care*

Service Name	Offer Price
Hollywood facial	<b>20</b> k.d
Dermapen Face & Lip	<b>40</b> k.d
Full Body Laser (No abdomen & back)	<b>35</b> k.d
Full Body Laser	<b>40</b> k.d
Dermasweep	<b>25</b> k.d

Offer duration for whole month of February

Offer is for staff and their first degree relatives

**Prepared By Medical Development Center**