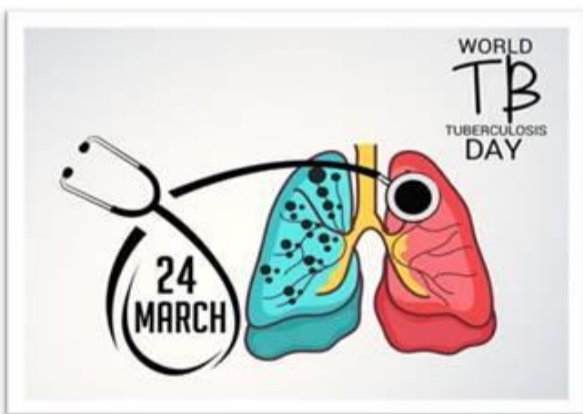




It is more important than ever that you stay aware of latest related news, public health advices, narrative experiences, trainings and being provided links to valid sources for further reading / fact-checking. As the pandemic continues to rage the world, Medical development Center is highlighting a number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



[World Tuberculosis Day – 24th March, 2021](#)

who.int

The theme of World TB Day 2021 - ‘The Clock is Ticking’ –conveys the sense that the world is running out of time to act on the commitments to end TB made by global leaders. This is especially critical in the context of the COVID-19 pandemic that has put End TB progress at risk, and to ensure equitable access to prevention and care in line with WHO’s drive towards achieving Universal Health Coverage.

[Read More ...](#)



[Bariatric Surgery Viable Choice For Younger Adolescents](#)

medpagetoday.com

At any age, adolescents with extreme obesity can benefit from bariatric surgery, according to a new study.

[Read More...](#)



[Novel Sleep Apnea Device](#)

medpagetoday.com

A new device that prevents the tongue from rolling backwards during sleep, a common proximate cause of snoring and obstructive sleep apnea, won authorization Friday from the FDA.

[Read More...](#)



[Should Prediabetes Management Be Low Priority in Older Adults?](#)

medpagetoday.com

While prevalence of prediabetes was high among elderly patients in a cohort study, the proportion of individuals actually progressing to diabetes was low, a finding with important clinical implications, according to the researchers.

[Read More...](#)



[Diabetes Drug Significantly Cuts Body Weight in Adults With Obesity](#)

medicalnewstoday.com

A Phase 3 clinical trial published in *The New England Journal of Medicine* demonstrated an average 14.9% decrease in body weight in adults with obesity or overweight who received an injectable diabetes medication, semaglutide, in addition to lifestyle interventions.

[Read More...](#)



[How Long Does a Heart attack Last Without Treatment?](#)

medicalnewstoday.com

Heart attack symptoms can vary in their onset, intensity, and duration. Some may come on suddenly, while others may begin slowly. They may last for a few minutes or several hours. Untreated heart attack symptoms can lead to serious complications or even death. Therefore, it is important that people receive urgent treatment once symptoms begin.

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[What to Know about VLDL Cholesterol](#)

Medicalnewstoday

The body needs some VLDL to work properly. However, too much can increase a person's risk of developing other health conditions, including heart disease. This article will explain what VLDL is, what it does, and how to keep the levels within a healthy range.

[Read More...](#)



[Coffee and Cholesterol: Risks, Benefits, and More](#)

medicalnewstoday.com

Studies have identified a risk of coffee raising a person's serum cholesterol levels, although it may depend on the brewing method. Unfiltered coffee and French press coffee may raise cholesterol levels, while instant coffee and filter coffee are less likely to affect them.

[Read More...](#)



[The Oxford/AstraZeneca COVID-19 Vaccine: What You Need to Know?](#)

who.int

The WHO Strategic Advisory Group of Experts on Immunization (SAGE) has issued interim recommendations for use of the Oxford/AstraZeneca COVID-19 vaccine (AZD1222).

[Read More...](#)



[Is It Safe to Delay a Second COVID Vaccine Dose?](#)

scientificamerican.com

Some evidence indicates that short waits are safe, but there is a chance that partial immunization could help risky new coronavirus variants to develop.

[Read More](#)



[Russia Says Registers Third Coronavirus Vaccine](#)

medicalxpress.com

Moscow announced Saturday it had registered its third vaccine against the coronavirus and promised to introduce the jab to the Russian population by March.

[Read More ...](#)



[No Quarantine for the Vaxed; Fake Masks Probed; 117-Year-Old Beats COVID](#)

medpagetoday.com

The CDC now says most people who have received their full COVID vaccine course don't need to quarantine after exposure to an infected person.

[Read More ...](#)



COVID Vaccines: Too Risky for Some People?

medpagetoday.com

Nearly 1.5 million Americans are being vaccinated every day against COVID-19. Allergic reactions have led some to question if they should get the vaccine; and scant data from clinical trials for the currently approved vaccines in vulnerable populations means we don't fully know how those with certain conditions will react.

[Read More ...](#)



The 4 Challenges of Stopping the COVID-19 Pandemic

medicalnewstoday.com

Having licensed vaccines will not be sufficient to stop the pandemic, a new opinion piece states. The scale of production, affordability, global allocation, and local community deployment of vaccines will be the key to efficient control.

[Read More...](#)



CDC: Double Mask Up to Reduce COVID Exposure

medpagetoday.com

"Double masking" with a cloth mask over a medical mask could substantially reduce exposure to aerosols even from unmasked sources, a CDC lab study suggested.

[Read More...](#)



Anti-COVID Mouthwash: Spit, Don't Swallow?

medpagetoday.com

A complex treatment featuring povidone iodine mouthwash had some impact on viral titers in patients with COVID-19 versus controls, but with one notable side effect, a small French randomized trial found.

[Read More...](#)



Improve How Your Mask Protects You

cdc.gov

Correct and consistent mask use is a critical step everyone can take to prevent getting and spreading COVID-19. Masks work best when everyone wears them, but not all masks provide the same protection. When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has.

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[Parasite Infections May Prevent Aging and Disease.](#)

[medicalnewstoday.com](#)

Research has suggested that the absence of parasite infections may be linked to an increased prevalence of inflammatory conditions.

[Read More...](#)



[Physician Mothers Experiencing High Rates of Anxiety](#)

[medpagetoday.com](#)

Physician mothers are experiencing significant rates of moderate to severe anxiety during the COVID-19 crisis, with frontline workers and informal caregivers reporting the highest rates of anxiety.

[Read More ...](#)



[Is It Safe to Use Vaseline on Eyelids?](#)

[medicalnewstoday.com](#)

Petroleum jelly is a thick jelly that creates a moisture barrier, helping to trap moisture in the skin and protect the skin from the elements. Unless a person has an allergy or finds petroleum jelly uncomfortable, it is safe to use Vaseline on the eyelids.

[Read More ...](#)



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UPCOMING WEBINARS [Zoom platform]

1. Cause and management of Hypo / Hyponatremia on **09.03.2021**
2. Responding to the Mental Health Needs of Healthcare Staff Before, During and After the COVID-19 Pandemic **10.03.2021**
3. External Hemorrhage control on **31.03.2021**
 - For more details and registration, [click here](#)


Educational Tip


Super Healthy Spices


OREGANO helps soothe stomach muscles		Thyme relaxes respiratory muscles
MINT can ease hiccups		TURMERIC anti-cancer
GINGER anti-nausea remedy		BASIL can relieve gas and soothe stomach upsets
GARLIC natural antiseptic		BLACK PEPPER help relieve indigestion
FENUGREEK helps flush out harmful toxins		CAYENNE can stop a heart attack
Fennel can reduce bad breath and body odor		CINNAMON helps lower blood pressure
CLOVE anti-microbial		Dill treat heartburn, colic and gas
SAGE antiseptic and antibiotic		Rosemary antioxidant


Risk Factors of Heart Disease


What is a risk factor?
A risk factor is any attribute, characteristic or exposure of an individual that increases the likelihood of developing a disease or injury.


Obesity 

Lack of Physical Activity 

Smoking 

Diabetes 

Hypertension 

Poor Diet 

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- إختبار وظائف الكلى
- إختبار وظائف الكبد
- تحليل البول
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