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Aramco Healthcare

WellBEING

April 2018



**Inviting Eligible
Saudi Aramco
Employees &
Their Families to
Register at JHAH**

Photo By: Layla Gafashat

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The Physics of Oncology



You might ask what physics has to do with oncology. The answer is a lot. Physicists play an important role in diagnostic imaging and treatment.

Oncology has two medical physicists: Elias Zakhour, Consultant Medical Physicist, and Abdul Karim Elhamri, Senior Consultant Medical Physicist, who are responsible for taking the physician's treatment prescription and ensuring a tailored treatment plan is designed and can be accurately

delivered using high energy X-ray treatment machines such as the True Beam Linear Accelerator. "Our modern radiotherapy technology allows us to sculpt the high dose radiation precisely to the diseased areas while minimizing toxicity to healthy organs," said Elhamri.

Johns Hopkins Aramco Healthcare also has medical physicists helping patients in radiology and nuclear medicine and in radiation protection ensuring the safety of both patients and staff.

JHAH Highlights

JHAH successfully achieved CBAHI accreditation and the JCI reaccreditation



JHAH is proud to have successfully achieved CBAHI accreditation and JCI reaccreditation. This represents an outstanding achievement and our organization’s dedication to enhancing patient safety and improving quality of our care at every level. JHAH will use the survey feedback to further improve patient safety and quality within our organization.



Saudi Aramco Senior VP of Operations and Business Services, Mohammed Al Saggaf (center), attends the JHAH celebration for achieving the JCI reaccreditation and CBAHI accreditation

Palliative Care in the Kingdom

Dr. Amani Babgi, Director, Clinical Practice, Education, & Research, Nursing and Clinical Services, was appointed to represent JHAH on the National Palliative Care Guidelines Taskforce at the Saudi Health Council’s Oncology Cancer Center. Members of the taskforce comprised noted palliative care specialists from the Kingdom’s healthcare institutions including the Ministry of Health, King Fahad Medical City Riyadh, Prince Sultan Medical Military City Riyadh, Prince Mohammed bin Nasser Hospital Jazan , King Saud Medical City Riyadh, King Fahad Hospital Madinah and King Abdulaziz Medical City and King Faisal Specialist Hospital and Research Center Jeddah and Riyadh.

The comprehensive 300 page palliative care guideline is complete and awaiting final approval for publication. The second phase, conducting workshops to roll the guidelines out across the Kingdom, has begun.

Advancing Health Professions-JHAH offers internships to increase Saudi Infection Control Specialists

Johns Hopkins Aramco Healthcare is partnering with the Saudi Commission for Health Specialties (SCFHS) to conduct the 12 month SCFHS Specialist Technical Diploma in Infection Prevention & Control program.



The first five students recently arrived to complete nine months of education and training followed by a three month internship that results in them receiving a professional diploma in infection prevention and control. “All of us in the program have a degree in biology and microbiology, and we were selected by the commission to build on that background to increase the number of Saudi infection control specialists,” said Alaa Break, M.S. Biology. “I am pleased to be at JHAH as it is well known, and it is a chance to learn from the best.”

“We are pleased to partner with SCFHS and to have the students with us. I told them that they should make the best of it. These chances do not come often,” Dr. Saeed Al-Yami, Chief Patient Safety and Quality Officer, JHAH.



Dr. Sung-Gyu Lee visits JHAH

Dr. Sung-Gyu Lee, Director General of South Korea's largest hospital the Asan Medical Center, visited JHAH to discuss the potential for collaboration and tour its centers of excellence with JHAH staff.

The Chronic Kidney Disease – Mineral & Bone Disorder

The Chronic Kidney Disease – Mineral & Bone Disorder mini-symposium was held at the Plaza Center in Al Khobar, a first-time collaboration with Eithar. JHAH was represented by three speakers: Ahmed Khunaizi, M.D., Abdulrazack Amir, M.D. and Bassam Futa, PhD.

New Nephrology Clinic Location

The Nephrology Clinic has relocated to a new location across from the Dermatology Clinic in Specialty Clinics Building 61. The new location includes a waiting area, nursing assessment room and two physician examination rooms. In addition, the peritoneal dialysis waiting area and treatment room have been moved.

The new location is part of the overall Nephrology Clinic renovation that is currently underway to expand the hemodialysis treatment area to 17 stations from 7 stations and expanding the hemodialysis hours from 6 a.m. until 11 p.m., giving patients more flexibility in scheduling. The new hemodialysis area is expected to be open in early April.

Keeping Your Kidneys Healthy

Nearly 400 people took the opportunity to have their risk factors for chronic kidney disease assessed at the JHAH World Kidney Day event held March 8 at Aramco's Midra Tower. "People are often not aware of the importance of taking care of their kidneys until they begin having symptoms," said Eileen Brady. "Our goal is to provide people with information that will help them maintain healthy kidneys so they can lead a productive life."



Kashta and Dot Fest

In January, JHAH participated in the Kashta Festival and the Sharqiya Dot Festival, where visitors had the opportunity to donate blood at the mobile blood donation unit, and learn about CPR amongst other health awareness activities.



Retirement Health and the Role of Nutrition



In helping its employees prepare themselves for retirement, Saudi Aramco invited JHAH Senior Dietary Specialist Dr. Basem Futa to provide health tips and to answer health-related questions for nearly 250 Aramco employees who will retire in 2018. The presentation included topics such as proper eating and its impact on the body, including the brain, heart, kidneys and bones, and signs and symptoms to watch for to remain healthy and productive.

The Never Ending Cycle of Nourishment - JHAH Cafeteria

One could argue that people come mainly to nourish the body; others could argue they come mainly to nourish the soul through conversation, relaxation and a moment of respite from their daily demands. It serves as the heart of the hospital system; it is the cafeteria.

It begins early in the morning as people look to start their day with a hot coffee, fresh pastry or a full breakfast, and ends when the coffee bar closes in the evening. Yet, the kitchen serving it never closes as it prepares food for patients throughout the evening and sets up for the next day in the never ending cycle of nourishment.



Dental Conference

JHAH successfully participated in the “Saudi International Dental Conference” at the Riyadh International Convention & Exhibition, recruiting talented dental professionals to be part of JHAH, while also meeting with prominent figures in the field of dentistry, such as Dr. Ahmad Al-Qahtani, Dean of the Dental College at King Saudi University.



New CT Cardiac Protocol- Better for Patients

Patients receive an 80% reduction in radiation exposure during cardiac exams due to the new CT cardiac protocol.

CLABSI- Preventing harm

CLABSI rate has fallen from 3.6% to 1.1% since 2016. The Surgical ICU has now gone without CLABSI for more than a year.



The Drilling and Workover Service Department

The Saudi Aramco Drilling & Workover Service Department, in partnership with JHAH, coordinated two blood donation campaigns on December 19 and 26, with more than 100 employees donating blood. To donate blood visit <http://bit.ly/2sRRzgT>



Thank you for saving lives...

AbdulHameed A. Rushaid –Vice President of Drilling & Workover
 Omar S. Al- Husaini - General Manager of Drilling & Workover Operations
 Khalid A. Al- Abdulgader Chief Drilling Engineer
 Nayef K. Al-Ghafel – Manager of Drilling & Workover Services

Tips for a Healthy 2018

By: Loyal AlKhatib, M.S.
Johns Hopkins Aramco Healthcare



I cannot remember the last time I stuck to my New Year's resolutions. Every year I set out-of-this-world unattainable goals, leading me to dismiss all of them almost immediately after failing just one. This year, let's try something new. Let's go with setting realistic and attainable goals that can nourish and nurture us and those around us - goals that can feed our lives with strengths to endure challenges and be our best selves. Let's make 2018 a year of health, prosperity, appreciation and achievement. Be the best version of yourself and follow these tips to lay a foundation for a happy and healthy year.

- **Balance is key:**

Work-life balance...does it really exist? Only as much as

you will allow it to. Having a clear barrier between your job and your personal life is key to a happy and healthy life, and it can make you a more productive employee at work and a well-rounded, fulfilled person outside of work.

During your out-of-work existence, unless you have work emergencies, your focus should be on your life and the people in it. Leave your office at a reasonable hour and allow time to unwind after a long day and meet with your family and friends.

- **Limit screen time:**

Let's face it, if you are not glued to your computer screen, it's your T.V screen, and if that's not that it's your mobile phone

screen. The digital world has taken over, but you can control that. Staring into a screen for hours on end can have negative effects on your eyes, your posture, and your physical and mental health. Aim to limit your screen time to less than two hours per day and that includes, television screens and mobile devices. Try reading an interesting book, or work on a puzzle. The key here is to "Disconnect to Connect."

- **An attitude of gratitude:**

Saving your worries for another day and showing an appreciation for your surroundings keeps you grounded and living in the present. Mindfulness is the rage now for a reason, living in

the moment can help you focus more and stress less, allowing for your creativity to flow and your productivity to flourish. Wherever you may be, just close your eyes for a few minutes, breathe deeply, count your blessings and then you will be ready to face your day and tackle what comes your way.

- **Get your beauty sleep:**

An adequate amount of sleeping restores and rejuvenates your body, helps you perform better mentally, improves your productivity, and can even help you manage your weight, which in turn reduces your risk of chronic disease. As an adult you need at least 7-9 hours sleep to gain all the benefits you can.

- **Fiber up:**

When I say fiber do you think of bland and hard to chew high-fiber bran cereal? You may be right but wait there's more! You can find fiber in fruits, vegetables, nuts, whole grains, and beans. Did you also know that popcorn is a good source of fiber? (but go easy on the salt and butter). Fiber aids in the digestion process, can help lower cholesterol, and regulates your blood sugar levels.

- **Spend time with yourself:**

Some alone time every once in a while can help you recharge and rejuvenate. The hustle and bustle of everyday life can drain you and make you neglect someone very important, yourself! Take yourself out for walk or a shopping spree, spend some quiet time alone to align your thoughts and goals or to just recharge, you can't give the best when you are running on empty. Go by the mantra of "treat yourself".

- **Get moving:**

Sitting for long hours doesn't serve your body well, whether it's at your desk at work or on your couch at home. Moving more fights off chronic diseases like heart disease and diabetes, while also contributing to your mental wellbeing as it reduces stress and helps ward off depression. Try to fit in at least 30 minutes of physical activity a day and keep moving!

- **Break away from routine:**

Ever hear about how short life is? While some routines are a necessity for everyday life, that doesn't mean you are off the hook of taking responsibility of how you choose to spend your days. Bring something new into your life that feeds your soul. Sign up for that interesting course you have been meaning to take, read that book you have been saving, go on that trip you have been planning, be part of a charity initiative in your community and give back. Keep challenging yourself to live a life you will be proud of.

- **Stop that diet**

Dieting implies limiting what you eat for a short amount of time until you achieve your goal weight or lower your cholesterol levels, after which many of us go back to our old ways. Instead, aim for a healthy lifestyle change where eating fruit and vegetables is the norm, and substituting whole grains for white processed carbohydrates is a regular occurrence. Eat your greens, skip the processed food section, exercise, and avoid high fat and sugary foods. You will never have to diet again!



Loyal Al Khatib, M.S.

*Senior Communications Professional
Johns Hopkins Aramco Healthcare*

Loyal Al Khatib joined JHAH Marketing & Communications in May 2013. She is the editor of the monthly JHAH Wellbeing Page that is published in Saudi Aramco's Arabian Sun and its Arabic counterpart, the Weekly Caravan. Loyal currently works on content management of the corporate social media channels.

Loyal received her Bachelor of Science degree in Human Nutrition, Foods, & Exercise with a concentration in Dietetics in 2007 from Virginia Tech University, Blacksburg, Virginia. In 2010, she received her Master of Science degree in Nutrition from Boston University. In 2014, Loyal completed the Advanced PR & Communication Certification program from Michigan State University.

Caffeine and Your Health

By: Ghada Al-Habib



Caffeine is a natural stimulant that is largely used worldwide to help people wake in the morning or stay awake throughout the day. It has both health benefits and can cause harm. So it is best to consume caffeine in moderation. Caffeine is naturally found in coffee, coco beans, tea leaves, and some seeds and nuts. In addition, it is added to some soft drinks and chocolate. It is also included in some medications, especially ones for cold, flu and pain management.

Caffeine stimulates the brain and works on the central nervous system. It reduces the effect of neuro transmitters that relax the brain and induce tiredness. It also increases brain activity and enhances alertness and focus, but these effects diminish with time.

Caffeine once consumed reaches the bloodstream in 20 minutes and reaches its maximum effect within one hour. Arabic coffee contains a small amount of caffeine as coffee beans are not the main ingredient, while Turkish coffee contains more.

Caffeine Content in Popular Beverages

- 1 cup of brewed coffee contains (115 milligrams)
- 1 cup of instant coffee contains (65 milligrams)
- 2 ounce serving (1/4th cup) espresso (100 milligrams)
- 1 cup of green tea (20 milligrams)
- 1 cup of brewed tea (40 milligrams)
- 1 cup of instant tea (30 milligrams)
- 1 can of iced tea (70 milligrams)
- 1 cup of coco (5 milligrams)
- 1 cup of chocolate milk (5 milligrams)
- 1 can of cola (40 milligrams)
- 1 can of Red Bull (80 milligrams)
- 1 ounce of dark chocolate (20 milligrams)
- 1 cup decaf coffee (3 milligrams)

Health Benefits of a Moderate Consumption of Caffeine

- Caffeine is an antioxidant that does the following:
 - Reduces the risk of developing some types of cancer
 - Delays the aging process
 - Reduces the risk of some mental illnesses such as depression, stress, Alzheimer's, Parkinson's disease and some kinds of dementia
 - Improves brain function, mood and memory
 - Improves in the short term alertness and reaction time
 - Mildly reduces the risk of diabetes type 2, heart disease, stroke and liver disease
 - Enhances metabolism, exercise performance and muscle contractions

Health Risks of Consuming an Excessive Amount of Caffeine

- Induces addictive symptoms
- Increases the tendency for anxiety, depression, menopause symptoms, restlessness, trouble sleeping, headache and irregular heartbeat
- Increases the tendency of consuming sweetened beverages and smokers may continue smoking when drinking caffeine containing beverages due to a link between caffeine and nicotine
- Affects collagen production in the skin and increases the risk

- of bone fractures
- Excessive consumption of caffeine containing beverages during pregnancy is not recommended as it easily crosses the placenta and increases the risk for miscarriage or low birth weight
- Nursing women are advised to limit their intake of caffeine as it passes to their babies through breast milk
- Soft drinks and tea are the major sources of caffeine for children as these beverages replace milk that is rich in calcium and vitamin D. Children are advised to consume healthy drinks such as milk or buttermilk for proper growth and development for their brain, body and bones.
- Caffeine reduces iron absorption from the intestines. It is recommended to avoid consuming caffeine with iron rich food or main meals.
- Caffeine may interact with many medications and some types of muscle relaxants and anti-depressants.
- Excessive intake of caffeine, more than 4 cups per day, is harmful to the heart and may raise blood pressure and increase the risk of gout, insomnia, stomach upset, ulcers and headache.
- Induces dehydration as it is a diuretic depleting the body of fluids.
- Elders are recommended not to drink caffeine containing beverages in the evening as it may disturb sleep and cause them to go to the bathroom more frequently.
- It is recommended not to add

lots of sugar to coffee and tea and not to whiten them with creams. Adding low fat or non-fat milk to coffee and tea is a healthier option than adding creams.

Recommended Amount of Caffeine

Many international health societies recommend a daily intake of caffeine equal to 2-4 cups of coffee per day (400 mg). It is recommended to divide this into several servings.

Tips to Moderate Caffeine Intake

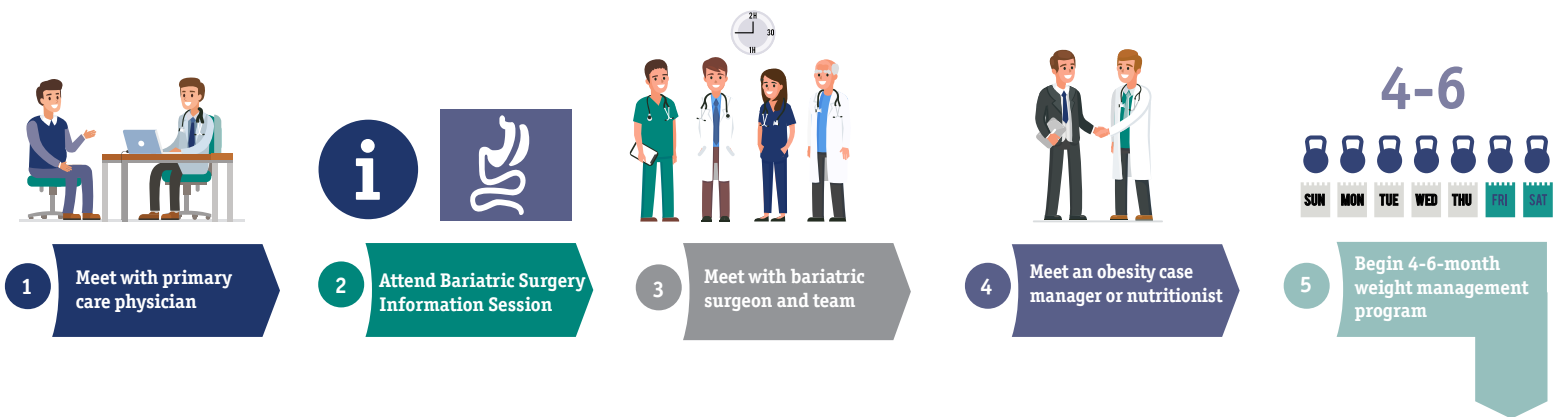
- Reduce the intake of caffeine gradually to avoid withdrawal symptoms such as headache. Replace caffeine containing drinks with decaffeinated.
- Reduce the time for brewing tea, as this limits the caffeine content. One minute or less brewing time is recommended.
- Drink beverages that do NOT contain caffeine such as water, herbal tea, unsweetened fruit juices, low fat milk or buttermilk.
- Limit consumption of soft drinks.
- Ask your physician for advice when medications containing caffeine are prescribed for you such flu, cold or pain medications.

Bariatric Surgery

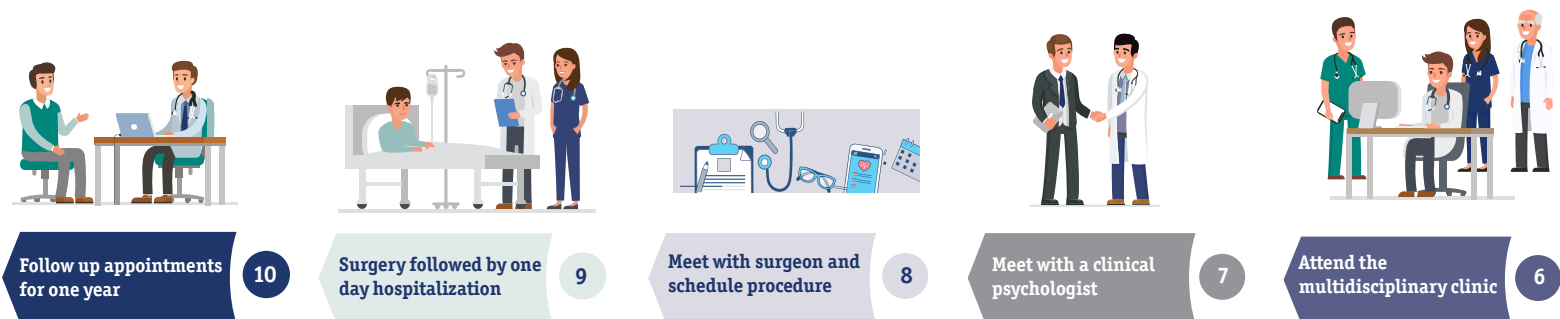
A Life Changing Surgery Requiring Lifelong Commitment

Electively removing 80% of your stomach is not a decision that any person should take lightly. At Johns Hopkins Aramco Healthcare (JHAH), the members of the Comprehensive Metabolic and Bariatric Center team do not. As a result, every patient who is considering bariatric surgery at JHAH is required to complete a mandatory 4-6 month educational and lifestyle modification program. "In this program, each patient is evaluated by a clinical psychologist, assigned an obesity case coordinator or nutritionist and regularly attends a multidisciplinary clinic before meeting with the bariatric surgeon to schedule the surgery," says Manal Tallal, JHAH bariatrics coordinator. After surgery, patients have a series of follow up appointments for one year.

"Here at JHAH, we deliver a supportive, yet rigorous and robust bariatric program," says Dr. Zafer Rasim, bariatric surgeon. "We ensure that our patients understand the benefits as well as the risks associated with this radical yet remarkable procedure. A lifelong commitment is required so he or she has the greatest chance of a positive, long-term outcome." Evidence shows that maintaining long-term weight loss is more likely after a patient completes a structured program like the one at JHAH.



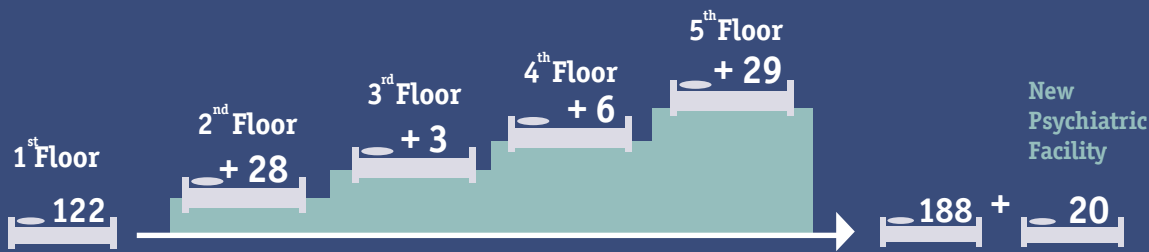
Comprehensive Metabolic and Bariatric Center Patient Process



JHAH Private Rooms Enhance the Healing Environment

Single Occupancy Rooms

JHAH added 86 single occupancy rooms in JHAH Dhahran in 2017. More than 80% of Dhahran inpatient adult rooms were single bed as of 2017.

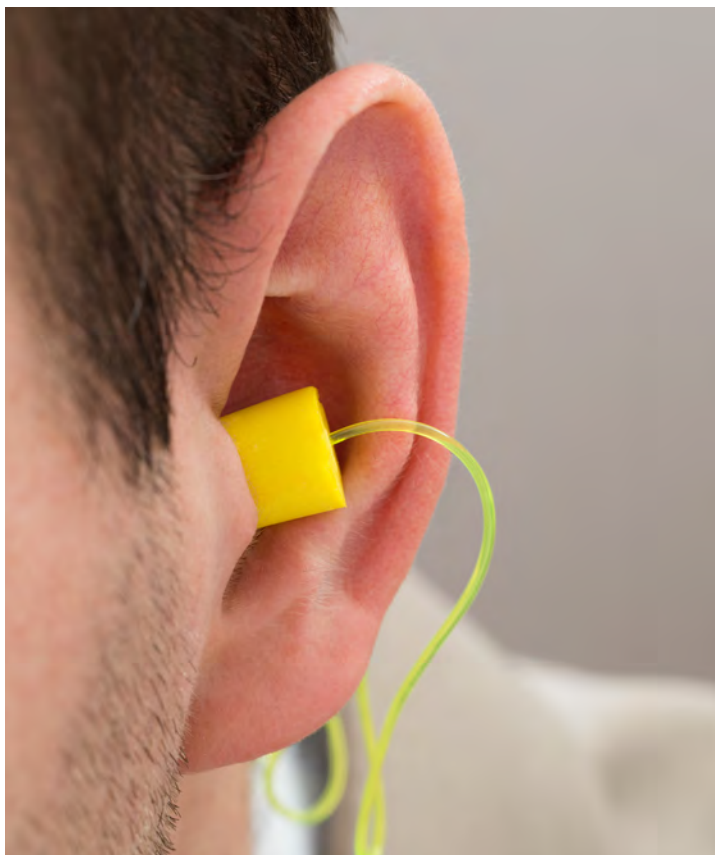


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JHAH’s commitment to patient health is evident in our people and across our facilities. One example of this is the increasing number of single occupancy rooms in our hospitals. Recently, the Dhahran Health Clinic orthopedic inpatient unit opened six new single occupancy rooms, making a total of 10 in the unit. Currently, more than 80% of JHAH’s inpatient adult rooms are single occupancy with more being planned.

The rooms are designed to provide a healing environment in which patients can recover. Based on comments from the mother of recovering patient Sameer Al-Qaraimet, the rooms seem to be having the intended effect. “I am my son’s companion, so I am here all the time,” said Maysoon Yousef Al-Salman. “I like the fact that I can relax. I also like the single bedroom so my son gets plenty of rest so he can recover quicker.”

Four Ways to Protect Your Hearing



Loud noise can be very damaging to your hearing, whether it's a loud burst or years of prolonged exposure. Sounds are measured in decibels, and those exceeding 85 decibels can damage your ears—permanently.

About 15 percent of adults 18 years or older report some trouble hearing, and the risk increases as we age. Up to 39 percent of adults in their sixties are having problems hearing. The good news is that taking action now may protect you from hearing loss later in life.

Consider taking the following steps:

1. Get a baseline hearing test

Most adults have never had a hearing test, but it pays to buck that trend. At your next annual physical, ask for a hearing test as part of your routine checkup. A hearing test gives your audiologist a baseline he or she can compare with future results to monitor the progression of hearing loss.

2. Wear protective hearing gear

When you are in a noisy environment, wear protective hearing gear such as earplugs or protective earphones. You likely can

find earplugs at your local drugstore or music supply shop, but you can also ask your audiologist for more information. For people who are regularly exposed to noise, your audiologist may recommend custom earplugs. Think “ear protection” before you're exposed to any noisy environment, such as loud workplaces, airports, train or bus stations.

3. Monitor the volume of your devices

While you are watching TV or using mobile devices, keep the volume at a comfortable level. It should be loud enough that you do not need to strain to hear, but not so loud that when you leave the room, you can still hear it from another part of your home.

4. Have custom molds made for your earphones

If you often listen to music on earphones using a portable music or video device, it's a good idea to have custom earphone molds made. There are relatively inexpensive custom ear molds that conform to the unique shape of your ear canal and attach to the earphone's wires. You will find the sound truly superior as the custom ear molds will block outside noise, allowing for better quality listening.

A variety of custom ear molds are available for use with earphones, while others are designed for musicians and people who are exposed to noise. Your audiologist can help you select the best style for you.



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The Hidden Risks of Hearing Loss



By: Kristen Pinheiro
Senior Communications Specialist
Johns Hopkins Medicine International

Hearing loss is frustrating for those who have it and for their loved ones. But research from Johns Hopkins reveals that it also is linked with walking problems, falls and even dementia.

In a study that tracked 639 adults for nearly 12 years, Johns Hopkins expert Frank Lin, M.D., Ph.D., and his colleagues found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.

The Links Between Hearing and Health

“Brain scans show us that hearing loss may contribute to a faster rate of atrophy in the brain,” Lin says. “Hearing loss also contributes to social isolation. You may not want to be with people as much, and when you are, you may not engage in conversation as much. These factors may contribute to dementia.”

As you walk, your ears pick up subtle cues that help with balance. Hearing loss mutes these important signals. “It also makes your brain work harder just to process sound. This subconscious multitasking may interfere with some of the mental processing needed to walk safely,” Lin notes.

Hearing Aid Myths That Hold You Back

If you think your hearing has diminished, it’s worth making an appointment with an audiologist for a hearing check. “There’s no downside to using hearing aids,” Lin says. “They help most people who try them. And in those people, they can make all the difference in the world—allowing people to reengage with friends and family and to be more involved again.”

If you have hearing loss, don’t let the following myths keep you from getting help:

“My hearing’s not that bad.”

Hearing aid users wait, on average, 10 years before getting help for hearing loss. But during that time, communication with loved ones becomes more difficult, and isolation and health risks increase. “Our findings emphasized just how important it is to be proactive in addressing any hearing declines over time,” says Lin.

“Wearing hearing aids means I’m old, and I’m not ready for that.”

It’s normal to feel worried that hearing loss means you’re aging—and to want to hide it. Plenty of people with a hearing impairment sit silently rather than joining in conversations and activities because they fear that hearing problems will make them seem helpless or less than competent. The truth: Connecting with others can help your brain stay younger and keep you involved with life.

“I don’t like the way hearing aids look.”

Forget the old days of big, whistling earpieces. Today’s hearing aids and cochlear implants are smaller (and less conspicuous) than ever before. Even celebrities (like former U.S. president Bill Clinton) are wearing them proudly.

“I heard that hearing aids are difficult to use.”

There is a breaking-in period as you—and your central auditory system and brain—adjust to life with hearing aids. That’s why most doctors and hearing centers include a trial period, so you can be sure the type you’ve chosen—whether it’s a miniature behind-the-ear model or one that fits into your ear—is right for you.



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Hearing Loss: Answers from Experts

Dr. Andrea Marlowe and Dr. Kim Webster



Johns Hopkins hearing experts Dr. Andrea Marlowe and Dr. Kim Webster answered questions and discuss many different causes and treatment options for hearing loss patients.

Q: What causes ringing in the ears?

A: There are many causes of tinnitus, also known as ringing, buzzing or chirping in your ears. A history of hearing loss, certain medications, stress and food triggers can worsen tinnitus. There are many food triggers that could worsen tinnitus, and each person is different. Salt, chocolate, caffeine, tomatoes and certain cheeses have been reported.

Q: How is tinnitus treated?

A: There's no cure for tinnitus, but if hearing loss is involved, a hearing aid or cochlear implant can cover up the ringing during the day. Eliminating food and stress triggers and altering medications can relieve some tinnitus or lower the volume.

Q: What is the difference between hearing aids and a cochlear implant?

A: Hearing aids make sounds louder. Cochlear implants can make speech clearer for patients with significant hearing loss. If speech clarity is a problem, the cochlear implant will be the better option in most cases.

Many Causes, Early Symptoms

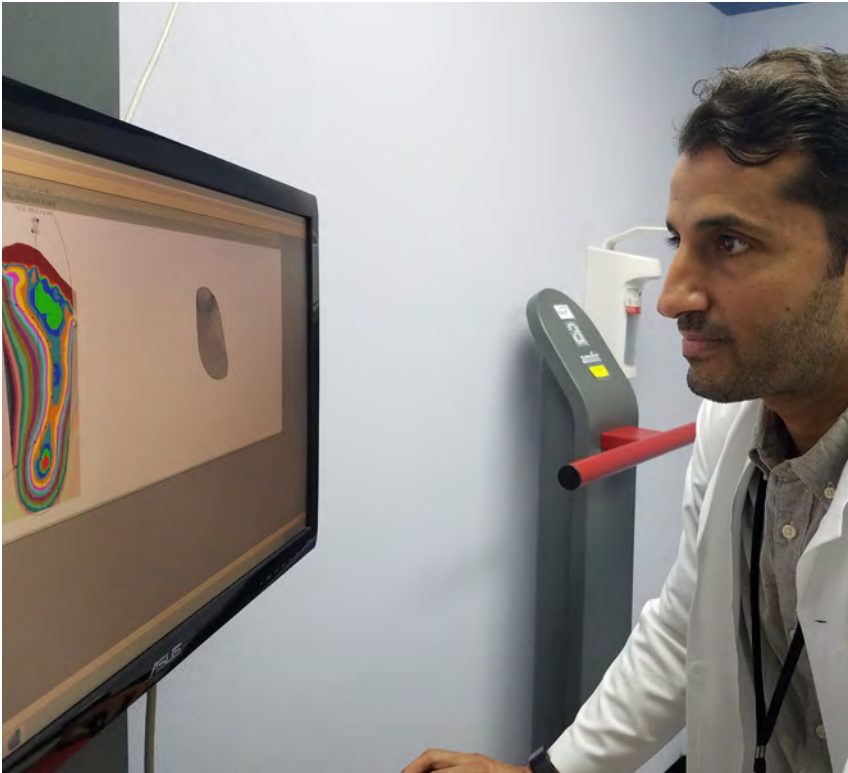
Everything from genes and noise exposure to medications, head injuries and infections can play a role in hearing loss. Trouble detecting soft or high-pitched sounds is often the first sign that stereocilia—the delicate hair cells that convert sound waves into electrical signals within the ear—have been damaged. Soft sounds include phone conversations or background noise in settings such as restaurants. High-pitched sounds may include children's voices. Ringing in the ears, called tinnitus, is another early signal of possible hearing loss.



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Prescription Orthotics, Happy Feet



Fouad al-Zaidan, Orthotist/Prosthetist Specialist, further customizes a patient's orthotics to ensure maximum benefit.

We are on our feet a lot each day. Those who suffer from foot pain realize this more than most. Thus, when your physician refers you to Orthotics and Prosthetics Services for a custom foot orthotic evaluation, you don't want to wait long. Now at JHAH, you don't.

"Previously we'd capture the shape of a patient's foot and then send it to the UK to have the orthotic made. That meant an average wait of two months," said Jason Tamalunas, Senior Orthotist/Prosthetist. "Now that we have the Amfit CAD/CAM system here at JHAH, a patient may be fitted with the custom foot orthotics the next day."

Amfit captures an image of a patient's foot, and the orthotist uses the software to tailor the orthotic to the specific needs of that patient. Thus increasing foot comfort and dramatically reducing wait time.

"I have been using orthotics for a number of years. It was simply not convenient having to make two trips, one to get the fitting and the other to pick up the orthotic," said Patrick Wuttke. "The JHAH service is wonderful. Not only is it convenient, but the orthotic specialists are very helpful and good at what they do."

If you are having foot pain, talk to your physician, if you are prescribed an orthotic evaluation, you will be referred to Orthotic and Prosthetic Services in JHAH Rehabilitation to determine if custom foot orthotics are appropriate for you.

"Patients who I have prescribed orthotics for are delighted to know they no longer have to wait for weeks possibly months until they receive their orthotics and are happy their pain relief is that much sooner."

Samer Bondokji
JHAH Podiatrist
Department of Surgery

Johns Hopkins Aramco Healthcare (JHAH) Invites Eligible Saudi Aramco Employees and Dependents to Register with the Al Hasa Health Center or Dhahran Health Center

Our facilities offer the latest in healthcare design, technology and equipment, and our qualified staff deliver comprehensive patient-centered service.



The added benefits of receiving your healthcare at the Al-Hasa Health Center:

- Best-in-class patient rooms
- Fast access to primary care with 42 fully equipped physician exam/consultation rooms.
- Access to 18 specialist clinics in AHHC, as referred by your primary care physician, including Cardiology, Neurology, Dermatology, Geriatric, Gastroenterology & Endoscopy, ENT, Anesthesia, Orthopedics, General Surgery, Ophthalmology and Occupational Medicine.
- Full rehabilitation center including physical therapy, occupational therapy and speech language therapy

The comprehensive Radiology Service has deployed the most advanced equipment in the region and is capable of cutting-edge diagnostics and interventional radiology for early detection of tumors.

- On-site laboratory services
- Flexible outpatient working hours
- 24-hour, fully equipped Emergency Medical Services and urgent care
- Ease of parking

To learn more about services at AHHC, visit the JHAH website.

<http://www.jhah.com/alhasa.aspx>





The benefits of receiving your healthcare in the Dhahran Health Center:

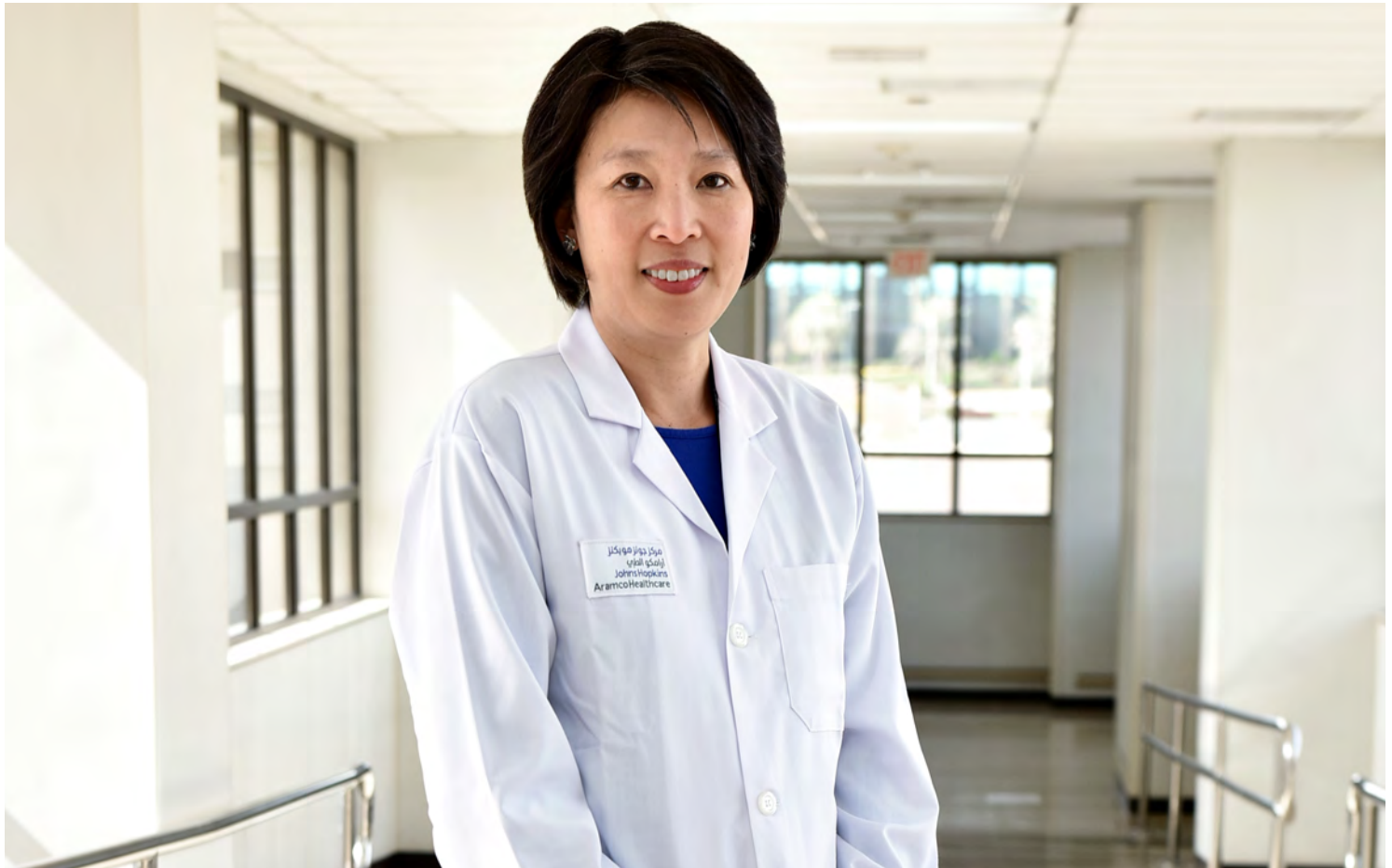
- JHAH offers 40 Specialty Services including Bariatrics, Cardiology, Dermatology, ENT, Gastroenterology & Endoscopy, Geriatrics, Neurology, OB GYN, Occupational Medicine, Oncology, Ophthalmology, Orthopedics, Rehabilitation and Surgery.
 - 75% of JHAH physicians are western-board accredited.
 - Surgical Services use minimally invasive techniques to minimize recovery times so you can return to your regular activities quicker.
 - JHAH diabetic patients control their condition three times more effectively than patients at other in-Kingdom healthcare providers.
 - The Primary Care Pharmacy deploys sophisticated robotic dispensing systems, which minimize waiting times while increasing your consultation time with clinical pharmacists.
 - Medication refills can be ordered online or by phone and collected at one of 23 pick-up locations throughout Saudi Aramco.
 - An advanced Radiology Department, using the most advanced equipment in the region with an average wait time of one to three days.
 - On-site laboratory services.
- Flexible outpatient hours
 - A 24-hour, fully equipped Emergency Medical Services and urgent care.

To learn more about JHAH Dhahran, visit the JHAH patient site <http://www.jhah.com/dhahran.aspx>. For questions related to eligibility, contact your area HR Service Center.



Leading Change in a Medical Evolution

Q&A with Dr. Linda Lee, JHAH Chief of Staff and Longtime JHM Faculty Member Epic Support



Johns Hopkins Medicine (JHM) and Saudi Aramco conducted an extensive global search to find the best candidate to fill the highest-ranking medical position at their joint venture, Johns Hopkins Aramco Healthcare (JHAH).

They agreed Dr. Linda Lee—an internationally known expert in gastroenterology, hepatology and integrative medicine—had the qualifications and vision to help JHAH expand its clinical programs, while also further enhancing the quality and safety of its healthcare services.

As of last September, Dr. Lee serves as JHAH’s chief of staff. She leads Clinical Affairs, supporting medical staff, promoting high-quality health care services for patients, and furthering education and research.

We sat down with Dr. Lee to learn more about her background and her vision for transforming the care delivered within JHAH and amplifying its impact on the people and communities of Saudi Arabia.

What inspired you to accept the position as chief of staff at JHAH?

I saw this as a once-in-a-lifetime opportunity for me to make a difference at JHAH. I saw a healthcare system that was in active evolution. The healthcare system within Saudi Arabia is rapidly changing. I found it incredibly exciting to be able to help shape the future of healthcare in the country by joining such an esteemed organization as JHAH.

How are you helping to move that evolution forward?

As the chief of staff, I think of myself as being in a position to lead change. The healthcare system at Aramco had existed for 80 years. Many of the physicians have been a part of Aramco for generations, and some of them have worked here for 20 or 30 years. So the notion that JHAH could go from taking care of a limited population of patients to treating patients from a much broader community—perhaps the entire Eastern Province—is something we need

to embrace. It's exciting to be working together and helping my colleagues see the ways they can be leaders in healthcare for the country.

How has your work at Johns Hopkins prepared you to lead this work?

I've been at Johns Hopkins for 26 years. Johns Hopkins has such commitment to patient care and quality and safety, and I think I have that in my DNA. That's helped prepare me so I understand what the vision is for JHAH. Before taking this position, I worked for nine years as the clinical director of the Division of Gastroenterology. In the time I was there, it grew very rapidly—in the types of services and the sites across the health system. So, I had a lot of experience working in both ambulatory care and in procedural-based areas. That's been very helpful to me in bridging communication across various aspects of the healthcare community.

What assets are both partners bringing to the table in this joint venture?

It's interesting because both partners are pillars—Johns Hopkins Medicine in healthcare and academic medicine, and Aramco as a leading global energy producer. They brought values that have strengthened each other. Aramco has always embraced safety, being in an industry that must be concerned about industrial hazards. Hopkins also values safety. Both partners also share a commitment to excellence. This partnership was meant to be.

What are your short-term goals?

I would like to increase our ability to recruit and retain the best. We also need to work on our professional performance and evaluation, which is part of a requirement for the Joint Commission International. I want to formulate a plan for ongoing professional performance evaluation to further our commitment to quality. I think that's going to happen in the next few months.

In the longer term, what changes would you like to implement or what things would you like to enhance?

I want JHAH to be recognized for a variety of centers of excellence. I think we're ready to do that for comprehensive breast cancer care and definitely for sickle cell. We're moving in that direction for orthopedic surgery, bariatric surgery, cochlear implants and other areas. What I hope is that we will be recognized within the Eastern Province—or even within the entire country—as the place to go for very specific disorders and treatments.

What's a typical day like for you?

I start at 7 a.m., generally with back-to-back meetings. Part of my job is to remove barriers for physicians so they can really provide the best care possible. I want them to be able to focus on that; I want to make sure they have the resources they need to do that well. I spend a lot of time listening and problem solving. I like to engage many voices and try to come up with collaborative plans.

What would you say are the biggest challenges?

The biggest challenge is for JHAH to emerge as a truly independent organization. I think of Saudi Aramco and Johns Hopkins Medicine as its parents, and we're sort of in the teenager phase right now. We've figured out that we can be fairly independent in many ways, but we're just not quite ready for independence. We're champing at the bit wanting it.

What are the strengths that will help JHAH achieve that independence?

Focus and, again, JHAH's commitment to patient care. I think that's always going to be the main driver. As long as we keep that central, we can convince our 'parents' that we will be able to take good care of our patients, and we will do it in a very thoughtful and productive way. We'll always need their input, but at some point, for us to fly, we need to feel that independence.

What has surprised you most about this opportunity?

How much I love it. I have loved being at JHAH every single minute. The people are so warm and welcoming, and so talented. It has just been a joy to work with them. They are also incredibly interested in achieving our vision for JHAH.

Also being in Saudi Arabia at this time of incredible social change has been a once-in-a-lifetime opportunity. Since I've been here, there has been a royal decree to allow women to start driving in June, and I think that's going to be the first of many things that will change in the Kingdom.

I would really encourage people that if they ever have an opportunity to work with Johns Hopkins Aramco Healthcare, they should seriously consider it. It's definitely been an eye-opening experience and a really wonderful one.

About Dr. Linda Lee

Dr. Lee is a clinician, scientist and educator. She's conducted gastrointestinal and cancer research, treated patients with chronic digestive problems, and served as an associate professor of gastroenterology and hepatology at the Johns Hopkins University School of Medicine for more than 25 years.

Dr. Lee is also a seasoned medical director and has led multiple medical initiatives. She served as the clinical director of the Division of Gastroenterology and Hepatology of the Johns Hopkins University School of Medicine and as the director of endoscopy of The Johns Hopkins Hospital. Additionally, she founded and directed the Johns Hopkins Integrative Medicine and Digestive Center, which combines conventional, complementary and alternative medicine to provide patients with individualized therapies.

Partners in Excellence

Visit by Dr. Henry Brem, Director of the Johns Hopkins, Department of Neurosurgery

Dr. Henry Brem, director of Johns Hopkins' Department of Neurosurgery, has developed tools and techniques that have changed the field of neurosurgery. During a recent grand rounds and community outreach at Johns Hopkins Aramco Healthcare, Dr. Brem shared how advances in neurosurgery at Johns Hopkins can be applied to enhance patient outcomes while also pushing research boundaries worldwide.



Visit by Dr. Anthony Kalloo Chief, Division of Gastroenterology and Hepatology, John Hopkins

A rapidly evolving surgical technique uses a body cavity as a gateway to perform a procedure without making any incisions. JHM gastroenterologist Anthony Kalloo helped introduce this practice—known as natural orifice transluminal endoscopic surgery—to the medical community nearly 20 years ago. While at Johns Hopkins Aramco Healthcare recently, he discussed the surgery's potential benefits for patients, including less postoperative pain, decreased wound complications and faster recovery.

Consultant surgeons from JHAH had a chance to learn from Johns Hopkins experts who pioneered robotic surgery to provide patients with less pain and less downtime following treatment. The JHAH participants spent four days at Johns Hopkins Hospital training in the most advanced minimally invasive surgery techniques, as well as observing surgical cases, a tumor board review and grand rounds.



Visit by Dr. James Black Chief of Johns Hopkins Vascular Surgery & Endovascular Therapy

During his visit to JHAH, Chief of Vascular Surgery & Endovascular Therapy at Johns Hopkins Medicine, Dr. James Black, praised the groundbreaking JHAH Vascular Surgery Program, which has enabled a remarkable number of successful surgeries and brought JHAH surgeons to Baltimore for hands-on training.



PARTNERS IN EXCELLENCE

In keeping with the promise of continuous education, Johns Hopkins Aramco Healthcare began a quality elevation program focused on sharing knowledge and experience in order to build a dynamic, autonomous, health care organization. The Partners in Excellence concept blends the pre-existing decades' long tradition of quality medical care provided by SAMSO with the renowned educational and clinical strengths of Johns Hopkins Medicine. To date, Partners in Excellence activities have involved more than 300 members of Johns Hopkins Medicine faculty and staff on-site at JHAH.



JHAH Healthy Recipes

Stuffed Chicken Breast with Olives and Low Fat Cheese

By: JHAH Clinical Nutrition & Food Services

Health Profile:

Stuffed chicken breast with olives and low fat cheese is appropriate for adolescents, adults, pregnant and nursing women, and seniors as it is rich in protein, calcium and essential fatty acids. The dish is also appropriate for people with diabetes. Note, those with high blood pressure or heart disease are advised to consult their dietitians in regards to the salt content of the dish



Stuffed chicken breast with olives and low fat cheese is rich in flavor, taste and aroma and is popular in the Middle East. It is delicious, healthy, nutritious and provides numerous vital nutrients.

Ingredients (6 Servings, 1 serving per cup)

- 6 boneless skinless chicken breasts (6 ounces each - 180gm)
- 4 ounces (120 gm) low fat cheese (shredded)
- 3 ounces (90 gm) pitted and chopped ripe olives (drained to remove the brine). It is recommended to soak the olives in water for 2-3 hours to reduce the amount of salt.
- 1/2 teaspoon dried oregano
- 1/2 teaspoon pepper for taste

- (optional)
- 1 tablespoon fresh basil (minced)
- 1 tablespoon canola oil
- 1/2 cup whole wheat bread crumbs

Preparation

- Preheat oven to 400°C
- Flatten the chicken breasts to 1 cm thickness
- In a bowl, mix shredded low fat cheese with chopped olives, oregano, fresh basil and pepper to use as stuffing
- Place 2 tablespoons stuffing in the center of each flattened chicken breast
- Fold stuffed chicken breast, hold together with toothpicks then roll them in the whole

- wheat bread crumbs
- In a large nonstick skillet, brown chicken breasts in canola oil for 2 minutes to give them a golden color then bake for 20 minutes until well done and remove the toothpicks. Another preparation method is to place chicken breasts on a preheated grill coated with cooking oil spray then grill for 5 minutes on each side until well done.

Fat and Calories

- **Calories per serving:** 220
- **Fat per serving:** 6 grams

Sports in Early Childhood

By: **Syed Zarmaan Haider**
Grade 5
Dhahran Middle School



Sports have benefits in a person's life. I understand that some people say that sports could lead to tons of injuries, but there are many ways to prevent them. I will discuss them in this essay. I will also shed light on how sports have shown outstanding benefits in the physical and mental growth of children. According to the article "The advantages of playing multiple sports at a young age," the author, Alicia Erz (2014), writes that "When a child sticks to one sport from an early age, the possibility of injuries increases. Give your kids a variety of sports to help build their bodies and lessen the chance of pains and strains."

This is only one way to prevent injuries. There are several other ways. For example, increasing the stamina of children in early childhood sports can increase their body resistance towards injuries. Some critics also say that starting a sports career at an early age reduces the chances of a prolonged career in sports. This argument can be countered by saying that as long as an individual is enjoying mental health benefits and physical fitness, it does not matter if someone stays in the sport. In both ways, he is benefiting the sport and receiving benefits from sports. Research shows that playing sports at early age supports skill development, gives health benefits, and increases psychosocial development.

Did you know that you could not do anything without skill development? Early age sports help you a lot in developing various kinds of skills, such as playing techniques, defending and attacking, and improving flexibility and stamina. Most importantly, flexibility is used in tons of different physical activities like martial arts, yoga, and in many other sports. Flexibility cannot be achieved without improving stamina, practice, and exercise. These skills are related to each other and are core components of any sport and physical activity. During early childhood, children have an increased flexibility in their bodies, and they are physically active. If they start practicing in early age, they can increase their skills and enjoy a long career in sports.

Furthermore, playing sports at an early age also has significant health benefits as shown in health research. One of the health benefits is reducing extra body weight. According to Charlene Burgeson executive director of the National Association of Sport & Physical Education (NASPE), "Studies have shown that the more time kids spend outside [physical activity], the more active they are." Additionally, Lori Anarati (2008) the author of another article "Obesity Battle Continues," states that "About 9 million (or 6%) of children between the age of 6 and 19 are overweight" in America. Most of it caused by of course not having enough exercise, which you can get through sports. Further, the chances of diabetes (mainly type 2) are less when you start playing sports early. According to an article titled "Diabetes Strikes Younger Ages" by Anita Manning (2007), "We have close to 300 children we follow with type 2 diabetes." Thus, research supports the idea of playing sports in the early years and is effective for health and preventing us from diseases.

Lastly, psychosocial development is also another aspect of development in early sports. Children can learn time management skills, honesty, teamwork, and fair play. Playing sports in the early years also teaches children respect for themselves and others, and they learn to follow the rules.

In conclusion, I would say that many people may have a different opinions about playing early sports; however, as I have mentioned, the advantages are much more than the disadvantages. Additionally, given my personal experiences in tennis and swimming that I started a few years ago, I have experienced the benefits mentioned above and am getting ready to enjoy my career in sports in the years to come.

JHAH Bulletin Board

Emergency Numbers: Save These Numbers To Your Mobile Phone

- **Dhahran and all areas:** From a landline inside Saudi Aramco or from outside Saudi Aramco, dial 911.
- **Abqaiq:** From your mobile phone inside Abqaiq, dial +966-13-572-0911.
- **al-Hasa:** Dial 911.
- **Ras Tanura:** From your mobile phone inside Ras Tanura, dial +966-13-673-0911.
- **'Udhailiyah:** From your mobile phone inside 'Udhailiyah, dial +966-13-576-7911.
- **Help with your healthcare:** Contact Patient Relations at PatientRelations@JHAH.com or call 800-305-4444 In Kingdom or +966-13-877-3888 out of Kingdom.
- **Urgent healthcare access helpline for MDF patients** dial +966-55-600-0468 (after 4 p.m.).

If you have an immediate medical concern, make an appointment with your primary care physician. In the event of a medical emergency, go to the emergency room at the nearest hospital.

- **Appointments:** To make medical or dental appointments and to access multiple medical services, call:
 - Centralized Contact Center 800-305-4444
 - Out of Kingdom +966-13-877 3888
- **Feeling Stressed?** Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-877-8400.
- **Quit Smoking:** JHAH help for employees, dependents, contractors and retirees to quit smoking, email

SmokingCessation@JHAH.com.

- **Become a volunteer:** To volunteer, email VOLUNTEER.HEALTHCARE@JHAH.COM. You must be in good health, at least 18 years old and have a good understanding of English.
- **Pregnant?** Attend the Pregnancy Wellness Program in Arabic or English. Email registration: MedicalPregnancyWellness@exchange.aramco.com.sa You must be 12 weeks or more into a pregnancy.
- **Register for the Mother and Baby Unit** Pregnancy Tour in Arabic or English. The tour starts at 1 p.m. on the first and third Tuesday of the month. To register, email Eman.Mutairi@JHAH.com. You must be 30 weeks or more into your pregnancy.
- **SMS Reminder:** Never miss a medical/dental appointment. Register for the SMS reminder service. Update your mobile number on the Corporate Portal at <http://myhome> > myInformation > Medical > Maintain SMS Reminder Details.
- **Dependents** call 800-305-4444 to activate or deactivate the SMS reminder service and update a mobile number. SMS reminders are sent 48 hours prior to an appointment to all patients who are registered for the service and have booked their appointment at least 48 hours prior to the appointment.
- **Employee Online Access to** Medical Services myhome Corporate Portal: <http://myhome> > myInformation > Medical.

- **Community Counseling Clinic:** Call +966-13 877- 8400, +966-13 877-3256, +966-13 877-8306
- **Patient Relations:** PatientRelations@JHAH.com
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- **Al-Midra Wellness Center** offers consultations, lifestyle wellness coaching and health screenings (Mon. to Wed. 1- 3:30 p.m.) Pharmacy (Sun. to Thurs. 12-4 p.m.)

JHM Recent Appointments

At the start of the year, Dr. Jaffar Al-Tawfiq received a letter appointing him as an Adjunct Associate Professor of Medicine and Infectious Diseases at the Johns Hopkins University School of Medicine. Following are his comments regarding his appointment.



Jaffar Al-Tawfiq, MD, FACP, FCCP

Consultant

Internal Medicine and Infectious Disease

Chair, Prevention and Control of Infection Committee Advisor,

Quality Improvement, Medical Department

Adjunct Associate Professor of Medicine and Infectious Diseases

Johns Hopkins University School of Medicine

"I am honored to receive this appointment. I look forward to the platform this provides for Johns Hopkins Medicine (JHM) and JHAH to exchange knowledge that benefits not only our patients but people and healthcare providers around the world."

How did your appointment come to be?

I was approached by Johns Hopkins University about three years back to apply for an adjunct position. During that time I was working with two internationally recognized infectious disease physicians from JHM, and they indicated that they were interested in and would be recommending me for the position. In January of this year, I received a letter from Dr. Paul Rothman, Dean of Medical Faculty & Chief Executive Officer at Johns Hopkins Medicine and JHAH Board of Managers member, confirming my appointment.

I have always been interested and active in research. I believe this appointment was based on my years of contributing to the medical literature, particularly as it relates to MERS-CoV, as well as my experience in working with infectious disease prevention and treatment. The appointment currently concentrates on research collaboration but could in the future extend to the classrooms of Johns Hopkins University School of Medicine.

How did it make you feel when you heard about the appointment?

I am very happy, proud and humbled by this appointment and the possibilities it offers for us at JHAH to further collaborate with the experts at Johns Hopkins Medicine in understanding infectious diseases, their causes, prevention and treatment. This collaboration is already benefiting our patients, and I am confident that it will continue to do so in many exciting and beneficial ways.



JHAH Congratulates Dr. Salwa Sheikh on her appointment as an Adjunct Assistant Professor in Pathology at the Johns Hopkins University School of Medicine. Dr. Sheikh is the first Saudi female to take on this role.

"My sincere gratitude for this recognition, which honors and humbles me as a professional. This academic appointment aligns with and strengthens my personal commitment of promoting education and healthcare nationally and internationally. I feel truly inspired."

Dr. Salwa Sheikh

Chief, Pathology Services Division

Chair, Institutional Review Board

Council Member, International Academy of Pathology, Arab Division

Council Member, Saudi Board Anatomic Pathology, Saudi Commission for Health Specialties



Dr. Abdulrazack Amir
Nephrology Consultant
Chief of the Office of Academic Affairs

JHAH congratulates Dr. Abdulrazack Amir on his appointment as an Adjunct Assistant Professor in the Department of Medicine at the Johns Hopkins University School of Medicine.

“Thank you for this recognition, which honors me as a professional and motivates my commitment to promote excellence in education and training.”

JHAH Recent Appointments

Ghaith R. Fayez

Ghaith R. Fayez was appointed Chief Auditor, heading JHAH Internal Auditing. Ghaith was previously the Audit Manager of the Projects Audits Division in Saudi Aramco Internal Auditing, where he worked for the past 16 years.

While at Saudi Aramco, he completed an advanced developmental assignment with Motiva Enterprises LLC in Houston, Texas; gained a wealth of operational audit experience in a wide range of areas including Project Management, Joint Ventures and Downstream and Upstream Operations; and was responsible for auditing all Saudi Aramco and Joint Venture Capital Projects.

Ghaith has a Master of Business Administration (MBA), a Bachelor of Science Degree in Business Administration and is certified in Control Self-Assessment.



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More than
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2,080
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More than
52,706
followers

Johns Hopkins Aramco Healthcare
(JHAH)

YouTube

249
subscribers
17,873
views

Johns Hopkins Aramco
Healthcare (JHAH)

Do you need help
with a healthcare
service issue?

Email Patient Relations
[PatientRelations@
JHAH.com](mailto:PatientRelations@JHAH.com)

How to Contact Johns Hopkins Aramco Healthcare

If you are a registered patient trying to make medical or dental appointments or to access medical services, please contact the Centralized Contact Center (CCC) by calling:

- 800-305-444 (in Kingdom)
- +966-13-877-3888 (out of Kingdom)

This automated service is available 24 hours a day 7 days a week. If you prefer to speak to an agent, call the CCC during working hours (7 a.m. – 4 p.m.), Sunday–Thursday.

For more information, please visit the “Contact Us” page on our website <http://www.JHAH.com>