



It is more important than ever that you stay aware of latest related news, public health advices, narrative experiences, trainings and being provided links to valid sources for further reading / fact-checking. As the pandemic continues to rage the world, Medical development Center is highlighting a number of Bulletin sources for you to keep abreast of the development of COVID-19.



[21 Days to Impact Challenge | World Cancer Day](#)

worldcancerday.org

Achieving a healthier, brighter future one day at a time.. For the past two years, World Cancer Day supporters around the world have been sharing their ‘I Am and I Will’ commitments – pledging bold and brave actions to reduce the impact of cancer.

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[Smoking Increases Risk of Colorectal Neoplasia in IBD | MedPage Today](#)

medpagetoday.com

Active and passive cigarette smoke exposure increased the risk of colorectal neoplasia in patients with inflammatory bowel disease (IBD), and including this risk factor would improve current risk ...

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[AMERICAN COLLEGE OF RHEUMATOLOGY Reading Room | Daniel Solomon, MD, MPH, on Low-Dose Methotrexate and Skin Cancer Risk | Medpage Today](#)

medpagetoday.com

People taking low-dose methotrexate faced a small but significant increase in their risk for developing skin cancer, according to a recent randomized controlled trial. The double-blind, placebo ...

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[Ventricular Tachycardia: The Cause Is the Key to Management | MedPage Today](#)

medpagetoday.com

Podcasts > AP Cardiology Ventricular Tachycardia: The Cause Is the Key to Management — Andrew Perry, MD, tackles the heterogeneity of VT with Melissa Robinson, MD

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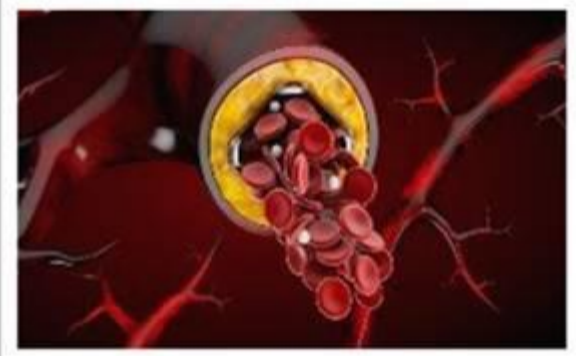


[In STEMI PCI, Symptom-to-Balloon Time Is What Counts | MedPage Today](#)

medpagetoday.com

Cardiology > PCI In STEMI PCI, Symptom-to-Balloon Time Is What Counts — Study authors urge greater efforts to reduce pre-hospital delays. by Nicole Lou, Staff Writer, MedPage Today January 14, 2021

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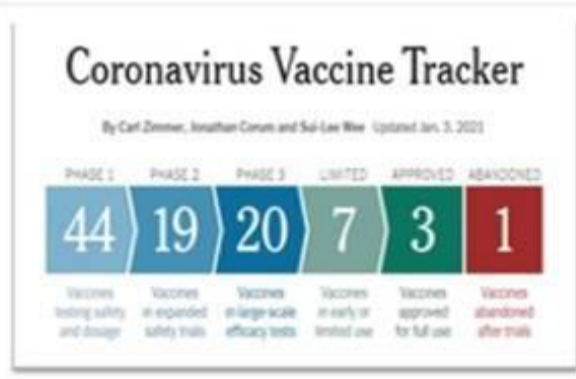


[Coronavirus Vaccine Tracker](#)

nytimes.com

Vaccines typically require years of research and testing before reaching the clinic, but in 2020, scientists embarked on a race to produce safe and effective coronavirus vaccines in record time. Researchers are currently testing 64 vaccines in clinical trials on humans, and 20 have reached the final stages of testing. At least 85 preclinical vaccines are under active investigation in animals.

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[Benefits of Getting a COVID-19 Vaccine | CDC](#)

cdc.gov

We understand that some people may be concerned about getting vaccinated now that COVID-19 vaccines are available in the United States. While more COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain i...

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[South Africa coronavirus variant: What is the risk? - BBC News](#)

bbc.com

A new variant of coronavirus circulating in South Africa is now being seen in other countries, including the UK. Experts are urgently studying it to understand what risk it poses. All viruses ...

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[Common cold vs. COVID-19 symptoms: How to tell the difference](#)

medicalnewstoday.com

While the common cold and COVID-19 can cause similar symptoms, they are distinct conditions. For example, one of the most common symptoms of COVID-19 is a fever, which is rare in people with colds.

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[Another new coronavirus variant found in Japan | The Japan Times](#)

japantimes.co.jp

A new coronavirus variant has been detected in four travelers from Brazil's Amazonas state, Japan's health ministry said Sunday. The strain differs from highly infectious variants first found.

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[Covid strains: All the major virus mutations we know about](#)

cnbc.com

A new variant was reported by U.K. health officials to the World Health Organization on Dec. 14 that is now known formally as "VOC 202012/01" (which stands for "variant of concern, year 2020 ...

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[COVID-19 vaccine myths debunked – Mayo Clinic News Network](#)

newsnetwork.mayoclinic.org

A vaccine to prevent coronavirus disease 2019 (COVID-19) is perhaps the best hope for ending the pandemic. A number of biopharmaceutical companies have applied for U.S. Food and Drug Administration (FDA) emergency use authorization for a new COVID-19...

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[COVID-19 Vaccine: Is It the Right Choice for Me?](#)

ebsco.com

EBSCO Clinical Decisions Page 1 of 2 COVID-19 Vaccine: Is It the Right Choice for Me? This decision aid is for people 16 years or older. People with serious allergic reactions in the past should talk with their

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[AstraZeneca vaccine appears to substantially reduce transmission of the coronavirus, study shows](#)

CNN.com

The Oxford-AstraZeneca Covid-19 vaccine appears to substantially reduce transmission of the virus, rather than simply preventing symptomatic infections, UK researchers have suggested. The rate of positive PCR tests declined by about half after two doses, according to preliminary results by researchers at the University of Oxford that have yet to be peer reviewed.

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[Can a mother's stress impact children's disease development? Environmental health researcher says there is a connection between trauma and DNA mutation -- ScienceDaily](#)

sciencedaily.com

A researcher finds that stress on an expectant mother could affect her baby's chance of developing disease -- perhaps even over the course of the child's life. Stress on an expectant mother could ...

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[Knee strain: Symptoms, causes, treatment options, and more](#)

medicalnewstoday.com

Knee strain occurs when a person damages the muscles and tendons. Learn more about the symptoms, treatment options, and more here.

[Read More...](#)



[Visible Intestinal Peristalsis in a Neonate | NEJM](#)

nejm.org

Seigo Okada, M.D., Ph.D., and Shunji Hasegawa, M.D., Ph.D. A male infant who was delivered at 28 weeks of gestation had bilious vomiting with abdominal distention and was unable to pass meconium ...

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[How mRNA Vaccines Work - Simply Explained](#)

youtube.com

mRNA vaccines have to potential to end the COVID19 pandemic. How do they work? Are they safe? And how could they've been developed so quickly? The main idea of mRNA vaccines is to trick our bodies to produce part of a virus. This kickstarts our immun...

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[WHO's Science in 5 on COVID-19 - Children & COVID-19 - YouTube](#)

youtube.com

Episode #22 Are the symptoms of COVID-19 different in children? Do the new variants impact children differently? What can parents do to keep children safe fro...

[Click to watch...](#)

We are...



- cleaning hands
- wearing masks
- coughing, sneezing safely
- keeping distant
- opening windows

...to beat COVID-19

WE ARE
IN THIS
TOGETHER

What This Forget This

Healthy Eating Tips To Boost Your Immune System

Strengthen Your Immune System And Stay Healthy!



Eat When Food Is Hot

Micro-organisms cultivate at room temperature



Eat More Cooked Leafy Vegetables

Spinach & kale are rich sources of iron and B vitamins



Eat Fruits Rich In Enzymes

Papaya, pineapple, kiwi, mango can aid digestion



Add Ginger, Garlic & Black Pepper When Cooking

These spices have anti-inflammatory properties

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* العرض غير ساري يوم الجمعة.

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- Urine test
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