

Outstanding Results for
JHAH Resident Physicians

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'Id Celebrations at JHAH

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The Fight Against
Breast Cancer

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WellBEING

October 2018



Newly
Renovated
Dental
Treatment
Rooms at JHAH

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Five
Mammogram
Myths

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Editors-in-Chief: Layla Gafashat, Layal Alkhatib

Designer: Daliah Basrawi

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Newly Renovated Dental Treatment Rooms at JHAH

Photos By: Layla Gafashat



The moment you enter one of the newly renovated dental treatment rooms at the Dhahran Health Center you will notice a difference. "We are well aware that having dental work done can be very stressful for some people," said Hanadi Al Dossary, dental project manager. "Our renovated rooms are designed to help our patients relax."

The total renovation includes new lighting and other features designed to put patients immediately at ease. The new dental chairs incorporate the latest in design that makes them more comfortable for the patients and more efficient for the dental therapists.

With the use of a built in camera system, your dentist can show you the work that needs to be done and when complete the result, as well as show you what you need to do to maintain dental health.

The renovation process began in late 2017 and will be complete by the end of this year. "We are always looking at ways to improve not only the care we provide but the overall experience of our patients," says Michel Klarenbeek, General Manager, JHAH Dental Services.

Outstanding Results for JHAH Resident Physicians



Photo By: Layla Gafashat

Saudi doctors training in Family Medicine at Johns Hopkins Aramco Healthcare (JHAH) have achieved outstanding exam results, exceeding the national average by a wide margin.

JHAH Family Medicine Residency Program physicians have scored an average of 92% in Part One of the Saudi Commission for Health Specialties (SCFHS) board exam, which is one of the highest recorded.

Family Medicine, a key part of Primary Care, is a cornerstone of the 2030 Vision for Saudi Healthcare Reform, and JHAH aims to impart insight into leadership, social skills, cultural knowledge and greater self-awareness to its Family Medicine residents.

JHAH has the highest number of certified Family Medicine trainers in the region, who use the latest teaching methods including simulations and problem-based learning.

Dr. Daniele Rigamonti, FACS, Chief Executive Officer, said, "Johns Hopkins Aramco Healthcare is at the forefront of Primary Care provision in the Kingdom. These excellent results demonstrate the strength at the heart of our approach, bringing together the talented next generation of Saudi doctors with world-leading medical expertise."

This program blends the previous decade's long tradition of quality medical care provided by Saudi Aramco Medical Services Organization (SAMSO) and now JHAH with the renowned educational and clinical strengths of Johns Hopkins Medicine.

"The great support we get from our management in JHAH is a reflection of JHAH's commitment to support the Kingdom's healthcare transformation and the 2030 vision through promoting the JHAH Family Medicine Residency Program," stated Dr. Hadi AlEnazy, Director of the Family Medicine Residency Program. "The program is run to the highest international standards and is fully dedicated to Saudi trainees."

Residency is post graduate level medical training for a licensed physician who is interested in obtaining advanced training in a particular specialization.

The four year program began in October 2017 and offers immersion in an evidence-based care model within JHAH's proactive, patient-centric Primary Care service. In 2016, the Saudi Commission for Health Specialties accredited JHAH to offer medical residencies for Saudi physicians in five areas: Pathology, Pharmacy, Emergency Services, Anesthesia and Family Medicine. Each new cohort of residents benefits from advanced education techniques, a high ratio of consultants to trainees, and JHAH's strong academic partnerships with the world's leading institutions.

Interested in the Program?

Questions about the JHAH Family Medicine Residency Program can be sent to MariamF.Habib@JHAH.COM

To apply for the JHAH Family Medicine Residency Program, contact the Saudi Commission for Health Specialties.

About JHAH

Johns Hopkins Aramco Healthcare Company (JHAH) is the result of a joint venture between Saudi Aramco, a world leader in energy, and Johns Hopkins Medicine, one of the world's leading academic health systems. This healthcare organization is designed to drive and enhance the wellbeing of the community in an environment of growth and learning by providing innovative, integrated and patient-centered care to Saudi Aramco's employees and healthcare beneficiaries.

Paving the Way for a Vital Clinical Program



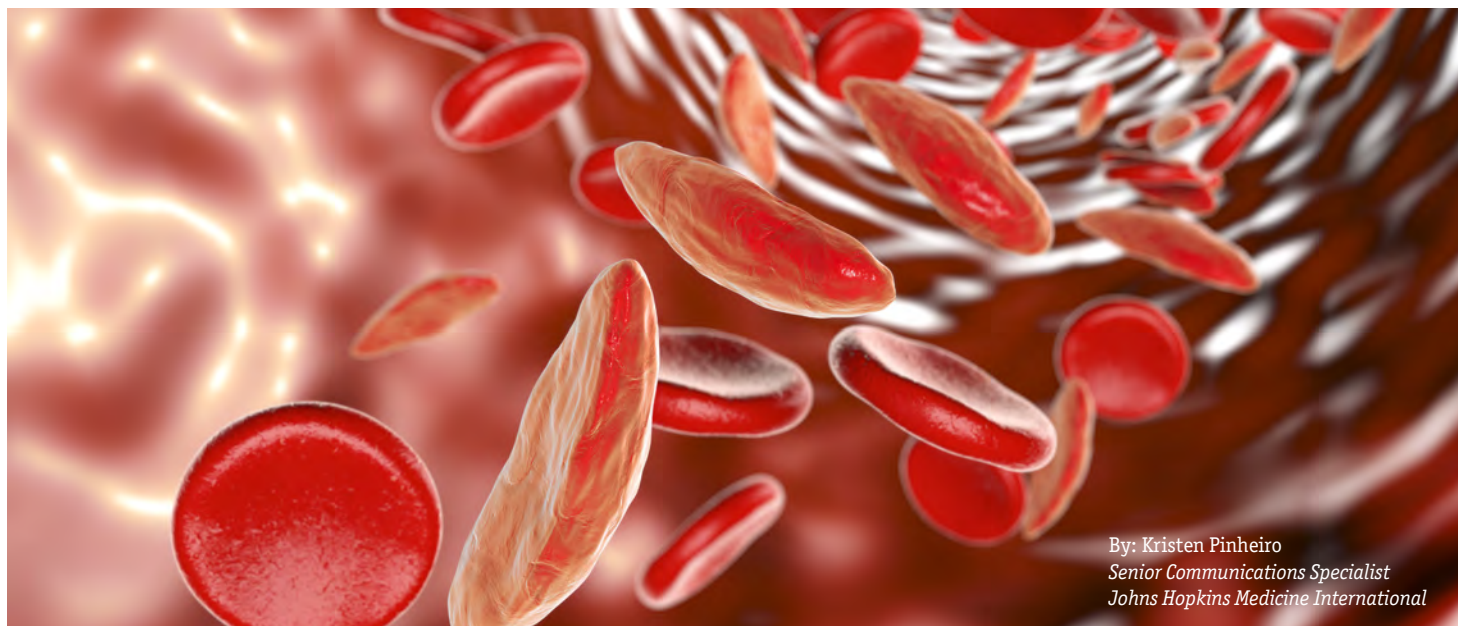
Cardiovascular diseases account for 42 percent of all adult deaths in Saudi Arabia, and the Gulf region does not have enough heart and vascular services to meet the demand. JHAH and JHM invested two years of commitment, careful planning and clinical staffing and training to integrate a full range of adult heart and vascular services at JHAH.

The partners built on JHAH's existing assets and worked together to determine the resources, equipment, staffing and training needed to begin offering cardiac surgery. This included recruiting a lead cardiac surgeon to JHAH. After a series of extensive interviews with candidates, both teams selected and helped prepare Dr. Harry Parissis for this critical role.

Additionally, JHAH and JHM developed a heart and vascular business plan; provided training for nursing staff, perfusionists and cardiac anesthesiologists; and purchased essential equipment and supplies. Dr. Kenton Zehr, the JHM cardiac surgeon who led development of JHAH's cardiac surgery program, completed a number of rotations and performed cardiac cases, at JHAH.

This resulted in the launch of the cardiac surgery program be launched in April 2017. In the program's first year; 150 cardiac surgeries were performed. JHAH's success in cardiac surgery is paving the way to create a leading-edge heart and vascular institute that will serve the region.

Taming the Pain: JHAH and JHM Tailor Care for Sickle Cell Patients



By: Kristen Pinheiro
Senior Communications Specialist
Johns Hopkins Medicine International

“You feel as if your bones are breaking, your blood is ‘stuck’ and a rusty blade is sawing your insides.”

This is how patients often describe the pain associated with sickle cell disease. Pain crises are a hallmark of this inherited blood disorder, in which red blood cells, normally round, become crescent-shaped and block small blood vessels. Less blood flows to tissues and organs—causing excruciating pain that can last a week or more, and leading to permanent damage, increased infection and possible organ failure.

In 2015, Johns Hopkins Aramco Healthcare (JHAH) was seeing up to 150 sickle cell cases each month, often in its Emergency Department. These high volumes stem from a very high prevalence of the genetic trait for sickle cell disease found in the Eastern Province of Saudi Arabia, the site of JHAH’s main hospital.

Due to the frequency of the disease and the magnitude of resources required to treat it, JHAH requested the support of Johns Hopkins Medicine (JHM) to develop a comprehensive sickle cell program.

“We didn’t have a standard practice of care for patients with sickle cell disease at JHAH, which led to limited access to specialists, poor communication and inadequate pain management during admission and at home,” says Kawthar Al Hussain, JHAH clinical nurse specialist in pain management. “As a result, patients relied on the Emergency Department, which often meant higher readmission rates, lower patient satisfaction and decreased patient quality of life.”

In February 2016, Dr. Sophie Lanzkron, program director of JHM’s Sickle Cell Center for Adults, led a clinical visit to evaluate sickle cell care at JHAH. Together, JHAH and JHM clinicians focused on assembling the most effective care team, opening a dedicated infusion center and tailoring treatment plans.

Right Team

JHAH staff members have vast experience in managing the disease. “Care will fly apart if you don’t have the right people dedicated to the program. There are really good people at JHAH who are committed to helping these patients,” says Dr. C. Patrick Carroll, psychiatric consultant to JHM’s Sickle Cell Center for Adults.

The challenge, as JHAH and JHM determined, was the need for more providers at JHAH to handle the high volume of patients. On JHM’s recommendation, JHAH created a care team that includes a second adult hematologist, a hospital medicine consultant, an advanced practice provider, two nurses with pain management and palliative care expertise, and a social worker who coordinates with psychiatric services.

The partners also provided opportunities for training and collaboration through observerships at JHM. “They came to Baltimore to see how we do things here—not just the physicians, but also the nurses and advanced practice provider, which was very helpful,” says Dr. Lanzkron.

Right Location

Nearly two-thirds of adults with sickle cell disease will experience pain every day, and the volume and complexity of their cases strained the busy Emergency Department at JHAH’s Dhahran Medical Center. This led to JHAH and JHM working together to open an infusion clinic in April 2017, using Johns Hopkins’ sickle cell center as a model. The clinic not only treats patients with acute pain, it also provides routine outpatient care, including chronic pain management and social work support.

Today, JHAH provides more centralized sickle cell care, performed by clinicians who deeply understand both the disease and their

patients' unique needs. This significantly enhances continuity of care by improving the clinical team's ability to develop customized treatment plans.

Right Care

JHM and JHAH share a patient-centered approach to care, so creating individualized treatment plans became a cornerstone of JHAH's sickle cell program.

"No one protocol will fit all patients. We work with each patient to create a treatment plan to manage everyday pain, as well as crises," says Zainab Mahr, who coordinates JHAH's sickle cell program. The treatment plans include disease-modifying therapy and pain treatment during a crisis.

"One of the barriers to sickle cell care is that patients are referred to a different expert for each part of their treatment, and the patient's care winds up fragmented," says JHM's Dr. Carroll. To combat this, the sickle cell team also collaborates with the Emergency Department so every site of care can follow each patient's plan.

Right Results

"We have begun to see significant improvement in pain management practices, lower rates of readmission, reduced ER visits and substantially increased patient satisfaction," says JHAH's Al

Hussain. "We're seeing this success because we're implementing patient-specific treatment plans, standardizing and improving the care we provide, and working at the patient level to decrease the need for acute care."

"Creating individualized plans allows JHAH to treat high-utilization patients appropriately without overloading the whole health system," says Dr. Carroll.

Between 2015 and 2017, both Emergency Department visits and hospital admissions dropped by 85 percent. JHAH directed the majority of patients to the new infusion clinic, where visits lasted less than 12 hours—compared with an average five-day hospital stay in 2015, and where the average time to receive pain medication decreased by nearly half.

Mahr adds, "Observing the trends over the past two years has also provided us with a wealth of data that we can use to understand the disease better, conduct breakthrough research, and tailor services based on population needs and the unique characteristics of our patient community."

JHAH's sickle cell program is transforming the lives of its patients. It also holds promise of serving as a model in Saudi's Eastern Province, where as many as one in five hospital admissions relates to sickle cell disease.

Educating and Energizing Nurse Leaders



Nine JHAH nurses and clinicians were in Baltimore this spring for three days of intensive training through Johns Hopkins' Nursing Leadership Academy, followed by a weeklong observership tailored specifically to help each clinical leader in his or her chosen career path. These leaders completed clinical observations in specialties as varied as coronary care, dialysis and nephrology, intensive and critical care, and anesthesia. Jihane Gergess, senior director of nursing in JHAH's Emergency Department, observed her JHM counterparts to learn more about ED operations and leadership. She says, "With Johns Hopkins training, I've been able to get the know-how from senior people who are masters in health care. This has given me confidence and a push to succeed at my job, and I absolutely love my job."

Defusing the Potency of Chronic Pain

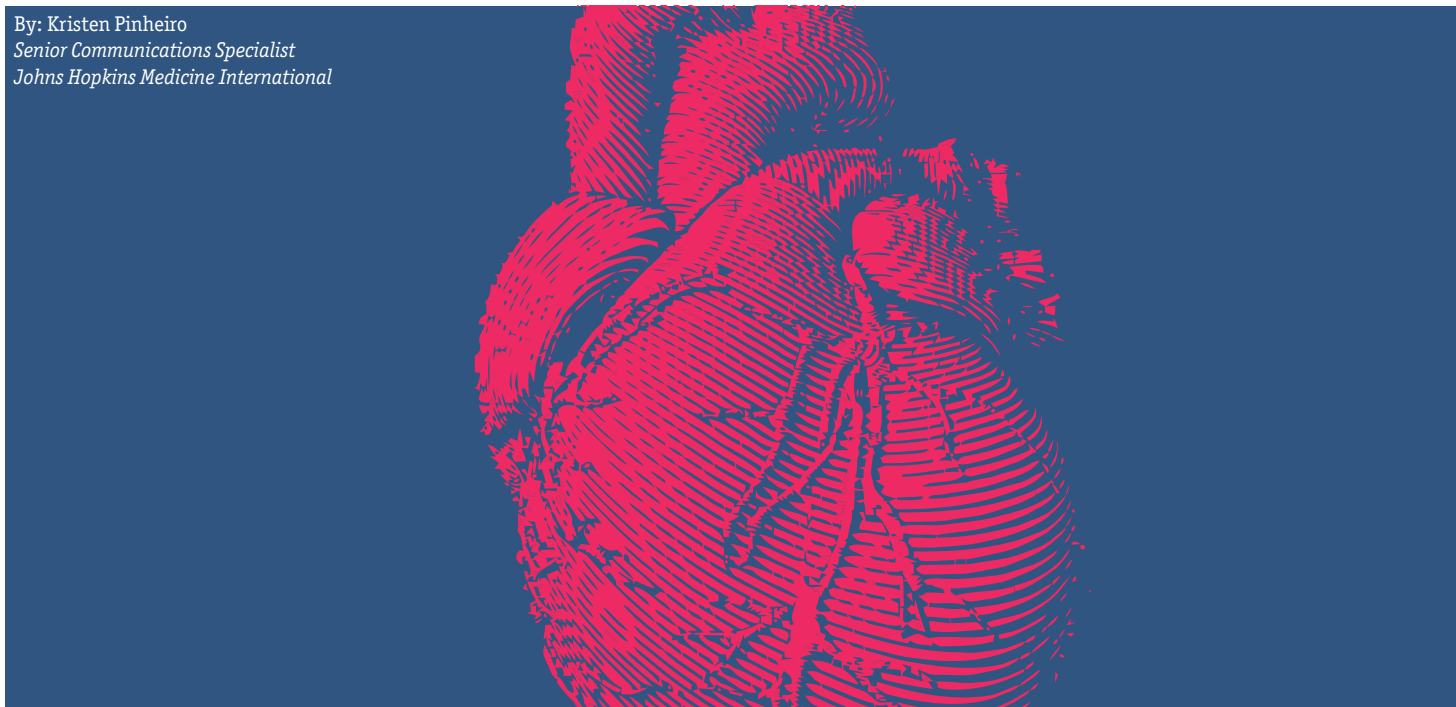
Coping with pain can be a daily struggle for critically ill patients, making medical treatment more taxing and eroding their quality of life. Controlling pain is an important component of JHAH's palliative program for patients with terminal illness and chronic physical symptoms. JHAH's Dr. Mohammad Al Ghamdi, palliative care program leader, and Dr. Amjad Bader, a pain management physician, recently completed a pain management observership with JHM colleagues. Participants explored how best to approach offering pain management services at JHAH, particularly to oncology and sickle cell disease patients.



A New Horizon in Heart and Vascular Care

Building on a Strong Clinical Foundation, JHAH and JHM Will Create Cardiac Center of Excellence

By: Kristen Pinheiro
Senior Communications Specialist
Johns Hopkins Medicine International



The human heart and our 100,000 miles of arteries, veins and capillaries work together seamlessly to sustain life.

Ensuring our heart and vascular health also requires such interconnectivity—between cardiology, cardiac surgery and vascular surgery, and many other clinical and administrative areas. Each component must be in place and integrated to optimize the counterattack against the global threat of heart disease.

For nearly five years, Johns Hopkins Aramco Healthcare (JHAH) and Johns Hopkins Medicine (JHM) have focused on expanding adult heart and vascular services at JHAH. Highlights include launching a cardiac surgery program, creating the first and only cardiac rehabilitation program in Saudi Arabia—where JHAH is based, developing one of the Gulf Region’s first electrophysiology programs and integrating prevention and cardiac testing into primary care.

Now the partners are looking at how best to integrate these services to create the Johns Hopkins Aramco Healthcare Heart and Vascular Institute, a culmination of years of collaboration to enhance JHAH’s cardiology, vascular surgery and cardiac surgery programs.

“JHAH and JHAM have joined together to create comprehensive programs in all areas of cardiovascular care,” says Diana Call, technical director non-invasive vascular lab at The Johns Hopkins Hospital. “They also are breaking down the siloes between vascular surgery, cardiac surgery and cardiology because these services are all tied together in treating and managing cardiovascular disease. Each area of expertise will now be better aligned to contribute in an impactful way to the life of a patient.”

The shared goal is now to establish JHAH as the provider of choice for comprehensive cardiovascular care in Saudi Arabia, where heart diseases drive 42 percent of all adult deaths.

“There is a paramount need to deliver an excellent heart and vascular program in Saudi Arabia,” says Dr. Harry D. Parissis, head of cardiac surgery at JHAH. “Cardiovascular disease is a massive killer in the Kingdom.”

Yet, as is the case in many countries around the world, Saudi Arabia tends to focus its efforts on shorter-term treatments for urgent medical conditions, rather than on longer-term rehabilitative and preventive care aimed at keeping patients out of the hospital or reducing their length of stay. JHAH and JHM are working together to ensure a continuum of care, preventing heart problems as a priority over treating the disease after it manifests. The JHAH Heart and Vascular Institute will align clinical services and use multiple specialists to deliver the full spectrum of cardiovascular patient care.

“From prevention and diagnosis to treatment and recovery, JHAH can provide progressive, comprehensive cardiac care to Saudi Aramco employees and their dependents,” says Dr. Gary Gerstenblith, director of clinical trials in JHM’s Division of Cardiology.

Sustained Progress

JHM and JHAH are adopting the strategic phased approach proposed by Dr. Alaa Ujayli, chief of JHAH’s cardiovascular institute, to create a cardiac center of excellence. In the current phase, the partners are introducing transcatheter aortic valve

replacement, a less-invasive alternative to open-heart surgery for replacing a diseased aortic valve. They also are working together to provide JHAH patients with advanced procedures to diagnose and repair abnormal heart rhythms, including ablations, pacemakers, implantable defibrillators and novel drug therapies.

“We want to ensure JHAH patients receive the appropriate care before they get really late in their disease, when it becomes much more difficult to manage,” says Dr. James Black, chief of vascular surgery and endovascular therapy at The Johns Hopkins Hospital. “Not only will introducing these new procedures help JHAH’s cardiovascular care services operate more efficiently, patients will have an opportunity to live longer and healthier lives.”

In the longer term, the vision is to open JHAH’s Heart and Vascular Institute to the nearly 4 million people who live in the Eastern Province of Saudi Arabia. Within the next four years, JHM and JHAH aim to provide a full range of adult and pediatric cardiology, cardiac surgery and vascular surgery services—excluding cardiac transplantation—for five times JHAH’s current volume of heart and vascular patients.

“We frequently get enquiries from colleague physicians, patients and their families beyond our eligible population if they will be able to access to our care system,” says Dr. Abdulmutalib Masloom, a

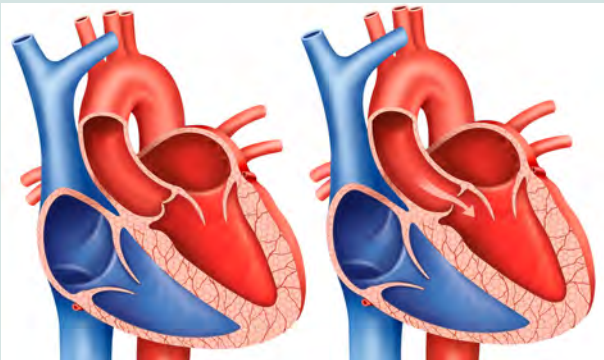
vascular surgeon at JHAH. “We’re not able to do so currently, but if we expand our services, it will be a transformational step in the health care for the entire region. I believe we are one of the leading hospitals in the region, and many people could benefit from our advanced facilities, resources, technologies and especially our diverse expertise.”

Experts from JHM and JHAH agree that a key element in opening the institute to the public will be providing both referring physicians and patients with timely, convenient access to cardiac care services. They are examining now how to provide 7/24 telephone access to referring physicians, easy telephone or online access for patients, and transportation for emergency care.

With the goal of expanded services on the horizon, JHM will continue to provide educational, clinical and operational support to JHAH, which already has forged many key components necessary for establishing a comprehensive cardiovascular care program and expanding its patient base beyond the Saudi Aramco population.

“We are proud of all the hard work that already has gone into expanding and enhancing JHAH’s heart and vascular care,” says Dr. Daniele Rigamonti, JHAH CEO. “Now it’s time to turn an eye toward serving patients throughout the region and Kingdom who also are suffering from cardiovascular disease.”

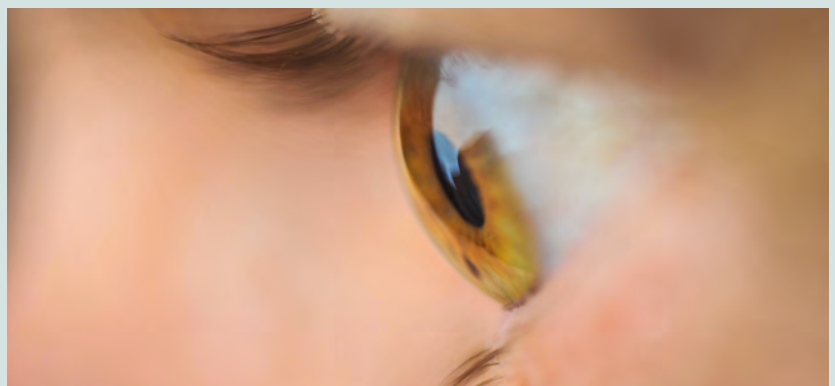
Broader Options to Treat Narrow Aortic Valves



Building on the momentum of JHAH’s cardiac surgery program, JHAH and JHM are working together to begin offering more complex medical treatments, including transcatheter aortic valve replacement (TAVR). TAVR is a much less invasive alternative to open-heart surgery in which cardiologists replace a diseased aortic valve by threading a catheter through vessels in the leg into the aorta and then the heart. Once reserved for very high-risk surgical candidates, TAVR is an essential procedure for moderate and even low-risk patients in a comprehensive heart center. Mohammed Mudhki, JHAH’s lead cardiac catheterization technologist, recently completed a two-week observership at The Johns Hopkins Hospital to master this technique and further improve patients’ heart function and quality of life.

Ensuring Good Vision for Good Health

JHAH recently began working with the Johns Hopkins’ Wilmer Eye Institute to offer a comprehensive ophthalmology program to complement patients’ overall health care. The partners plan to grow JHAH’s cornea and refractive surgery program, which relaunched last year due to high patient demand, and they will introduce corneal cross-linking, an in-office procedure to strengthen corneas weakened by disease. JHAH and JHM are also assessing next steps to establish an eye bank to receive and distribute donor corneal tissue for use in sight-saving surgeries at JHAH and possibly at other area facilities



Meet Our People



"I began conducting surgeries two years ago using the da Vinci Xi Robotic Surgical System. Da Vinci allows me to treat human tissue with extreme accuracy, meaning my patients recover more quickly after surgery. I am now actively teaching this new technique to my colleagues across disciplines. We are working to make Johns Hopkins Aramco Healthcare a leading regional center for minimal invasive surgery using modern technologies."

Dr. Tareq Al-Tartir, FRCSC

Consultant Urologist/Uro-oncologist Subspecialist
Surgeon in Robotic Surgery

"I consider myself lucky to be given the opportunity to work at such a great company and in such a great environment. Having the chance to reach out to the community and possibly bring a smile to a child's face is priceless."

Hanadi Al Falih

Public Relations Unit Manager



Meet Our People



"As a cardiac rehab specialist, I help people recover from cardiac disease and provide them with the tools they need to reduce their risk factors and to adopt a healthy lifestyle to minimize the risk of future cardiac disease. I feel good when I see my patients getting stronger and adopting a healthier lifestyle."

Reem Ekhwan

Cardiac Rehabilitation Specialist & Service Leader

"I am proud to be part of the JHAH family during an exciting time of transformation in our country. In addition to providing the highest quality patient-centered care to our patients, we are actively engaging in our country's 2030 vision by training our nation's future doctors through the JHAH Residency Program."

Dr. Hadi Alenazy

Consultant Physician, Family and
Emergency Medicine

Family Medicine Residency Program
Director

Patient Safety Officer, Wellness Institute



Meet Our People



"I am proud to be a part of the rapidly transforming JHAH Primary Care in Dhahran. Our focus is to provide high quality, readily accessible, patient-centered care. Our aim is to meet the immediate needs of and to proactively engage families in disease prevention using evidenced-based medicine."

Humera Ali, M.D.

Family Practice Specialist

"What I enjoy most about my job is that I ensure our organization has the human resources it needs through placing qualified individuals in the right positions. This way the organization and its people thrive."

Ahmed AlSaleh

Manager, HR Services



JHAH Recent Appointments

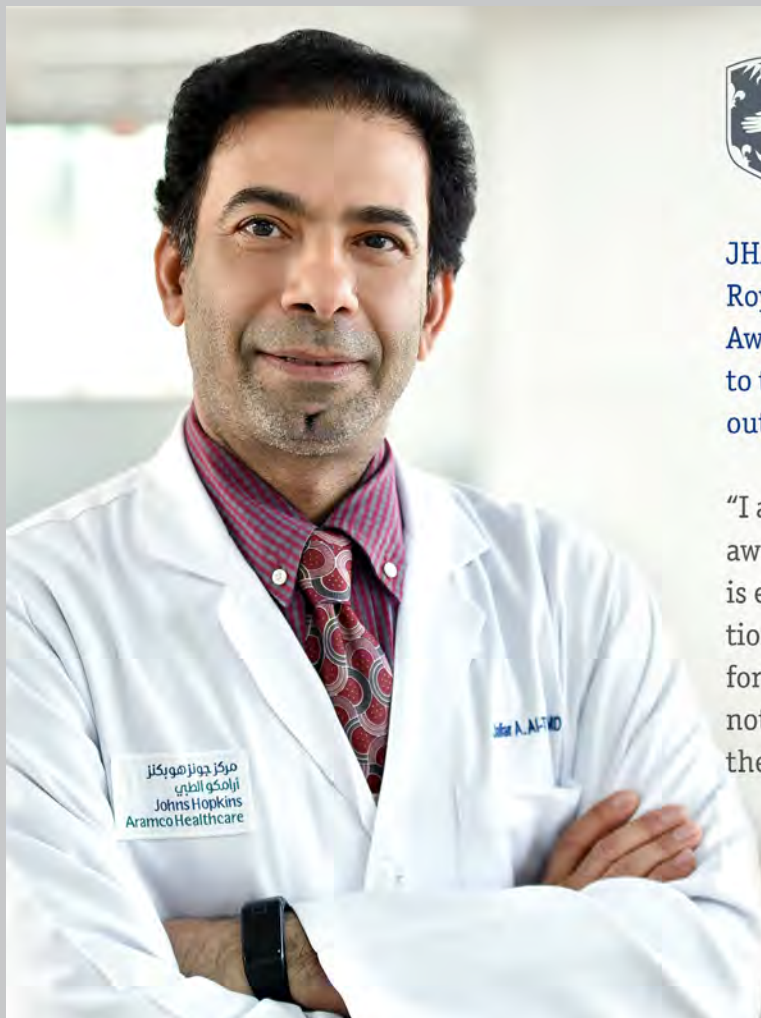
Dr. Marwan Behisi

JHAH congratulates Dr. Marwan Behisi on his appointment as National Secretary for Saudi Arabia (2018-2021) on the International Commission on Occupational Health

"Occupational Health is a relatively new discipline in the never-ending evolution of medicine. I am highly motivated to serve a spectrum of occupations and address the diversity of work-related hazards with a collaborative approach to protect the health and safety of workers."

Marwan Behisi, M.D., MPH, FRCPC

Chair, Health, Safety & Environment
Department Occupational Medicine



Royal College
of Physicians

JHAH congratulates Dr. Jaffar Al-Tawfiq on receiving the Royal College of Physicians' Excellence in Patient Care Award 2018. Dr. Al-Tawfiq was awarded the "Contribution to the Profession – consultant" category for his outstanding contribution to the medical profession.

"I am delighted and honored to receive this prestigious award from the Royal College of Physicians of London. It is extremely gratifying to have my professional contribution recognized by such a respected institution. I look forward to further work on more research that will benefit not only our JHAH patients but patients everywhere in the world"

Dr. Jaffar Al-Tawfiq, MD
Consultant, Internal Medicine and Infectious Disease
Adjunct Associate Professor of Medicine,
Johns Hopkins University
Fellow Royal College of Physicians (London)

Detox Diet Tips



The Detox Diet Plan is designed to enrich your body with antioxidants that help your body detoxify, combat free radicals and clear it of toxins. This diet plan benefits many of the body's organs including the brain, heart, lungs, kidneys, skin as well as the immune system.

Following are a few Detox Tips

- Keep hydrated by drinking an adequate amount of fluids, mainly water, to flush toxins from your body.
- Cut sugar, sweetened drinks and refined carbohydrates from your diet. Replace them with fresh or dried fruits.
- Consume brightly colored fruits and vegetables (a minimum of 5 servings a day) including tomatoes, cucumbers, lettuce, oranges and lemons. Additional alternatives include drinking lemon blended with cucumber and mint or putting a bit of cinnamon on apple slices.
- Limit your intake of processed and smoked food, canned meat and salty and fatty sauces and dressings.
- Consume an adequate amount of lean protein such as salmon, turkey and chicken with skin removed.
- Bake, grill or steam your food, and limit deep-fat frying or charcoal grilling.
- Lose excess weight by consuming healthy, low calorie foods and drinks well-balanced meals and performing regular exercise that includes both aerobics and strength training.
- Eat in moderation. It is best to eat more frequently consuming a small amount each time.
- Avoid constipation by consuming food rich in fiber including whole grains, legumes, fresh fruits and vegetables.
- Consume food rich in antioxidants including seeds, nuts, salmon, tuna, fruits, vegetables and green tea.
- Limit your alcohol intake.
- Avoid excessive amounts of caffeine as it depletes the body of fluids.

Nonfood Related Tips:

- Avoid active and passive smoking.
- Be fit and perform exercise regularly to improve your blood circulation and to keep your body healthy.
- Care about your personal hygiene and skin.
- Wash your hands with water and soap several times a day.
- Get adequate rest and sleep.
- Practice stress management and be socially active.
- Avoid taking supplements or any kind of medication without your doctor's approval.
- Keep your blood sugar, blood pressure and lipid count within normal ranges.
- Practice deep breathing to oxygenate your body and brain.

Prediabetes: A silent disease

Prediabetes Prevention Quiz

Take our quiz to find out your risk level for prediabetes

مركز جونز هوبكنز أرامكو الطبي
Johns Hopkins Aramco Healthcare



Knowing you are at risk for prediabetes can alert you to whether or not you are at risk of developing diabetes. Saudi Arabia ranks second highest in the Middle East for the rate of diagnosed diabetes, and seventh in the world. Three million Saudis have Prediabetes with obesity being the leading contributing factor for diabetes in Saudi Arabia.

What is Prediabetes?

Prediabetes is a medical condition where a person's blood sugar level is higher than normal and can eventually predispose patients to type 2 diabetes.

People diagnosed with prediabetes are at high risk of type 2 diabetes and as a result at risk for developing health problems such as chronic heart disease, stroke, blindness and kidney failure.

Do I have Prediabetes?

You can have prediabetes or undiagnosed type 2 diabetes without having any obvious warning signs or symptoms.

Prediabetes can often be reversed by introducing physical activity and eating balanced, nutritious food.

Be empowered to reverse prediabetes and to delay or even prevent type 2 diabetes.

Take our quiz to find out your risk for prediabetes.

Visit <http://jhah.com/prediabetes-en.aspx>

More than half of the respondents to the JHAH Prediabetes Awareness Quiz self-reported at risk for prediabetes.

Inauguration of the Diabetes Prevention Program "Tawazon"

JHAH CEO, Daniele Rigamonti, MD, welcomes participants to Tawazon.



The diabetes prevention program "Tawazon" inaugural event took place at the Dhahran Health Center Auditorium welcoming more than 40 participants who are ready to find their way out of prediabetes.



Ali Mollah, MD, Tawazon Program Director and Coordinator, presents an overview of the Tawazon program.

Photos By: Sarah Palmer

Meet Two Real-Life Heroes



Ghizlane Rabii



Abraham Ohanes

Why learn first aid? Because it can make a difference in a life or death situation.

Two Saudi Aramco employees, Ghizlane Rabii and Abraham Ohanes saved their colleague's life by knowing first aid.

Ghizlane and Abraham work in Saudi Aramco's Aviation Department.

One day at the office, their colleague started having a heart attack. Ghizlane and Abraham administered CPR with a defibrillator.

Ghizlane had attended General Medical Training, and Abraham had attended two courses at JHAH; A Heart Saver CPR course and a Heart Saver CPR Instructor course.

Their colleague's pulse stopped, Ghizlane and Abraham managed to revive him. They saved his life.

"The knowledge of how to use a defibrillator helped them save a life", said Dr. Saad Hasaniah, JHAH Cardiologist and Electrophysiology & Cardiology Services Unit Head.

'Id Al- Adha Celebrations at JHAH

Few things put a smile on a child's face better than a celebration containing gifts, so that's what they do every year in the JHAH Pediatric Wards. During 'Id, they provide fun and gifts, and the children return them with big smiles. Dr. Daniele Rigamonti, JHAH CEO, joined the staff and young patients to mark this year's 'Id Al-Adha.

Photos By: Layla Gafashat





On August 26, staff at the Dhahran Health Center came together to celebrate the recently ended Eid Al-Adha. Fun, food and laughter were on order.





JHAH CEO, Dr. Daniele Rigamonti, visited the Al-Hasa Health Center to celebrate 'Id Al-Adha with JHAH staff.

A Kingdom First for JHAH – Live Updates from the Emergency Room

Need to visit the emergency room? Check your MyChart to see what the current wait time is at your nearest JHAH emergency room. This patient-centered service is the first of its kind in the Kingdom and is just one way that JHAH Emergency Medical Services is working to provide you with the highest quality healthcare possible.

Emergency Medical Services (EMS) Average Wait Time

Dhahran EMS	25 min
Al-Hasa EMS	13 min

Please note your wait time may differ from the time shown as life-threatening cases will be treated first.

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999 - 2016

The MyChart online patient portal empowers you to engage with JHAH and its services from any location. Through MyChart, you can:

- Schedule appointments
- View your lab tests
- Request medication refills
- Print your immunization records and blood group certificates



Register Now
MyChart

Your Online Health Portal

For more information visit
www.JHAH.com/MyChart.aspx

Happy Saudi National Day from JHAH





Our Social Media Highlights

What you might have missed

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Occupational Therapy for Children



One of the goals of occupational therapy is to help children strengthen their hands through play and develop fine motor skills

Abdullah Al-Jaafar
 Senior Occupational Therapist,
 Al-Hasa Health Center
 Vice President of the Saudi Occupational Therapy Association

مركز جونز هوبكنز
 آرامكو الطبي
 Johns Hopkins
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Should You Exercise in Your Third Trimester of Pregnancy?



Yes, staying active may contribute to an easier delivery and benefit your baby too.

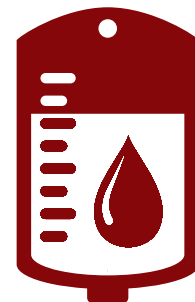
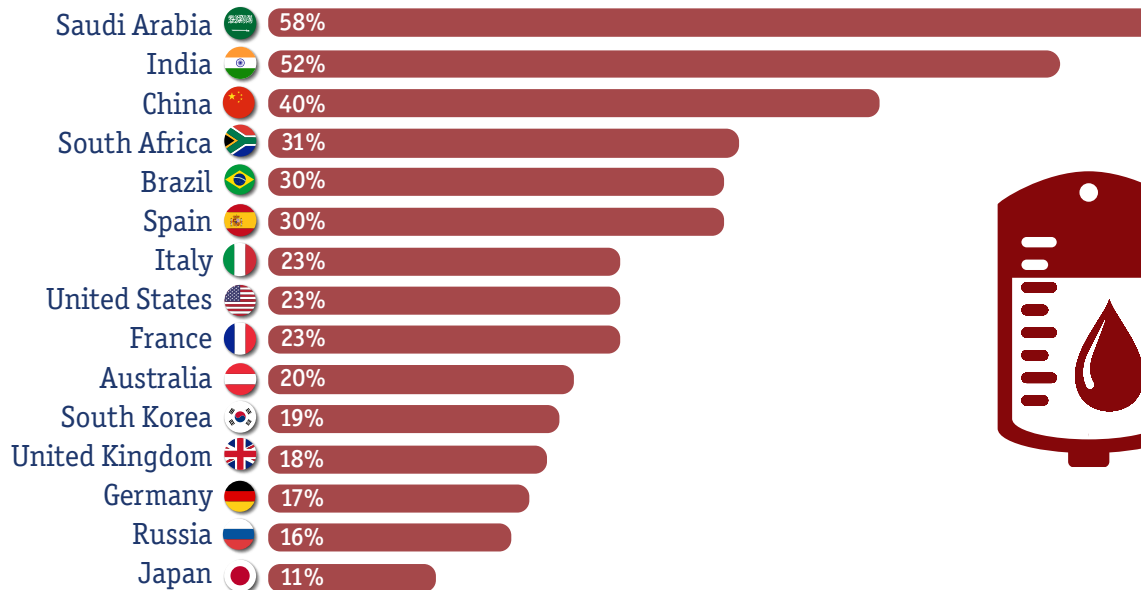
- Try to get at least 150 minutes of activity each week
- Aim for a moderate level of intensity
- Spread your workouts throughout the week

Unless otherwise advised by your doctor

800-305-4444 | www.jhah.com

Where People are Most Willing to Donate Blood

Give blood, save a life



مركز جونز هوبكنز
 آرامكو الطبي
 Johns Hopkins
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Source: StatistaCharts, * 28 countries (May 25 - June 8, 2018)

Why do Older People Fall?



Did you know that one out of five falls in older people cause serious injury, such as head trauma or a fracture?

The main reasons older people might fall are due to vision decline, dizziness, slow reaction time, weak muscles or fear.

“Maintaining an active lifestyle will help older people maintain balance and strength, boost confidence, reduce their fear, improves flexibility and reaction time.” Malak AlMusallam, Associate Physical Therapist at Al-Hasa Health Center.

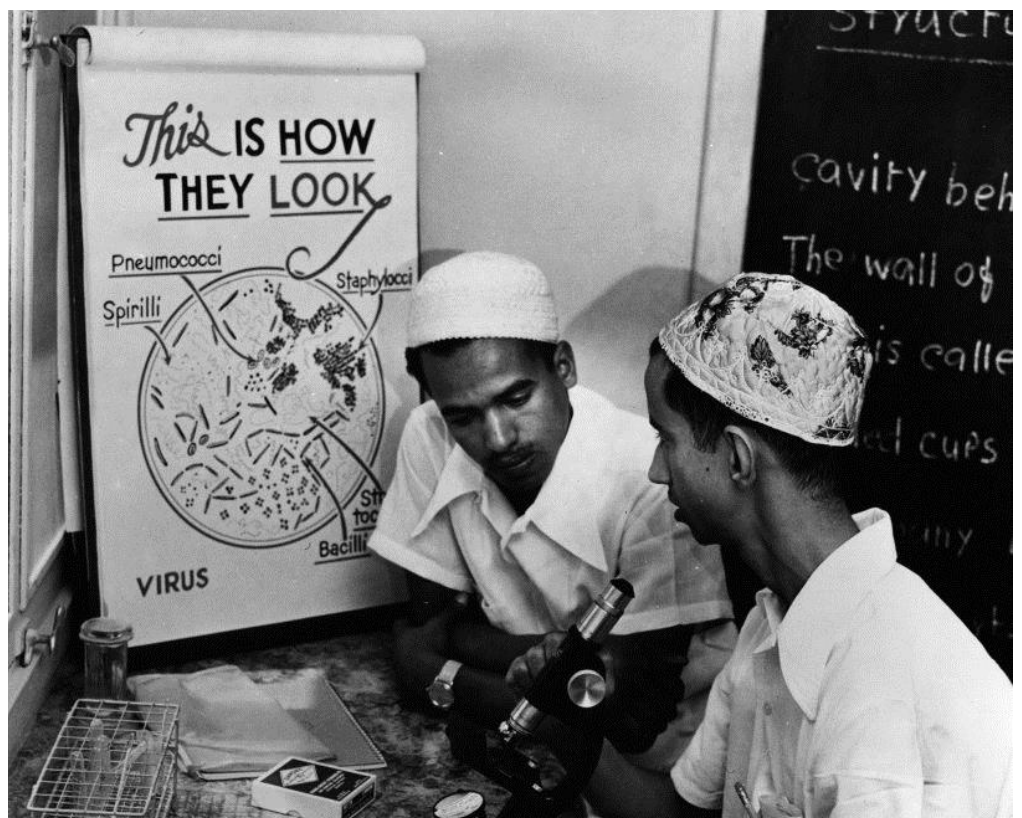
Flashback: 1945

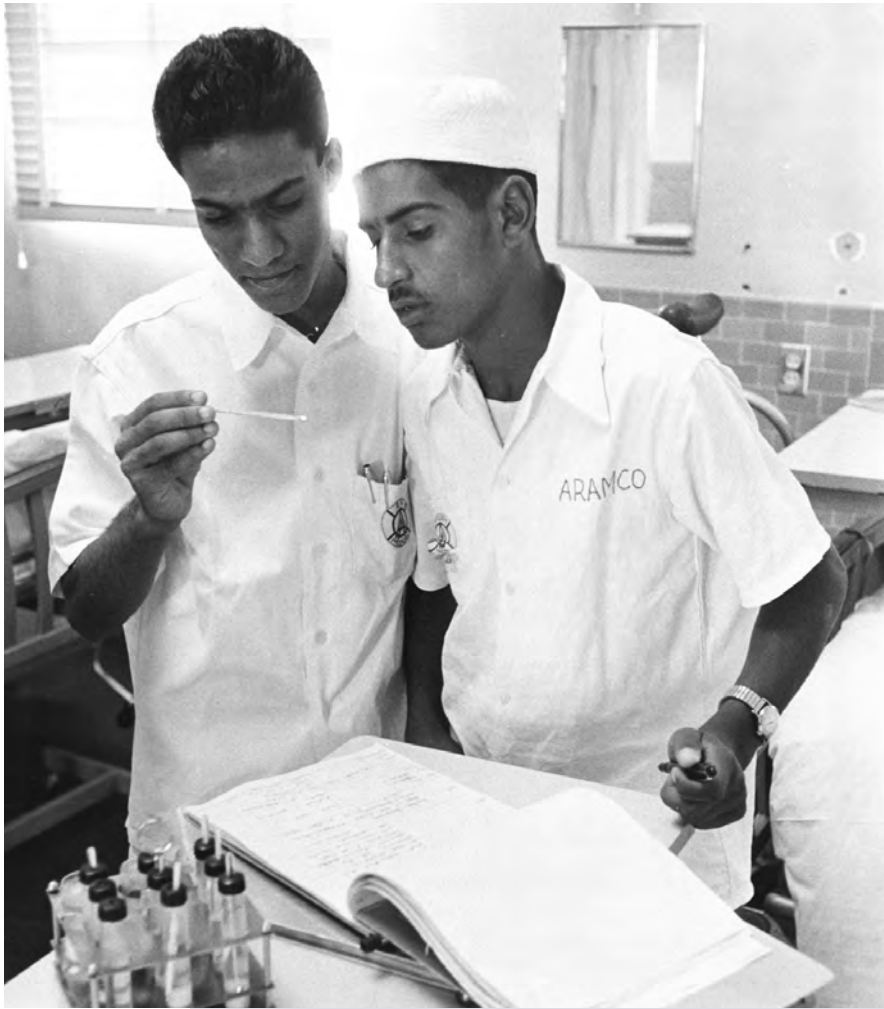
The main entrance of the Dhahran Health Center



Flashback: 1952

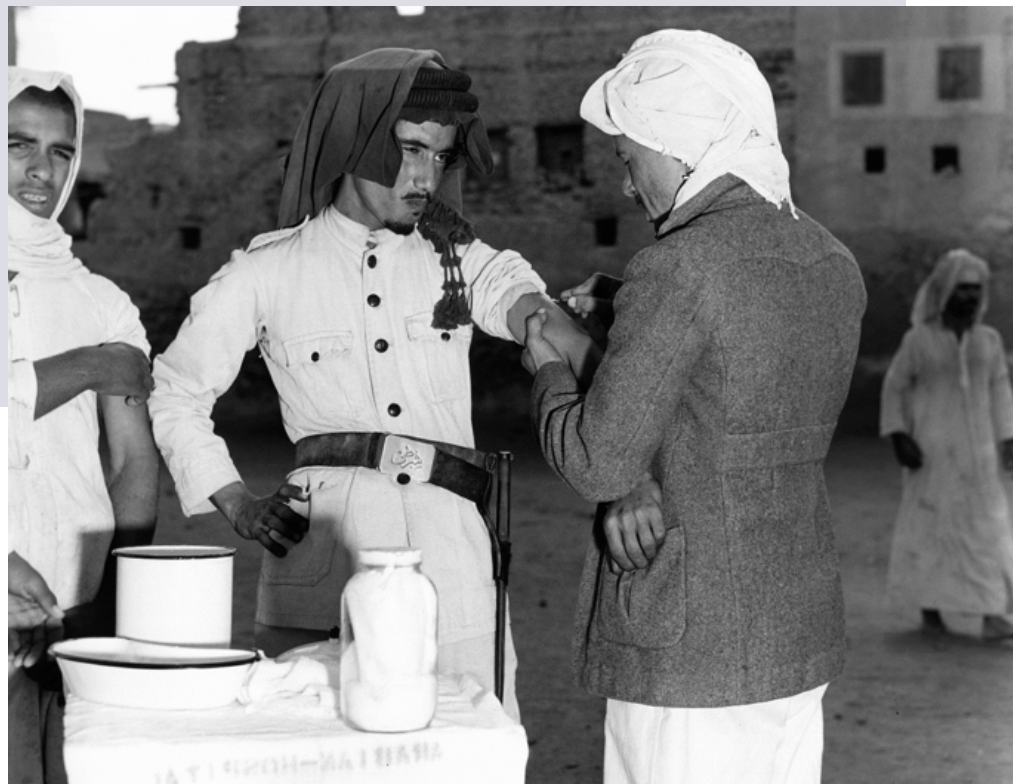
Saudi student nurse practices using a microscope at the Dhahran Health Center





Flashback:

Saudi lab technicians sorting samples



Flashback:

A Saudi nurse administers a vaccine to a Saudi policeman

Five Mammogram Myths



Think it's not a big deal skipping your annual mammogram this year? Are you concerned that a mammogram uses too much radiation? A yearly mammogram for women 45 and older helps to detect breast cancer earlier, leading to less-aggressive treatment and a higher rate of survival.

Here are five common mammogram myths you may believe could have a serious impact on your long-term health. Learn the truth about this lifesaving screening exam.

Myth #1 I don't have any symptoms of breast cancer or a family history, so I don't need to worry about having an annual mammogram.

Fact: The American College of Radiology recommends annual screening mammograms for all women older than 45, regardless of symptoms or family history. "Early detection is critical," says Dr. Susan Harvey, director of the Johns Hopkins Radiology and Radiological Science breast imaging section in Baltimore, Maryland, USA. "If you wait to have a mammogram until you have symptoms

of breast cancer, such as a lump or discharge, at that point the cancer may be more advanced and may no longer be curable." According to the American Cancer Society, early-stage breast cancers have a five-year survival rate of 99 percent. Later-stage cancers have survival rates of twenty-four percent. Ninety percent of women who have breast cancer have no family history. "Most breast cancers are spontaneous genetic changes that occur in the individual and are not necessarily due to family history or a breast cancer gene," says Harvey.



JOHNS HOPKINS
MEDICINE

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Myth #2 A mammogram will expose me to an unsafe level of radiation.

Fact: “While a mammogram does use radiation, it is a very small amount and is within the medical guidelines,” says Harvey. Because mammography is a screening tool, it is highly regulated. A mammogram is safe as long as the facility you go to is certified by the regulating agencies. There is constant background radiation in the world that we are exposed to every day. The radiation dose from a mammogram is equal to about two months of background radiation for the average woman.

Myth #3: A 3-D mammogram is the same as a traditional mammogram.

Fact: Three-dimensional mammography, or tomosynthesis, is the most modern screening and diagnostic tool available for early detection of breast cancer. Compared with a standard 2-D mammogram, a 3-D mammogram displays more images of the breast and in thin sections of breast tissue. “3-D mammograms provide us greater clarity and the ability to determine the difference between normal tissue and cancer,” says Harvey. “With 3-D mammography, the data show a 40 percent increase in detecting early cancer and a 40 percent decrease in false alarms or unnecessary recalls from screening.”

Myth #4: If I have any type of cancer in my breast tissue, a screening mammogram is guaranteed to find it.

Fact: “While annual mammograms are very important for women, there are limitations,” says Dr. Harvey. This is mostly due to dense breast tissue—the denser the breast, the more likely it is that a cancer will be hidden by the tissue. “Normal breast tissue can both hide a cancer and mimic a cancer,” says Dr. Harvey. Other imaging methods can be used for women with dense

breast tissue, such as 3-D mammography, breast MRI or breast ultrasound, to obtain additional images.

Myth #5: I had a normal mammogram last year, so I don’t need another one this year.

Fact: Mammography is detection, not prevention. “Having a normal mammogram is great news, but it does not guarantee that future mammograms will be normal,” says Dr. Harvey. “The largest trials in history have shown a 33 percent decrease in death from breast cancer in women older than 45 who had regular screening mammograms.”



The Fight Against Breast Cancer

Angela Wilkins-Bassett
Family Nurse Practitioner

October is breast cancer awareness month. This month around the world health campaigns focus on educating people about the prevention and treatment of breast cancer. Breast cancer is a disease that occurs when breast tissue multiplies and grows out of control forming a lump or tumor. Most breast cancers occur due to breast tissue aging. Less than 10% of the cases are from inherited breast cancer genes. Breast cancer occurs in men and women, but the majority of cases occur in women over the age of 60.

The Bad News

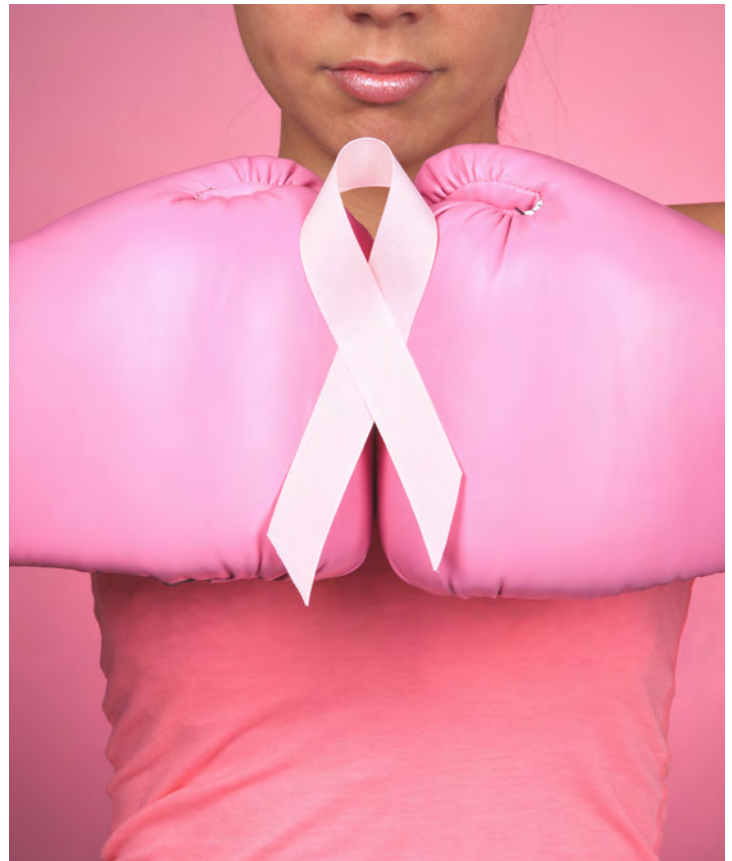
- Breast cancer is the most commonly diagnosed type of cancer in women.
- In 2016, it is estimated that worldwide more than 250,000 women will be newly diagnosed with breast cancer and more than 40,000 will die from the disease.
- In the Kingdom of Saudi Arabia, breast cancer accounts for nearly 16% of all new cancer cases. Nearly 3,000 women were diagnosed with breast cancer in 2012 alone.
- It is estimated that nearly 13% of women will be diagnosed with breast cancer sometime in their life. (SEER, 2016).

The Good News

- If detected early, most women have a long and healthy life. The five year survival rate of women diagnosed with breast cancer early is 90% (SEER, 2016). The survival rate depends on what stage the cancer is in when it is detected; therefore, early detection is important.
- Breast cancer is rare among young women. Most women are diagnosed with breast cancer in their 60s (SEER, 2016).
- Women aged 50-69 benefit the most from screening mammograms with early detection key to the prevention of breast cancer (Weedon et al., 2014).

How to Fight Breast Cancer

- Talk to your physician about breast cancer screening. Screening mammograms can be an important tool to detect breast cancer early. Depending on your age and risk factors, your physician will recommend an appropriate screening strategy.



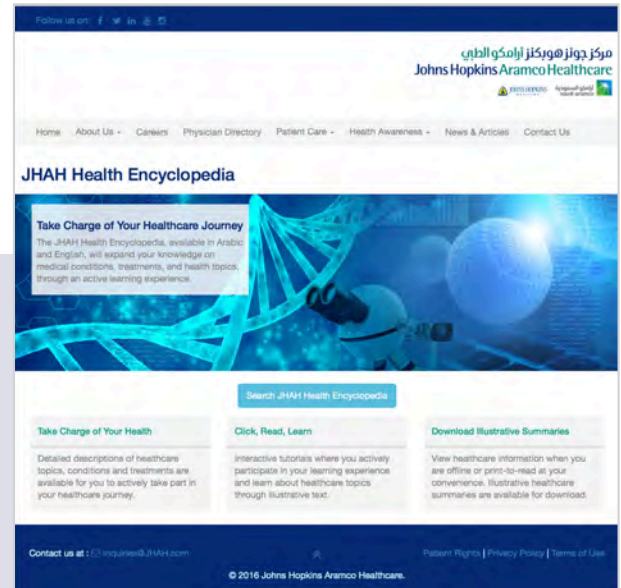
- Avoid alcohol and get plenty of exercise. Alcohol intake, inactivity, and obesity increase the risk of breast cancer.
- Seek medical advice promptly if you have breast pain, skin changes, nipple discharge, or masses.
- Mammograms and other tests are available at JHAH. Please contact your primary care provider to discuss which test is best for you.

The fight against breast cancer has come a long way since mammograms were first introduced in the 1950s. Breast cancer is being detected earlier and more lives are being saved. Much work is still needed to prevent and treat breast cancer, and women play an important role part in the fight. Understanding how to prevent breast cancer is important for the entire community to keep our mothers, wives and daughters safe and healthy.

JHAH Health Encyclopedia

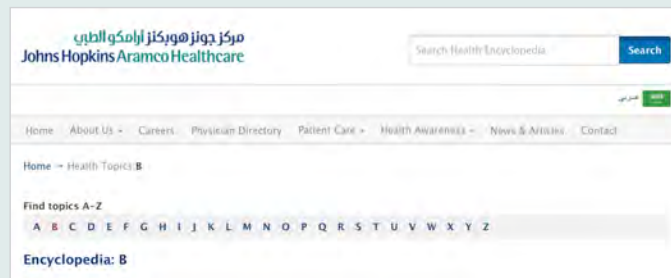
Take Charge of Your Healthcare Journey

JHAH offers our patients and their families the online Health Encyclopedia, a bilingual health and wellness knowledge center. The online 'Health Encyclopedia' is a comprehensive educational resource containing easily searchable information, interactive tutorials and illustrated downloadable handouts. To access the Health Encyclopedia, from your computer or mobile device, visit www.JHAH.com, select Health Awareness and then click Health Encyclopedia.



Four Simple Steps to Know More About Breast Cancer

1. Visit www.JHAH.com
2. Click on "Health Awareness" tab > [Health Encyclopedia](#)
3. Click "Search JHAH Health Encyclopedia"
4. Select "B" scroll down and click on "Breast Cancer"



Breast Cancer

Overview

Breast cancer affects one in eight women during their lives. Breast cancer kills more women in the United States than any cancer except lung cancer. No one knows why some women get breast cancer, but there are a number of risk factors.

Risks that you cannot change include:

- Age - the chance of getting breast cancer rises as a woman gets older.
- Genes - there are two genes, BRCA1 and BRCA2, that greatly increase the risk. Women who have family members with breast or ovarian cancer may wish to be tested.
- Personal factors - beginning periods before age 12 or going through menopause after age 55.

Other risks include being overweight, using hormone replacement therapy (also called menopausal hormone therapy), taking birth control pills, drinking alcohol, not having children or having your first child after age 35 or having dense breasts.

Symptoms of breast cancer may include a lump in the breast, a change in size or shape of the breast or discharge from a nipple. Breast self-exam and mammography can help find breast cancer early when it is most treatable. Treatment may consist of radiation, lumpectomy, mastectomy, chemotherapy and hormone therapy.

Men can have breast cancer, too, but the number of cases is small.



Breast Cancer

- Breast Cancer - Hormonal and Targeted Therapies
- Breast Cancer Surgery
- Breast Changes and Diseases
- Breast Lift
- Breast Lumpectomy and Sentinel Lymph Node Biopsy
- Breast Lumps Biopsy
- Breast Milk Storage
- Breast Reconstruction
- Breast Reduction

Health and Nutrition Tips for Students



During their student years, the bodies of youth are not only developing, their minds are as well. The fact is that both their bodies and their minds benefit from proper nutrition.

Poor nutrition and excessive consumption of saturated fat and sugar increase their risk of non-communicable diseases such as diabetes, heart disease, stroke, obesity, weak bones and some types of cancer. Good nutrition provides students with the building nutrients that are essential for a healthier life.

Following is some advice from Johns Hopkins Aramco Healthcare Clinical Nutrition Services to help parents in feeding their children to make healthy food and drink choices.

- Parents should provide healthy food and drinks at home and train their children to make healthy food and drink choices and not skip meals. Consuming three smaller, nutritionally balanced meals and 2-3 healthy snacks are better than consuming three large meals.
- We've all heard it, and it's true. Breakfast is the most important meal of the day. A healthy, well-balanced breakfast before school supports cognitive thinking, focus, concentration and learning.

- Parents and teachers should lead by example. They too should consume healthy food and drink, be active and maintain a proper body weight, not only for themselves but for their children and students.

Students are advised to use the My Plate model for meals as it promotes well-balanced and nutritious foods that help them be healthy, strong, active and focused as well as maintain a healthy weight. The model is as follows:

- 1/4 of the plate is for whole grains, unsweetened cereals, whole wheat bread, rice, pastas or potatoes (baked or boiled). This provides energy, fiber and many necessary vitamins and minerals.
- 1/4 of the plate is for fruits. If juice, it should be fresh, dried or unsweetened.
- 1/4 of the plate is for vegetables (raw or cooked).
- 1/4 of the plate is for protein, including lean meat, skinless poultry, seafood, eggs, low fat cheese, labnah or peanut butter.
- 3 cups per day of milk or dairy products. Low fat or nonfat milk, buttermilk or yogurt provide students with protein, calcium and vitamin D that are necessary for bone health.



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Healthy Snacks

- Low fat or nonfat milk, buttermilk, yogurt, fruit yogurt or low fat milk shakes
- Puddings made with low fat or nonfat milk and fruits
- Low fat cheese cubes and fruit
- Pizza prepared with whole wheat flour and topped with low fat cheese or skinless chicken or vegetables
- Sandwiches prepared with whole-wheat bread and low fat cheese, low fat labnah or hummus with vegetables
- Sandwiches of skinless chicken or eggs, crunchy peanut butter, tuna fish or lean meat with slices of tomato or cucumber
- Whole wheat, low sugar fruit muffins
- Banana or carrot cake
- Fresh or dried fruits or unsweetened fruit juices
- Raw or cooked vegetables

- Fat free popcorn
- Baked potatoes topped with low fat cheese or labnah
- Zaatar sandwiches made with whole wheat bread and stuffed with low fat labnah or cheese with slices of tomato or cucumber.

Healthy Shopping

- Involve your children at an early age in shopping for healthy food and in preparing various dishes at home. Children love eating food they help prepare. They can help make the shopping list and help shop for healthy food and drinks.
- Healthy food includes fresh and dried fruits, fruit bars, vegetables, plain and unsalted nuts and seeds, low fat and nonfat dairy products, whole grains, unsweetened cereals, unsweetened fruit juices, low fat fruit yogurt, crunchy peanut butter, whole wheat bread, brown rice and pasta, eggs, lean meat, seafood, skinless poultry, healthy oils, legumes, tuna, sardine, salmon, and hummus. **Remember** to look for expiration dates.
- Unhealthy food and drinks include sugary drinks, white bread, sweetened cereals, chocolate, soda, candies, sausages, cream cheese, waffles and pancakes, creamy biscuits or sweetened and fatty pastries, potato chips, corned beef, Mortadella, chicken nuggets (fried), fatty dressings and sauces, flavored or salty popcorn, salted nuts, flavored and sweetened full fat milk or yogurt and commercial puddings or custard.

Important Health and Safety Tips

- Regularly wash or sanitize your hands with soap and water or sanitizer.
- Brush teeth after meals and before bed. Visit your dentist at least once a year.
- Reduce sweets and sugary drinks.
- Be active for at least an hour a day
- Wear seat belts when driving or riding in cars and use a helmet when riding a bicycle.
- Sleep at least 7-8 hours a day.

H.E. Dr. Mohammad Alnaji, Rector, University of Hafr Al Batin, Visits JHAH



JHAH CEO, Dr. Daniele Rigamonti, warmly welcomed H.E. Dr. Mohammad Bin Abdallah Alnaji, Rector, University of Hafr Al-Batin, and his delegation to open a dialogue on collaboration with a view to advancing the health professions. JHAH shared the success of its medical residency programs and the cutting-edge technology used in Pharmacy, and the participants discussed unlocking potential through ongoing training.



September 29: World Heart Day



Fact: Heart disease and stroke are the leading causes of death worldwide killing more than 17 million people annually. (World Heart Association)

Risk Factors: Obesity; sedentary lifestyle; smoking; consuming unhealthy food; and poorly controlled diabetes, blood pressure or blood lipids.

Action Plan

Following are some nutritional strategies provided by Johns Hopkins Aramco Healthcare's Clinical Nutrition Services to help lower your risk of high cholesterol, high blood pressure and obesity and to significantly reduce your chances of premature death from heart disease. By following these tips, you will reduce your risk of not only heart disease but other non-communicable diseases such as diabetes, stroke, osteoporosis and some types of cancer.

- Limit your consumption of foods rich in saturated fat and trans fat such as full cream dairy products, animal fat, fatty and processed meats, creamy pastries and cookies.
- Limit your consumption of salt and highly salted foods such as pickles, sauces, dressings, canned soups, processed meat and salted nuts.
- Lose excess body weight and maintain a healthy weight by balancing calorie intake with physical activity. Leading a sedentary lifestyle and consuming high caloric foods contributes to obesity.
- Bake, steam or grill food rather than frying.
- When shopping or eating out, select healthy food. These include fruits, vegetables, whole grains and dried legumes, low fat or nonfat dairy products, lean meat, skinless poultry, seafood, unsweetened cereals and juices, unsalted nuts and healthy oils.
- Avoid smoking (active and passive) and alcoholic drinks, as these increase your risk for many serious health problems and decrease the supply of oxygen to your brain and muscles. Make your home, auto, workplace and public places smoke free.
- Keep fit and regularly do exercise including brisk walking for 30-60 minutes each day. Aerobic and strength exercise promotes health; makes you feel and look better; reduces stress; increases bone and muscle mass; helps you maintain a healthy body weight; promotes heart health and blood circulation; and helps you control your appetite, blood sugar, blood pressure and lipid levels.
- Encourage family, friends and colleagues to adopt a healthy lifestyle and diet.

JHAH Letter of Appreciation

Dear Patient Relations,

My name is Fadi Nazzal, and I just recently had laparoscopic surgery conducted by Dr. Rizwan Ahmed. As someone recovers from surgery, one often feels isolated and alone.

Your nursing staff has been incredibly attentive and unbelievably professional. I would especially like to call out the following individuals for their incredible contribution:

Nurse Isobel Sylvan: She took care of me immediately after post op and throughout the night. She is, to say the least, an exceptional practitioner. Her attention to my care was exemplary. It was a very busy night for her, but she was able to go above and beyond what I expected. She was literally amazing! She is a 10 out of 10 from a competence and nurturing perspective.

Nurse Shila Colma: This is the second time I had her take care of me. It was day two after my surgery. Again, professional and consistent.

Nurse Priscilla Nardoo: What can I say...a great attitude and so helpful. As busy as she is, she is always smiling and attentive. First class ALL the way.

I have been hospitalized many times in my 52 years, both here in Saudi and in my home country the US. Clearly these individuals are at par with the best of them. They all need to be commended on their work efforts, commitment and diligence.

I would also like to recognize Paul Brennan, Kiel Espiritu and Khalil Jumaa in the ward. They are nonstop in ensuring this place runs smoothly. I would also like to thank all the other staff, from the cleaning crew to those who serve food.

Last and not least...Dr. Rizwan, he is just amazing!

Please do me favor and ensure these individuals are recognized. Thank you JHAH!!!!

kindest Regards,

Fadi Nazzal

JHAH Letter of Appreciation

Greetings:

Dear Dr. Akram,

I really don't know where to start. I was really impressed with you in the emergency room. Your professional behavior, deep thinking and fast action regarding my son told me what a great doctor I am dealing with. Moreover the great success that you did regarding my son's surgery that ended in zero risks, zero failure and zero faults. Again and again, I don't know how to recognize this great success. Wish you the best all the time Dr. Akram.

Best wishes,

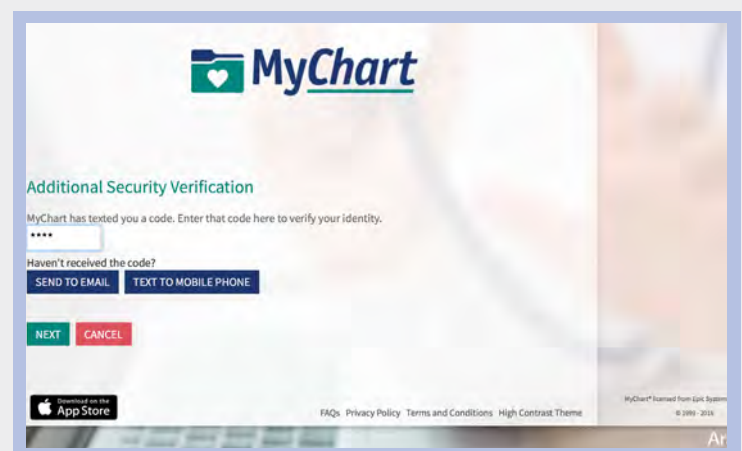
Salman Hulaili

MyChart authentication code reduced from nine digits to six

Fact: The average person's working memory is seven digits.

You spoke, and we listened. Our patients said that the MyChart nine digit authentication code was too long and difficult to remember, so it has been reduced to six digits.

To log into your MyChart account visit <http://jhah.com/mychart.aspx>.



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17,873
views

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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, contact the Centralized Contact Center (CCC) during working hours by calling:

- 800-305-4444 (in Kingdom)
- +966-13-877-3888 (out of Kingdom)

Working hours (7 a.m. — 4 p.m.), Sunday—Thursday.

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

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.
- **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.
- **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.)



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اليوم
المجد
والعلاء

بمناسبة اليوم الوطني
نرفع أسمى آيات التهاني والتبريكات
إلى الأسرة المالكة الكريمة
والشعب السعودي الكريم

مركز جونز هوبكنز
أرامكو الطبي
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