



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.

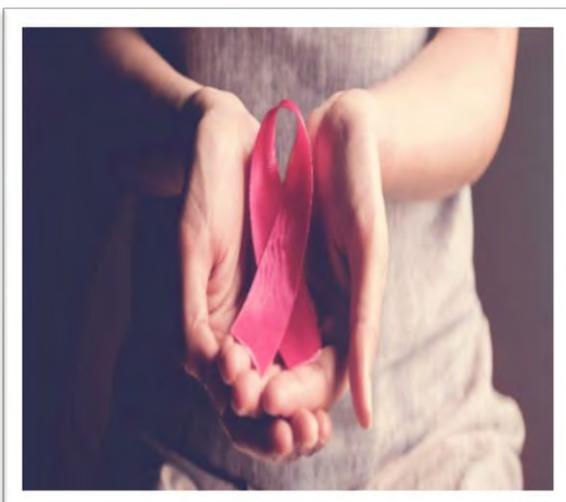


Breast Cancer Awareness Month

[Preventcancer.org](https://www.preventcancer.org)

This year, more than 268,600 women and 2,600 men will be diagnosed with invasive breast cancer (cancer that has spread from where it started in the breast into the surrounding healthy tissue), and more than 42,260 will die from the disease.

[Read more....](#)





COVID - 19 CORONA VIRUS DISEASE 2019 UPDATE



Covid: Pfizer and AstraZeneca approved as booster vaccines

bbc.com

The UK medicines regulator has approved the use of Pfizer and AstraZeneca as Covid booster vaccines, paving the way for a rollout ahead of the winter. But the Joint Committee on Vaccination and Immunization (JCVI), the UK vaccine advisory body, has not decided if they are needed, and who should be eligible.

[Read more...](#)



Waning immunity and COVID-19 vaccines: How worried should we be?

Medical newstoday.com

A recent study found that serum levels of antibodies against the spike protein of the virus, which it uses to gain entry to cells, start to wane around 12 weeks after the second dose of the Pfizer vaccine.

[Read more...](#)



How Many Deaths Will New Cigarette Warnings Prevent?

medpagetoday.com

Assuming they survive an ongoing legal challenge and are as effective as advocates hope, the new graphic warnings to appear on cigarette packages beginning next year could prevent millions of deaths from smoking over the following 8 decades, researchers estimated.

[Read more...](#)



What is the difference between osteopenia and osteoporosis?

Medicalnewstoday.com

Bone mass and bone mineral density both decrease as people age. Osteopenia is a condition where people's bone density is lower than is usual for their age. Osteoporosis is a more severe case of bone loss that weakens the bones and makes them more likely to fracture.

[Read more...](#)



Weight Loss in Childhood May Protect Boys Against Future Infertility

Drugs.com

Obese boys who lose weight may avoid fertility problems in adulthood, a preliminary study suggests. Even short-term weight loss might partially reverse weight-related alterations in reproductive function, the researchers said.

[Read more...](#)



Engineers grow pancreatic 'organoids' that mimic the real thing

Sciencedaily.com

Using a specialized gel that mimics the extracellular environment surrounding the pancreas, the researchers were able to grow pancreatic "organoids," allowing them to study the important interactions between pancreatic tumors and their environment.

[Read more...](#)

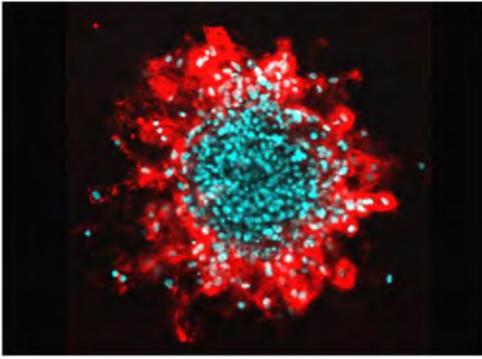


Reprogramming heart muscle cells to repair damage from heart attacks

medicalxpress.com

A team of researchers affiliated with several institutions in Germany and one in Canada has found that it is possible to reprogram heart muscle to repair damaged tissue. In their paper published in the journal Science, the group describes their approach to repairing damaged hearts in mice and how well it worked when tested.

[Read more...](#)

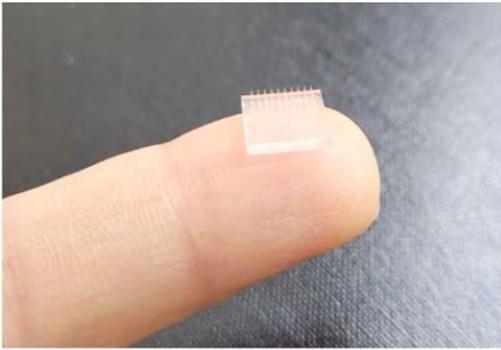


Breast cancers: Ruptures in cell nuclei promotes tumor invasion

Science daily.com

When cells multiply and migrate, they can be compressed, and their nucleus may break open. This phenomenon causes DNA damage. Scientists have now shown that this facilitates the spread of cancer cells in breast tumors.

[Read more...](#)



A 3D printed vaccine patch offers vaccination without a shot

Medicaexpress.com

Scientists at Stanford University and the University of North Carolina at Chapel Hill have created a 3D-printed vaccine patch that provides greater protection than a typical vaccine shot.

[Read more...](#)



Just how healthy are pomegranates?

Heart.org

Pomegranates are believed to boost heart health, although according to the National Institutes of Health, so far research on the berry is still limited.

[Read more...](#)



Another Checkpoint Inhibitor Misses Mark in Ovarian Cancer

medpagetoday.com

Single-agent nivolumab (Opdivo) did not improve overall survival (OS) or progression-free survival (PFS) versus chemotherapy for patients with platinum-resistant ovarian cancer, according to a randomized trial from Japan.

[Read more...](#)



Clinical Study of Lens–Induced Glaucoma in Elderly Population of Gulbarga

Year: 2021 Month : September Volume : 8 Issue : 37 Page : 3339-3343.

jebmh.com

[Read more...](#)

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ABSTRACT

Background

In developing countries like India, it is essential to spread awareness about cataract and its complications like lens induced glaucoma, uveitis. Lens induced glaucoma (LIG) can lead to irreversible blindness due to secondary optic atrophy.

The purpose of this study was to stress on early diagnosis and timely management in preventing blindness due to lens induced glaucoma in patients visiting ESIC Medical College and Hospital, Gulbarga. Karnataka.

Methods

This retrospective descriptive type of statistical study was conducted in the Department of Ophthalmology, ESIC Medical College and Hospital, Gulbarga. Karnataka, from March 2018 to March 2021. Intraocular pressure (IOP) and visual acuity was recorded in all patients after through history taking, ocular examination and fundoscopy. After subjecting for exclusion criteria, cases of LIG were confirmed and included in the study.

Results

In our study we found total 25 cases having LIG, in that 9 were male patients (36 %) and 16 were females (64 %). Phacomorphic glaucoma was recorded in 19 patients (76 %) and phacolytic glaucoma in 5 cases (20 %). Intraocular pressure of 40 - 49 mmHg was recorded in 16 patients (64 %) followed by 30 – 39 mmHg in 5 patients (20 %) and 50 – 59 mmHg in 4 patients (16 %). In our study, 13 patients had visual acuity of counting fingers (CF) 3 meters to 5 meters (52 %) followed by 6/60 to 6/24 (20 %) and hand movements to counting fingers 3 metres in (12 %) and one patient had no perception of light (4 %). All patients underwent cataract surgery with intraocular implantation under local anaesthesia. After 2 weeks of follow up, vision restored was between 6/9 - 6/18 (40 %) in 10 patients followed by 6/18 - 6/60 (28 %) in 7 patients and no improvement in vision in one patient.

Conclusions

Glaucoma is one of the causes for irreversible blindness. Though overall prevalence is less than 5 % but gets its one of major contribution from lens induced glaucoma. One good thing about LIG is patient presents early due to loss of vision and pain, so if we intervene with early diagnosis and manage patients, vision can be restored successfully.

Keywords

LIG, Cataract, IOP, Phacomorphic Glaucoma, Photolytic Glaucoma



First-dose ChAdOx1 and BNT162b2 COVID-19 vaccines and thrombocytopenic, thromboembolic and hemorrhagic events in Scotland

14 September 2021

As the rollout of first dose COVID-19 vaccines accelerated in the UK and Europe, safety concerns emerged after reports that a small number of people experienced adverse events in their blood. Urgent research was needed to identify, quantify and, if possible, mitigate the problem.

www.hdruk.ac.uk



Overview

This paper gives the findings of a swift population-level study in Scotland which showed that while there were risks from the first dose of the Oxford-AstraZeneca vaccine, adverse events were very rare; no such risks were identified with the Pfizer-BioNTech vaccine.

Challenge

By 21 April 2021, 22m first doses and 6.8m second doses of the Oxford-AstraZeneca vaccine had been delivered in the UK. However the MHRA (Medicines and Healthcare products Regulatory Agency) had reports of 209 people in the UK suffering adverse blood events after receiving the vaccine. The European Medical Agency (EMA) had 169 reports of central venous thromboembolic (a rare brain bloodclot) events by 4 April. Some countries halted or limited use of the vaccine. There were also concerns that safety fears would drive vaccine hesitancy among the public.

Solution

One of the UK's Chief Scientific advisers approached the EAVE II team at the University of Edinburgh (and supported by HDR UK BREATHE Hub for respiratory health) to investigate these concerns using the large-scale patient data available in Scotland.

The team, which included Professor Aziz Sheikh and Professor Colin Simpson took just 5-6 weeks to carry out peer-reviewed research into patient-reported problems from 2.53m (57.5%) of the Scottish population. This covered the 1.71m who had received the Oxford-AstraZeneca and 0.82m who had received the Pfizer-BioNTech vaccine.

Their work covered idiopathic thrombocytopenic purpura (ITP), venous thromboembolic, arterial thromboembolic and haemorrhagic events. The resulting paper was published in Nature Medicine (July, 2021).

Lessons learnt

No link was found between the Pfizer-BioNTech vaccine and any of the adverse events under study. The first dose Oxford-AstraZeneca vaccine was linked to a small increase in ITP (113 cases per 10m doses). There was a suggestion of increased risk of thromboembolic and haemorrhage events following Oxford-AstraZeneca vaccine. And there was no rise in venous thromboembolic events. The risk level was similar to other common vaccines and, according to Prof. Sheikh, the likelihood of these events is “orders of magnitude higher” among those who contract COVID-19.

Prof. Sheikh said:

“One of enduring lessons is that COVID-19 vaccines have probably come under more scrutiny than any other vaccine in history. We're going to understand their safety profile incredibly well. Hopefully, once we're through this, we can turn the same degree of scrutiny to other vaccines.”

Impact and outcomes

The research team reported its initial findings to policymakers. This helped them to develop take precautions to protect those who might be at risk. It also reassured the public – providing them with evidence-based information.

The team has been following up with studies of other vaccines and will carry out work on second doses. Research may also take place into booster jabs.

Patient and Public Involvement and Engagement

EAVE II has a Public Advisory Group, which shapes its work and reporting – including the creation of infographics and lay summaries.

HDR UK Impact Committee

The HDR UK Impact Committee serves to raise the profile of both ours and our contributors' outputs. The Impact Committee are keen to celebrate significant impacts which clearly demonstrate the value of of our mission to unite the UK's health data to enable discoveries that improve people's lives.

Contact

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Features of a life-threatening asthma attack

A CHEST:

- **A**rrhythmia/ Altered conscious level
- **C**yanosis, PaCO₂ normal
- **H**ypotension, **H**ypoxia (PaO₂<8kPa, SpO₂ <92%)
- **E**xhaustion
- **S**ilent chest
- **T**hreatening PEF < 33% best or predicted (in those >5yrs old)

Components of Glasgow score for pancreatitis

PANCREAS:

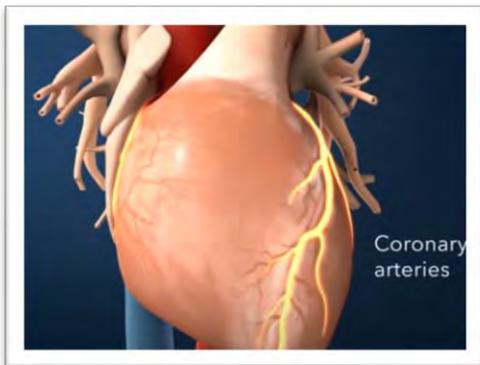
- **P**aO₂ (<8kPa)
- **A**ge (>55)
- **N**eutrophilia (WCC > 15 x 10⁹/L)
- **C**a²⁺ (<2mmol/L)
- **R**enal function (urea >16mmol/L)
- **E**nzymes (LDH >600 iu/L or AST >200 iu/L)
- **A**lbumin (<32g/L)
- **S**ugar (blood glucose >10mmol/L)

Causes of postpartum haemorrhage

4 T's

- **T**issue (retained placenta)
- **T**one (uterine atony)
- **T**rauma
- **T**hrombin (coagulation disorders, DIC)

Video



Topic: Coronary Artery Angioplasty (Radial Access)

To watch [CLICK HERE](#).

Medical Quiz



Topic: Diabetes Quiz

To solve the quiz [CLICK HERE](#).

New Courses



Topic: Clinical management of patients with COVID-19: Investigations and care for mild, moderate, and severe disease

Openwho.org

To take the course [CLICK HERE](#).

Continuing Education

Topic- Advancing Equitable Care in Multiple Myeloma: Interprofessional Roles and Opportunities

Date – 21.10.2021

[Click here for registration](#)



HOW TOO MUCH SODIUM AFFECTS YOUR Health

American Heart Association. Healthy for Good™

9 out of 10 Americans consume too much sodium.

WHERE DOES SODIUM COME FROM?

- 70%** More than comes from processed and restaurant foods
- 10%** added while cooking or eating
- 15%** occurs naturally

3,400 milligrams amount of sodium an American consumes on average in a day

1,500 milligrams or less recommended by the AHA for ideal heart health

Shake OUT Salt

Keep your sodium intake in check as part of an overall heart-healthy eating pattern that emphasizes:

- Variety of fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils
- Limiting saturated fat, trans fat, sodium, red meat, sweets and sugary drinks

Your HEALTH

Excess levels of sodium/salt may put you at RISK for:

- ENLARGED HEART MUSCLE
- HEADACHES
- KIDNEY DISEASE
- OSTEOPOROSIS
- STROKE
- HEART FAILURE
- HIGH BLOOD PRESSURE
- KIDNEY STONES
- STOMACH CANCER

Excess levels of sodium/salt may CAUSE:

INCREASED WATER RETENTION THAT LEADS TO:

- Puffiness
- Bloating
- Weight gain

heart.org/sodium

Read more....

SIH Offers

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For 30 K.D

Examination (with x-ray) + Scaling/Polishing

Offer is valid till the end of October 2021
- Except on Fridays and Public Holidays
For booking an appointment : 22232055

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MARKETING & PR

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Breast Cancer Early Screening Program

50% Discount

- Mammogram Screening
- Breast Ultrasound Screening
- Cervical Smear

- The offer is valid from October 1 to the end of October 2021 every day, except for Fridays and Saturdays.
- Please go to Al Salam Diagnostic Imaging Center - Basement B1
- Prebooking require for the examination.
- This offer cannot be combined with any other offers or agreements with insurance companies.

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