



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 Diabetes Day – 14th November 2021

everydayhealth.com

World Diabetes Day is the primary global awareness campaign focusing on diabetes mellitus and is held on 14 November each year. Established in 1991 by the International Diabetes Federation with support from WHO in response to growing concerns about the health and economic threat posed by diabetes, World Diabetes Day became an official UN day in 2006.

Theme: Access to Diabetes Care

[Read more...](#)



Men's health awareness for November 2021

<https://www.klamathfallsnews.org/>

November is Men's Health Awareness Month, which draws attention to prostate cancer, testicular cancer, mental health, and suicide prevention. Among the factors in men's poor health are:

- Lack of awareness and understanding of the health issues men face
- Men not openly discussing their health and how they're feeling
- Reluctance to take action when men don't feel physically or mentally well

[Read more...](#)



COVID - 19 CORONA VIRUS DISEASE 2019 UPDATE



Who Is Eligible for a COVID-19 Vaccine Booster Shot?

cdc.gov

CDC now recommends that certain people are now eligible to receive a COVID – 19 booster shot, including those who received Moderna and Johnson & Johnson / Jansen COVID – 19 vaccines. However, unvaccinated people take the first step and get an initial COVID-19 vaccine.

[Read more...](#)



CDC Panel Champions 'Mix and Match' Booster Strategy

medpagetoday.com

The CDC's Advisory Committee on Immunization Practices (ACIP) came out strongly in favor of heterologous, or "mix and match," boosters in two unanimous votes on Thursday. ACIP voted that who received a Pfizer or Moderna primary series receive a booster at least 6 months later.

[Read more...](#)



COVID-19: Mask Mandates in School Reduced Community Spread

medicalnewstoday.com

A recent study investigated the association between the opening of K-12 schools and the community transmission of SARS-CoV-2 in the United States. The study found that, especially those without a staff mask mandate, experienced a higher number of COVID-19 cases and deaths after reopening .

[Read more...](#)



Pfizer Says COVID-19 Vaccine More than 90% Effective in Kids

medicalxpress.com

Kid-size doses of Pfizer's COVID-19 vaccine appear safe and nearly 91% effective at preventing symptomatic infections in 5- to 11-year-olds, according to study details released Friday as the U.S. considers opening vaccinations to that age group.

[Read more...](#)

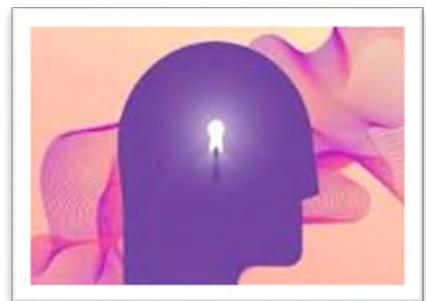


A New Protein Treatment for Glaucoma?

medicalxpress.com

In people with high pressure glaucoma, fluid in the eye doesn't properly drain and builds up pressure on the optic nerve, leading to vision loss. It affects 60 million people worldwide and is the most common cause of blindness in people over 60 years old.

[Read more...](#)



Alzheimer's: Scientists Find Early Biomarkers that may Predict Onset

medicalnewstoday.com

In the journal EMBO Molecular Medicine, scientists revealed this week that circulating microscopic nucleotides — assembled amino acids that bind directly to messenger ribonucleic acids (mRNAs) — can identify cellular imbalance in the brain.

[Read more...](#)



Antibiotics Used in Dialysis Patients Linked with Sudden Cardiac Death

medpagetoday.com

Fluoroquinolones were associated with a modest uptick in sudden cardiac death among people getting hemodialysis, though the benefits of these antibiotics may still outweigh their risks in this group, according to a study. One additional SCD would occur for every 2,273 respiratory fluoroquinolone treatment episodes in patients with kidney failure.

[Read more...](#)



A New Study Sounds Like Good News About Screen Time and Kids' Health

medicalxpress.com

A newly published study in the journal PLOS ONE suggests spending time on screens is unlikely to be directly harmful to young children. The US study attracted global attention, as screen time has been commonly blamed for disrupting the healthy habits of our youth.

[Read more...](#)

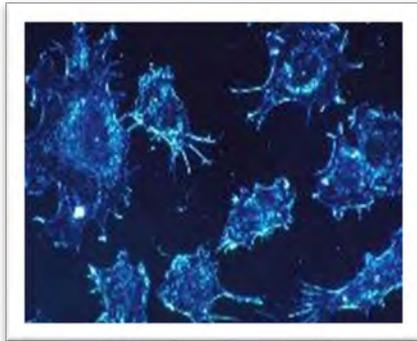


Brain Implant Stimulates the Vision of a Blind Person

medicalxpress.com

A new brain implant based on intracortical microelectrodes can allow a blind person to see shapes and letters. New research by the Miguel Hernández University (UMH) of Spain shows that the implantation of this micro device in the human brain can be done safely, and that the direct stimulation of the cerebral cortex produces visual perceptions with a much higher resolution than had been achieved until now.

[Read more...](#)



New Cancer Treatment may Reawaken the Immune System

medicalxpress.com

Immunotherapy is a promising strategy to treat cancer by stimulating the body's own immune system to destroy tumor cells, but it only works for a handful of cancers. MIT researchers have now discovered a new way to jump-start the immune system to attack tumors, which they hope could allow immunotherapy to be used against more types of cancer.

[Read more...](#)



Pig-to-Human Transplants Come a Step Closer with New Test

medicalxpress.com

Scientists temporarily attached a pig's kidney to a human body and watched it begin to work, a small step in the decades-long quest to one day use animal organs for life-saving transplants. The kidney did what it was supposed to do—filter waste and produce urine—and didn't trigger rejection.

[Read more...](#)



Let's Focus More on What We Eat, Not How Much

medpagetoday.com

The carbohydrate-insulin model of obesity offers a new way to conceptualize energy balance. The First Law of Thermodynamics, formulated in the 1800s, says that energy can neither be created nor destroyed. For the human body, this principle of physics means that if you consume more calories than you burn (or excrete), the excess is stored in the body (mainly as fat).

[Read more...](#)



Impact of Medical Therapies for Inflammatory Bowel Disease on the Severity of COVID-19: a Systematic Review and Meta-analysis

Fatema Alrashed¹, Robert Battat², Israa Abdullah³, Aline Charabaty⁴, Mohammad Shehab⁵

BMJ Open Gastroenterology,

2021;8:e000774. doi:10.1136/bmjgast-2021-000774.

Date of publication: 1st November 2021.

ABSTRACT:

BACKGROUND: During COVID-19 pandemic, the safety of medical therapies for inflammatory bowel disease (IBD) in relation to COVID-19 has emerged as an area of concern. This study aimed to evaluate the association between IBD therapies and severe COVID-19 outcomes.

METHOD: We performed a systematic review and meta-analysis of all published studies from December 2019 to August 2021 to identify studies that reported severe COVID-19 outcomes in patients on current IBD therapies including 5-aminosalicylic acid (5-ASA), immunomodulators, corticosteroids, biologics, combination therapy, or tofacitinib.

RESULTS: Twenty-two studies were identified. Corticosteroids (risk ratio (RR) 1.91 (95% CI 1.25 to 2.91, p=0.003)) and 5-ASA (RR 1.50 (95% CI 1.17 to 1.93, p=0.001)) were associated with increased risk of severe COVID-19 outcomes in patients with IBD patients. However, possible confounders for 5-ASA use were not controlled for. Sub-analysis showed that corticosteroids increased the risk of intensive care unit (ICU) admission but not mortality. Immunomodulators alone (RR 1.18 (95% CI 0.87 to 1.59, p=0.28)) or in combination with anti-TNFs ((RR 0.96 (95% CI 0.80 to 1.15, p=0.63)), tofacitinib (RR 0.81 (95% CI 0.49 to 1.33, p=0.40)) and vedolizumab ((RR 1.02 (95% CI 0.79 to 1.31, p=0.89)) were not associated with severe disease. Anti-TNFs (RR 0.47 (95% CI 0.40 to 0.54, p<0.00001)) and ustekinumab (RR 0.55 (95% CI 0.43 to 0.72, p<0.00001)) were associated with decreased risk of severe COVID-19.

CONCLUSION: In patients with IBD, the risk of severe COVID-19 is higher among patients receiving corticosteroids. Corticosteroid use was associated with ICU admission but not mortality. The risk is also higher among patients receiving 5-ASAs. However, patient-level data were lacking and insufficient data existed for meta-regression analyses to adjust for confounding. In contrast, tofacitinib, vedolizumab, immunomodulators alone or in combination with anti-TNFs were not associated with severe disease. Finally, anti-TNFs, and ustekinumab were associated with favourable outcomes.



GLIPIZIDE

Generic name : glipizide (GLIPizide)

Brand name : Glucotrol

Drug class : Sulfonylureas

What is glipizide?

Glipizide is an oral diabetes medicine that helps to control blood sugar levels by helping your pancreas produce insulin.

Uses and indication:

Glipizide is used together with diet and exercise to improve blood sugar control in adults with type 2 diabetes mellitus. Glipizide is not for treating type 1 diabetes.

Contraindications & Points to remember before taking this medicine:

You should not use this medicine if you are allergic to glipizide, or if you have diabetic ketoacidosis (call your doctor for treatment). Tell your doctor if you have ever had:

- liver or kidney disease;
- chronic diarrhea, or a blockage in your intestines; or
- an enzyme deficiency called glucose-6-phosphate dehydrogenase deficiency (G6PD).

Follow your doctor's instructions about using glipizide if you are pregnant or you become pregnant. You should not take glipizide during the last 2 weeks of pregnancy. It may not be safe to breastfeed while using this medicine.

How should I take glipizide?

- Take the regular tablet 30 minutes before your first meal of the day.
- Take the glipizide extended-release tablet with your first meal of the day.
- Swallow the tablet whole and do not crush, chew, or break it.

Usual Adult Dose for Diabetes Type 2:

Immediate release:

Initial dose: 2.5 to 5 mg orally once a day 30 minutes before breakfast

Maintenance dose: 2.5 to 40 mg per day; total daily doses above 15 mg/day should be divided and administered twice a day

Maximum daily dose: 40 mg/day

Extended Release:

Initial dose: 2.5 to 5 mg orally once a day before first main meal of the day

Maintenance dose: 5 to 10 mg orally once a day

Maximum daily dose: 20 mg

What happens if I miss a dose?

Take your dose as soon as you can, but only if you are getting ready to eat a meal. If you skip a meal, skip the missed dose and wait until your next meal. Do not take two doses at one time.

What happens if I overdose?

A glipizide overdose can cause life-threatening hypoglycemia. Symptoms of severe hypoglycemia include extreme weakness, blurred vision, sweating, trouble speaking, tremors, stomach pain, confusion, and seizure (convulsions).

Side effects:

Headache, irritability, sweating, fast heart rate, dizziness, nausea or hunger, feeling anxious or shaky.

To know more, click <https://www.drugs.com/glipizide.html>



MEDICAL MNEMONICS

Symptoms of hyperthyroidism

SWEATING

- **S**weating
- **W**eight loss
- **E**motional lability
- **A**ppetite increased
- **T**remor/ tachycardia
- **I**ntolerance of heat/ Irregular menstruation/ Irritability
- **N**ervousness
- **G**oitre and **G**I problems (diarrhoea)

Symptoms of Hypothyroidism

MOM'S SO TIRED

- **M**emory loss
- **O**besity
- **M**alar flush/ Menorrhagia
- **S**lowness (mentally and physically)
- **S**kin and hair dryness
- **O**nset gradual
- **T**iredness
- **I**ntolerance to cold
- **R**aised BP
- **E**nergy levels fall
- **D**epression/ **D**elayed relaxation of reflexes

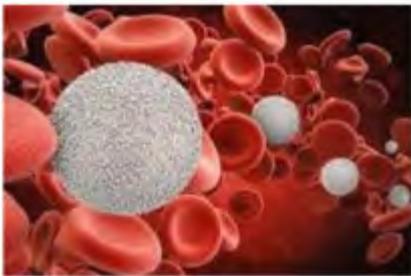
Video



Topic: Living Donor Liver Transplant

To watch [CLICK HERE](#)

Medical quiz



Topic: Full Blood Count

To attend quiz [CLICK HERE](#)

New Courses



Topic: Introduction to Critical Care Medicine

Course provider: University of Glasgow

Duration of course: 3 weeks, 4 hours a week

To attend course [CLICK HERE](#)

Continuing Medical Education

Topic: COVID – 19 Vaccines: The Beginning of the End?

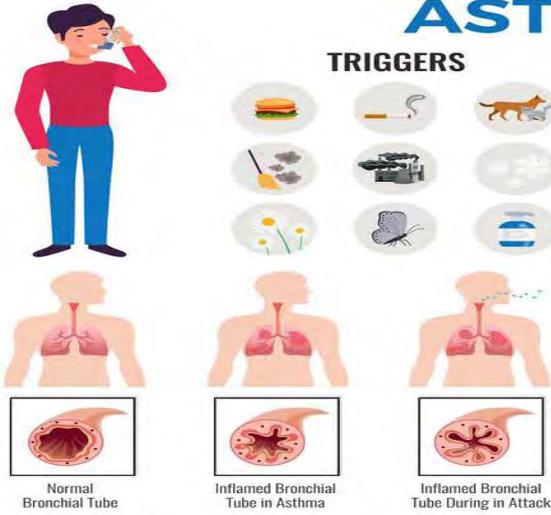
Note: Complete the activity before attending CPD/CME

To attend [CLICK HERE](#)



ASTHMA

TRIGGERS



SYMPTOMS



How is it Diagnosed?



Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur.

TREATMENT



Inhaler
Duis aute irure dolor in reprehenderit in voluptate velit esse.

Medication
Duis aute irure dolor in reprehenderit in voluptate velit esse.

SIH Offers

75^{KD} حتى نهاية نوفمبر

نوفمبر

لا تقول باجر
إفحص اليوم وتطمئن

برنامج الفحص المبكر لسرطان البروستات
مركز المسالك البولية وأمراض الذكورة والعقم وعلاج الخصوات
يدعوك للاطمئنان على صحتك من سرطان البروستاتا

الفحص يشمل

- عينة دم PSA
- سونار
- الفحص الكلينيكي (إستشارة طبيب)
- العرض صباحي طوال شهر نوفمبر 2021.
- من السبت إلى الأربعاء الساعة 8:00 صباحاً وحتى 8:00 مساءً
- يرجى التوجه الى عيادة المسالك البولية بالسردياب الاول.
- هذا العرض لا يسري مع أي عروض أخرى ولا يتجزأ.
- العرض لا يشمل حاملي بطاقات التأمين الصحي.

الرجاء حجز موعد مسبق عن طريق الاتصال على الرقم 1830003

NOVEMBER

75^{KD} Until the end of November

Say Today Not Tomorrow
Checkup now and rest assured
Prostate Cancer Early Screening Program

Urology, Andrology and ESWL Center, Infertility and Stone Treatment invites you to check on your health and prevent Prostate Cancer

The test includes:

- Blood Test PSA
- Ultrasound
- Doctor Consultation

- This offer is valid throughout the month of November 2021.
- From Saturday till Wednesday from 8am to 8pm.
- Please proceed to Urology Andrology and ESWL Center.
- This offer does not split or run with any other offer.
- The offer does not include health insurance card holders.

Please book an appointment in advance by calling this number 1830003