

Wellbeing

April Issue

2016



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& a Healthy Recipe**

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Promoting Health and Wellbeing

April 2016

Welcome to JHAH News, where we share the latest health and wellbeing news and current and upcoming events.

If you have any questions, suggestions, contributions or topics you would like to read about, please email them to the editor:

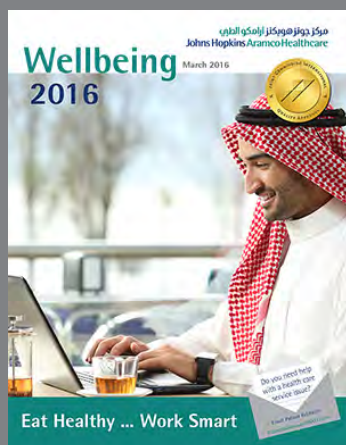
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All health and health-related information contained in this Johns Hopkins Aramco Healthcare Company material is intended to be general in nature and should not be used as a substitute for a visit with a health care professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their health care provider. Your health care provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.

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A special day for special children

By: Bradley Wilkinson



The sun was bright, but the smiles were brighter on the children's faces as they frolicked on the bouncy castle, opened their gifts, clapped to the music and enjoyed a meal with their families at the Johns Hopkins Aramco Healthcare (JHAH) Fun Day for Children with Down Syndrome held Saturday, March 26 in the park behind Carlton Moaibed Hotel.

"We have been putting this on for several years now, and the families really enjoy it," said Dr. Nooriya A. Sannaa, Pediatric Metabolic Disease Specialist at JHAH and coordinator of the event. "It is not only gratifying to see my patients and their families enjoy themselves, it is also quite interesting to see them all together outside the clinic and watch how my patients interact within their family and with others."

The Fun Day provided a range of fun activities including entertainment, games, a variety of food options and plenty of fun and laughter. The Saudi Aramco self-directed group, A Place 4 Us (AP4U), also participated. AP4U is a group of parents, volunteers, JHAH staff and Aramco management who joined to assist families with special needs children.

In addition, the Wijdan Group, a non-profit organization that provides support to those with Down Syndrome and their families, including family consultation services, skills development and life skills training.

As the sun set on the day, the smiles remained as the guests headed home for a good night's sleep after a full, Fun Day.



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 100 members of Johns Hopkins Medicine faculty and staff on-site at JHAH.

“Genetics and the Future of Medicine”

Community Outreach Lecture by Dr. David Valle from Johns Hopkins Medicine

By: Loyal Al Khatib

To enhance the quality of Johns Hopkins Aramco Healthcare's clinical care in an environment of growth and learning, Johns Hopkins Aramco Healthcare (JHAH) regularly hosts distinguished faculty members from multiple specialties. While visiting, these eminent clinicians deliver grand rounds, participate in clinic consultations with their JHAH counterparts, mentor JHAH staff and host community outreach education events such as the Community Outreach Lecture series.

In March 2016, JHAH was proud to welcome and host Dr. David Valle. Dr. Valle is a Henry J. Knott Professor, director of the Institute of Genetic Medicine and professor of pediatrics and ophthalmology at the Johns Hopkins School of Medicine. He also serves as a geneticist for the Johns Hopkins Children's Center and is board-certified by the American Board of Medical Genetics in clinical molecular genetics, clinical biochemical genetics, clinical genetics and pediatrics.

Visiting JHAH between March 20-22, Dr. Valle was given an overview of genetic services at JHAH and took part in clinical visits and consultations, while also meeting with JHAH Geneticist, Dr. Nouriya Sanaa, and pediatric neurologists.

On Monday, March 21, Dr. Valle presented a grand round “The search for the Mendelian Disease Genes: Opportunities Afforded, Lessons Learned” to more than 250 of the JHAH staff at the Dhahran Health Center Auditorium. During his visit, Dr. Valle also met with JHAH's Chief of Staff (COS) Dr. Daniele Rigamonti, Deputy Chief of Staff Dr. Muhammad A. Chaudhry, and Senior Neurologist and Senior Medical Advisor, Dr. Ramzi Banda.



Dr. Valle was also introduced to the Oncology team at JHAH which included: Drs. Nafeesa Faris, Riyadh Daabil, Samer Abushullaih, Adel Khatti, and Basil Abushullaih, along with Dr. Malika Farraj from the Feto-maternal group.

The afternoon saw Dr. Valle present the Community Outreach Lecture "Genetics and the Future of Medicine" to the Saudi Aramco community and JHAH staff in the Dhahran Health Center Auditorium.

The Community Outreach Lecture series is a JHAH initiative designed as an ongoing series to enhance the wellbeing of the community and raise health awareness through high level Johns Hopkins Medicine distinguished faculty presentations.

More than 50 people learned about developments in genetic research and medicine. During his talk, Dr. Valle touched upon the direction medicine is heading in the future, where we will be able to better interpret genetic information with the enhanced skills and knowledge that develop due to the advancements achieved in that field. These advancements will also contribute to rapid improvements in drug design and the creation of individualized medicine with a focus on preventive strategies.



David Lee Valle, M.D.

Director, Institute of Genetic Medicine,
Johns Hopkins Hospital
Professor of Pediatrics, Johns Hopkins University

Dr. David Valle is the director of the Institute of Genetic Medicine and professor of pediatrics and ophthalmology at the Johns Hopkins School of Medicine. He also serves as a geneticist for the Johns Hopkins Children's Center and is board-certified by the American Board of Medical Genetics in clinical molecular genetics, clinical biochemical genetics, clinical genetics and pediatrics.

Dr. Valle holds a bachelor's degree and medical degree from Duke University. He completed a pediatric residency at Johns Hopkins University before joining the Johns Hopkins faculty.

He is interested in the genetic contributions to health and disease. He is the founding director of the Johns Hopkins Center for Inherited Disease Research. Over the years, his laboratory has discovered the genetic causation for more than 20 diseases, including those responsible for inborn errors of metabolism, inherited retinal degeneration, disorders of cellular organelle biogenesis and genetic variations that contribute risk for common disorders such as schizophrenia.

Dr. Valle also serves as director of the Predoctoral Training Program in Human Genetics, as well as co-director of the Genes to Society program. He was a 2014 recipient of the annual Victor A. McKusick Leadership Award from the American Society of Human Genetics, which recognizes individuals whose professional achievements have fostered and enriched the development of human genetics as well as its assimilation into the broader context of science, medicine and health.

Alzcast.org Aims to Catch Dementia Earlier



A free online assessment evaluates dementia risk in as little as 10 minutes using a questionnaire and a brief memory test. Alzcast.org is meant to educate the public and encourage high-risk individuals to follow up with clinical assessments.

"If we can identify people who have Alzheimer's brewing before they have symptoms, we can treat the disease sooner," says Jason Brandt, director of The Johns Hopkins Hospital's Division of Medical Psychology and creator of the assessment. "If we could delay the onset of symptoms by five years, we could reduce the number of people with Alzheimer's by half."

The anonymous questionnaire gathers information about risk factors, including age, family history, physical health and lifestyle. The brief memory test evaluates a person's ability to learn new word pairs.

Test takers receive feedback from the assessment, including a comparison of their memory test score to others of the same age and gender, information on the likelihood that the individual will develop an illness that causes dementia, and personalized suggestions for maintaining brain health.

After launching the assessment with grant funding in 2009, Brandt completed studies to see how its results compared to diagnoses based on brain imaging, bloodwork, cognitive tests, and neurologic and psychiatric exams. He found people diagnosed with dementia through a clinical evaluation scored lowest on the memory test. Those with mild cognitive impairment scored between patients with dementia and those without any impairment.

In 2015, Brandt launched an updated version of the assessment, which includes additional risk factors, such as smoking and alcohol consumption. He hopes to conduct a long-term study of people who take the test, a number that has already surpassed 10,000.



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M E D I C I N E

This article was originally published in the January/February 2016 issue of Insight by Johns Hopkins Medicine. Read the current issue of Insight at hopkinsmedicine.org/insight.

JHAH Healthy Recipe

Mujadarra

Mujadarra is made of rice and brown lentils. It is a delicious, nutritious and healthy dish that rich in fiber, vitamins and minerals. It can be served as a main or a side dish.

Ingredients (6 Servings):

- 1½ cups rice, uncooked
- 1 cup lentils, dried
- 1 onion, chopped
- 2 tablespoons parsley, chopped
- 2 tablespoons canola oil
- 4 cups water

Preparation

- In a sauce pan, sauté the onion in canola oil until browned.
- Add the rice and mix well.

- Boil the lentils separately until tender.
- Add the cooked lentils and water to the rice. Cook until the rice become tender. Garnish it with sautéed onions and chopped parsley.

Serve with salad and low fat or nonfat yogurt or laban to make it more balanced and nutritious.

Fat and Calorie Content

- Calories per serving: 230 calories
- Fat per serving: 5 grams

Health Message:

Mujadarra is appropriate for people with heart disease. In addition it is a healthy dish for children, pregnant and lactating women and seniors. Diabetes patients can consume it considering that 1 cup = 1 serving carbohydrate. It is not recommended to be served for babies below one year of age or people with chewing or swallowing difficulties.



Colon Cancer Questions and Answers

If detected early, colon cancer is a curable disease.



What is the colon?

The colon is a muscular tube that extracts water and propels the waste products of digestion from the right to the left side of the abdomen where they are stored prior to excretion. The colon averages 1 meter in length and starts from the end of the small intestine on the right side of the abdomen, passes under the liver and then across the abdomen before turning down to the left side of the abdomen and ending at the rectum and anus.

How common is colon cancer?

- **In Men:** Colon cancer is the most common cause of cancer-related death in Saudi Arabia.
- **In Women:** Colon cancer is the most common cause of cancer-related death in Saudi Arabia.

Although the cause is not known, diet, lifestyle, the environment and genes play a role.

What are the symptoms of colon cancer?

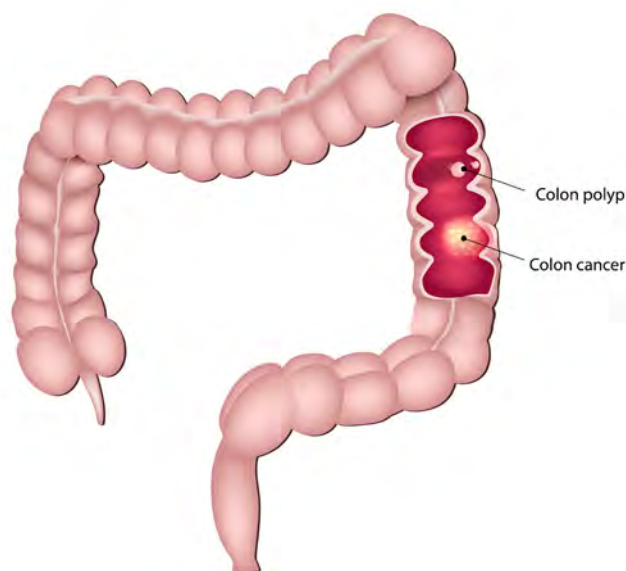
- NO SYMPTOM is the most common symptom.
 - As a result, diagnosis often comes late. This is why regular screening is so important.
- Bright red bleeding with bowel movements
- Iron deficiency (anemia)
- Change in bowel habits (diarrhea or constipation lasting longer than 2 weeks)
- Abdominal cramps
- Unintentional weight loss
- Complete or partial inability to pass gas or stool (a blockage or bowel obstruction) associated with pain and bloating.

What increases my risk of colon cancer?

- Over 50 years of age is the biggest risk factor
- Obesity
- Smoking
- Sedentary lifestyle
- Close relative with colon cancer under the age of 50
- Diet high in animal fat
- Diet low in vegetables, fruit and fiber
- Long standing Inflammatory bowel disease affecting the colon (Crohn's disease or ulcerative colitis)
- Family predisposition to colon cancer; however, most cancer diagnoses have NO prior affected family members.

How does colon cancer develop?

- Most colon cancers develop from small growths or polyps in the colon that over time increase in size and become cancerous. This is referred to as the adenoma-carcinoma sequence.
- Polyps develop in 2 out of every 5 people once they are 50 years old.



How can I reduce my risk of colon cancer?

- Have a colonoscopy at age 50. Talk to your physician about how often you should have one after that.
- A single colonoscopy exam can remove small polyps from the colon to prevent them from growing larger and turning cancerous.

How is a colonoscopy performed?

- The day before the exam you are given a clear liquid diet and an oral laxative that will remove most of the stool from the colon.
- Sedation is administered to relax you. A colonoscope is inserted from the anal opening to carefully inspect the inside of your colon and at the same identify and remove polyps.
- The procedure is safe and has minimal risk.

What if I have polyps?

- If a larger polyp or multiple polyps are removed, your physician may order another colonoscopy within a year.
- If you tend to form polyps, you may need to repeat a colonoscopy every 3-5 years, depending on size, site and personal risk factors.

What if cancer is found?

if diagnosed and detected in a timely fashion, Colon cancer is a curable disease.

- Care requires close coordination between your gastroenterologist, surgeon and oncologist.
- The stage depends on where the colon cancer is located.
- Depending on the location of the tumor, surgery, chemotherapy and/or radiation followed by surgery after a short recovery period may be required.

Will I require a bag?

Rarely. Most colon and low rectal cancers are removed without the need for permanent bags or colostomies. If the colon is reconnected very close to the anal opening, a temporary stoma may be necessary for a short 4-6 week period.

How painful is the surgery?

- Most colon and rectal cancers can be removed laparoscopically using small incisions with less pain and a faster return to regular diet and normal activity.
- How will my bowels work after surgery?
- The colon rapidly adapts and although there may be a slight change in bowel function, this gradually normalizes over time.
- For certain disorders the entire colon can be safely removed creating a reservoir of small intestine (pouch procedure).



Dr. Rizwan Ahmad, MBChB

Consultant Colon & Rectal Surgeon
Department of Surgery
Johns Hopkins Aramco Healthcare

Education/Professional Degrees:

- Medical School: University of Glasgow, UK 1998
- Surgical Training: West of Scotland, UK 1999-2002
- Member of the Royal College of Surgeons (Glasgow), UK 2000
- General Surgery Residency: University of Illinois at Chicago, USA 2002-2007
- Colon and Rectal Surgery Fellowship: University of Texas Southwestern Parkland/Presbyterian Group Hospitals, Dallas, USA 2007-2008
- Diplomate of the American Board of Surgery, 2008
- Diplomate of the American Board of Colon and Rectal Surgery, 2009
- Member of the American Board of Colon and Rectal Surgery, 2015

Professional Experience:

- Consultant Surgeon, Chicago USA, 2008-2012
- Consultant Colon and Rectal Surgeon, SAMSO/JHAH, 2012-Present

Personal quote:

"It is important to understand and be guided through all the options available to make well informed decisions about your treatment."

Meet Amal Al Ahmree

JHAH Nursing Recruitment Coordinator



Amal Al Ahmree is a nursing recruitment coordinator at Johns Hopkins Aramco Healthcare (JHAH) in Dhahran. Her passion for nursing shines through her bright smile, energetic voice and contagious laugh. "When it comes to nursing, I can't stop talking. I love what I do," she exclaims.

Amal discovered her career when she entered college in 1995, but she almost chose another path. "In high school, I thought I would be a teacher. It suited my personality. I love science, so I planned to study biology or something else, then teach," she says.

Her uncle, to whom she was close, suggested another option – studying a medical field at King Faisal University, now University of Dammam. When she replied she didn't want to be a doctor, he suggested she go anyway to see what they had to offer her.

She first applied to a local college and was accepted on the spot. But she chose not to attend because it didn't feel right for her. The next week she applied to King Faisal University, where they offered majors in medicine, medical laboratory and nursing. She thought, "Seven years studying medicine, no thank you. Laboratory, I'll just be in one corner of the hospital. Well, I'll try nursing."

She hasn't looked back since. "Every day I spent in that school, I said thanks to God I didn't make a mistake and go in a different direction. I love nursing, I enjoy studying, being with different friends, coming to the hospital, seeing patients, and working with other nationalities."

In 1998, she was selected as one of the first four Saudi Aramco College Degree Program for Non-Employees CCDPN) interns. When she graduated a year later, she and a handful of others accepted jobs at the company's Dhahran hospital. "We worked very hard to prove Saudi nurses can do it. We didn't call in sick. we would come to work no matter what," she recalls.

Over the years, she continued to develop professionally by earning advanced degrees and certificates, attending courses and workshops, and presenting at conferences. In 2006 she was one of the first Saudi female nurses to be promoted to a nursing management role.

"I don't do clinical work now, but still my heart is there. I visit friends and colleagues and I wish to be with the patients, to be honest with you," she says. "But I love it here in that I'm going to recruitment workshops, selecting candidates and getting them started in their new careers. So this is really exciting for me."

She makes sure candidates understand JHAH's rigorous standards and high expectations for medical staff. "When I interview applicants, I'm tough and honest with them. I want to select the best and I want them to know they'll be working side by side with top professionals from around the world."

In 2015, she was accepted to Saudi Arabia's first doctoral nursing program, developed by JHAH and Johns Hopkins University School of Nursing (JHSON) in Baltimore, Maryland. The Doctor of Nursing Practice (DNP) degree prepares clinical nurses to be leaders, executives and role models. Students also learn evidence-based practices that research shows can improve the lives of patients, their families and communities.

Her doctoral research project will focus on retention of Saudi female nurses and how to keep them in the workplace. "Almost 30 percent of nurses who train for their internship leave after a couple of years. And they leave for many reasons," she says.

Having the support of family and friends is a major factor, she says. Amal's parents encouraged her and her six brothers and sisters to pursue their dreams. A sister is a nurse in Saudi Arabia, another graduated with a master's degree in computer science in December, and a brother is studying to be a medical technician. Amal's husband, a businessman, also supports her career and partners with her to raise their two sons, ages 7 and 3.

In recent years, she has seen positive changes for women in the workforce. With the joint venture between Johns Hopkins International and Saudi Aramco, she sees even more career opportunities for Saudi female nurses as clinical nurse specialists, managers, and charge nurses.

"I'm so optimistic about what's coming and I see a very good future. It's good to bring the Johns Hopkins name to Saudi Arabia. I want the next generation to continue our success, I want them to paint a good picture and to show they can do it as well. And they will," she says with a smile.



Career Highlights

- **1998:** One of Saudi Aramco's first female Saudi nurse interns
- **1999:** Bachelor of Science in Nursing, King Faisal University, Dammam
- **1999:** Hired as a staff nurse by Saudi Aramco, working in surgical and intensive care units
- **2006:** First of several promotions to management roles
- **2003:** Postgraduate Certificate, Critical Care Nursing & Nursing Research, American University of Beirut
- **2004:** Postgraduate Diploma, Leadership & Management, King Faisal Specialist Hospital, Riyadh
- **2012:** Master of Science, Advanced Nursing Practice, University of Nottingham, UK
- **2015:** Doctorate of Nursing Practice candidate, Johns Hopkins University School of Nursing, Dhahran & Baltimore, Maryland

Meet Emma Daza

JHAH Wound Ostomy Care Nurse Specialist



Emma Daza loves to walk, and she's taken some unusual paths during her career as a wound ostomy care nurse specialist at Johns Hopkins Aramco Healthcare (JHAH). The directions she's chosen have enabled her to develop knowledge and skills that benefit her patients and their families.

Emma works with patients who have complicated wounds, such as pressure ulcers, diabetic foot ulcers, surgical wounds and other chronic wounds. She also advises patients who have colostomies and other stoma surgeries that affect their bowel and urinary tract functions.

"I am passionate about what I do and I love it, especially when I see patients who are satisfied and doing well in their recovery," she says. "When I started with this specialty, I learned there is a lot of stigma about this kind of surgery. That made me even more determined because patients need someone positive who can assist them in their recovery."

Emma is a valued advisor and resource for her medical colleagues, too. "I provide recommendations to surgeons and other clinicians on wound care plans and the best approaches to caring for their patients' wounds," she says.

Emma grew up in the Philippines and entered college as a business major, but switched to nursing her second year.

"Becoming a nurse just came to me, I don't know why," she says. "I don't have any regrets, this has been a good career path for me."

After working briefly in her home country, Emma decided to move to Saudi Arabia in 1992. Her first job was staff nurse at King Fahad Hospital in Al Baha. Four years later, she transferred to King Fahad Military Medical Complex in Dhahran.

In 2000 she joined Saudi Aramco's Dhahran hospital. There she worked with an American nurse who became a friend and role model. "I was fascinated by how good she is as a wound ostomy care specialist. I witnessed how knowledgeable and confident she is in what she does. I said to myself, how can I be like her professionally?" Emma says.

Emma's mentor encouraged her to pursue the wound ostomy specialty and become board certified. "When I have a new work assignment, I want to gain background knowledge about the place and the task. I borrow books from the library, read and research the topic. I think she saw that interest in me and she asked me if I want to be a wound ostomy nurse specialist," she says.

Emma jumped at the opportunity. First she took an online certification prep course offered by an American university. Emma's mentor provided support and guidance during the specialty course, even inviting Emma to use her home computer for classes at 3 a.m.

"She said, 'Emma, I want you to take the certification board, but you cannot do that without the knowledge and skills. I'm here to help and mentor you.' With her guidance, I passed the certification exam and received my specialty license in Saudi Arabia," Emma says.

Later she began exploring options for getting a master's degree. There were no graduate programs in kingdom. As an expat, she didn't qualify for financial scholarships and she couldn't afford to go abroad. So she turned to the internet, where she found an online master's degree program in her field at Walden University in Minneapolis.

Opportunity came again just three years later, when Emma was invited to apply to Saudi Arabia's first doctoral nursing program, developed by JHAH and Johns Hopkins University School of Nursing (JHSON) in Baltimore, Maryland. "My

senior nursing supervisor and chief of surgical nursing at that time knew I would like to get a doctor's degree and nominated me for the program," Emma says.

She is one of five expatriate nurses in the program's first cohort of 13 students. The doctor of nursing practice (DNP) degree prepares them to be leaders, executives and role models. They also learn evidence-based practices that research shows can improve the lives of patients, their families and communities.

Her capstone research project, a graduation requirement, will identify holistic, culturally appropriate ways to assist Muslim patients who have an ostomy or stoma after surgery. She says existing studies focus on western culture, with little or no research on Muslim patients. "In the Islamic religion, obligatory prayers are the most central act of worship and are performed five times a day. Before offering prayer, Muslims must wash some parts of the body to maintain spiritual and physical cleanliness and purity. So having a stoma might have a big psychological effect on patients and their family because they may feel unclean," she says.

Like 90 percent of her patients, Emma is a Muslim and speaks a bit of Arabic so she can observe firsthand the challenges her patients and their families experience before and after surgery. She will research how best to prepare them psychologically and help them manage afterward.

"My focus is not only the patient, but the family members as well – Saudi culture has close family ties and most family members live in one house, so you must include them in your psychological preparation and teaching," she says.

Between school and work, Emma may have to skip her annual trips home for awhile. In the meantime, her favorite activity when she's not working is walking. "It's my stress-relieving thing, and it's good for me. I also like being with my friends and having fun," she says with a laugh.



Career Highlights

- **1991:** Bachelor of Science in Nursing, De Ocampo Memorial College, Manila
- **1992:** Moved to Al Baha, Saudi Arabia to work as a staff nurse
- **2000:** Joined Saudi Aramco and was promoted to her current role in 2006
- **2007:** Wound, Ostomy, Continence Certification Program, Metropolitan State University, Minneapolis
- **2008:** Co-developed the first of several patient education materials about her specialty in English and Arabic
- **2011:** Master of Science in Nursing – Education, Walden University, Minneapolis
- **2015:** Doctor of Nurse Practitioner candidate, Johns Hopkins University School of Nursing, Dhahran & Baltimore, Maryland

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Your Health ... Our Commitment

Ask the Expert

Macular Degeneration: Prevention, Early Detection Key for Older Adults

Good vision: It's something that many take for granted. For a growing number of older people, however, their good vision is being threatened by a disease called macular degeneration.

Dr. S.M. Sastry – chairman of ophthalmology at Suburban Hospital, a member of Johns Hopkins Medicine, talks about macular degeneration and what you need to know to protect your vision.

What is macular degeneration?

Age-related macular degeneration (AMD) is the leading cause of new cases of blindness in patients over 60 years of age. It is a degenerative disease of the macula, which is the central part of the retina and affects the central vision.

Does macular degeneration cause total blindness?

No. Macular degeneration normally affects only your central vision, not your peripheral vision. This means that it usually doesn't cause total blindness. Because the central vision is affected, however, you may eventually experience difficulty with activities such as reading, driving, and recognizing people's faces. This can greatly affect your quality of life.

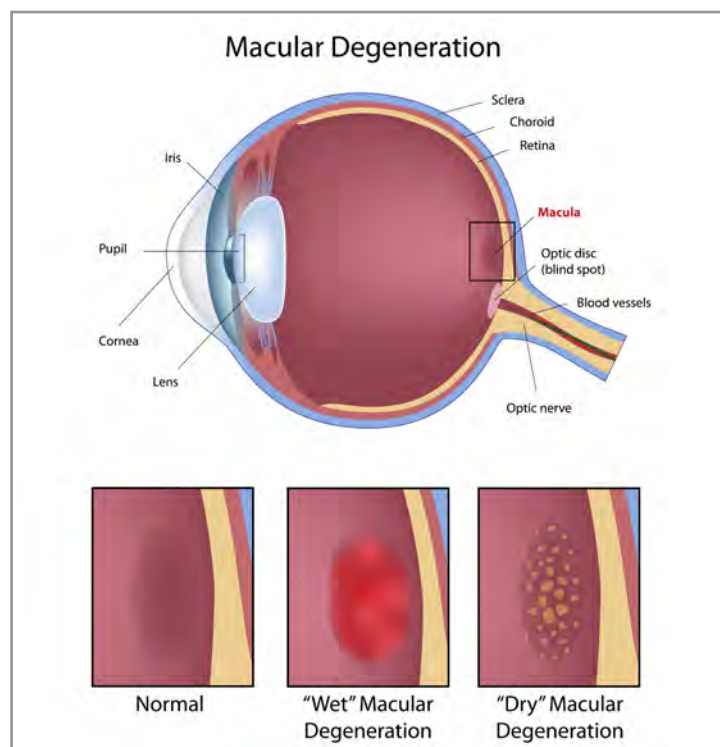
Are there different forms of AMD?

Yes, there are two forms of macular degeneration: dry AMD and wet AMD. Nearly 90 percent of patients suffering from AMD have dry AMD. With dry AMD, yellow-white deposits called drusen accumulate in the deep macula of the eye. This leads to interference in the function of the photoreceptors responsible for processing light coming into the eye, which in turn causes a decrease in vision. In its most advanced stage, dry AMD can result in significant central vision loss.

While most cases of dry AMD remain in the dry form, approximately 10 percent of cases progress to the more severe form called wet AMD. With wet AMD, abnormal choroidal vessels leak fluid, or rupture and bleed, causing severe and often permanent central visual loss.

What are the risk factors for AMD?

The greatest risk factor for AMD is age. That's why it is so important for anyone over the age of 65 to see an ophthalmologist for regular retinal exams. Other possible risk factors include smoking, UV exposure, hypertension and family history. While some of these risk factors cannot be controlled, things like smoking, sun exposure and hypertension can.



What can I do to decrease my chances of getting AMD?

There is increasing evidence that what's healthy for your heart is healthy for your eyes. This means that it's important not to smoke, to keep your cholesterol levels within healthy ranges and to control your blood pressure. Additionally, it's important to protect your eyes from sun damage. The cumulative effects of sun exposure begin when we are young, so always wear sunglasses and a hat when outside. It's also important to maintain a healthy diet that includes green leafy vegetables such as spinach, collard greens, kale and broccoli.

What are the symptoms of dry and wet AMD?

Because AMD occurs without pain, the first symptoms that people usually notice involve changes in vision. With dry AMD, you may notice that you need more light to read, that your vision is slightly blurry and that you don't recognize faces. While dry AMD usually affects both eyes, you may notice these vision changes in only one eye.



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About Dr. Sastry

Dr. S.M. Sastry is a board-certified, fellowship-trained ophthalmologist specializing in retina, macula, vitreous diseases, and surgery. He has been selected as one of "America's Top Ophthalmologists" and serves as chairman of ophthalmology at Suburban Hospital, a member of the Johns Hopkins Medicine. He has a special interest in the treatment of macular degeneration and diabetic retinopathy and has performed several thousand retina procedures. Dr. Sastry received his medical degree in India in 1989 and a master's degree in public health from Harvard University in 1990. He completed a staff fellowship at the National Eye Institute (NIH) and a two-year vitreoretinal fellowship at the University of Washington.



With wet AMD, you may notice that straight lines appear wavy. The loss of central vision can occur quickly with wet AMD, making it all the more important to be aware of any changes in vision and to seek medical help quickly if any changes occur.

How is AMD diagnosed?

Because the first symptoms that are noticed with AMD are changes in vision, it's best to see an ophthalmologist immediately if you suspect a change in your eyesight, especially a change in your central vision. Your ophthalmologist will utilize a number of tools as part of a comprehensive eye exam.

If you have already been diagnosed with dry AMD, you can evaluate your eyes on a daily basis, monitoring them for signs of wet AMD, by using something called an Amsler grid. You can request this grid from your eye doctor.

Are there any new treatments or possible cures for AMD on the horizon?

The most promising research under way involves retina transplantation – the transplantation of healthy cells into a diseased retina. Researchers are also looking at certain anti-inflammatory drugs in the treatment of wet AMD.

This article was originally published by Suburban Hospital, a member of Johns Hopkins Medicine. Read other Ask the Expert columns at http://www.hopkinsmedicine.org/suburban_hospital/about_the_hospital/news_publications/ask_the_expert/.

JHAH Welcomes New Employees

87 Employees Join JHAH in March

Name	Job Title
Hebatulrahman Ahmed AlJelban	Nurse
Sabika Saad AlSubait	OR Schedule Coordinator
Ifeoma Oji	Sr. Nurse Clinician
Corazon Alagao Abogado	Sr. Patient Care Assistant
Jeffrey Francia Chua	Sr. Patient Care Assistant
Mark Anthony Nere Doria	Sr. Patient Care Assistant
Orlene Montoya Garao	Sr. Patient Care Assistant
Standlee D. Liwanag	Sr. Patient Care Assistant
Dyan Grace Ramos Ornedo	Sr. Patient Care Assistant
Mary Joy Aguilar Passi	Sr. Patient Care Assistant
Maria Louise Cowan	Sr. Nurse Clinician
Fahad Ibrahim ALDossary	Medical Receptionist - CC
Edgar I. Hayag	Central Sterile Services Technician
Anita Syal Moore	Chief Population Health Officer
Dana Wafai	Sr. IT Bus Sys Analyst
Haitham Nedal AbdulJabbar	Associate IT Bus Sys Analyst
Safwan Khalil Alharthi	Sr. IT Bus Sys Analyst
Fayez Mohammed AlSalem	Associate Analyst, HER App Co
Saleh Fahad AlMuqbil	Associate Analyst, HER App Co
Nasser shaee AIOtaibi	Associate IT System Analyst - Pln
Screen Hamad AIDakhil	Associate Analyst
Christian Stevens	Information Technology
Mohammed Ismael AlBahkali	Staff Analyst Plng & Prog
Mohammed Khalid AlTurikkem	Environmental Advisor
Abdulrahman Ziyad Sarawi	Medical Office Assistant - Dntl
Abrar Abdullah AIDuzaz	Medical Receptionist - CC
Eman Khalaf Almutairi	Medical Office Assistant - OB/GYN
Eman Saad AlKhatir	Medical Office Assistant
Maisah Nabeel Abeed	Medical Office Assistant - psyc
Meshal Khalid Aldbeis	Medical Office Assistant
Mashari Khalid AlShawan	Medical Office Assistant-Dntl
Mohammad Saud AlBaqawi	Ind. Skills Trainer
Mujahid Saud AlKhalidi	Medical Office Assisnat - EMS
Musaad Salem AlRowaidh	Medical Office Assistant - Dntl
Saleh mohammed Asiri	Medical Office Assistant - Rehab
saleh khalifa almuhaish	Medical Receptionist - CC
Sumayah Saeed Haptr	Medical Office Assistant - Dental
Zohoor abdulrahman Saber	Call Center
Abdullah Alsheraiwi	Medical Controller
Abdullah Saud AlMughrabi	Medical Office Assistant - EMS
Aida Khalifah AlSafran	Medical Office Assistant
Heba Ahmed AlBhair	Respiratory Therapist
Ebraheam Samman	Associate Cache Database Analyst
Mahmoud AlShamrani	Associate IT Systems Analyst

Name	Job Title
Anton Bernard Gnenthiran	Associate IT Bus Sys Analyst
Salman Khalid AlAkeel	Associate Data Analyst
Afnan AlJafari	Medical Receptionist - CC
Fathia AlThawadi	Medical Office Assistant-Pediatric
Hibah AlBuainain	Medical Office Assistant - Rehab
Ibrahim F AIDossary	Medical Office Assistant - Dntl
Jameelah AlShamsi	Medical Office Assistant - OB/GYN
Jasim J AIDossary	Medical Receptionist - CC
Maryam Borjailah	Medical Office Assistant - Surgical
Meshal Saeed AlQahtani	Medical Receptionist - CC
Mohammaed AlHarthi	Medical Office Assistant - Dntl
Mohammed Hassan AlShamsi	Medical Office Assistant - Dntl
Naser AlHajri	Medical Office Assistant - Dental
Noha A AlSharikh	Medical Office Assistant - Dntl
Nouf R AIDossary	Medical Office Assistant - Rehab
Tagreed AlKhalidi	Medical Office Assistant - Dntl
Omar Abdulaziz Bursais	Medical Controller
Turki Ayedh AlQahtani	Medical Office Assistant - Dental
Hamad Ali AlSalem	Medical Office Assistant-EMS
Sultan Ghazi AlZahrani	Medical Office Assistant - Primary
Mohammed Talal AlBohamad	Medical Office Assistant - EMS
Abdullah Ibrahim AlBaAl	Medical Office Assistant - EMS
Saleh Ibrahim Bosbait	Medical Office Assistant - EMS
Essa Saleh AlMejna	Medical Office Assistant - EMS
Abdullah Gazaai AIOtaibi	Medical Office Assistant - EMS
Hmoud Hamad AlRashid	Medical Receptionist - CC
Abdullah Mohammed AlSaleem	Medical Office Assistant - EMS
Bader Ali AlOraifi	Medical Office Assistant - Dntl
Muayad Omar AlSaleh	Medical Office Assistant - Primary
Meshal Khalid AIOtaibi	Medical Office Assistant - EMS
Abdulrahman Khalid AIOtaibi	Medical Office Assistant - EMS
Maram Shukri AlAfaisan	End User Support Tech
Ali Mehdi AlWalah	Medical Office Assistant - Primary
Adnan AlHebshi	Radiation Oncologist
Syed Masroor Hassan	Intervention Radiologist
Dela Cruz, Wilfredo J	Sr Pharmacist
Kharouf, Jawad A	Physician
Khonizy, Wadea M	Rheumatologist
Trabulsi, Fatima M	Radiologist
Khalil, Yousef M	Pediatrician
Harthi, Abdulrahman A	Sr Technologist CSS
Estrella, German A	Physician
Mohammad, Omer M	Supv Clinical Lab

I HEAR YOU

I Hear my Family; I Hear my Friends

By: Layla Gafashat



When I was born, the world was quiet. I could not hear the birds sing or wind blow through the trees. I could barely hear my mother's voice and my father's laughter. Then mama and baba took me to a place they called a hospital. There many people smiled at me, held my hand and looked into my ears. When I got older, my parents took me back for an operation. Another nice person put me to sleep; when I woke, the world was quiet no more.

I know more now than I did back then. I know that the hospital is called Johns Hopkins Aramco Healthcare but I can call it JHAH for short. The doctor told me that because I had some hearing, they were able to place inside my head something called a cochlear implant that helps me process sounds.

I also know that there are other children like me and that we are all special. I met a lot of them recently at a fun day for children with cochlear implants.

On February 27, we went to the Carlton Al Moaibed Hotel for the 'Together for Better Hearing' Fun Day that JHAH arranged. It was a beautiful day with a courtyard so big and full of many colorful toys. I didn't know which one to play with first.

My friends and I played together, laughed and screamed 'no' as our parents shared our stories and latest antics with other parents. Then there were games. We all got really nice prizes and gifts. Mama didn't worry about what I ate; baba said it was because the food was healthy. My stomach did hurt, however, because I laughed too much. Mama said it was a good kind of hurt.



Meet the New JHAH Leadership



Faisal A. Al-Hajji
Chief Operating Officer (COO)

Faisal joins JHAH with a history of rich experiences, as he has managed the Planning and Performance Management Department of Saudi Aramco Upstream, the core business of the world's largest integrated oil and gas company, holding this role since 2012. Al-Hajji's portfolio spans operational and financial target-setting, strategic alignment, and accountability, dealing with annual operating and capital budgets of more than \$25 billion and a workforce of over 20,000.

Al-Hajji also played a key corporate role, working with Finance, Corporate Planning, Corporate Affairs and Human Resources, and has spearheaded optimization projects which have yielded substantial savings in operating and capital expenditure. He has also been instrumental in successfully embedding a performance culture across Upstream, and in the roll-out of a new financial planning and performance management model company-wide across Saudi Aramco.

Prior to this appointment, from 2011, Al-Hajji led Saudi Aramco's 2013-2017 Business Plan work within the Corporate Planning Department. This pivotal role involved analysis, scenario planning, corporate strategy, and evaluating objectives for all company organizations. He worked extensively on the company's petroleum outlook, integrating company-wide data to create detailed future projections. Al-Hajji worked with executive and senior management across the company, as well as the Saudi Aramco Board of Directors.

Faisal held project management and operations roles on the world's largest oil increment - Saudi Aramco's 1.2 million barrels-per-day Khurais development. He was a key player in the increment's successful commissioning and start-up, and subsequently became Superintendent for Engineering, Maintenance and Operations. The Khurais project included long-term overseas assignments in the UK and Korea, leading international teams. Prior to Khurais, Al-Hajji held direct operational roles in oil and gas production, having joined Saudi Aramco in 1998.

He holds a Bachelor of Science degree in Mechanical Engineering from the University of Arizona, USA, and has participated in leadership training programs in areas including strategic management, advanced negotiations, and effective communications and media relations. Al-Hajji attended Saudi Aramco's Advanced Management Program in 2014, and the University of Pennsylvania's Wharton Business School Strategic Leadership and Thinking Program in 2015.

He is a member of the Society of Petroleum Engineers, is married with two children and lives in Dammam, Saudi Arabia.



Moutaz Mashhour

MOUTAZ MASHHOUR

Chief Human Resources Officer (CHRO)

Moutaz has a wealth of experience in Human Resources that he will bring to bear on the task of attracting, recruiting, developing, and retaining the very best talent for JHAH. Moutaz joins JHAH from YASREF: Yanbu Aramco Sinopec Refining Company Ltd., a joint venture between Saudi Aramco and China Petrochemical Corporation (Sinopec); at YASREF he held the position of Vice President Industrial Relations.

In his previous roles within Saudi Aramco, Moutaz was responsible for establishing the HR infrastructure and staffing of King Abdullah University of Science and Technology (KAUST) as the Interim Vice President of Human Resources. Moutaz has also held key leadership roles related to Training and Development, HR policy and recruitment within Saudi Aramco and the Aramco Services Company (ASC) in Houston, which included the hiring of medical personnel.

Moutaz holds a Bachelor's degree in Industrial Management and a Master's degree in Business Administration from King Fahd University of Petroleum and Minerals. He has undertaken certified leadership and executive development from Columbia, Rice, and Georgetown Universities in the US, and completed the University of Minnesota HR Certification program. Moutaz is married, with three children.

ANITA MOORE

Chief Population Health Officer (CPHO)

Anita Moore has been announced as the Chief Population Health Officer (CPHO) for JHAH. This C-Suite position serves as the principal thought leader for population health development and research. Reporting to the CEO, the role's responsibilities include directing and conducting managed care at JHAH's 80+ contracted medical facilities Kingdom-wide.

Speaking about the new role, Anita commented, "My view is that population health is everyone's business. We will need to work together to provide health care services that are provided at the appropriate place, by the appropriate provider, at appropriate time and cost. We also need to take into consideration the social and physical environments that affect our health every day, as we know health influences all that we are and all that we do."

Anita has over 27 years of hands-on experience working in a fast paced health and social services system. Anita joins JHAH from Canada's Manitoba Health, Public Health and Primary Health Division, where she held the position of Executive Director of Public Health.

Throughout her career Anita has developed positive working relationships with different levels of government, agencies, Community Health Advisory committees, resident groups and diverse populations. Her breadth of experience includes a robust working knowledge of intersectoral strategies, service coordination for complex case management, disease management programs, health risk assessment, wellness and lifestyle management strategies, outreach services, health promotion and prevention, community development approaches and understanding the impact of health and social determinants on population health.

Anita's educational background includes three degrees from the University of Manitoba, Canada: Master of Public Administration, Bachelor of Nursing and Bachelor of Arts.



صحتك... غايتنا

Your Health ... Our Commitment

If you are suffering from high cholesterol, maintaining a healthy diet and an active lifestyle can help you reduce and control your cholesterol levels. Follow these lifestyle tips to stay health and lower your cholesterol:

- Limit the amount of sugar and salt added to your food.
- Choose whole grain breads and high fiber foods such as oats, barely, beans, brown rice, strawberries, and peas.
- Eat more fatty fish such as Salmon, Mackerel and Herring all of which contain high amounts of Omega-3 fatty acids that can reduce cholesterol levels and triglycerides.
- Limit saturated fat and trans fat by avoiding fast food, and whole fat dairy products, as well as butter, oils such as coconut and palm oil, and baked goods.
- Choose lean cuts of meat and make sure to trim all visible fats before cooking.
- Consume fruits and vegetables on a daily basis.
- Limit foods that contain cholesterol like egg yolks, organ meats, and whole-milk products.



Selection of Healthy Fat Sources

- Quit smoking.
 - Be physically active and try to participate in at least 30 minutes of exercise on four or more days per week.
- For a more tailored diet plan that fits your needs, please refer to your physician and dietitian.

Caring Profile: Haneen Alabbasi

Educational Background:

- Masters Degree in Healthcare Infection Management, Trinity College (University of Dublin) Dublin, Ireland, 2015.
- Bachelors Degree in Doctor of Pharmacy (Clinical Pharmacy), University of Jordan, Amman, Jordan, 2014.

Current Position:

Pharmacist in Johns Hopkins Aramco Healthcare

Quote:

"Last February was a remarkable period in my life, not only because I officially started my professional career, but also because I started my career at JHAH. Joining JHAH makes me proud and excited about the future. I look forward to providing the highest level of medical support and care for our patients; patient satisfaction and care will always be my top priority.

I intend to take every opportunity to learn from the experienced, talented staff to broaden my knowledge and skills to contribute to the enhancement of medical services provided not only by JHAH but also enhance the entire medical sector of the Kingdom of Saudi Arabia."



JHM Online Seminars

Johns Hopkins Medicine is pleased to offer online seminars throughout the year featuring experts who present the latest information on a variety of health topics. Each seminar is interactive and followed by a Q&A session with the presenter. Each online seminar is live and consists of a 30 minute presentation followed by a 30 minute interactive question-and-answer session with the physician. Enjoy the presentations anywhere in the world, at no cost. An internet connection is required.

<http://www.hopkinsmedicine.org/health/healthseminars/upcoming>

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Like our official JHAH Facebook Page to learn about the latest health awareness news and upcoming events.



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<p>Tuesday April 19 7-8 p.m. EST</p>	<p>Advances in Transcatheter Valve Replacement Cardiac surgeon John Conte, M.D. and cardiologist Jon Resar, M.D.</p>
<p>Wednesday April 27 7-8 p.m. EST</p>	<p>New Endoscopic, Non-Surgical Options for Weight Loss Jump start your weight loss through new endoscopic weight loss therapies.</p>
<p>Tuesday May 3 7-8 p.m. EST</p>	<p>Bloodless Medicine and Surgery: What You Need to Know Dr. Steven Frank, director of the Bloodless Medicine and Surgery Program at Johns Hopkins, and Ish'shah Sherd, clinical nurse coordinator.</p>
<p>Monday May 9 7-8 p.m. EST</p>	<p>Falls and Falls Prevention Join Johns Hopkins neuro-otologist Yuri Agrawal and physiatrist Levan Atanelov as they discuss fall prevention in the aging population.</p>



Johns Hopkins Aramco Healthcare (JHAH)



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Your Contact Information

For us to communicate with you easily, kindly update your contact information to ensure you regularly receive our news.

Please make sure to update your mobile number at reception during your visit to the clinic.



Your Voice Has The Power Of Change

We have partnered with Health.Links / Press Ganey, the leading company in evaluating hospital services, to help us improve.

We ask your cooperation in answering the survey you may receive (via phone or SMS) to evaluate your visit.

Your participation in the survey is optional. All information will kept confidential, and your responses will not be disclosed to caregivers



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Healthy Nutrition Events

April 28	4 - 8 p.m.	King Street Recreation Center
May 3	9 a.m. - 2 p.m.	Primary Care, DHC
May 10	9 a.m. - 2 p.m.	Al-Midra Tower
May 17	9 a.m. - 2 p.m.	Al Hasa Health Center
May 22	9 a.m. - 2 p.m.	Abqaiq Health Center
May 24	9 a.m. - 2 p.m.	Ras Tanura Health Center



Colon Cancer Awareness

May 15	7:30 - 9 a.m.	Dhahran Health Center Auditorium
	9 a.m. - 2 p.m.	Al-Midra Tower AIMujamma
	2:30 - 6 p.m.	Dhahran Health Center Main Lobby
May 16	9 a.m. - 2 p.m.	Al Hasa Health Center
	9 a.m. - 2 p.m.	Abqaiq Health Center
	9 a.m. - 2 p.m.	Ras Tanura Health Center
	9 a.m. - 2 p.m.	'Udhailiyah Health Center

Emergency Numbers: SAVE THESE NUMBERS TO YOUR MOBILE PHONE

- Dhahran and all areas: From a land line inside Saudi Aramco dial 110 for security for ambulance or fire. From outside Saudi Aramco, dial 997 for ambulance and 998 for fire.
- Abqaiq: From your mobile phone inside Abqaiq, dial +966-13-572-0110.
- al-Hasa: Dial 997 for ambulance and 998 for fire.
- Ras Tanura: From your mobile phone inside Ras Tanura, dial +966-13-673-0110.
- 'Udhailiyah: From your mobile phone inside 'Udhailiyah, dial +966-13-576-7110.
- Help with your health care: Contact Patient Relations at PatientRelations@JHAH.com or call 800-305-4444 In Kingdom or +966-13-877-3888 out of Kingdom.
- Urgent health care 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 Call Center 800-305-4444
 - or 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@aramco.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 1st and 3rd Tuesday of the month. To register, email Eman.Mutairi@JHAH.com. You must be 30 weeks or more into your pregnancy. For more information about both programs, visit <http://JHAH > Health Education > Calendar of Health Care Events > Programs>.

- 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>.
- Campaigns and Programs online: <http://JHAH > Health Education > Calendar of Health Care Events>.
- Community Counseling Clinic: <http://JHAH > A-Z Services > Mental Health website>.
- Patient Relations: <http://JHAH > A-Z Services > Patient Relations>.
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- News from Medical Online: <http://JHAH > Announcements: What's New in Medical>.
- Al-Midra Wellness Center offers consultations, lifestyle wellness coaching and health screenings (Mon to Wed 1-3:30 p.m.) and other services including Blood Donations (Mon and Wed 8 a.m. - noon) and Pharmacy (Sun to Thurs 12-4 p.m.). For more information visit <http://JHAH > A-Z Services > Al-Midra Wellness Center>.
- MDF Patients: View the MDF list of contacts and website links on <http://JHAH > Hospitals and Clinics Contacts > MDF>.



Do you need help with a health care service issue?

Email Patient Relations
PatientRelations@JHAH.com



Enhancing the health and wellbeing of people in an environment of learning and advancement of health professions are core to Johns Hopkins Aramco Healthcare (JHAH). One is including in JHAH's mission statement and the other in its vision, and partnering with educational institutions is an important component of that.

In partnership with the Allied Medical College of the University of Dammam, JHAH is currently training a group of 18 nutrition students in the third year of a program designed to transfer classroom learning to actual practice. Once a week for two hours, the students come to JHAH and conduct patient observations, tour facilities, discuss case studies and attend lectures on

"This strategic partnership is designed to enhance the

knowledge and skills of the students in providing nutrition support and to prepare them to contribute to community health and wellbeing," said Ghada Habib, JHAH Supervisor, Medical Nutrition Services. "It will enable them to effectively participate in a multidisciplinary care environment."

"I am impressed with the quality of the University of Dammam students," said Sukaina Al-Faraj, JHAH Clinical Dietitian and coordinator of the Dammam University Program. "They are always well prepared and enthusiastic. They ask a lot of questions, interact well with the speakers and encourage and motivate each other. It's a great group."

This year's program is scheduled to end on May 4 when the students will undergo a comprehensive exam followed by a program graduation ceremony.



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