

Wellbeing

2016

January 2016



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A New Year, A New You
No Better Time than NOW to Quit Smoking

Promoting Health and Wellbeing

January 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:

Salam.Jishi@JHAH.com

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.

Register the personal email addresses of all your family members, and they too will receive the latest JHAH health and wellness news. Email:

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10 KSA

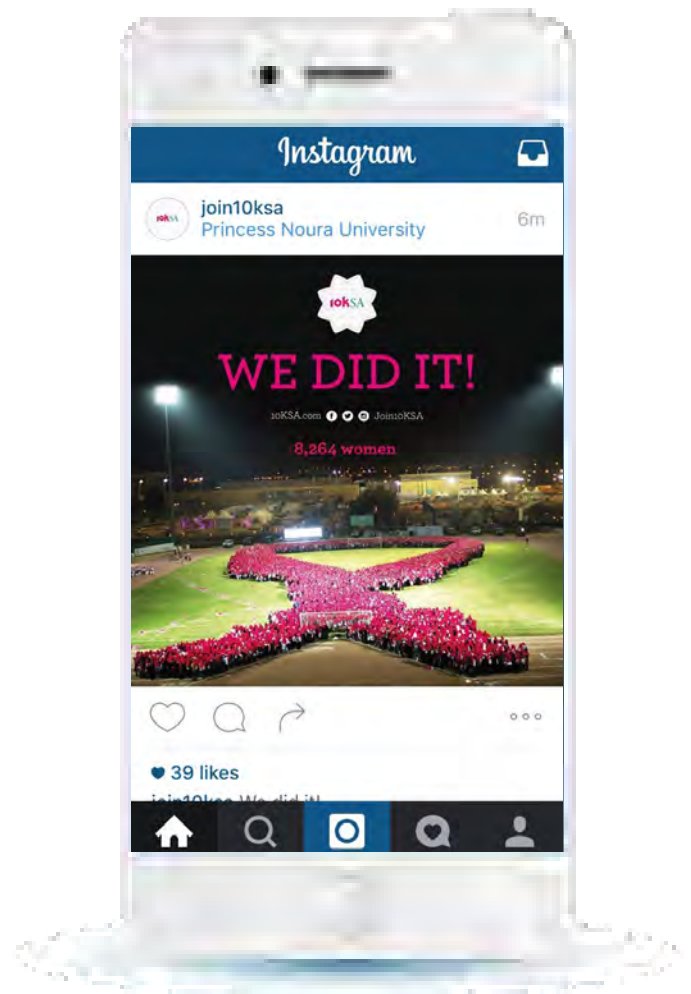
8,264 Saudi Women and the Guinness Book of World Records

December 12, 2015, at an event called the 10 KSA, 8,264 women wore pink scarves, joined hands, sang the national anthem, arranged themselves into the shape of the cancer ribbon and entered the Guinness Book of Records for the largest human pink ribbon.

Due to her involvement with care of breast cancer patients, Dr. Nuha Bukhari, General OB/GYN Physician, Johns Hopkins Aramco Healthcare (JHAH), was invited as an ambassador. "As a health care provider at JHAH, I felt a deep sense of responsibility to attend. I am glad I did," said Dr. Bukhari. "The pride and joy I felt on hearing we had broken the world record was amazing. It is something that I will remember the rest of my life."

Despite breast cancer being the leading cause of cancer deaths amongst women in Saudi Arabia, the disease carries with it a stigma, and there are many social fears when it comes to screening and management of breast cancer. Events such as these allow women to realize they are not alone, and to realize they should receive regular screenings and take care of their health.

The event was led by Princess Reema bint Bandar Al Saud, a founding member of the Zahra Breast Cancer Association, who throughout the event was seen encouraging the women and orchestrating the event, which brought about 8,264 women from all walks of life, including housewives, physicians, students and royalty together to enjoy a day full of activities ranging from fitness classes, healthy eating and encouraging participation in charitable organizations.



A New Year, A New You

No Better Time than NOW to Quit Smoking



Smoking just one cigarette can increase heart rate and blood pressure, decrease blood flow and oxygen absorption in the lungs, and cause a drop in the skin temperature of the fingers and toes. These are just a few of the instant negative effects smoking inflicts on the human body.

The Kingdom has an estimated 6 million smokers. That is six million people who deliberately put their health and the health of those who are around them when they smoke at risk, according to Naqaa, Saudi Arabia's Anti-Smoking Society. Of those six million, seventy-two die every day. Do that math, that is around 26,000 people who die each year from smoking.

According to the World Health Organization (WHO), smoking is the leading cause of PREVENTABLE DEATH worldwide. There is NO Better Time than NOW to Quit Smoking.

Wafa Alazmi, Tobacco Dependence Treatment Specialist & Smoking Cessation Program Team Leader in the JHAH Environmental Compliance Unit, shares with us the effects of smoking, and how you can quit and stay smoke free.

For more information on how to quit smoking visit:

- Johns Hopkins Aramco Healthcare (JHAH): [http://JHAH> Quit Smoking> Smoking Cessation Program](http://JHAH>QuitSmoking>SmokingCessationProgram)
- Smokefree.gov
- Mayo Clinic: [www.mayoclinic.org> Healthy Lifestyle> quit smoking> basics> quit smoking action plan](http://www.mayoclinic.org>HealthyLifestyle>quitSmoking>basics>quitSmokingActionPlan)
- Download these apps onto your cellphone to help you quit smoking
 - Smoke Free
 - KWIT
 - LIVESTRONG My Quit Coach
 - Quit Now

What are the short and long term effects of smoking?

The short term effects of smoking include staining of the teeth and fingernails, an increase in susceptibility to gum disease, diminished sense of smell and taste, bad breath, and odors on your clothes, hair and hands.

The long term effects include an increased risk of developing cancer of the lungs, mouth, larynx, esophagus, kidney, bladder, or pancreas. Smoking also causes lung damage, heart disease, and hypertension.

What happens when you quit smoking?

Within 20 minutes of not smoking, your blood pressure and pulse rate drop to the levels they were before you smoked. After eight hours, the level of carbon monoxide and oxygen in your blood return to normal. Within 72 hours of being smoke-free, your lung capacity increases. After three to five years of not smoking, your risk of heart attack drops to that of a nonsmoker. After a decade, your risk of dying from lung cancer drops to that of a nonsmoker.

What steps can I take if I want to quit smoking?

1. Set a date to quit smoking. This date needs to be realistic, for example at least 1 month from today but not more than 3 months.
2. Detect your triggers: Make a list of what makes you smoke.
3. Define your contingencies: Ask yourself what can I do instead of smoking when faced with these triggers? If you can't think of options, remember the word DARE and think of alternatives starting with the letters D, A, R or E. When faced with a trigger, practice DARE:
 - **«Ds»:** The urge to smoke lasts for 20 minutes. Try to delay smoking by drinking water, doing something else, discussing your urge with a friend, and/or doing deep breathing exercise.

- **«As»:** Avoid smoking triggers. Alter your routine so you do not think of smoking.
 - **«Rs»:** Remember your reasons for quitting i.e., children, parents, spouses etc. Relax, and reward yourself for every day that you do not smoke.
 - **«Es»:** Eat light snacks to keep your hands and mouth busy, and exercise on a regular basis.
4. Develop new habits. When you quit smoking, you are breaking an old habit. The best way break an old habit is by developing new and healthy ones.
 5. Cut down gradually on the amount of tobacco you consume until you reach your quit day.
 6. On your quit day, throw away all your tobacco products and accessories and start your life as a nonsmoker.
 7. If you face withdrawal symptoms, ask a health care specialist about Nicotine Replacement Therapy (NRT). NRT is available in different forms such as the patch, gum or lozenges. NRT gives you low doses of nicotine to sooth your withdrawal symptoms
 8. Avoid situations that will tempt you.
 9. Whenever you get an urge, promise yourself that you won't smoke before you do at least three things on your plan (drink water, do something else, chew gum, etc.). Remember the urge to smoke lasts for about 20 minutes.



Smoking Cessation

Deep Breathing Exercises



Deep breathing exercises are a great way to resist the urge to smoke and are always a great way to exercise the lungs.

Correct deep breathing is done using the belly muscles. The idea is to exhale through your mouth and let your stomach out as far as possible, then inhale through your nose. This allows you to fill and empty your lungs more completely.

Place your hand on your abdomen as you slowly and deeply inhale so you can feel your stomach expanding, much like a balloon. Then, slowly exhale and you will feel your stomach return to normal.

During deep breathing, you should be in a quiet area and concentrate on the clouds or think of or listen to a soothing sound.

Repeat the process until the urge to smoke has passed. The added benefit is that your blood pressure will also come down a bit, and you should feel more relaxed and able to concentrate better on what you were doing.

Smoking Cessation is a process. Be patient and take it one day at a time. Before you know it, you will be smoke free. You'll feel better and save money not buying tobacco products. Those around you will not be exposed to the deadly toxins that smoking releases. It is indeed a win-win situation.

To register for the Smoking Cessation Program, email smokingcessation@JHAH.com or call the Centralized Contact Center 800-305-4444, or contact the JHAH Respiratory Clinic directly at 013-877-8201.

Top Tips to a Healthy Heart

Cardiovascular disease refers to a group of diseases and conditions that affect the structure or function of the heart (e.g., cardiac arrest, heart attack or heart failure) or blood vessels (e.g., high blood pressure, coronary artery disease or stroke). A person may be affected by more than one type of cardiovascular disease.

In 2003, the World Health Report found that there were as many as 16.7 million cases of cardiovascular disease, accounting for approximately 29.2% of global deaths.

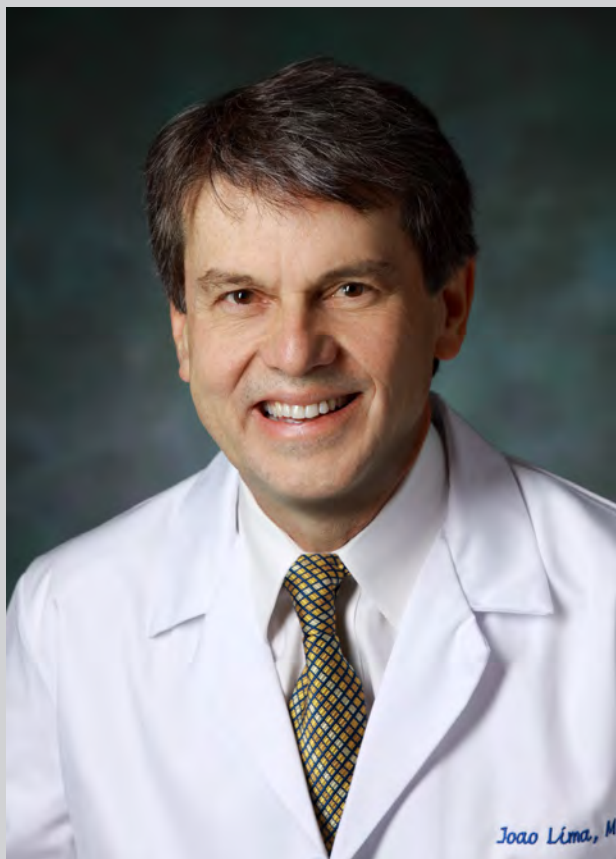
To reduce your risk of heart disease lead a healthy lifestyle and follow these basic tips:

- Eat non-hydrogenated unsaturated fats (especially polyunsaturated fat) instead of saturated and trans-fats.
- Increase consumption of omega-3 fatty acids, available in fish.
- Consume a diet high in fiber, such as fruits, vegetables, nuts and whole grains, and low in refined grains.
- Avoid excessively salty or sugary foods.
- Perform at least 30 minutes of regular moderate physical activity daily.
- Avoid smoking.



Healthy Heart

Q & A with Johns Hopkins Medicine Expert: Dr. Joao Lima



Joao Lima, M.D.

Director of Cardiovascular Imaging, Johns Hopkins Heart and Vascular Institute

Dr. Joao Lima is a professor of medicine, radiology and epidemiology at the Johns Hopkins School of Medicine. His pioneering work in cardiac imaging using advanced MRI, CT and echocardiography has led to noninvasive techniques for predicting cardiovascular disease and calculating its extent, as well as measuring the effectiveness of modern cardiac treatments. He holds numerous patents on devices and methods for cardiac imaging and image-guided therapies.



JOHNS HOPKINS
M E D I C I N E

You recently published an article about the importance of young people paying attention to their blood pressure because of the risk of high-normal blood pressure. Why did you decide to research this topic and how did you define young adults?

Because cardiovascular disease is becoming more and more common, we decided to investigate hypertension and study the risk factors for heart disease in young adults. Our goal was to identify and document levels of risk factors for coronary artery disease and potential causes of these risk factors in young adults. In order to do that, in 1985, we designed a study called Coronary Artery Risk Development in Young Adults (CARDIA). We enrolled 5,115 young adults between the ages of 18 and 30 and followed them for 25 years with rounds of examinations.

Your study found that “normal” blood pressure in people in their 20s, if it is in the upper range of normal, can damage the heart muscles. What would a better definition of “normal” blood pressure be for young adults?

I think for young adults a blood pressure of 120/80 should be the target, nothing greater than that. This is also backed by the Systolic Blood Pressure Intervention Trial (SPRINT), a recently published study in the New England Journal of Medicine. This study randomly compared people with a blood pressure of 120/80 versus people with slightly higher blood pressure and found that those with 120/80 did much better than the other group. That is consistent with what we found through CARDIA and published in the summer. It was validating to see that another team with no ties to us had the same results.

Is the number of young people with high blood pressure increasing? If yes, what are the main reasons?

The answer is yes, it is rapidly increasing in the world, particularly in emerging economies. The issue is twofold: weight gain and access to processed food. As so-called “progress” comes to these economies, people start eating processed foods and gaining weight. Also important to

note, processed foods contain higher amounts of sodium than traditional foods in order to be preserved longer. These two factors are important to explain the high blood pressure increase, especially among young people.

What do you recommend? How can we manage our blood pressure starting in our youth?

There are three things I recommend for young people: maintain a healthy body weight, don't smoke and control the amount of salt you eat. When you are overweight, your heart works harder. Unfortunately, we've seen an increase in women smokers because they may use smoking to control their weight. Don't smoke, I can't stress it enough. There is a direct correlation between smoking and cardiovascular disease. There is also a direct correlation between sodium intake and heart disease. It is a slippery slope: the more salt you eat, the more you crave. Also, with processed foods, people eat enormous amounts of salt without even noticing. These days, one has to do an incredible effort to avoid salt.

Do the symptoms of young people differ from the symptoms of elderly people?

What young people should have in mind is that hypertension is silent, it doesn't have symptoms. In older individuals it may cause more obvious symptoms like stroke and heart failure. Heart attacks may be the first manifestation in young adults. Renal disease or kidney failure in young adults could be an advance manifestation of consistent high blood pressure.

When should a young person consult a doctor?

If the blood pressure reading is consistently high or above 140/90, consult a doctor right away, particularly if you are less than 45 or 50 years old. If the blood pressure is higher than 120/80 but below 140/90, relax and repeat the test. Stress can and will impact blood pressure readings. If the blood pressure is consistently above 120/80 but below 140/90, which is in the high-normal range, consult a doctor. What we found out in our study is that young people with high-normal had a weaker heart when they hit middle age, than those who had normal blood pressure.

How do you diagnose high blood pressure in young people? What is the treatment?

If someone has repeated blood pressure readings of 140/90, that's high blood pressure. Treatment in young people starts with weight loss and a low-sodium diet. If that doesn't work, then one would start taking antihypertensives. Medication usually starts with hydrochlorothiazide or chlorthalidone, which are diuretics that help prevent the body from absorbing too much salt. Calcium channel blockers can also be prescribed. Those work by slowing the movement of calcium into the cells of the heart and blood vessel walls, which makes it easier for the heart to pump and widens blood vessels, resulting in lower blood pressure.

At which age is high blood pressure more common?

As one gets older than 55 years old, high blood pressure becomes more common, but the important thing is to detect it as early as possible. It is important to note that there is a genetic predisposition to high blood pressure. If your parents have high blood pressure, you are at risk.

What are the consequences of high blood pressure?

High blood pressure may damage the arteries, the heart, the brain and the kidneys. Health complications such as aneurism, heart failure, stroke and kidney failure are linked to high blood pressure.

Who suffers more from high blood pressure: young men or young women? Can you give us some figures showing the frequency between men and women?

Both men and women suffer from high blood pressure earlier in life equally. It used to be that more men than women had high blood pressure, but that gap has been closing because of the obesity epidemic. This is now a big problem for young women as well as men. Being overweight in modern times is associated with processed foods. If you are overweight and eat a lot of salt through processed foods, the heart has to work more. That's why the best prevention for high blood pressure is to control weight.

Kidney 1, Tumor 0

A Kingdom 'first' surgery performed at Johns Hopkins Aramco Healthcare



The first surgery in the Kingdom using the latest model of the da Vinci Robotic Surgical System (da Vinci Xi) was performed at Johns Hopkins Aramco Healthcare (JHAH). Actually, on December 14, the first two surgeries were successfully completed, and two more were conducted the next day.

"Today, da Vinci saved a patient's kidney," said Dr. Tareq M. Al-Tartir, JHAH Subspecialist Surgeon in the Urology Group. "Even though the tumor was deep, da Vinci allowed me to view my work closer than I could have with just my eyes and to conduct precise tissue handling, thus allowing the patient to not only keep the kidney but due to the minimally invasive technique, go home within two days."

Dr. Al-Tartir and his team collaborated with Dr. Mohamad Allaf, Professor of Urology, Oncology and Biomedical Engineering at Johns Hopkins School of Medicine (JHSOM) and Director of Minimally Invasive Urology, and his team. "Dr. Al-Tartir and his team did exceptionally well," said Dr. Allaf. "Dr. Al-Tartir is extremely adept at using da Vinci, and his team know their roles and perform them smoothly and effectively. It is a very strong surgical team."

Dr. Michael Johnson, an instructor at JHSOM and Dr. Allaf's robotic surgical assistant, was also impressed. "I did my training at a number of hospitals," said Johnson. "The team here is excellent, and everyone I met seems determined to make it even better." I would say that JHAH is on par with any in the world.



Partners in Excellence

The surgeries were performed under the Performance Elevation Program (PEP). The objective of PEP is to enhance clinical and administrative quality in departments including Medical, Nursing, Quality and Safety, Management and Leadership, and operational efficiency. Through Partners in Excellence activities, such as the PEP, Johns Hopkins Medicine provides a range of educational and research programs that provide new medical and nursing initiatives, leadership training, and quality and safety activities designed to strengthen and extend JHAH's capabilities.

Final Thoughts from JHM Team

"This being my first visit to the Kingdom and to Johns Hopkins Aramco Healthcare, I didn't know what to expect," said Cece Reyes, Lead Robotics Nurse at The Johns Hopkins Hospital. "I really like this hospital. They are very organized and everyone is friendly, enthusiastic, and helpful. I really appreciate having this opportunity to work with the wonderful JHAH team."

After the first day, Allen Forney, Johns Hopkins Hospital Surgery Tech, had already formed his opinion. The JHAH team is really very good," and after 42 years with Johns Hopkins, Forney should know.



Right to Left: Dr. Zakaria Al-Madan, Dr. Tareq Al-Tartir, Dr. Mohamad Allaf, Dr. Said Hassan, Dr. Khalid Al-Taheini, Dr. Michiel Dutoit



Dr. Tareq Al-Tartir

Consultant Urologist/Uro-oncologist and Subspecialist
Surgeon in Robotic Surgery, JHAH

Educational background:

- Bachelor in Medicine and Bachelor in Surgery (MBBS) from King Faisal University, Saudi Arabia, 1997.
- Fellowship of the Royal College of Physicians and Surgeons of Canada in Urology from Dalhousie University, Canada, 2005.
- Fellowship in Urology/Urologic Oncology/Robotic Surgery from Roswell Park Cancer Institute, Buffalo, USA, 2015.

Quote:

Medicine is considered among the most enjoyable, meaningful and noble professions. Since Urology has a fantastic balance of medicine and surgery, it enables me to care for both adults and children and interact with patients from diverse backgrounds. Doing the minimally invasive procedures using the robotic technology allows me to perform complex surgical tasks through tiny incisions; hence patients recover quickly and resume their normal activities. I am passionate about teaching my colleagues this new methodology trying to maximize its benefit.

Medical Ethics: Where Health Meets Morals

Ethical consultations at Johns Hopkins Aramco Healthcare can help when we need to make difficult choices



Consider these scenarios: Your father is on life support. The physician says he is considered brain dead, meaning your father is being kept alive by the machines. Your father left no instructions. The physician's decision is to disconnect the machine.

A test confirms that a teenage boy has contracted a disease that could put him at risk for a communicable and socially unacceptable disease. The physician wants to conduct an additional test; the boy refuses because he does not want his parents to know. For the sake of the patient and others he may come into contact with, the physician is considering whether to approach the parents for consent. Tough decisions for sure.

In cases such as these, two disciplines are key: Medical Science and Medical Ethics. The science of maintaining health and preventing and treating disease is known as medical science. The set of moral principles that apply values and judgments to decision making in medical science is known as medical ethics.

Ethical Consultations at Johns Hopkins Aramco Healthcare

"Medical science and medical ethics must work in harmony," said Dr. Tareq Bonohiyah, Chairman, JHAH Medical Ethics

Committee. "As importantly, the two must also work within the religious, social and cultural framework of the society in which they are practiced." Dr. Bonohiyah recently returned from the UK where he completed a Medical Ethics Fellowship and obtained an advanced degree in Ethics Training and Law. JHAH is taking a leading role in advancing medical ethics in the Kingdom through the efforts of Dr. Bonohiyah and Dr. Khalid Mulla, JHAH Geriatrician, by moving from a committee-based approach, where physicians bring medical issues to a committee, to consultations where a medical ethics consultant goes to a physician. More importantly, the ethics consultant works directly with patients and family members to empower them to make informed decisions with support from their health care providers.

"This is a paradigm shift for Saudi Arabia, away from physicians making decisions to individuals and their families making them, and preferably in advance. "One meaningful area that JHAH is driving forward is advanced directives," said Dr. Mulla. "An advanced directive, sometimes called a living will, is a legal document that an individual develops that provides instructions as to what should be done if he or she becomes unable to make decisions because of illness or incapacity." According to Omar Kasule, Professor of Bioethics, Faculty of Medicine, King Fahad Medical City, advanced directives are considered to be part of Waseah (writing a will) in Sharia law. The necessary forms are currently available in both English and Arabic at JHAH.

Health care is fraught with complex issues, and JHAH stands ready to assist its staff, patients and their families as well as health care providers throughout the Kingdom in making these difficult decisions.

Medical Ethics in a nutshell

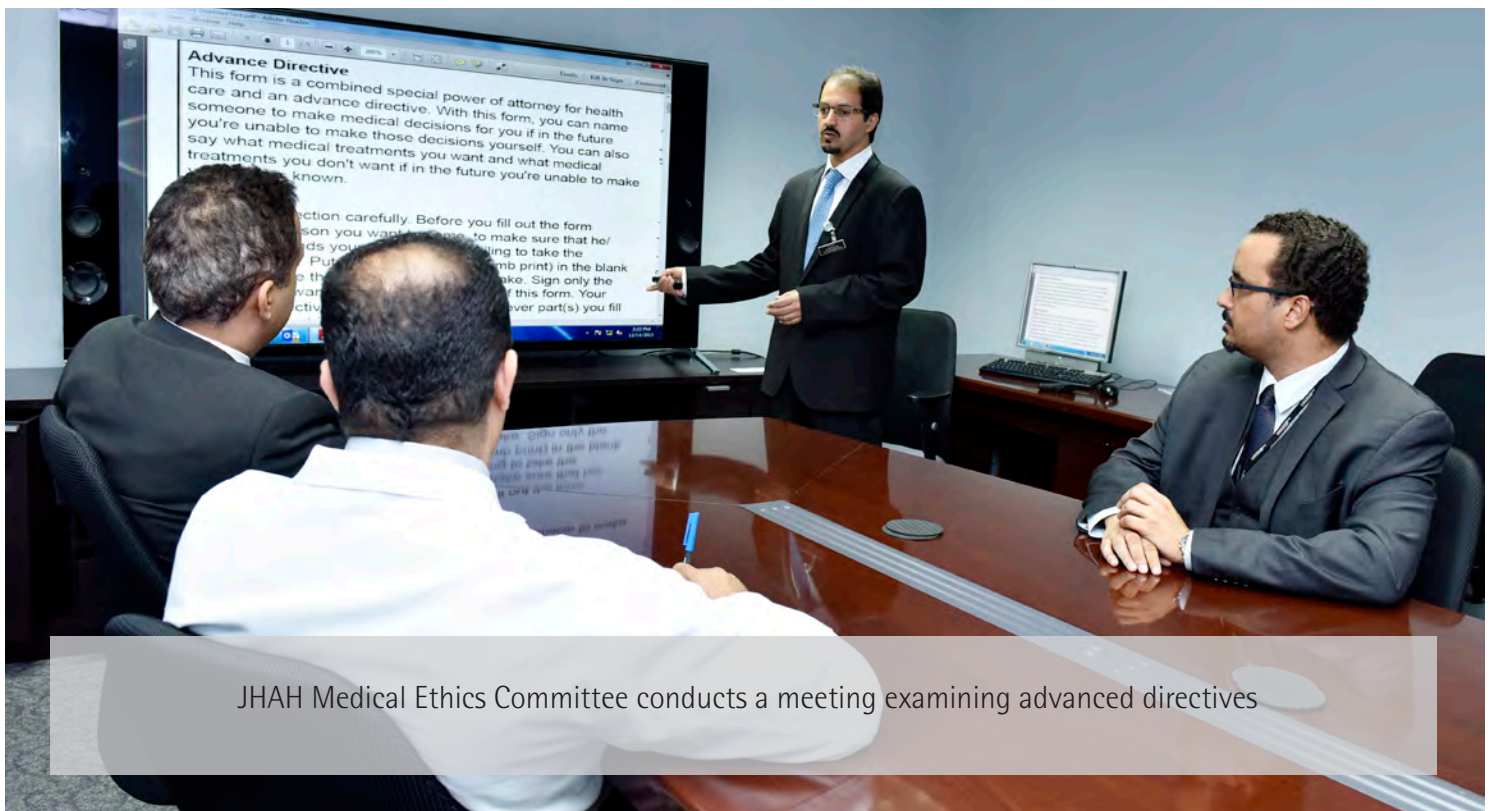
Not infrequently physicians and families have to make decisions that require significant ethical consideration. The only way to deal with such situations is to analyze the problem using some fundamental ethical principles. Medical ethics is a system of moral principles that applies values and judgments to medical practice.

Western medical ethics has its roots in Greek and early Christian teachings but has been significantly informed by Muslim physicians and thinkers such as Ishaq ibn Ali al-Ruhawi, author of *Conduct of a Physician*, the first book dedicated to medical ethics; Ibn Sina (known in the west as Avicenna), author of the *Canon of Medicine*; and Muhammad ibn Zakariya ar-Razi (known as Rhazes in the

west) in addition to many other intellectuals and medical practitioners.

Medical Ethics is based on four core principals.

- **Autonomy:** The right of an individual to determine what is best for him or herself
- **Beneficence:** One must always try to do what is best for the patient
- **Non-Maleficence:** Known most commonly through the phrase "First, do no harm."
- **Justice:** Making the decision as to who receives what treatment



JHAH Medical Ethics Committee conducts a meeting examining advanced directives

Become a Blood Donor

Blood donation can help save lives, in particular during emergency conditions.

Blood is made of cells, water, vitamins, minerals and protein. It transports oxygen and nutrients to all body organs and eliminates wastes.

As well as whole blood, blood can be subdivided into its main components: red cells, white cells, platelets and plasma.

Throughout the year, there is a constant need for all blood types, especially type "O" blood.

If you can help, becoming a blood donor is easy:

- To review the eligibility guidelines, FAQs and to register online, visit the website at <http://jyah> > Donate Blood.
- Call the Dhahran Health Center Blood Bank on 13-877-6638 or 877-6770 during regular work hours.
- After registering, you will be contacted to schedule an appointment.

On behalf of our patients, we extend our utmost gratitude to you for giving the gift of life.

Blood Donation
How to prepare to give blood

Be in good general health and feeling well

Get enough rest before donating blood

Avoid heavy exercise and heavy lifting

Drink enough water

You must not be sick when donating blood

Avoid stress

Avoid smoking

Have a snack prior to donating blood

Avoid foods high in fat

Eat iron-rich foods

Eat protein-rich meals foods

Walk for those with Cancer

Location: Dhahran Hills Duck Pond (Walking Track)

Distance: 1-6 km

Date: Saturday, February 6, 2016

Time: 9 a.m.

Registration and gift distribution at 8:30 a.m.

WE
FIGHT
CANCER
TOGETHER

in collaboration with



AHHC: By the People, For the People

Revitalization of the Al-Hasa Health Center (AHHC) is expected to be complete by the end of this year, and the way that health care is delivered in al-Hasa will never be the same. On January 13, 2016, the change began with the opening of the new combined Emergency Room and Fast Track (Urgent Care) facility, marking a major milestone in the revitalization of the entire health center as all basic utilities are now operational.

"I am excited about the opening of the new Emergency Room in al-Hasa," said John A. Ulatowski, MD, MBA, PhD and Interim Chief Executive Officer, Johns Hopkins Aramco Healthcare. "It is a purpose built facility that incorporates the latest health care design, technology and equipment so our talented health care professionals can provide the best possible care."

The new Emergency Medical Services facility, which was inaugurated on January 13 and began receiving patients on January 16, is directed from a centralized registration area and during the initial examination a patient is directed to either one of the 16 individual treatment areas on the ER side or one of the 6 treatment areas on the Fast Track side. Regardless of which side treats you, the medical team has all of the essential support services (radiology, pharmacy and laboratories) close at hand to expedite treatment, and you as a patient have access to a wide range of specialized treatment areas including pediatric observation areas; an OB/GYN area; a Trauma Wing (with 3 beds); an isolation room; as well as being served by Pyxis, the latest in automated medication dispensing systems designed to reduce medication wait time and error.

The AHHC revitalization project has taken several years to complete due to the extent of the work involved. "We fully gutted the three buildings that comprise AHHC; revitalized 26,000 m²; replaced all of the utilities, including switching over to the Saudi standard 220v electrical system; and scrutinized every detail to ensure patient safety, comfort and quality of care," said Haitham Ruwaily, AHHC Project Lead. "We hired one of the world's leading health center design firms and converted AHHC into a 21st century 80 bed community hospital that can serve 50,000 people."

Geraldine Fraser, EMS Complex Care Lead Nurse, summed it up best for the team. "We have all been directly involved in the project and are excited for our patients. We are not coming into an existing health care facility and trying to make it our own. We have been able to make it our own from the very beginning."

"My first impression was how enthusiastic and excited the al-Hasa Health Center team is about what they do" said Pamela Paulk, President, Johns Hopkins Medicine International. "Regarding the facility, it has clearly been well-thought out, well designed and took patient flow and needs into careful consideration."



A nurse and a pharmacist working in Al Hasa Health Center showing Pamela Paulk, President of Johns Hopkins Medicine International, how Pyxis (Automated Medication Dispensing System) works during her visit to the recently equipped EMS

Safety & Comfort by Design

Going to and working in an Emergency Room can be very stressful, and every effort possible has been made in the Emergency Room of the Al-Hasa Health Center to make it not only efficient for patients but relaxing and comfortable for those who accompany them. "We did everything we could to make the environment friendly for both patients and staff using soothing colors, soft lighting, and lots of space," said Garth Compton, al-Hasa project architect. "In addition, in the waiting areas we used high tech furniture that is antimicrobial, antifungal, flame spread retardant, fire/stain resistant, heavy duty, easy to sanitize and attractive for the safety and comfort of families and friends waiting on loved ones."

مرکز جونز هوبكنز آرامكو الطبي Johns Hopkins Aramco Healthcare



Al-Hasa Health Center Emergency Room Highlights



- Dedicated Ambulance Entrance



- Male & Female Decontamination Areas



- Central Registration for ER and Fast Track



- Spacious, Relaxing Waiting Areas



- Isolation Room



- Private Treatment Areas



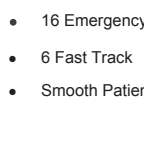
- Specialized Pediatric Observation Rooms



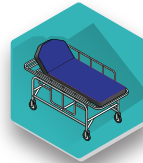
- Dedicated Ob/Gyn Room



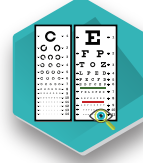
- Dedicated Minor Procedure Room



- 16 Emergency Room
- 6 Fast Track
- Smooth Patient Flow



- Trauma Wing (3 beds)



- Eye Examination Room



- PACS (Picture Archiving & Communication System)



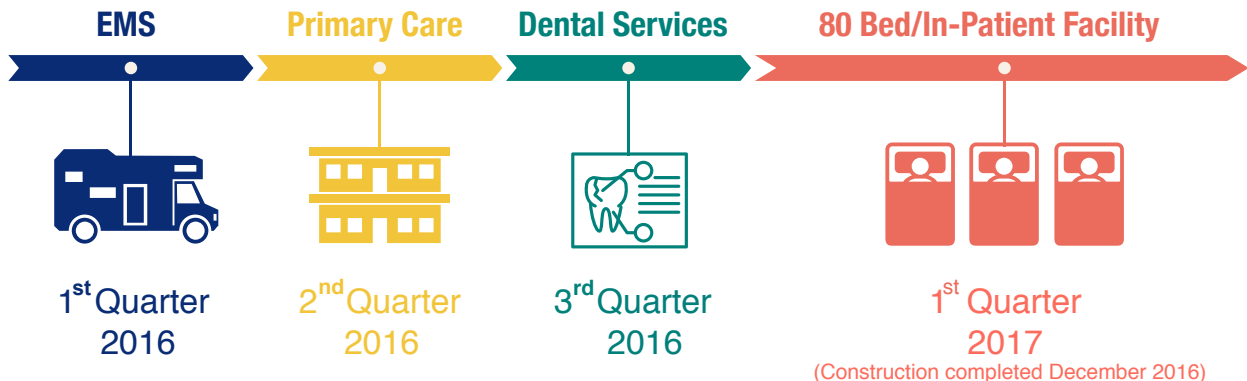
- Cast Room



- Pyxis (Automated Medication Dispensing System)



- Medical Emergency Command and Control Center





Tatiana Mezerhane

JHAH Patient Experience Director

Educational Background

Bachelor of Science in Business and Management from the University of Maryland at College Park, Maryland, U.S.A.

Work History

Joined JHAH in December 2015 as the Patient Experience Director

- Community Services Compliance and Operational Excellence Supervisor, Saudi Aramco, November 2014 – November 2015
- Community Services Customer Care Center Supervisor, Saudi Aramco, January 2011 – November 2014
- Process Improvement Team Leader, Saudi Aramco, October 2009 – January 2011
- Customer Relations Coordinator, Saudi Aramco, May 2005 – October 2009

Quote

"Working in customer service and process improvement for the last 13 years made me realize that the key for an organization to stand-out is to adopt a customer-centric approach. It is all about the experience. I am very happy to be part of this great organization, and I look forward to being part of a team that focuses on patient satisfaction through real-time feedback and through programs that assist in making a difference in patients' experiences."

صحتك
غابتنا

Your Health
Our Commitment

Johns Hopkins Aramco Healthcare Welcomes New Employees

JHAH welcomes 94 employees who joined the organization in November and December 2015.

Name	Profession
Gotera Arlene	Case Management
Tareq Abdulaziz Bu rsais	Dispatch
Abdulrahem A. Bu rsais	Dispatch
Maryam Mohammed Akbar	Health Information Management
Norah Waleed Aldossary	Health Information Management
Mohammed Salem Al Qahtani	HR
Muruj Abdulrahman Abdulkarim	HR
Hizam Mohammed Al Qahtani	IT
Abdullah Saleh Al Qahtani	IT
Sara Abdulaziz Alsubayie	IT
Nouf Fawzi Almuaid	IT
Maha Abdulrahman Al Hashmi	IT
Ahmad Mohammed Agala	Nursing
Saud Obaid Al Shammari	Pharmacy
Luluh Adel Al Mulhem	Pharmacy
Raymond Zurcher	Physician
Mohammad Aref Zurkiyeh	Physician
Dana Ali Bugaighis	Public Relations
Virginia Nagun	Nursing
Salvador Baldo	Respiratory Care
Ahmed Mubarak Aldossary	Call Center
Alaa Ali Alshehri	Call Center
Alanood Shuker Alshuker	Call Center
Badriyah Abdullah Alkhalidi	Call Center
Ohoud Mohammed Al Ali	Call Center
Abdullah Mohammed Alowidan	Call Center
Aisha Khalid Ahamdan	Call Center
Najla Khalid Alshehri	Call Center
Jaman Saeed Al Dossary	Call Center
Rahma Brik Almeshref	Call Center
Khoulod Abdullah Alamri	Dental Services
Roba Yousef Dally	Dentist
Shaima Khalid Belushi	Dietary
Wadhah Majed Al Hazami	Facilities
Eman Abdulhameed Jassas	Health Information Management
Hassan Mohammed Alyami	IT
Fatima Ali Alkhudair	Patient Relations
Tatiana Mansour Mezerhane	Patient Support Services Department
Naweed Hussain	Physician
Mohammed Nasser	Physician
Layla Yousef Algafashat	Public Relations
Asma Faya Alhiyani	Radiology
Mashail Omar Galo	Radiology
Saeeda Mubarak Aldossary	Radiology
Hawazen Bader AL Somali	Radiology
Mohammed Yahya Alhammam	Surgery
Noorah Dhia Al Zuhair	Surgery

Name	Profession
Shaden Alshahrani	Surgery
Fai Hassan Alshamsi	Call Center
Nada Abdullah Alfazaa	Call Center
Reem Nasser Al Naimi	Call Center
Fayzah Mohammed Alghamdi	Call Center
Hind Saad Al Rashid	Call Center
Ahmad Abdulaziz Almadhi	Call Center
Saleh Saud Al Mutairi	Call Center
Issa Ali Aldossary	Call Center
Mashail Abdulaziz Almutairi	Call Center
Hussain Salem Al-Salem	Call Center
Amal Mohammed Almusallam	Call Center
Emad Abdullah Alhussain	Call Center
Mohammed Ibrahim Al Bonayan	Facilities
Khalil Abu Lail	HR
Muath Ibrahim Al Gohani	IT
Abdullah Alaqeel	IT
Nourah Hamad Al Matroodi	IT
Rihab Abdullah Al Ghamdi	IT
Ziad Soussi	Nursing
Angela Estella Wilkins	Nursing
Salah Nashi Al Otaibi	Anesthesia - Physician
Omar Al Koussayer	Radiology - Physician
Jalal Al Alwan	QI
Manal Al Hawas	Radiology
Abdulaziz Al Dolaimi	Radiology
Susan Kennedy	Nursing
Eugenio Taracatac	CSS
Mary McCoy	QI
Abdulaziz Alabidi	ENT - Physician
Daniah Alwsh	Finance
Maryam Alamoodi	Internal Auditing
Doaa Bin Mahfouz	IT
Salem Alshamari	IT
Ahmed Alotaibi	IT
Ruaa Alohal	IT
Hend Al-Hamedi	Lab
Judith Rodney	Medical & Technical Support
Reem Bobsheet	Medical & Technical Support
Chantel Hains	Medical & Technical Support
Ashah Alsaqar	Nursing
Manal Al Dossary	Nursing
Asma Alsultan	Nursing
Mel Egan	Nursing
Rebecca Brodrick	Nursing
Fatima Alhajri	Nursing
Sulaiman Alzubairy	Pharmacy

Decades Passed but Friendships Remained

25, 30 Year Service Award Ceremony



When Alfred Kanagarj, Radiology Technology Supervisor at Johns Hopkins Aramco Healthcare, started at Saudi Aramco Medical Services Organization in 1985, the population of the earth was a bit more than 4.8 billion, Windows 1.0 was being released and The International Exhibition (now the World Expo) was being held in Tsukuba, Japan.

When Alia M. Al-Zar'i, JHAH Senior Staff Nurse in Primary Care joined in 1990, the population of the earth was nearly 5.3 billion (today it is around 7 billion), the Hubble telescope began orbiting the earth.

On Thursday, December 3, 2015, Kanagarj joined his family and Al-Zari' joined her 10 year old son Abdul Qader, and both of them joined their colleagues and friends at the Carlton Al-Moaibed Hotel for the 25-30 Year Service Award Ceremony.

"It is great to be here today to honor these individuals, their careers and accomplishments. Twenty five and thirty years are just one measure of your accomplishment," said John A. Ulatowski, MD, MBA, PhD and Interim Chief Executive Officer, Johns Hopkins Aramco Healthcare. "Every day for 25 to 30 years you changed lives and cared for people. You helped build Saudi Aramco's foundation but also the establishment of our new organization, Johns Hopkins Aramco Healthcare. I want to thank you for being what you are every day to our company and to the people of Saudi Aramco who you care for each day."

Laughter abounded at the ceremony where honorees met colleagues (some who they had met at their orientation day some 25 to 30 years before) or reflected with family and friends about their many years of providing health care in Saudi Arabia. They also added to their photo albums when

they received their service awards by taking photos with their families, friends and Johns Hopkins Aramco Healthcare management.

"I truly want to thank Saudi Arabia and Saudi Aramco as well as Johns Hopkins Aramco Healthcare for allowing me to come and stay for so long," said Kanagarj. "My life and that of my family has benefited greatly, and the work environment allowed me to always remain trained and up to date on the latest in radiological techniques and technologies."

Young Abdul Qader succinctly expressed what seemed to be on everyone's face that day. "I am proud of my mother and am very happy today."

Doing Digital Diminishes Distance

We always hear about information going digital, but we might not always recognize how digitization affects our lives. When Alfred Kanagarj, Radiology Technology Supervisor at Johns Hopkins Aramco Healthcare, began 30 years ago, x-rays were handled manually, meaning the film had to be developed in a dark room, the results typed out and then delivered to the physician. In an emergency situation, this meant that precious minutes were being lost.

Today, due to digital imagery and the Photo Archiving Communication System (PACS), once placed in the system, x-rays are available immediately to physicians throughout the health centers in Dhahran, Ras Tanura, Abqaiq and 'Udhailiyah and can be made available to physicians throughout the world should consultations be required. In addition, retaking images due to exposure to light has been eliminated and exposure to radiation reduced.

In short, digital imagery saves time, and that saves lives.

Driving Patient Safety and Infection Control across the Kingdom

During November, Johns Hopkins Aramco Healthcare conducted Patient Safety and Infection Control seminars on November 1 in Dhahran, November 10 in Jiddah and November 18 in Riyadh.

More than 300 health care workers from twenty-two JHAH network facilities attended and learned the latest on infectious disease, infection control, safety and quality improvement as well as prevention, monitoring, reporting and analysis of Hospital Acquired Infections and Hand Hygiene.

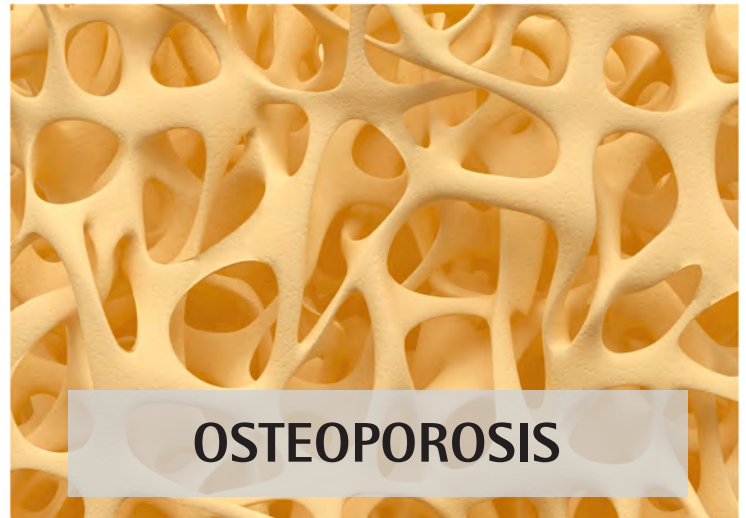
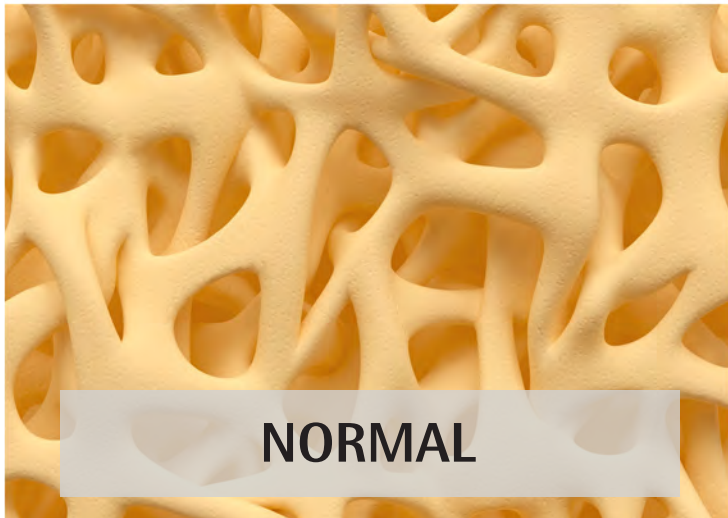
In addition, the 2016 JHAH Key Performance Indicators (KPIs) mandated in its contract with major network facilities were highlighted. KPIs are an essential measurement tool that help to ensure quality of care and the wellbeing of patients.

JHAH has plans to continue working with its partner organizations to develop a common approach to manage the key elements of medical care and to benchmark against available local and international health care organizations.



Brittle Bone Disease: Are You at Risk?

Regardless of age or gender, keeping your bones dense and healthy is a lifelong process that starts from early childhood. It is never too late to begin caring about your bones to avoid them becoming porous and fragile. Caring about your bones can make a difference in their current strength and help you slow the natural weakening process that leaves bones brittle and easy to fracture.



Health Messages

- Invest in your bone health by adopting a healthy lifestyle and eating well-balanced foods. This helps build strong bones and reduces your risk for osteoporosis, which is known as the Brittle Bone Disease.
- Select foods rich in calcium and Vitamin D.
- Exercise regularly and stay active.
- Consume nutritious meals and snacks that are rich in calcium and Vitamin D. It is better to maintain health from an early age; however, it is never too late to begin taking care of your bones.

Nutrition Tips for Bone Health

Importance of Calcium

Calcium is not only important for building and maintaining strong bones, it is also important to keep the heart, muscles and nerves functioning well.

- The daily requirement of calcium for children (4-8 years) is 1000 mg, for adults (20-70 years) is 1000 mg, and after the age of 70 you should consume 1200 mg.
- Dairy products are the best source of calcium.
 - A cup of milk contains about 300 mg, a cup of yogurt contains 400 mg, a cup of pudding contains 300 mg
 - A cup of calcium fortified soy milk contains between 250-300 mg
 - One ounce (30 grams) of Swiss cheese contains 270 mg, one ounce of cheddar cheese contains 200 mg,
- one ounce of mozzarella cheese contains 185 mg
- Three ounces (90 grams) of canned salmon with edible bones contains 200 mg, while the same serving of canned sardines with edible bones contains 270 mg. Tuna contains less calcium than either canned sardines or salmon with edible bones.
- In general, the recommended daily milk requirement is as follows:
 - Three cups per day for children, adolescents up to age 20 years, non-pregnant and non-lactating women
 - Four cups for pregnant and lactating women
 - Three cups for anyone over 70
 - Low fat and non-fat dairy products are preferred to limit your intake of saturated fat and cholesterol.

- Ways to increase calcium include the following:
 - Adding low fat dairy products to meals and snacks
 - Adding low fat cheese, yogurt, sardines or salmon to salads
 - Preparing low fat cheese or labnah sandwiches
 - Making low fat milk pudding or custard topped with nuts
 - Consuming a milkshake or fruit yogurt as a snack
 - Including fortified cereals with your breakfast.
 - The added benefit is that most of these foods are also rich in Vitamin D.
- Excessive consumption of caffeine containing beverages is not good for the bones as caffeine reduces calcium absorption. Moreover, prescription calcium supplements should be taken between meals as calcium can hinder iron absorption if taken with meals.

Importance of Vitamin D (Sunshine Vitamin)

Vitamin D is important to bone health as it helps calcium deposit in the bones. The body produces Vitamin D when sun shines directly on your skin. To enable your body to adequately produce Vitamin D, you need about 20-30 minutes of DIRECT sunlight two to three times per week, without applying sun block. Sun shining in a window does not provide your body with Vitamin D.


Importance of Exercise

Performing regular exercise, especially strength training, benefits the entire body including the bones, heart, brain, muscles, lungs, and kidneys. Strength training includes brisk walking, stair climbing, running, jogging, and weight lifting. Swimming and cycling are excellent for health; however, they are not considered strength training.


Avoiding alcohol and smoking helps keep the bones healthy and reduces the risk of osteoporosis and other serious diseases.

BENEFITS OF CALCIUM


BENEFITS




Helps prevent osteoporosis.




Contributes to a normal heart rhythm.




Reduces the risk of colon cancer.




Keeps bones and teeth healthy.



Helps the nervous system.




Relieves Insomnia.









Helps control weight.


Calcium Needs For One Day





SOURCES


	children 1000 mg
	teens 1300 mg
	adults 1000 mg
	seniors 1200 mg
	pregnant women 1500 mg



BROCCOLI



MILK


SARDINES


ORANGES


CHEESE


WHITE BEANS


TOFU

Chicken & Vegetable Stir Fry

Chicken & Vegetable Stir Fry is a popular dish that is full of flavor, taste and aroma. It is a heart-healthy dish that is rich in protein, vitamins, minerals, fiber and antioxidants.

Ingredients (6 Servings):

- 2 tablespoons corn oil
- 4 chicken breast fillets (600 grams) cut into thin strips
- 1 red capsicum, deseeded, cut into thin strips
- 1 large onion, cut into thin wedges
- 3 mushrooms, sliced
- 1 cup broccoli, cut into florets
- 2 garlic cloves, finely chopped
- One piece ginger, peeled and chopped
- 2 fresh sliced chilies
- 2 tablespoons of low salt soy sauce and 1 tablespoon of oyster sauce
- 1/2 cup bean sprouts

Fat and Calorie Content per Serving:

- Calories: 135
- Fat content: 6 grams (mostly unsaturated)

Preparation:

- Heat a non-stick pan for 1 minute and add oil to coat the pan and heat for an additional minute.
- Add the chicken strips and stir-fry for 2 minutes until the chicken is medium done (golden brown outside).
- Add the onion, capsicum, garlic, chilies and ginger and stir-fry for 2 minutes.
- Add the mushrooms and broccoli and stir-fry for additional 2 minutes.
- Add the soy and oyster sauces and stir for 2 minutes until the chicken and vegetables are coated with the sauces and the vegetables become tender, but are still crisp.
- Remove the pan from the heat, add the bean sprouts and serve the dish with cooked rice or noodles, if desired.



Health Message

Chicken & Vegetable Stir Fry is appropriate for people with heart disease as it is low in cholesterol, saturated fat and trans-fat. It is also a healthy dish for children, pregnant and lactating women and seniors and contains many cancer fighting nutrients. People with diabetes can consume Chicken & Vegetable Stir Fry as it contains a low amount of carbohydrates.

مرکز جونز هوبکنز أرامکو الطبي Johns Hopkins Aramco Healthcare



Broaden your horizons with a career at Johns Hopkins Aramco Healthcare

JHAH is pleased to announce the availability of job slots for Saudi nationals.

Visit our LinkedIn page



Johns Hopkins Aramco Healthcare (JHAH)

We have more than

31,000

LinkedIn followers

ARE YOU ONE OF THEM?

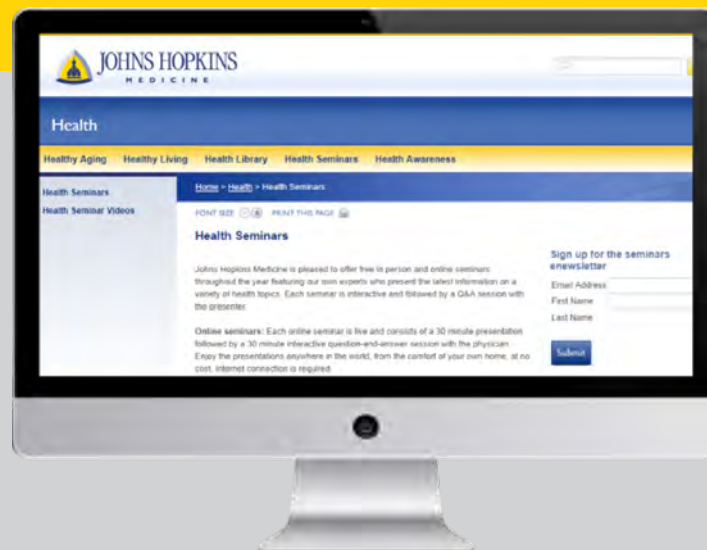
JHM Online Seminars



JOHNS HOPKINS MEDICINE

Johns Hopkins Medicine is pleased to offer free in person and 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.

Online seminars: 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, from the comfort of your own home, at no cost. Internet connection is required.



Advances in Transcatheter Valve Replacement

**Thursday,
February
25, 2016
7-8 p.m.
EST**

Join cardiac surgeon [John Conte, M.D.](#) and cardiologist [Jon Resar, M.D.](#) as they discuss new changes (including expanded eligibility requirements) to transcatheter aortic valve replacement (TAVR), a minimally invasive alternative for aortic stenosis.

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

لموتك
قدرة التغيير
YOUR VOICE
HAS THE POWER OF CHANGE



مركز جونز هوبكنز أرامكو الطبي
Johns Hopkins Aramco Healthcare

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 be kept confidential,
and your responses will not be disclosed to caregivers



Stay Connected

Update

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 through the reception office during your visit to the clinic.

Follow us on our social media channels that are now live!

Stay Connected

Like us on Facebook

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

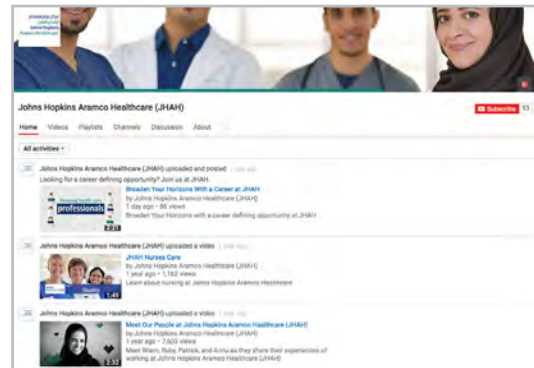
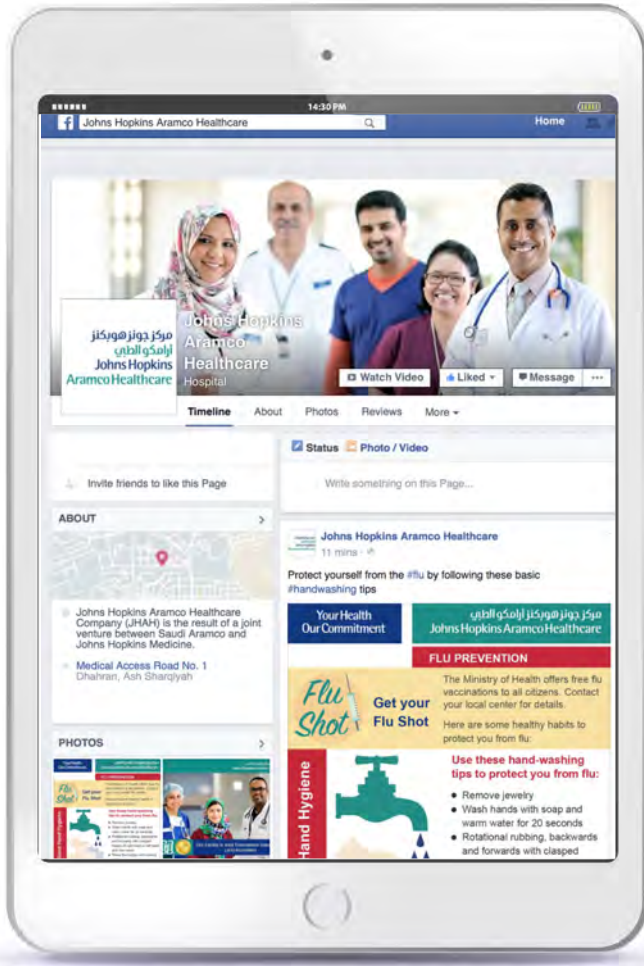


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Johns Hopkins Aramco Healthcare



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Johns Hopkins Aramco Healthcare (JHAH)

Stay Healthy with Johns Hopkins Aramco Healthcare Moments

JHAH is collaborating with Saudi Aramco Radio on Studio 1 and Studio 2 FM to broadcast health tips that can guide you and your family on your way to wellness.

Studio 1-FM Frequencies

- 91.4 Dhahran
- 88.8 'Udhailiyah
- 103.8 Safaniyah/Haradh, Khurais, Shaybah

Studio 2-FM Frequencies

- 101.4 Dhahran
- 91.9 'Udhailiyah
- 107.9 Safaniyah/Haradh, Khurais, Shaybah

You can stream from any Saudi Aramco computer on the intranet <http://home.aramco.com.sa/Pages/homepage.aspx>

Studio



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 the:
 - 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