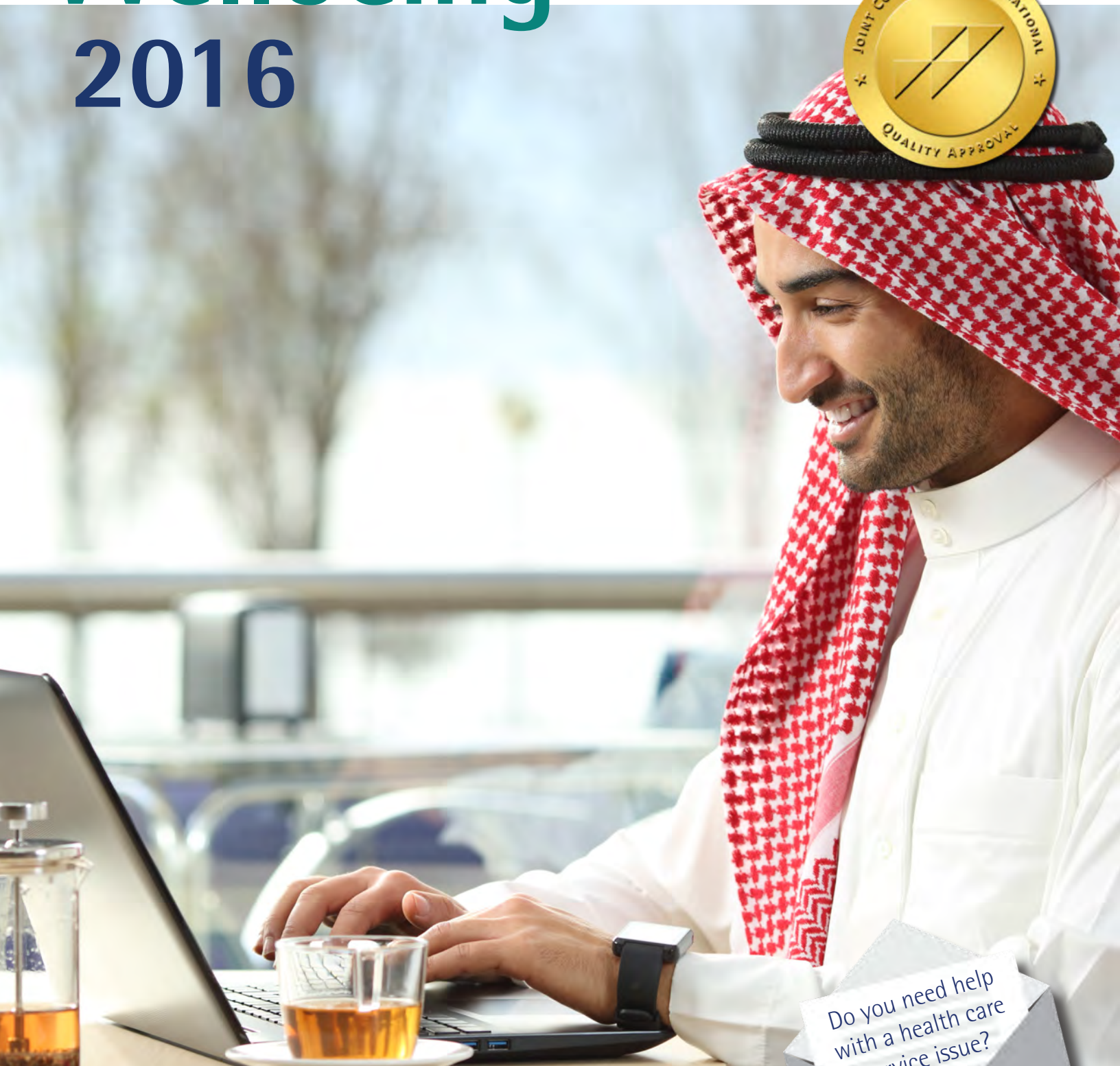


# Wellbeing 2016

March 2016



Do you need help  
with a health care  
service issue?

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

**Eat Healthy ... Work Smart**

**Promoting Health and Wellbeing**

**March 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:

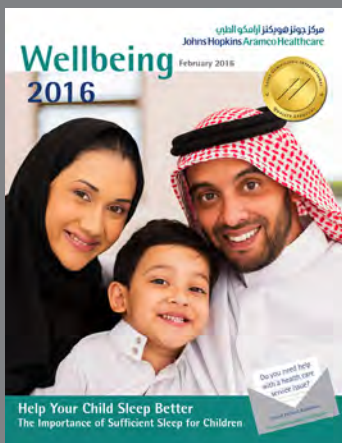
[Salam.Jishi@JHAH.com](mailto:Salam.Jishi@JHAH.com)

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.

**JHAH News Home Delivery**

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

[Health.Information@JHAH.com](mailto:Health.Information@JHAH.com)



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# Ask the Expert: Adolescent Bariatric Surgery

## Answers From Johns Hopkins Bariatric Surgeon Dr. Kimberley Steele

According to the U.S. Centers for Disease Control and Prevention, obesity has more than doubled in children and quadrupled in adolescents over the past 30 years.

The Adolescent Program for Bariatric Surgery at The Johns Hopkins Bayview Medical Center focuses on the special needs of patients 16 years old to young adult. Addressing obesity at a younger age can help prevent obesity-related diseases and illnesses later in life.

Bariatric surgeon Kimberley E. Steele, M.D., Ph.D., answers the most common questions parents and patients have about adolescent weight-loss surgery.

### When is weight-loss surgery appropriate?

Weight-loss surgery is appropriate when traditional weight-loss methods have not been successful or if a child's weight is a greater health threat than the potential risks of surgery.

Weight-loss surgery offers an effective tool to help prevent serious weight-related medical illnesses. Studies have shown that the risk of adolescent bariatric surgery is no greater than that of adults undergoing the same procedure. In fact, adolescents tend to have fewer complications and a faster recovery.

### Who is a candidate for adolescent bariatric surgery?

To be eligible for weight-loss surgery, adolescents must move through a multidisciplinary process that includes a surgical consultation, nutrition classes, a psychological evaluation, support groups and medical evaluations. Following surgery, patients and their families must be willing to follow up with the team at regular intervals.

To be considered for bariatric surgery, the adolescent should:

- have a Body Mass Index (BMI) of 40 or higher, or 35-39.9 with obesity-related medical conditions
- be 16 years old to young adult
- obtain a letter of medical necessity from their primary care provider
- have a supportive family environment
- adhere to nutritional guidelines after surgery
- avoid pregnancy for at least 18 months following surgery

### What weight-loss procedures are offered to teens?

Bariatric surgery can be performed in a variety of ways to change the size of the stomach, length of the small intestine or both. The goal of bariatric surgery is to limit how much food is eaten or absorbed.



**Kimberley Eden Steele, M.D.**

Assistant Director of Surgical Clerkship  
Johns Hopkins Bayview Medical Center  
Associate Professor of Surgery

Kimberley Steele, M.D., specializes in general surgery, minimally-invasive surgery, and bariatric surgery. She has research interests in the neurochemical and metabolic effects of bariatric surgery, and operative techniques in laparoscopic surgery.

A diplomate of the American Board of Surgery, Dr. Steele is a member of the Society of American Gastrointestinal Endoscopic Surgeons, the American College of Surgeons and the Association of Women Surgeons.

Dr. Steele is active in curriculum development and research in surgical education and directs the surgical rotations of medical students at Johns Hopkins Bayview Medical Center.

This article was originally published in the Spring 2015 issue of Johns Hopkins Bayview News by Johns Hopkins Medicine. Read the current issue at [http://www.hopkinsmedicine.org/news/publications/jh\\_bayview\\_news](http://www.hopkinsmedicine.org/news/publications/jh_bayview_news)

# Sickle Cell Anemia

Taking aim at sickle cell anemia Sickle cell anemia is an inherited blood disorder that causes lifelong anemia and periodic pain and other complications. Hemoglobin is a protein carried by the red blood cells. In healthy individuals, the red blood cells containing hemoglobin A are round and soft. In people with sickle cell anemia, hemoglobin A has been replaced with sickle-shaped hemoglobin or hemoglobin S, which in addition to being abnormally shaped, are hard and rigid.

This rigidity and distorted shape make it difficult for hemoglobin S to pass through small blood vessels, causing blockages that decrease the amount of oxygenated blood reaching tissues and vital body organs, causing not only damage but intense pain. The frequency and amount of pain varies from one patient to another. Pain is the principal symptom of sickle cell anemia in children and adults, alike. Sickle-shaped red blood cells have a short lifespan, which leads to a low level of hemoglobin (anemia).



## How common is it?

Sickle cell anemia is found in many parts of Africa, North America, South America, Central America, the West Indies, the Middle East, India, and Mediterranean countries.

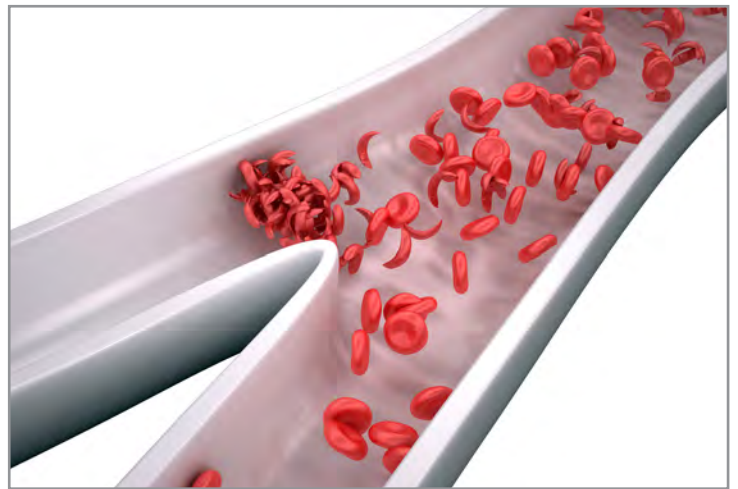
It is genetically passed on from parents to their children. An individual who inherits a single sickle cell gene from one parent is known as a carrier. A carrier does not have any symptoms of the disease and can lead a normal, healthy life. Individuals with sickle cell anemia have inherited two sickle cell genes, one from each parent. These individuals will have symptoms of the disease.

## Are there different kinds of sickle cell anemia?

Yes. There are three types: sickle cell anemia, sickle cell hemoglobin C disease, and sickle cell beta thalassemia disease.

## What are the symptoms?

People with sickle cell anemia experience periods of pain that affect different parts of the body, particularly the abdomen and joints. Feeling lethargic and suffering from chronic fatigue are also symptoms. Affected people are at risk for malnutrition, stunted growth, frequent infections, bone deformities, and visual impairment.



## How is it diagnosed?

To diagnose sickle cell anemia, a simple blood test is carried out. If the test is positive, a second blood test called hemoglobin electrophoresis is performed to determine if the patient has the disease or is a carrier. This test can be done at any age. In Saudi Arabia, it is a routine screening test performed on all newborns.

## How can sickle cell anemia be prevented?

The most effective way to prevent sickle cell anemia is to avoid marriage between carriers or between people who have the disease. If a carrier marries another carrier, the couple is at risk of having children with the disease or children who are carriers. To prevent this, carriers are advised to select marriage partners who are not carriers. This is best done through premarital screening and counseling. The goal of premarital screening and counseling is to promote health

in families. Having a child with sickle cell anemia is difficult for not only the child but the entire family.

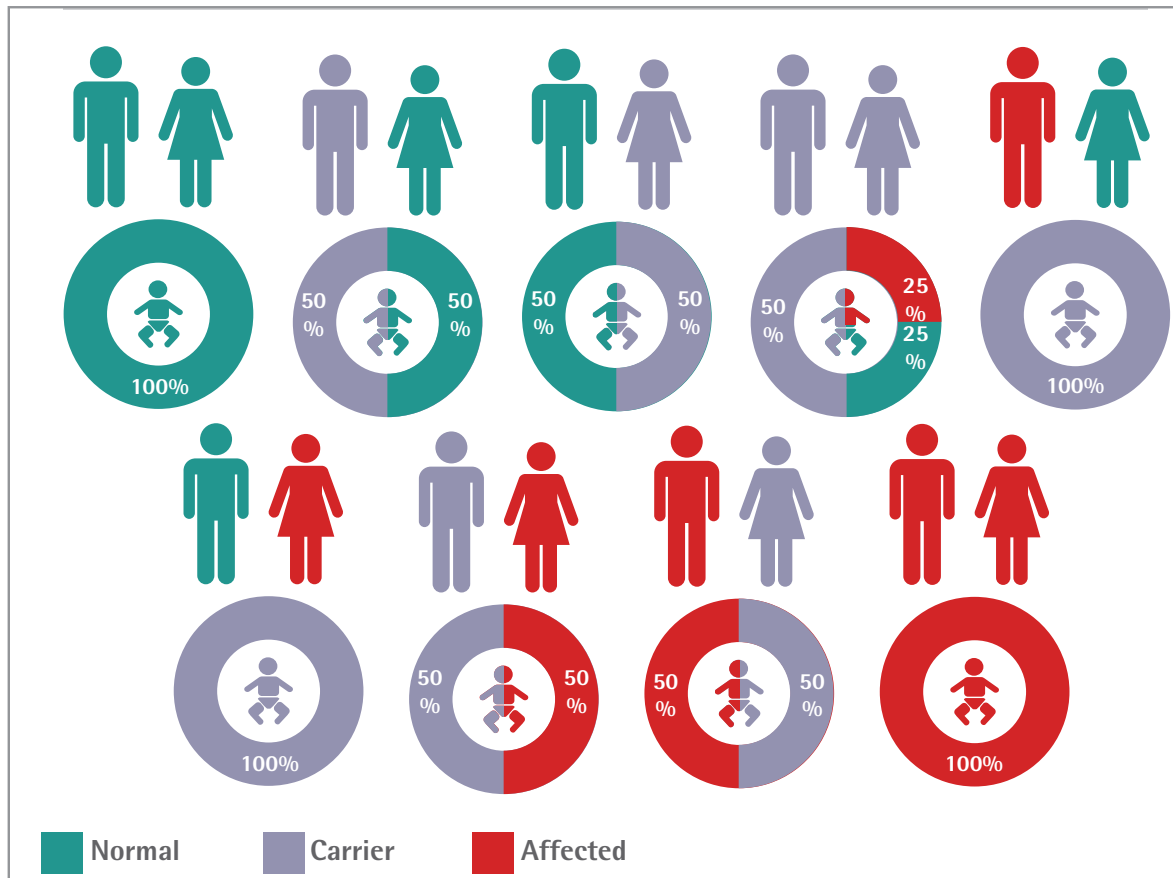
Premarital screening for sickle cell anemia is required by the Saudi Ministry of Health. The screening procedure requires a simple blood test from the prospective wife and the prospective husband. If the prospective wife and the prospective husband are both carriers, they will be advised to consult a genetic counselor. The counselor will provide information to enable them to make appropriate decisions about marriage, reproduction, and health management.

### What is the treatment?

The treatment for sickle cell anemia focuses on maintaining a normal hemoglobin level and managing the frequency, duration, and severity of pain. Blood transfusions are commonly used to treat anemia. Hydroxyurea treatments (a mild chemotherapy agent) significantly decrease episodes of pain. Drinking plenty of fluids also helps to prevent or minimize pain.

According to the Saudi Ministry of Health, treatment methods include:

- Avoiding crises, relieving pain, preventing complications and improving the ability of the patient to live with the disease. Continual care should also be provided to prevent recurrence of complications and deterioration of health
- Folic acid supplements are recommended to produce red blood cells
- Hydroxyurea treatment can reduce the frequency of painful crises and instances of acute chest syndrome in adults
- Antibiotics are often prescribed to prevent infections in children. Children and adults should make sure to take and keep current all recommended vaccinations, including annual flu shots.
- A patient's eyes may be affected, which can lead to partial or total blindness; therefore, the patient must visit an eye doctor on a regular basis
- Bone marrow transplants can cure sickle cell disease.



## SICKLE CELL DISEASE

How Sickle Cell Disease is Inherited

For more information on Sickle Cell Anemia, visit the Ministry of Health website

[www.moh.gov.sa](http://www.moh.gov.sa)

and the World Health Organization (WHO) website

[www.who.int](http://www.who.int)

# Eat Healthy ... Work Smart

Eating healthy food promotes wellbeing, improves the quality of life, and enhances work productivity and efficiency.

## Healthy food

- Nourishes our bodies and brains.
- Provides us with all the nutrients necessary to function and meet the physical and mental demands of our work.
- Provides the brain and muscles with glucose that helps us avoid exhaustion.

As a first step, you should ensure your medical checkup is current and assesses your risk for diabetes, hypertension, stroke, and heart disease. Maintaining your blood sugar, blood pressure, lipids and body weight within the normal range is a priority for your health, quality of life, work productivity, and efficiency.

Below are some wise eating strategies to help you perform your work better:

- Do NOT skip meals.
- Start your day with a healthy breakfast.
- Breakfast is the most important meal of the day and should include food that helps regulate your blood sugar level.
  - The healthiest breakfast consists of whole grain bread or unsweetened cereals to provide fiber; fresh fruit; low fat cheese, labneh, or non-fried eggs; and a cup of low fat or nonfat milk.
  - Sugar at breakfast can make the blood sugar level fluctuate.
- Take short breaks to reduce work stress.
- Consume a light lunch.
  - A healthy lunch includes a small cup of grain or vegetable soup; a small portion of steamed rice, pasta or a baked potato; a small green salad; a fresh fruit; and a portion of grilled, steamed, or baked lean meat, skinless poultry, or fish (A portion is about the size of a deck of cards).
- Consume a healthy, small snack in the afternoon to maintain energy and brain function.
- Consume brightly colored fruits and vegetables, healthy oils such as olive or canola, salmon, tuna, and unsalted almonds and walnuts.



- Drink water. To function mentally and physically, your body needs adequate fluids. The best fluid is water. Other fluids, such as unsweetened fruit juices, vegetable juices, low fat or nonfat milk, and low fat soup, are recommended.
- Limit your consumption of caffeine containing beverages such as coffee, tea, and cola. Caffeine is a diuretic and depletes your body of water and may lead to dehydration.
- Avoid smoking (active or passive) and alcohol.
- Keep active and exercise regularly.
  - Do moderate exercises daily or at least five days a week for 30-45 minutes. Exercise strengthens your body, brain, and immunity, and reduces your risk for many non-communicable diseases.

# Hand in Hand

## Remote Production, Remote Health Care

If you've ever flown to Shaybah, below you are 100s of kms of rolling sand dunes. Actually you are flying over about 850 km of sand from Dammam to Shaybah located in the Empty Quarter. And as we all know, they don't call it the Empty Quarter for nothing. There really is very little out there except beautiful scenery and peace and quiet.

That is except for when you pass low over that last dune and there before you is a community with apartment buildings, fire department and its own airport from where men come and go to work in one of the most remote, hostile environments on the planet. Welcome to Shaybah Producing Department.

Not that we often like to think of such things, but imagine what happens if a person has a medical emergency out there. Those rolling sand dunes become a barrier between the patient and a fully functioning hospital, which is located hours away by Air Medevac. Although we don't like to think of such things, Saudi Aramco and Johns Hopkins Aramco Healthcare (JHAH) do because Saudi Aramco cares about its employees and JHAH takes seriously its mission to provide quality health care.

That is why the Johns Hopkins Aramco Healthcare Shaybah Clinic exists: To provide Emergency, Disaster Response and Urgent Care to those working in this remote Saudi Aramco operation.



### JHAH Management Visits Shaybah

On February 23, a team of senior medical personnel visited Shaybah to assess current medical operations. As a result of the recently completed Shaybah expansion project, the Shaybah Clinic expanded as well. It now has two full time physicians available 24/7, a team of advanced paramedics who are trained to perform emergency procedures to stabilize patients, and the specialized equipment they require.

In addition to assessing current operations and looking at future plans and needs, while they were there Dr. Alaa Ujayli, cardiologist and chief of Specialty Services Division, JHAH, delivered a presentation on health risks and ways to minimize them. He noted that medical statistics indicate that road accidents and cardiac incidents, including heart attack, are the most common medical conditions they

handle in Shaybah.

"Statistics indicate that due to recent driver safety measures, road accidents are on the decline, and everyone is to be commended for that effort," said Dr. Ujayli. "The reality of cardiac events is that they too can largely be avoided if individuals institute their own health measures such as watching your diet, exercising regularly, maintaining a healthy body weight and quitting if you smoke and avoiding the second hand smoke of others."

In response to Dr. Ujayli's presentation, Shaybah management indicated that they want to spread that message of preventative medicine, so JHAH will continue working closely with them to implement programs that can possibly reduce the number of cardiac incidents but also have a positive impact on the health and wellbeing of the men working in Shaybah and their loved ones when the

# 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.



## Sickle-Cell Disease Program Kickoff at JHAH



**Sophie Lanzkron, M.D.**  
Director, Sickle Cell Center for Adults at  
Johns Hopkins and Assistant Professor of  
Medicine and Oncology

Dr. Sophie Lanzkron, Associate Professor of Medicine and Oncology in the Division of Hematology at the Johns Hopkins University School of Medicine, visited Johns Hopkins Aramco Healthcare (JHAH) in February as part of the Partners in Excellence Program.

Dr. Lanzkron is also the Director of the Sickle Cell Center of Adults at Johns Hopkins, a state-of-the-art, multidisciplinary care facility delivering quality care to more than 500 patients annually. During her visit Dr. Lanzkron toured facilities and met with a multidisciplinary team of JHAH staff, including pain management specialists, physicians, psychologists, physiologists and others who work with sickle cell patients.

Her visit was the first for the Sickle Cell Disease Partners in Excellence program. The objective was to observe where JHAH is now to obtain baseline information so future activities will be tailored to our specific patients, staff and facility needs. In addition to enhancing the quality of care provided to JHAH sickle cell patients, the program is looking at establishing an infusion room where a patient can come to receive care from the entire complement of sickle cell health care providers.

## JHAH Hosts Two Community Outreach Lectures in February



**Dr. Sophie Lanzkron during her lecture to Saudi Aramco Community on February 22, 2016**

Dr. Kalloo presented a Community Outreach Lecture on February 22 titled "New Non-invasive Therapies for Weight Loss" to an audience of nearly 100 that included Saudi Aramco employees, their dependents and JHAH staff.

Dr. Lanzkron presented a Community Outreach Lecture on February 24 titled "Defining and Achieving High Quality Care for Those with Sickle Cell Disease" where she discussed patient experiences of those with Sickle Cell Disease and stressed the importance of recognizing when and how to use hydroxyurea.

The Community Outreach Lectures are designed to enhance the health and wellbeing of the community and enrich the medical knowledge of health care professionals at JHAH and throughout the Kingdom. JHAH has more visits, events, conferences and lectures planned throughout the year involving distinguished JHM faculty members.



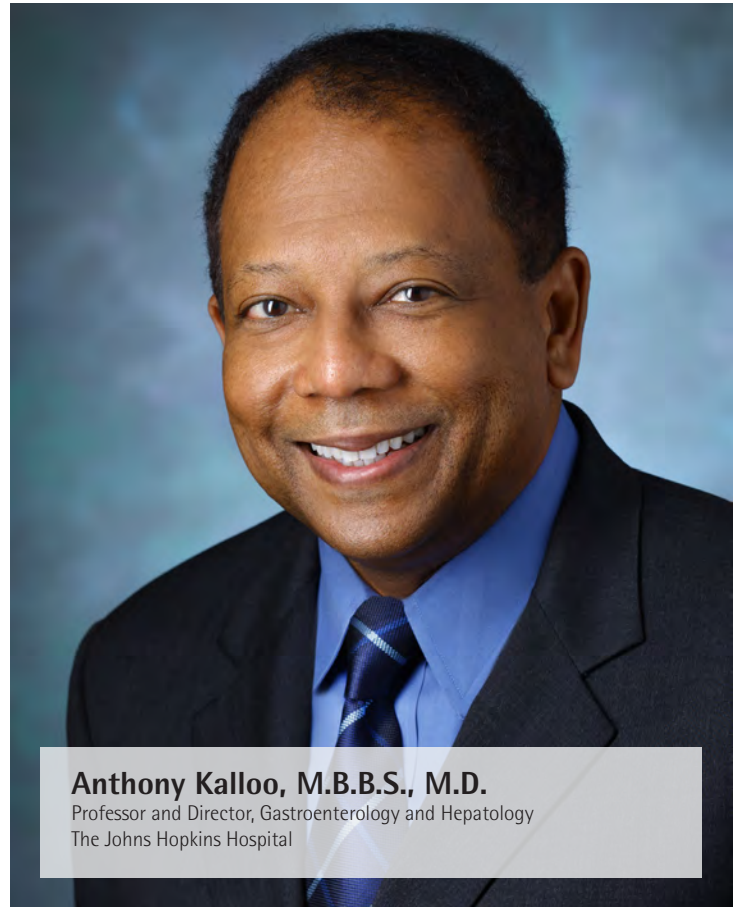
## JHM Distinguished Faculty Members Visit JHAH in February

The Johns Hopkins Medicine Distinguished Faculty Visit series kicked off 2016 with a visit on February 24-22 by gastroenterology experts Dr. Anthony Kalloo and Dr. Saleh Al-Qahtani from Johns Hopkins University of Medicine.

Dr. Kalloo is a professor of medicine at Johns Hopkins University and serves as the director of the Division of Gastroenterology and Hepatology at The Johns Hopkins Hospital. He is a pioneer in an innovative type of surgery called Natural Orifice Surgery. He is also noted for his work in therapeutic endoscopy and biliary and pancreatic diseases.

Dr. Al-Qahtani is assistant professor at Johns Hopkins University and Medical Director of International Digestive & Liver Services. Dr. Qahtani is a leading expert in the treatment of Hepatitis C. While he was here, Dr. Qahtani gave an unplanned lecture to staff on the latest medicines being used to treat the disease.

The Distinguished Faculty visit brings experts from across Johns Hopkins Medicine to Johns Hopkins Aramco Healthcare (JHAH) to explore areas of potential cooperation and for JHAH to hear about the latest techniques in the visitors' areas of expertise. While they are here, they discuss cases and the latest in treatments and observe patient appointments and procedures. They also share their expertise with the community by participating in the Community Lecture Series.

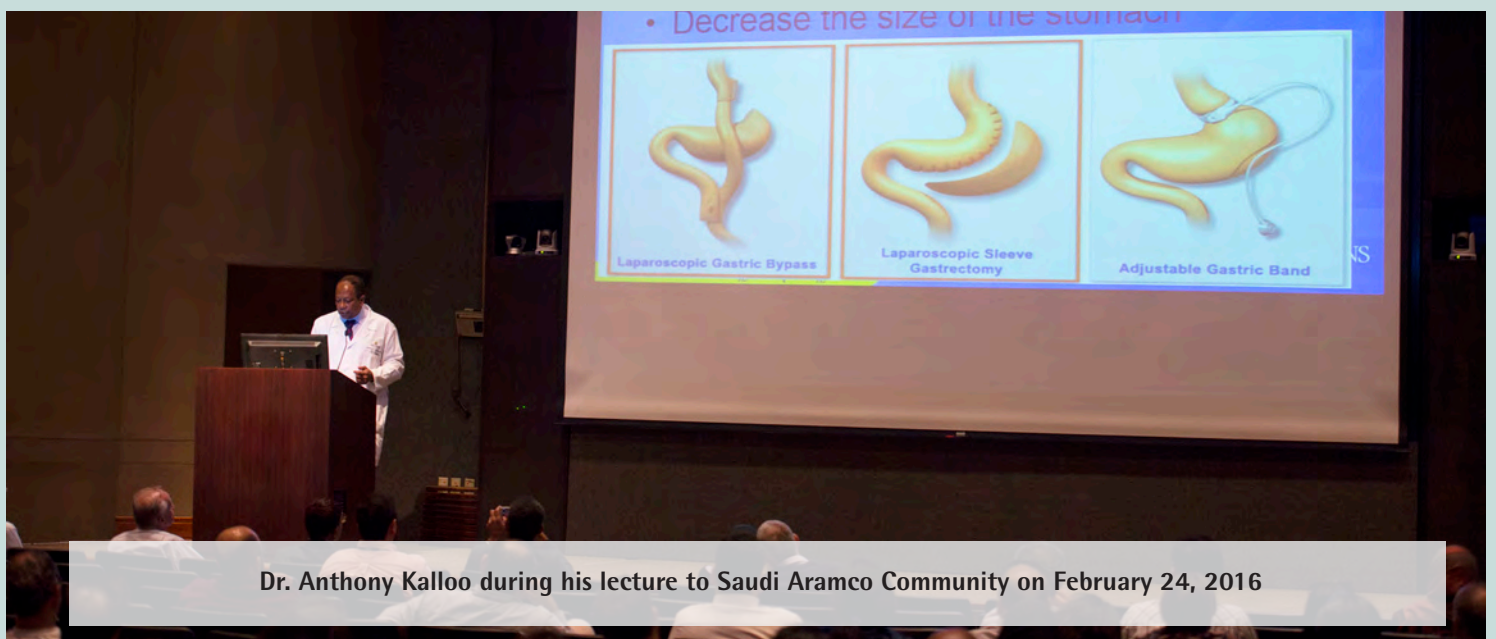


**Anthony Kalloo, M.B.B.S., M.D.**

Professor and Director, Gastroenterology and Hepatology  
The Johns Hopkins Hospital



**JOHNS HOPKINS**  
M E D I C I N E



**Dr. Anthony Kalloo during his lecture to Saudi Aramco Community on February 24, 2016**

# Care about your Kidneys: Reduce Salt

The World Health Organization (WHO) recommends that you reduce your salt intake. Meals high in sodium increase the risk for high blood pressure that can damage many organs including the heart, brain, eyes and kidneys.

Johns Hopkins Aramco Healthcare follows the WHO recommendation to limit your salt to 5 grams (one teaspoon) per day. Following are a few tips to help you limit your salt intake:

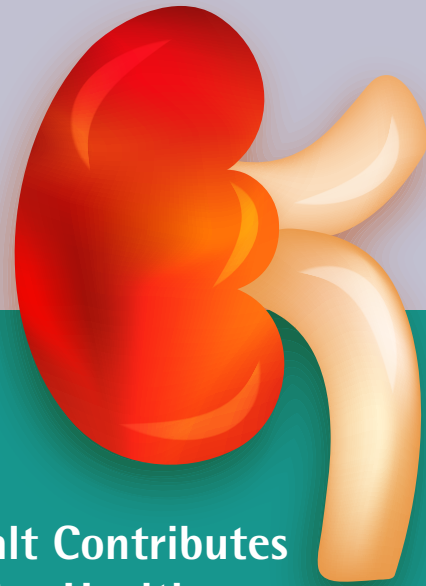
- BE SALT AWARE
- Do NOT ADD salt to food. You can flavor your meals and enhance taste by adding spices, garlic, onions, lemon, lime, vinegar or condiments but read the label for salt content.
- USE FRESH FRUITS AND VEGETABLES in your daily meals rather than canned products.
- READ FOOD LABELS when shopping and select low salt products. Tip: Compare the salt content of the same product from different manufacturers and select the lowest in salt.
- Limit your intake of processed meats such as sausages, mortadella, and corned beef.
- Limit your intake of salty foods such as pickles, sauces, dressings, ketchup, chips, salted cheese, salted popcorn and bouillon cubes.
- When dining out select restaurants that offer low salt dishes or unsalted meals. In addition, request that your food be prepared without salt or Mono-Sodium Glutamate (MSG).

## Below are some additional tips for kidney health from JHAH physicians.

"Start early protecting your children's kidney by reducing their salt intake, ensure they drink an adequate amount of water, keep them active, watch their weight, and make sure they regularly wash or sanitize their hands to fight infection. Children with diabetes should keep their blood sugar controlled to avoid future kidney failure and other problems."

**Dr. Hamoud Jabbari, JHAH Pediatric Nephrologist**

## World Kidney Day March 10



## Less Salt Contributes to Better Health

"Better kidney health includes weight loss for obese people, lowering your intake of saturated fat, performing regular physical activity, avoiding active and passive smoking, controlling blood sugar for people with diabetes, and drinking an adequate amount of water as dehydration negatively impacts kidney function. Moreover, keep your blood pressure and lipid levels within the normal range and do NOT take supplements or over-the-counter medications without consulting your physician."

**Dr. Ahmed Khunaizi, JHAH Nephrologist**

"Everyone needs to reduce the amount of salt they consume each day. We recommend you follow the WHO guideline of 5 grams (one teaspoon) per day maximum."

**Dr. Basem Futa, JHAH Clinical Nutrition Advisor**

# Kidney-Friendly Recipe

## Chicken Tagine

Tagine is a delicious and a nutritious dish, full of flavor and taste. It is rich in protein, fiber, vitamins, minerals and antioxidants, and low in salt, saturated fat and free of trans fat.

### Health Message:

Chicken Tagine is appropriate for people with heart disease, children, pregnant and lactating women and seniors. People with diabetes can eat Tajin considering the amount of potatoes added (1 medium potato = 1 serving of carbohydrates). It is not recommended for babies under one year of age or people with chewing or swallowing difficulties.



#### Fat and Calorie Content

- 185 calories per serving
- 4 grams of fat per serving

### Ingredients (6 Servings):

- 6 boneless, skinless chicken breasts or thighs
- 2 onions, sliced
- 2 cloves garlic, chopped
- 2 potatoes, cut into slices
- 1 cup tomato, wedged
- 1 cup carrot, sliced
- 2 tablespoons canola oil
- Black pepper to taste
- 1½ cups water

### Preparation

- Cook the onions and garlic in the canola oil until soft.
- Add chicken pieces and brown them on each side for 5 minutes then add the pepper.
- Add the water, potatoes and carrots and cover the pan.
- Continue cooking over low heat for 45 minutes or until vegetables are almost cooked. Add tomato wedges and continue cooking until the vegetables are well cooked.
- Serve with steamed rice, salad, and low fat or nonfat yogurt or laban to make the meal more balanced and nutritious.

# JHAH Customer Care: Taking the Extra Steps

Health and wellbeing is the reason Johns Hopkins Aramco Healthcare (JHAH) exists, and an important component of that is customer care. In coordination with the LEADERS Institute for Training and Development in Bahrain, JHAH is holding several JHAH Customer Service workshops.

The first workshop was held on January 26 in the Dhahran Health Center Auditorium with 90 staff members in attendance. The 2nd workshop will be held on March 29. Selected frontline staff will attend one of the, full-day workshops.

The workshops are being conducted by Mohamed Ali Shukri, an international award winning motivational speaker, professional trainer and coach from Bahrain.

The workshops are designed to motivate and enhance JHAH Customer Service staff on professional image; courtesy; business etiquette; communication; and interaction with patients and their families, staff and co-workers.

"The Customer Care in Healthcare workshop was one of the best courses I have ever attended," said Abdullah Ali, Officer, Medical Liaison Office. "Mohamed Shukri is very talented. He drew us in and kept us engaged throughout. This was a very valuable course."



صحتك... غايتنا

Your Health ... Our Commitment





## JHAH Customer Care: Taking the Extra Steps

JHAH has a new Release of Medical Information Policy that is designed to protect patient confidentiality. Under the old policy, an employee could obtain the medical information for his minor and adult dependents.

Under the new policy, the employee can still pick up his/her medical records as well as that of children under the age of 18; however, to pick up the medical records of his/her spouse and adult dependents (including parents) over the age of 18, the Medical Liaison Office must have a Release of Medical Information form signed for by her/his spouse and dependents over the age of 18.

Recently, an employee came to Abdullah, Ali, Officer, JHAH Medical Liaison Office, requesting a report for his father. Abdullah informed him of the new policy and told the employee that his father would have to come in person to sign the authorization form. The employee became angry stating his father was very old, frail, and in a wheelchair, and that it would be very difficult for him to come to the hospital. The employee left extremely frustrated.

Some days later, the employee, still frustrated, returned with his father in a wheelchair. Abdullah stepped out from behind his desk and kissed the father on the forehead and greeted him warmly. The employee softened. The forms were signed, and the employee thanked Abdullah for being respectful to his father. The employee still drops by the office to say hello to Abdullah.

**The Power of One: customer care is "contagious". An exceptional act by a single employee can spread through the organization and infect all those who see and feel it. So, don't wait for a system or policy to push you towards excellence in customer care. Do your best with every customer. Watch how your surroundings will be "infected". And if not, at least YOU will stay HEALTHY ... and.. HAPPY!**

## Great Customer Service Means

- **Doing** ordinary things extraordinarily well
- **Going** beyond what's expected
- **Adding** value and integrity to every interaction
- **Being** at your best with every customer
- **Discovering** new ways to delight those you serve
- **Surprising** yourself with how much you can do
- **Taking** care of the customer like you would care for your grandmother

**Mohammed Shukri**

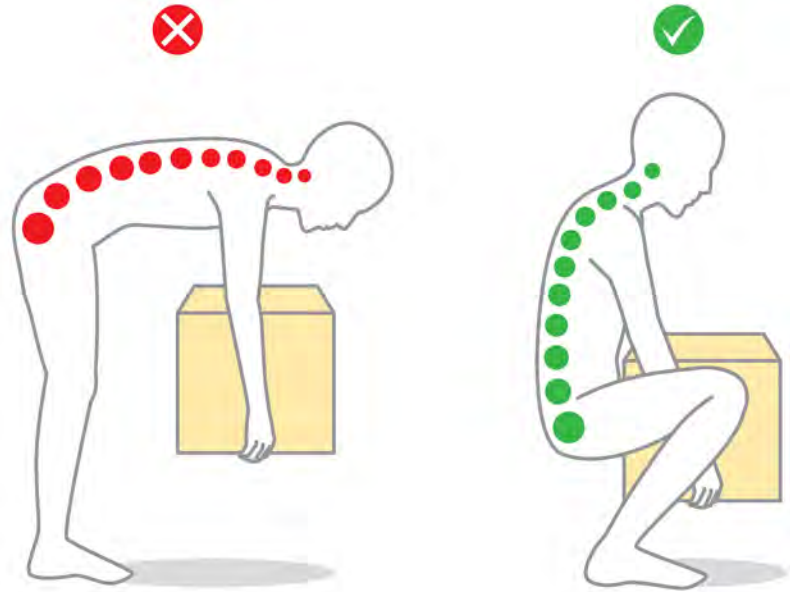
**"Sometimes you have to go the extra mile to provide the best service to our valuable customers."**

**Abdullah Ali, JHAH Medical Liaison Office (MLO), Officer**

# Tips to Protect Your Back While Heavy Lifting

## Tips to Protect Your Back While Heavy Lifting

- Bend with your knees, not your back.
- Keep your feet shoulder-width apart to provide a solid support base.
- Tighten your stomach muscles prior to lifting.
- Lift with your legs; let your leg muscles do the work, not your back muscles.
- Ensure you have solid footing.
- Position yourself close to the object you want to lift.
- Hold objects chest-high.
- Get help with heavy loads.
- Avoid sudden movement.



## Caring Profile

### Dr. Ata Smadi

Chief, Emergency Medical Services Division

#### Education:

- General Surgery, Jordan University Hospital, Jordan.
- MBChB, University of Baghdad, Medical School, Iraq.

#### Position:

Chief, Emergency Medical Services Division, Johns Hopkins Aramco Healthcare Attending Emergency Physician, Dhahran

#### Quote:

"With more than 34 years of service working in Saudi Aramco Medical Services Organization and JHAH, I have had the privilege to work with a reputable, customer focused health care organization and a team of skilled and experienced health care and Emergency Medicine staff.

Over the years, Emergency Medical Services has evolved and become a regional leader in delivering quality emergency medical care, staff education, training and emergency preparedness and disaster response."



# 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>

**Wednesday**  
**March 23**  
**7-8 p.m.**  
**EST**

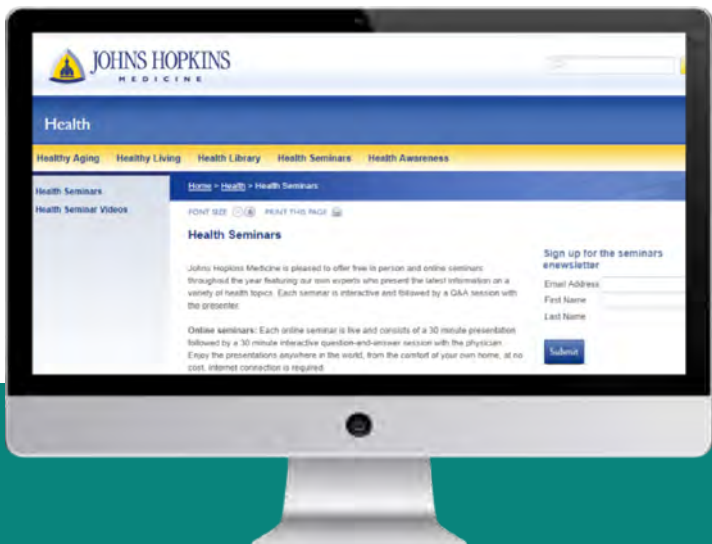
**New Advances in Liver Cancer Treatments**  
Join Johns Hopkins surgical oncologist **Timothy Pawlik** and interventional radiologist **Kelvin Hong** for a free interactive webinar that will discuss updates and new medical advances in treating liver cancer.

**Wednesday**  
**April 13**  
**7-8 p.m.**  
**EST**

**A Meningioma Brain Tumor Diagnosis: Now What?**  
Meningiomas account for 30 percent of all brain tumor cases, with almost all being benign. Join **Henry Brem**, Johns Hopkins director of neurosurgery, who will share more details about these primary brain tumors, how they grow and the latest treatment options.

**Wednesday**  
**April 6**  
**7-8 p.m.**  
**EST**

**What You Need to Know About Organ Donation**  
Join transplant surgeon **Andrew Cameron** and **Clint Burns**, an organ transplant recipient and administrator with the Johns Hopkins Transplant Center, for a webinar on the organ and tissue donation process.



## A Doctor and His Harley Ride Safe, Ride Free



"I've seen too many road accidents and too much damage that could have been minimized or even avoided if people had practiced proper safety measures and knew a few basic life support techniques," said Dr. Basem Bahrani, Head of the Johns Hopkins Aramco Healthcare Dhahran Emergency Medical Services, ER Consultant and Harley Davidson enthusiast.

Speaking at a March 5 event arranged by Share the Road Team, hosted by the Harley Owners Group and held at the Dhahran Harley Davidson-Dealership, Dr. Bahrani shared safe riding tips, the importance of knowing emergency numbers, how to remove the helmet from an injured biker, how to move an injured biker, and basic life support skills.

"If giving these workshops means that at least one person will not have to go through the pain of losing a loved one, if these skills will prevent one disability, if it will save one single limp, I'll be happy," said Bahrani, "Giving back to the community is everyone's responsibility. Each of us has something to teach or share that can make a difference no matter how small that difference."





## 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 at reception during your visit to the clinic.



## 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 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:PatientRelations@JHAH.com)

# HR Highlights

## JHAH Participates at the Remote Healthcare Middle East 2016 in Abu Dhabi

On February 16 - 17, 2016, JHAH sponsored and participated in the Remote Healthcare Middle East 2016 in Abu Dhabi, a conference dedicated to improving health care access and effectiveness in remote environments. More than 150 remote health care professionals attended the conference. Seeking Remote Area Clinic staff to join the organization, the JHAH recruitment team set up a booth at the conference, communicating JHAH's mission and strategic intent to evolve into a health system of excellence and JHAH's journey to becoming a top health care provider in the region.



## مرکز جونز هوبكنز أرامكو الطبي Johns Hopkins Aramco Healthcare

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(JHAH)

We have more than

# 35,000

LinkedIn  
followers

## ARE YOU ONE OF THEM?

# Johns Hopkins Aramco Healthcare Welcomed 81 New Employees in February

NAME	JOB TITLE/DEPARTMENT
Ronald Allen Ford	Director, HR Services
Mohamed Elnaggar	Staff Physician Internal Med
Froilan Corpuz Manglal-Lan	Nursing
Nazeiha Mansour M Al Zayer	C. Counseling Clinic Advisor
Ashraf Mohamed Shawky	Sr Clinical Laboratory Tech.
Veronica Gunning	Nursing
Marwan Mikhael Najjar	Rheumatologist
Jan Elizabeth Fogelquist	Psychiatry
Victoria Edralin Hernando	Nursing
Connie Jean Hendrix	Dental Therapist
Ahmed Altaf Sayeed	Medical Accounting & Statistics
Shinelyn Calderon Barcenas	Sr Social Services Specialist
Carmela Salud Leonor	Nursing
Patricia Mae Garcia Hernandez	Nursing
Omar Akra	Nursing
Manilyn Jane Placido Cruz	Nursing
Jill Anne Tome Arce	Nursing
Jona Myka Orpiano Ordiales	Nursing
Tina Rose Fabrigar Villareal	Nursing
Rovi Ruzzel Lyne Mahipus Amparo	Sr Social Services Specialist
Jonna Mae Adlaon Urbanozo	Sr Social Services Specialist
Renee Ann Salud Pangilinan	Nursing
Claire Camus Vagilidad	Nursing
Rachel Sabbagh	Nursing
Anna Maureen Kay Figueroa Jolloso	Sr Social Services Specialist
Marpell Aura Retis Rafael	Nursing
Meryl Janine Galulo Caliboso	Nursing
Abeer Abdullatif I AlMulhim	Nursing
Badoor Fahad I AlThani	Assoc IT Systems Analyst
Dulce Andreia Mendes	Nursing
Fatimah Mohammed A Al Mohafith	Receptionist
Haneen Khalil K Al Abbasi	Pharmacist
Rawan Haitham Al Jehairan	Customer Care Advocate
Monerah Mohammed A Al Mulhim	Pharmacist
Zahra Yousif A Al Abandi	Nursing
Abdulrahman Abutaleb M Al Sayed	Ultrasound Technologist
Bayan Mohammed A Alessa	Nursing
Mohamed Gad	Staff Physician ENT
Rayyanh AlGhamdi	Nursing
Rawan Omar H Al Ali	IT Solution Architect
Motaz Moslet S AlAnazi	EMT Paramedic

NAME	JOB TITLE/DEPARTMENT
Nourah Awadha H Al Zahrani	Medical Receptionist
Aljazi Misfer B Al Qahtani	Nursing
Hasan Hussain R Al Ajmi	Plastic & Reconstructive Surgeon
Nuha Abdullah M Al Miqrin	Medical Office Assistant
Victoria Balein Tiburcio	Nursing
Catherine Isuan Valdez	Nursing
Emma Ruth Valdez Obana	Sr Social Services Specialist
Maricris Cabiladas Mirote	Sr Social Services Specialist
Adriana Benosa Lope	Sr Social Services Specialist
Camille Grace Angeles Jose	Sr Social Services Specialist
Roberto Maravilla Ortiz	Nursing
Cherry Ann Papayno Gallano	Nursing
Stella Maris Reyes Gonzales	Nursing
Maria Del Carmen Nuno Morer	Nursing
Camille Juico Sanchez	Nursing
Al Hafiz Mustapha Hadji	Sr Social Services Specialist
Eman Ghebar	Senior Ultrasound Technologist
Angela Paulle Esguerra Cayobit	Nursing
Nhidel Kathe Mata	Nursing
Majid Abduljabar A AL Yamani	Orthopedic Sub Specialist
Omer Fahad M AlAskari	Respiratory Therapist
Abeer Saleh I Al Mahsoun	Medical Office Assistant
Fawaz Faris H Al Ghubari	Respiratory Therapist
Khaled Abdullah M Al Qurashi	Risk & Compliance Analyst
Khalid Saad H AlKhalidi	Medical Office Assistant
Fahad Alaswaad A AlShammari	Receptionist
Nouf Fahad N AlMaghlouth	Medical Receptionist
Ahood Hashim A Mahdi	Nursing
Rania Adel A Al Masarani	Social Worker
Sara Salah AlMustaneer	Medical Office Assistant
Bashayer Fahad AlThumairi	Assoc Gov Affairs Staff Advisor
Nefishetu Momodu	Nursing
Concesa Ferrera Ramirez	Tumor Registrar
Sultan Badah M AL Otibi	Administrative Assisant
Sadaf Batool Naqvi	Family Practice Specialist
Ghayda Rashid M Mouiny	Medical Office Assistant
Taibat Arinola Asuni	Nursing
Mireille Yousef Knight	IT Business Systems Admin
Edna Marie Gecoso Babino	Nursing
Elwaleed Ali Ahmed	Infectious Disease Specialist

# Meet JHAH Primary Care Physicians

How do you select your primary care physician? Most probably ask friends and colleagues who their physicians are and base our decision on that. Johns Hopkins Aramco Healthcare now provides you with valuable information by providing you with primary care physician profiles on the JHAH Patient Intranet located at <http://JHAH> > **Choose your physician**

In addition to the profiles being available online, JHAH just completed a successful trial of displaying the Cancercare physician profiles in the reception area. Patients and their families responded positively saying they appreciated being able to read about the physicians' experiences, academic backgrounds and areas of interest.

## This is only the beginning.

Our goal is to eventually launch a complete Physician Directory on our JHAH external website providing both you and your families with easier access to this valuable information.

<http://JHAH> > Choose your physician



# Follow us on our social media channels

## Stay Connected

### Like us on Facebook

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



### Follow us on Google+



### Subscribe to our YouTube Channel

Be the first to view our latest JHAH Videos



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