

Al-Hasa Primary Care Clinic
Opening, Expanding The
Reach of Care
02

A New Look, A New Way
of Serving Patients
Dhahran Primary Care
04

Do you need help
with a health care
service issue?
20

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WellBEING

April 2017



Photo credit: Layla Gafashat

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Get to Know Your JHAH Physician

Physician Name:
Dr. Reda Momen

Professional Title:
Emergency Medicine Specialist

Specialities:
Emergency

Works in:
Dhahran

Language:
Arabic

صحتك غايتنا
Your Health
Our Commitment

Get to know your doctor on the Physician Directory

At Johns Hopkins Aramco Healthcare, we believe that building rapport with your physician is part of an excellent patient and family experience. That is why we created the JHAH Physician Directory, featuring our physicians, specialists and dentists.

Visit the Physician Directory to learn about your clinician’s education and experience, explore their clinical specializations, and discover what language options are available. We encourage you to visit the “Physician Directory” feature on www.JHAH.com before your next appointment if you are a JHAH registered patient.

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Is Your Child a Picky Eater?

by: Sara Bader

Health promotion program
coordinator, Population Health

Picky eating is often the norm for toddlers, they are naturally more sensitive to taste, smell and texture. Although toddlers are beginning to develop food preferences, they also can be unpredictable about what they may want for a particular meal on a specific day. The goal for feeding a picky eater should be to try new foods and to keep food from starting a battle. While their favorite food one day will end up being thrown on the floor the next, the food that they had spit out, day after day, will unexpectedly turn into the one they can't get enough of.

Many parents worry about what their children eat and don't eat. However, most kids get a variety of nutritious foods in their meals over the course of their week. Don't become frustrated with this kind of behavior, try to make healthy food choices available to your youngster, and acknowledge that his/her appetite or food preferences today may be quite different than yesterday's or tomorrow's. That's just the way toddlers are.

Until your child's food preferences mature, consider these strategies to avoid power struggles and help the picky eater in your family eat well balanced meals:

Set a good example:

The family menu should not be limited to the child's favorite foods, your child should select from a variety of foods at mealtime like a vegetable, fruit, protein and starch.



Stick to the routine:

As a parent, you control what, where and when food is provided, your child decides whether or not to eat the food, and how much to eat. Set a schedule for meals and snacks, avoid giving your child food between the scheduled times. Both snacks and meals are important for growing children to meet their nutrition needs. If your child chooses to skip a meal or a snack, he or she can wait until the next scheduled time in a couple of hours. If your child refuses to eat, have him/her sit at the table until the majority of the family is finished eating.

Make it fun:

The mealtime environment should always be considered when during feeding time. Conversation should be pleasant, the eating space should be clean and bright and distractions should be limited. Mealtime is not a time for watching television or arguing.

Be patient with new foods:

If your child doesn't like or doesn't seem to be eating the foods that you have prepared for a meal or snack, don't worry. Avoid the temptation of returning to the stove and cooking foods that you know your child will eat. If your child refuses a meal or snack, there will be another one in a few hours and he or she should be able to wait until then. When children are hungry because they chose not to eat, they'll be more likely to eat what is offered next time.

Don't offer dessert as a reward:

Dessert does not need to be offered with every meal or even every day. Withholding dessert sends the message that dessert is the best food, which might only increase your child's desire for sweets. Try to redefine dessert as fruit, yogurt or other healthy choices.

Al-Hasa Primary Care Clinic Opening

Expanding the Reach of Care

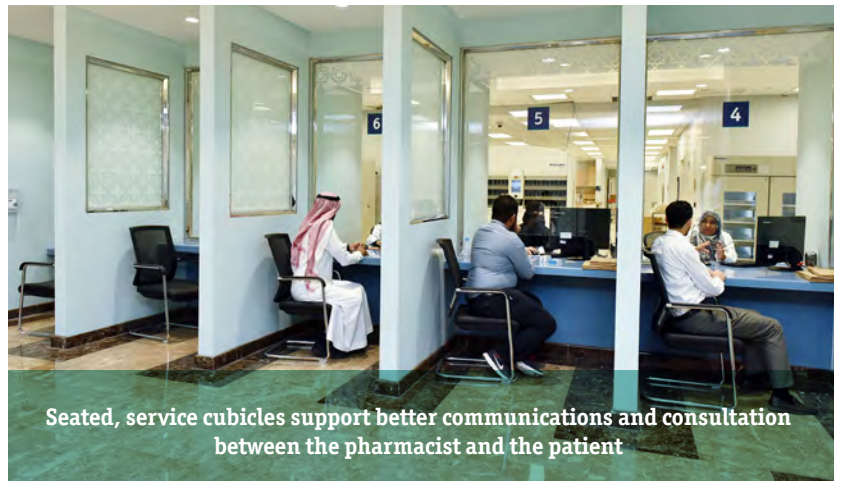


Muhammad M. Saggaf, JHAH Chairman of the Board and SR VP of Operations and Business Services, Saudi Aramco, cuts the ribbon during the soft opening for JHAH's fully refurbished Al Hasa Health Center.



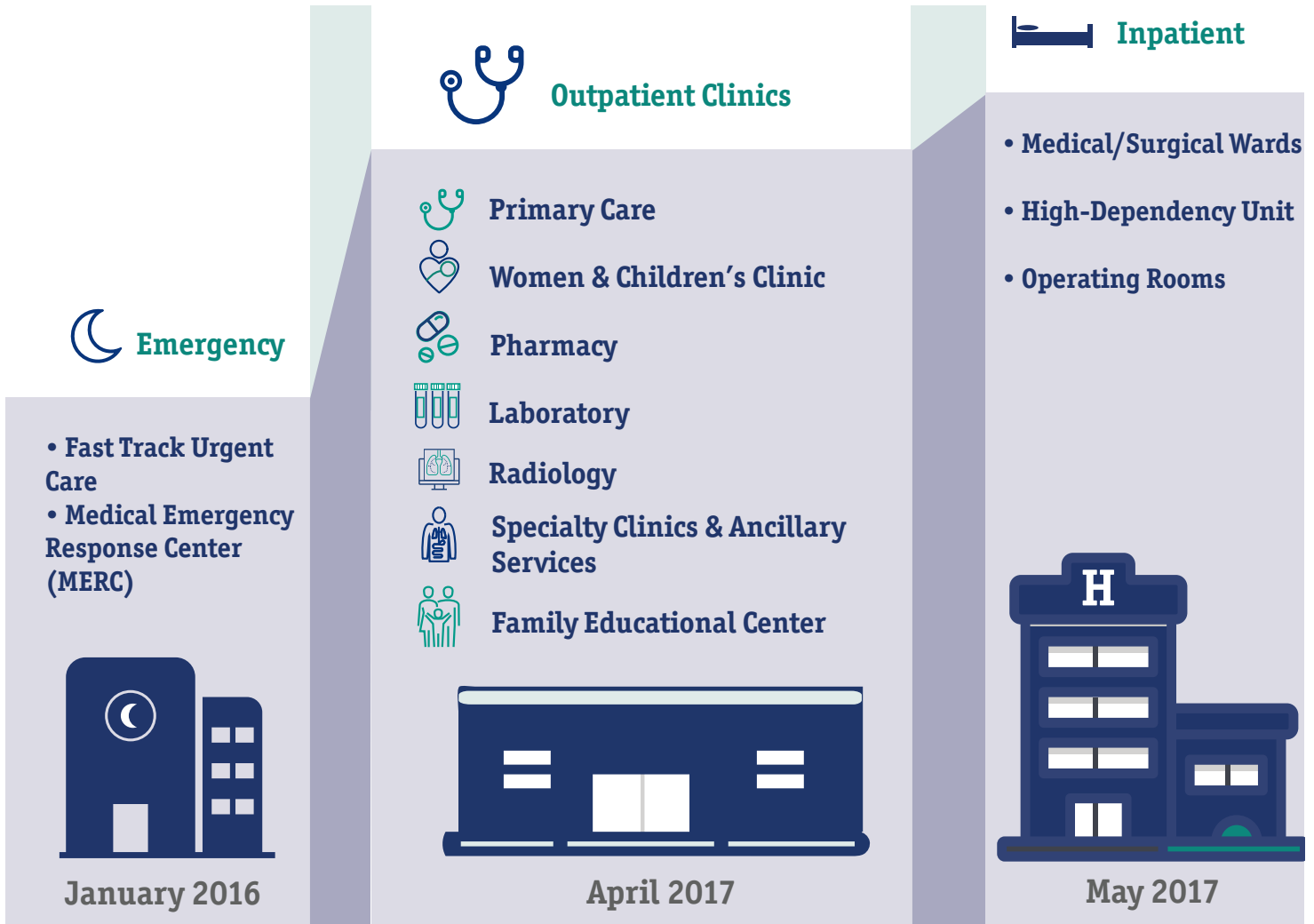
Al Hasa Health Center offers state-of-the-art equipment to support the delivery of quality clinical care and excellent patient and family experience

JHAH Al-Hasa Health Center is now caring for patients in JHAH's fully refurbished healthcare facility. The April 3 opening is inclusive of Primary Care, ancillary services and selected specialty clinics. The ambitious 26,000 m2 Al-Hasa Health Center Revitalization Project incorporates the latest in healthcare design, technology and equipment, to deliver comprehensive patient-centered services. This thoughtful and collaborative process has ensured that Al-Hasa Health Center is a safe, state-of-the-art community hospital that supports the delivery of quality clinical care and excellent patient and family experience.



Seated, service cubicles support better communications and consultation between the pharmacist and the patient

Al-Hasa Health Center Revitalization Timeline



Al-Hasa Fast Facts



<p>Al-Hasa Primary Care Clinic</p> <p>Clinic Opening Hours Sun - Thu 7:00 a.m. - 3:30 p.m.</p>	<p>Al-Hasa Urgent Care Clinic</p> <p>Clinic Opening Hours & Location Sun - Thu 7:00 a.m. - 3:30 p.m. Weekends and Holidays 11:00 a.m. - 7:00 p.m. Location: Urgent Care Unit adjacent to the Emergency Room</p>	<p>Centralized Contact Center (CCC)</p> <p>In Kingdom 800-305-4444 Out of Kingdom +966-13-877-3888 Care Unit adjacent to the Emergency Room</p> <p>For more information visit: http://www.jhah.com/alhasa-primary-care.aspx</p>
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A New Look, A New Way of Serving Patients

Dhahran Primary Care

By: Bradley Wilkinson



The modern, robotic pharmacy may be one of the first things that patients notice as they enter the Dhahran Primary Care building, but the changes don't stop there. In addition to the immunization room, the children's play area, the larger waiting area in radiology, there are a number of other changes designed to optimize the patient experience and the provision of health care.

Suite Six: The New Paradigm

Suite Six sounds like some top secret research project. Actually it is the new patient suite in JHAH Primary Care. Built on a swing design, Suite Six puts you, the patient at the center of your health care. You are called into a room by the nurse, your vitals are taken, the doctor comes in the room, and the next time you

leave the room is at the end of your appointment or to receive specialized tests or consultations if you require them. "Medical services are designed to swing around you and not you swing around medical care," said Dr. Hadi Al-Enazy, Family and Emergency Medicine Consultant. "This not only makes our patients more comfortable, it makes it more efficient for us to provide health care."

The service being provided at Suite Six is being studied to determine if patients and staff are satisfied and health care is being provided efficiently. The results of the study will be used to design additional patient care areas as Primary Care continues to evolve.

Talk to a JHAH Nurse – Medical Advice by Phone

Now you do not have to visit Dhahran Building 50 to receive answers to your primary care questions and to begin taking control of your health.

JHAH has become one of the first hospitals in the Kingdom to make specially trained, experienced nursing staff available for a call-in service to offer health care advice.

Available in both Arabic and English, the Nurse Care Line provides consultation and assistance to patients and their families on general health care information, home care and how to navigate the JHAH health care system.

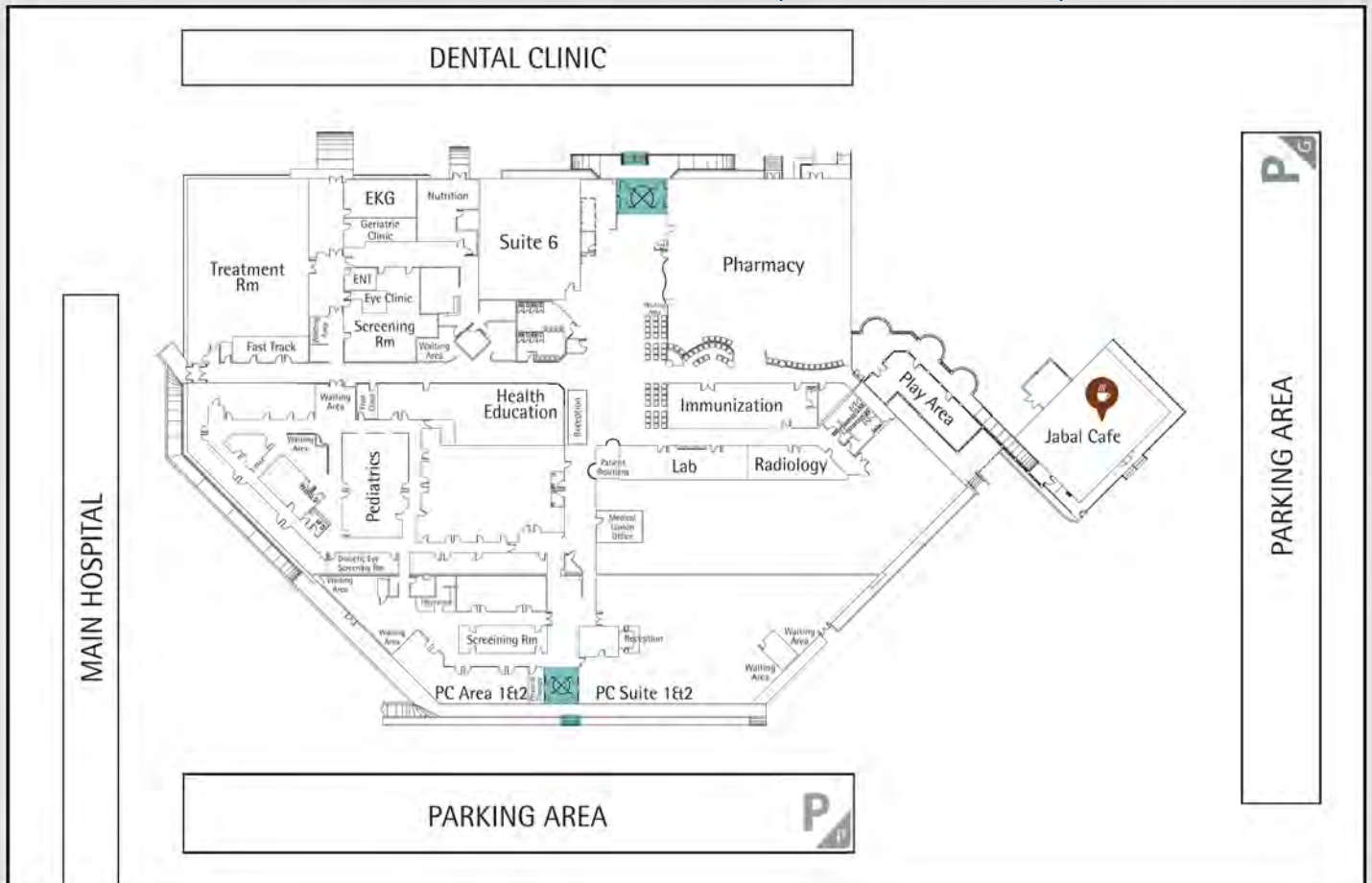
The service is available from 7:30 a.m. to 3 p.m. Sunday through Thursday and can be reached in Kingdom at 800-305-4444 and Out of Kingdom at +966-13-877-3888 and selecting Option 7.

Specialty Services Come to Primary Care

As part of the patient-centered model of JHAH, now when Primary Care patients are referred to an Eye Nose and Throat (ENT) physician or an Ophthalmologist, they can immediately go to the Primary Care Main Reception and book a same day appointment with a specialty physician now located in Primary Care Building 50.



Johns Hopkins Aramco Healthcare Dhahran- Primary Care (Building 50)



JHAH Highlights



Photo credit: Layla Gafashat

Sanctuary Garden Re-opening

In continuation of our patient satisfaction efforts and the enhancement of the environment of care at JHAH, the Sanctuary Garden at the Dhahran Health center has been re-opened for patients and staff after it has been newly renovated.

The garden includes seating for patients and staff, as well as greenery and serenity that creates a relaxing environment contributing to the comfort of our patients' and their families.

Pierre Magistretti, Professor and Bioscience Dean, Dr. Sami Al Garawi, Consultant Geneticist and Manager of In-Kingdom Collaborations and Dillon Fritz, Assistant Dean of Biological and Environmental Science and Engineer from King Abdullah University of Science and Technology (KAUST), visited JHAH on March 22, 2017, as part of an effort to establish research collaboration opportunities between both organizations. The three distinguished professors from KAUST started off their visit with a meet and greet with JHAH C-Suite and Executive Leadership.

Following introductions, Dr. Abdul Razack Amir, Office Academic Affairs Chief (JHAH), presented the important milestones in the history of the medical organization from the time of its establishment through its current growth phase. Among the achievements covered were commencing JHAH's new Residency Training Program on October 1, 2016 and the establishment of JHAH's research office Institutional Review Board. Dr. Amir was inspired by the late King Abdullah Bin Abdulaziz Al Saud's desire to create KAUST and his vision for it to become one of the world's great institutions of research. Dr Amir linked JHAH and KAUST's mutual interest to advance science and healthcare through distinctive and integrated collaborative research programs.

Professor Magistretti gave a presentation on his research "Neuron-glia metabolic coupling: Relevance for neuronal plasticity and neuroprotection", followed by a presentation entitled "Overview of Biological and Environmental Science and Engineering Division (BESE)" to the JHAH C-Suite, Executive Leadership and Research Team.

During the visit, JHAH and KAUST staff had the opportunity to hold a collaborative session to discuss a proposal for a research partnership, and the way forward.

JHAH and KAUST Starting a Collaborative Conversation on Research and Education





First Fellowship Training Accredited at JHAH

JHAH is now accredited by the Saudi Commission for Health Specialties as an Adult Oncology Fellowship Training Center. "A fellowship is the step toward specialization after a physician completes their Medical Residency" said Dr. Abdulrazack Amir, Chief, Office of Academic Affairs. This builds on the 2016 accreditation of JHAH's five Medical Residency Programs.

Autism Mini Symposium

Autism Mini Symposium

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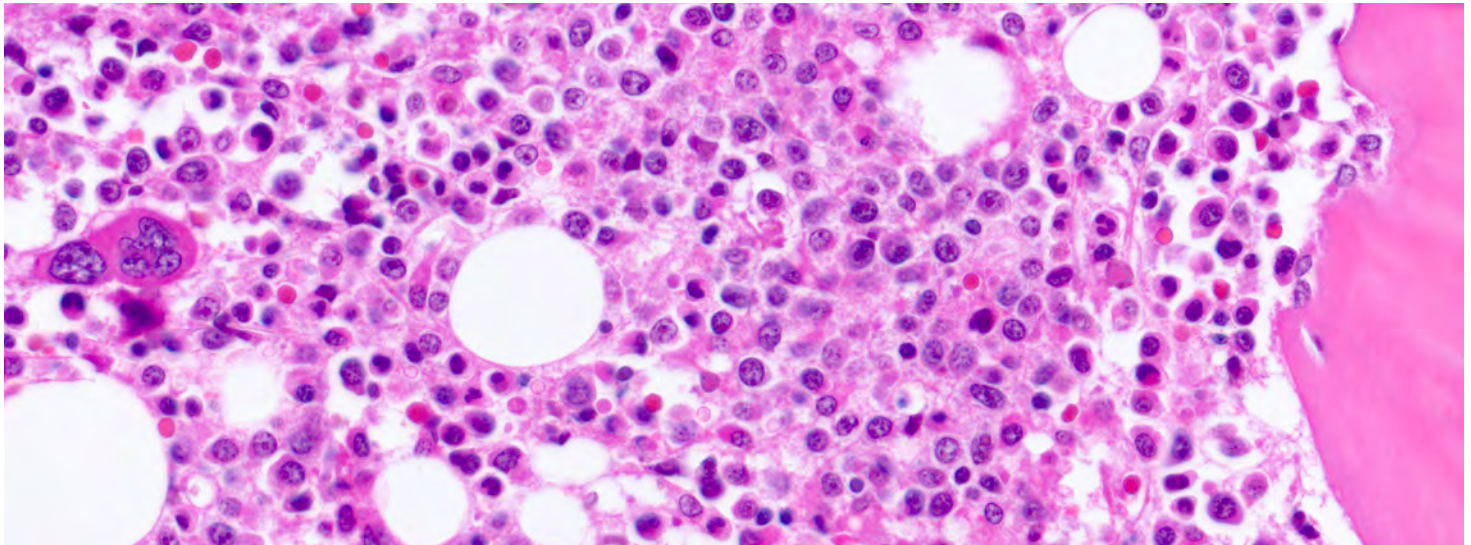


To raise awareness about Autism, Shamah Autism Center, in collaboration with Johns Hopkins Aramco Healthcare, held the World Autism Day Mini Symposium on April 3, at the JHAH Dhahran Health Center Auditorium.

During the symposium, Autism specialists discussed Autism Spectrum Disorder (ASD) to an audience of over 40 attendees who were families of children coping with ASD. Families and their children benefitted from this awareness event and felt supported.

Bone Marrow Transplants

Helping Cancer Patients at JHAH



In March, Johns Hopkins Aramco Healthcare (JHAH) became the second Eastern Province hospital where bone marrow transplants are performed. "This is an important milestone for the treatment we provide patients suffering from multiple myeloma, lymphoma and other cancers," said Dr. Nafisah Al-Faris, Oncology Institute Chair. "Bone marrow transplants, also known as hematopoietic stem cell transplants, allow us to give a higher dose of chemo, which can improve the outcome."

Chemotherapy destroys stem cells that create the different types of blood cells. These blood forming stem cells are located in the bone marrow. Inserting healthy stem cells after chemotherapy allows for a person's body to regenerate blood cells that fight infection and keep the body functioning properly.

Describing the procedure, Dr. Ahmed I. Alsagheir, Hematologist/Oncologist, said, "We extracted bone marrow from the patient, gave him a high dose of chemo and once the chemo left his body, within about 48 hours, we reintroduced the collected stem cells from bone marrow. It takes 12-14 days for stem cells in the bone marrow to begin replicating."

"We could not have done these without the collaboration of King Fahad Specialist Hospital in Dammam (KFSHD)," commented Dr. Al-Faris. KFSHD has been doing this procedure for eight years and conducts about 60 per year. Dr. Hani Al-Hashmi, Director of the KFSHD Blood and Cancer Center, said, "We are very excited to have a second hospital in the Eastern Province performing this procedure and

look forward to a continued partnership in helping patients overcome cancer."

"Technology is ever changing in this field, and every few years a major innovation takes place," said Dr. Alsagheir. "We now have all the ingredients, trained medical staff, a topnotch pharmacy team, an excellent lab and a state of the art blood bank in place, as well as the support of KFSHD. Everything is now aligned and ready to not only perform these procedures today but will be positioned to take advantage of future innovations."

Cancercare, part of the JHAH Oncology Institute, delivers comprehensive, patient-centered, and multi-disciplinary care for cancer and blood disorders. It utilizes the best standards of care for cure and palliation, along with psychosocial support.



Left to right: Dr. Ahmed I. Alsagheir, Hematologist/Oncologist; Ali Alkhardawi, Blood Bank Manager; Dr. Nafisah Al-Faris, Oncology Institute Chair; Bavani Puthankalam, Charge Nurse 5B; Fatimah Sharrahi, Nurse 5B.

Primary Care Conference

by: Michele Thurston
 Clinical Nurse Educator,
 Group Practice Primary
 Care


The John Hopkins Aramco Healthcare (JHAH) Primary Care Conference was held at the Le Plaza Conference Center, Dhahran, from March 13 to March 15. The speakers were from John Hopkins Medicine together with physicians and nurses from JHAH.

This activity enabled physicians, nurses and allied health professionals to improve their knowledge and management in the Primary Care Setting.


The focus of this event was to promote safe, customer focused, patient centered and coordinated care to Primary Care facilities throughout Saudi Arabia. Attendees from various parts of Saudi Arabia were given the opportunity to share best practice experiences and promote application of evidence based practice to improve patient outcomes in Primary Care and the community.

Attendee Virginia Lorda, a Nursing Education Coordinator from Gama Hospital, Dhahran stated "I learned that we should really focus on Patient Centeredness. We need to listen


Johns Hopkins Aramco Healthcare
Primary Care Conference
 Third Annual Multidisciplinary Conference by the Partners in Excellence,
 Partnership Contribution Agreement
 March 13-15, 2017



34
Sessions



7 Johns Hopkins Medicine
11 Johns Hopkins Aramco Healthcare
18 Speakers



380
Attendees

Putting Primary Care First in the Kingdom
 Over three days, JHAH had its Primary Care Conference in partnership with Johns Hopkins Medicine.
 This conference is the third annual multidisciplinary conference by the Partners in Excellence Program. This program is part of the partnership contribution agreement between Saudi Aramco and Johns Hopkins Medicine.

70
Attendees from Ministry of Health

to our patients and families more and keep them informed. I plan on sharing this information with other colleagues at my hospital". Virginia found the information gained relevant and current.

The Conference proved to be an exciting and successful event enhancing the partnership between John Hopkins Medicine and JHAH. Attendees expressed the desire to be notified when the next Primary Care Conference is to be held.



Dr. Paul Scheel Visits JHAH

Distinguished Faculty Visit

JHAH hosted distinguished visiting faculty, Dr. Paul Scheel on March 19-21, 2017. Dr. Scheel is currently Vice President for Transformation within The Office of Johns Hopkins Physicians and also serves as The Director of the Division of Nephrology at The Johns Hopkins Hospital and The Johns Hopkins Bayview Medical Center. Dr. Scheel has nearly two decades of experience in the development of innovative models of healthcare delivery. He is the founder and Medical Director of Integrated Renal Solutions.

During his visit, Dr. Scheel joined JHAH's Nephrology Team Drs. Abdul Razack Amir, Ahmed Khunaizi, Yousif Bedri and Homud Jabbar for a tour of the Hemodialysis and Peritoneal Dialysis Unit area. Hospital rounds were conducted in the Renal Inpatient service area, and the JHAH medical residents had the opportunity to discuss the strategic direction of the renal service at JHAH with Dr. Scheel.

On Monday, March 20, Dr. Scheel delivered Grand Rounds, "Evaluation of Patient with

Acute Kidney Injury" to over 250 JHAH Medical Staff in the Dhahran Auditorium. Later that morning, he delivered the Community Outreach Lecture "Keeping Your Kidneys Healthy- Know Your Numbers" to more than 95 attendees from the Saudi Aramco and JHAH community as part of the monthly Distinguished Faculty Visits.



Dr Paul Joseph Scheel Jr., MD, MBA, FASN is currently Vice President for Transformation within The Office of Johns Hopkins Physicians and also serves as The Director of The Division of Nephrology at The Johns Hopkins Hospital and The Johns Hopkins Bayview Medical Center. He has served two terms as a commissioner of The Maryland State Commission on Kidney Disease. Dr. Scheel has authored over 60 publications in the areas of nephrology and Dialysis.

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



Women Heart Facts



Heart disease is No. 1 killer of women



More women than men die from their first heart attack



Most women have one or more heart disease risk factors



Most heart disease and strokes could be prevented by lifestyle changes



Smoking increases risk of heart attack six times in women



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Sleep Apnea

Symptoms & Treatment

By: Respiratory Therapy Services Unit



Some people are more prone to airway obstruction during sleep. This obstruction may be partial or complete. Complete airway obstruction during sleep is known as obstructive sleep apnea, while partial airway obstruction during sleep is known as upper airway resistance syndrome

Obstructive sleep apnea is a serious medical condition that requires immediate medical attention. If neglected,

sleep apnea can cause life-threatening complications. This problem affects 2-4% of the middle-aged population. (The estimated prevalence in North America is approximately 20 to 30 percent in males and 10 to 15 percent in females when OSA is defined broadly as an apnea-hypopnea index (AHI) greater than five events per hour as measured by a polysomnogram).

How does airway obstruction affect sleep?

When airway obstruction occurs, blood oxygen levels decrease and carbon dioxide (CO₂) levels increase. The brain acts to regulate breathing, which can lead to the patient briefly waking up. This can happen multiple times, and every time the patient wakes up, the brain sends signals to the upper airway muscles to open the airway. Reestablished breathing is usually accompanied by snoring. Although recurrent awakening is important to restore breathing, it prevents the individual from having enough sleep and it affects sleep efficiency.

What are the symptoms of obstructive sleep apnea?

- Excessive daytime sleepiness, fatigue and tiredness.
- Cessation of breathing during sleep.
- Snoring, gasping, choking (may cause sudden awakening from sleep).
- Obesity.
- Frequent urination at night.
- Reduced libido.
- Morning headaches.

How does my doctor determine if I have obstructive sleep apnea?

A sleep test, called polysomnography, is usually done to diagnose sleep apnea. A polysomnogram involves monitoring brain waves, muscle tension, eye movement, respiration, oxygen levels in the blood and audio monitoring (for snoring, gasping, etc.).

How is Obstructive Sleep Apnea treated?

- Obstructive sleep apnea can be primarily treated in a similar manner to snoring, with recommendations such as:
- Weight loss.
- Sleeping on your side. There are some ways that can help to maintain this position, including sewing a pocket into the back of pajamas and placing a tennis ball in it.
- Refraining from smoking, alcohol and sedatives. In most cases, however, these methods do not prevent obstruction and your doctor may recommend other options, such as a CPAP machine. Continuous positive airway pressure (CPAP) is considered the primary treatment for obstructive sleep apnea, and involves wearing a pressurized mask over your nose while you sleep. The mask is attached to a small pump that forces air through your airway, which keeps it open. CPAP eliminates snoring and prevents sleep apnea. If this is needed, your health care team will give you full instructions on its use.

How does primary snoring differ from snoring that indicates obstructive sleep apnea?

Primary snoring does not affect sleep, so it will not cause insomnia or excessive sleepiness.

What is snoring?

Hoarse or harsh sounds occurring during breathing

(usually inhalation) when air flows past relaxed tissues in the throat, causing the tissues to vibrate. Snoring can be a problem on itself without airway obstruction and without affecting sleep stability. In this case it's known as "primary snoring", simple snoring or benign snoring. This is more of a social problem than a medical issue. Snoring can also be a symptom of "obstructive sleep apnea".

How can I control my snoring?

- Lose weight, if appropriate.
- Sleep on your side, not on your back.
- Refrain from alcohol and sedative use.
- Nasal strips: Adhesive strips applied to the nose help increase the area of the nasal passage, enhancing breathing.
- Oral/Dental Devices: There are mouth/oral devices that help keep the airway open. These may help to reduce snoring in three different ways. They may either:
 - a. Bring the jaw forward.
 - b. Elevate the soft palate.
 - c. Prevent the tongue from falling back in the airway.
- Surgery: Traditional, under general anesthesia, laser surgeries or radiofrequency tissue ablation can be used to eliminate unwanted tissue in the oral cavity.

If you are experiencing sleep difficulties, loud snoring, or are suffering from chronic fatigue, be sure to talk to your primary care physician and mention these symptoms that can be a result of Obstructive sleep apnea.

A Woman's Journey

Who knew that one woman's battle with breast cancer in Baltimore would have an impact on a room full of Saudi women across the globe?

By: Rawan Nasser



Who knew that one woman's battle with breast cancer in Baltimore would have an impact on a room full of Saudi women across the globe? Harriet Legum's efforts to promote for women's health helped in creating "A Woman's Journey," Johns Hopkins' annual multidisciplinary program in which an average of 1,000 women are empowered and informed about their health.

This year, "A Woman's Journey" made its way to the shores of Dhahran, Saudi Arabia. In collaboration with Johns Hopkins Aramco Healthcare, three family medicine experts addressed a variety of health topics, and presented the latest advancements in their fields of specialty to a group of Saudi Aramco employees.

Huda Al Ghoson, Saudi Aramco's Human Resources Executive Director, encouraged the attending ladies to take full advantage of the event and make effective decisions not only for their own health but that of their families and loved ones as well.

"There is a certain universality about women's health concerns," said Pamela Paulk, the president of Johns Hopkins Medicine International. She explained that women are often the main caretakers of their families and tend to neglect their own health, which is why they need trusted sources that can arm them with the knowledge they need to lead healthier, happier lives.

"This program was incredibly informative, enlightening and engaging. Women from the community were given a rare opportunity to participate in a dynamic dialogue with three highly qualified medical professionals who imparted their knowledge so seamlessly and enthusiastically. Vital questions were answered, conversations were had. We learned, we laughed, we shared. These kinds of educational programs are invaluable. No one wanted the evening to end!"

Lamees Al-Ali

Embracing Aging

Dr. Alicia Arbaje, who specializes in geriatric medicine, started by emphasizing the role that attitude plays in the aging process. "If you don't feel that life is against you, then you will be able to take better care of yourself," she said.

Dr. Arbaje, director of Transitional Care Research, focused on five strategies in her lecture which included paying close attention to nutrition, exercise, stress management, and adopting a more savvy and in-depth understanding of the health system to utilize it more effectively.

She advised attendees not to skip the important conversations about their health with their loved ones. Questions like: Who will take care of the children if I get sick? or Who will speak for me when I am unable to speak for myself?, may seem uncomfortable but they help families in making the right decisions. "Give that gift to your family and share your beliefs and what matters to you," said Dr. Arbaje.

Geriatricians and general medicine experts can help facilitate critical health conversations in addition to helping aging members of the family with their memory, mobility and mood.

One simple rule of thumb is to live life with authenticity and purpose, said Dr. Arbaje, ending her lecture with: "Let there be wellness instead of illness"

Anxiety, Be Gone

Stress may be the epidemic of the 21st century but living a life of intention could very well be the cure. Dr. Jennifer Payne alerted the audience to the importance of keeping their mental health in check and embracing healthy habits. The psychiatrist and director of Women's Mood Disorders Center, knows that finding a place of calm in the midst of a busy schedule can seem like an added item on a never-ending to-do-list. For this, Dr. Payne

suggests incorporating mindfulness into one's daily routine.

"Living a more mindful life can replace a long meditation experience. Think of eating a date or something you enjoy. If you eat it slowly and mindfully, that's a form of meditation. Enjoy life and embrace the little things," she said.

Dr. Payne explained that everyone gets occasionally stressed out and anxious. However, when these normal habits spiral out of control, they are considered psychiatric disorders that must be managed and treated.

There's a learned component in anxiety where people will start connecting harmless things around them with panic attacks that they have, for example. Such issues can become functionally impairing and require cognitive behavioral therapy to help patients unlearn these behaviors.

As for prescribed drugs that some believe can solve all of their issues, Dr. Payne said: "Different medications work for different people. These are not happy pills. All your woes will not be gone right away. It's a journey and it takes weeks to months to deal with."

Health Starts With a Happy Gut

Dr. Linda Lee, Johns Hopkins Hospital director of Endoscopy, discussed the role of bacteria, probiotics, cleanses and detoxes on one's health and wellbeing.

"We are inhabited by a community of bacteria in our intestines that perform an important function," said the clinical director of Gastroenterology and Hepatology. "We wouldn't have a good healthy system without having these bacteria."

She explained that the bacteria that people are born with evolve over time depending on the food that they eat and the kind of environment they live in. Falling ill because of food poisoning or having

to take antibiotics, for example, impacts the bacterial community. For most people that community is restored within a few weeks but for others the diversity doesn't resolve itself which leaves them vulnerable to diseases.

People may be tempted to try different therapies such as colon cleansers and detoxes to maintain a healthy gut. But these practices can be harmful if overdone and provide no real benefits for enriching their bacterial communities.

Probiotics have many health benefits but consuming probiotic yogurts for the purpose of preventing illnesses may not be an effective strategy, as they also affect people in different ways and may not help everyone.

Eating a balanced diet is the key to nurturing a diverse and healthy community, said Dr. Lee. "Manipulating the gut microbiome can help us change our health but it's not that simple. The best advice is to maintain a good diet full of fiber, whole grains, beans, and vegetables. It's the best way to get a healthy community."

A Healthy, Happy Community

The attending female Saudi Aramco employees expressed their appreciation for the informative lectures and were able to engage with the visiting experts during the closing panel session. The discussion that ensued widened attendees' horizons about different health issues and concerns, in addition to starting a dialogue between them that they were all excited to carry outside of the Dhahran Plaza Center and share with their families and friends.

Heart Friendly

JHAH Healthy

Recipe

Stuffed Zucchini with minced Meat (kousa mahshi)

Stuffed zucchini is a popular dish in the Middle East that is delicious and full of taste, flavor and aroma. The zucchini is stuffed with a mixture of ground beef or lamb, tomatoes, spicy rice and fresh condiments..

Ingredients (6 Servings, 2 pieces zucchini each)

- 12 pieces medium zucchini
- 2 cups rice
- 600 gm minced lean beef or lamb
- 2 Tsp. olive oil
- 2 cloves garlic (crushed)
- 1 Tsp. saffron
- 1 Tsp. pepper
- 2 Tsp. mix spices
- 2 Tsp. cumin
- 5 cups water
- 1 cup fresh tomato (chopped)
- 2 Tsp. dill (chopped)

- In a medium size pot lightly coated with olive oil, bring the water to boil then add the chopped tomatoes, crushed garlic and pepper.
- Place the stuffed zucchini in the pot and cook, covered on medium heat for 20 minutes.
- Once the zucchini are cooked, remove them from the sauce and place them on a platter. Place the sauce in a bowl so people can add it as desired. Serve while still warm with low fat or non-fat yogurt to enrich the dish with calcium and vitamin D.



Preparation

- Preheat oven to 175° C
- Wash rice then drain and add saffron. Let it sit for 10 min then mix until the rice becomes yellow.
- Trim stems from zucchini and scoop out the heart.
- Add the minced meat to the rice and mix with olive oil, pepper, cumin, spices and dill.
- Stuff the zucchini 2/3 full. The stuffing will expand when it's cooked.

Fat and Calories

Calories per serving: 275

Fat per serving: 6 grams

Health Message:

Stuffed zucchini is a nutritious, heart friendly dish that is rich in antioxidants. It is appropriate for children, pregnant and lactating women, adults and elders. People with kidney disease can consume it if no tomatoes are added and after consulting a nutrition specialist. People with diabetes can consume it noting that each piece is equal to one serving of carbohydrates

By: JHAH Clinical Nutrition Services

Caring Profile



Dr. Samer Bondokji,

Consultant Podiatrist, Foot and Ankle Surgeon

Education & Training

Bachelor of Medicine and Bachelor of Surgery (MBBS), Texas Christian University, Ft-worth TX, USA. 1986

- New York College of Podiatric Medicine, New York, NY, USA. 1998
- Surgical residency, Cabrini Medical Center New York, NY, USA. 1998 - 2001
- Orthopedic trauma fellowship, Interfaith Medical Center, Orthopedic Brooklyn, NY, USA. 2001 – 2002.
- Rubin Institute for Advanced Orthopedics, Fellowship in deformity correction and limb lengthening, Rubin Institute for Advanced Orthopedics, Baltimore, MD, USA. 2002 – 2003
- Iizarov mini fellowship, deformity correction, Iizarov Institute, Kurgan, Russia. 2003

Quote

“At a time when diabetes and its association to limb loss is at an all-time high, I find myself in a unique place to fulfill my life mission of limb salvage and reconstruction. I am truly fortunate to be part of an institution that is committed to health care with a holistic approach, allows me to provide the best care possible to my patients and allows me to grow as a surgeon and foot specialist.”



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To download the latest issue, please visit [News and Articles](http://www.JHAH.com) page on www.JHAH.com

مركز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

Walk-In Care Clinic

What You Need to Know

What is the Walk-In Care Clinic?

The Walk-In Care Clinic is an after hours clinic available to patients who have medical conditions that cannot wait for regular clinic hours.

When Should I go to the Walk-In Care Clinic?

Please visit the Walk-In Care if you are experiencing an urgent but non-life threatening condition that does not require immediate emergency medical care. Urgent conditions include but are not limited to the below:

- Sprains and strains
- Moderate back problems
- Mild asthma exacerbation
- Eye irritation and redness
- Fever or flu
- Vomiting and diarrhea
- Sore throat or cough
- Skin rashes and infections
- Urinary tract infections

What are the working hours of the Walk-In Care Clinic?

Dhahran:

In Dhahran, the Walk-In Care Clinic hours are:

Weekdays: 4 p.m. to 11:00 p.m.

Weekends and Holidays: 7:30 a.m. to 11:00 p.m.

Districts:

In the districts, the Walk-In Care Clinic in Abqaiq and Ras Tanura is provided in the Emergency Room area, and in al-Hasa it is provided in the Urgent Care Unit adjacent to the Emergency room.

Working hours of the districts' Walk-In Care Clinics:

Weekdays: 3 p.m. -11 p.m.

Weekends and Holidays: 7 a.m.-11 p.m.

What are the services not offered at the Walk-In Care Clinic?

The following services are not offered in the Walk-In Care Clinic:

- Well Physical Examination (Check-up)
- Non-Urgent Care
- Referrals of any type
- Elective, non-urgent procedures (suture removal, dressing changes, skin treatments)
- Prescription refills
- Laboratory test results
- Routine immunizations and preparations of immunization records
- School/routine physicals
- Test results or requests
- X-ray results or requests
- Routine follow up for chronic problems
- Routine follow up for chronic skin problems
- Routine referrals to specialty
- Liquid nitrogen treatment, ear irrigation or other minor procedures
- Routine injections or injections ordered by other hospitals

Walk-In Care Clinic

What You Need to Know

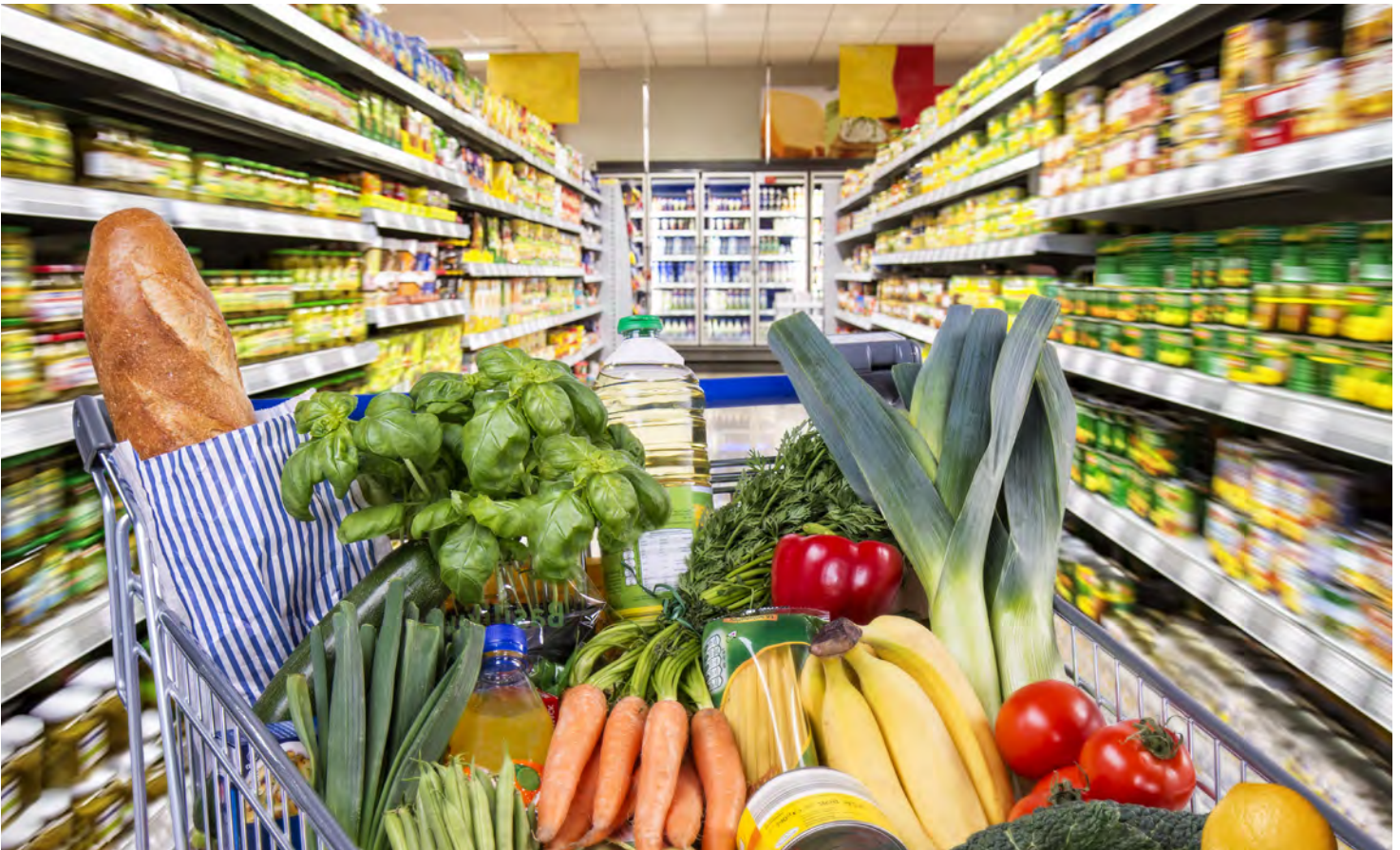
سواء في الظهران
أو في المناطق
Johns Hopkins
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800-305-4444 | www.jhah.com

For the full version of the Walk -In Care Clinic information booklet, please visit the following website: www.JHAH.com

Top Tips for Healthy Shopping

By: JHAH Clinical Nutrition Services



Grocery shopping is one of the best places to make decisions that help support your healthy lifestyle. If you are unsure of where to start while at the supermarket, purchase these foods to ensure you stay on the track to good health:

- Unsweetened whole grains and cereals, such as oats, barley, wheat, and brown rice.
- Dry legumes such as lentils, beans and peas.
- Non-fat or low-fat milk, yogurt, buttermilk, cheese or labneh.
- Fresh fruits with bright colors, such as berries, apricots, bananas, apples, pears, oranges and grapes. Dried fruits are also recommended, including; apricots, figs and dates.
- Vegetables with bright colors, such as tomato, carrots, green pepper, lettuce, onion cucumber, broccoli, cauliflower, pumpkins, spinach and red peppers.
- Skinless chicken or turkey, fish and lean meat. .
- Tins of salmon, sardines, tuna and small pots of hummus.
- Nuts, such as almonds and walnuts, preferred unsalted.
- Healthy oils such as olive oil, corn oil, canola oil or sunflower oil.
- Green tea and coco powder.


Connect with JHAH

When trying to email a Johns Hopkins Aramco Healthcare employee, be sure to use the correct address: NAME@jhah.com. Please note, if the person you are trying to reach is a former Saudi Aramco employee, the NAME@aramco.com email address is no longer active.




More than
2,554
followers

@JHAHNEWS



More than
1,013
likes

Johns Hopkins Aramco Healthcare



More than
1,256
followers

@JHAH_NEWS



More than
45,492
followers

Johns Hopkins Aramco Healthcare (JHAH)



249
subscribers

17,873
views

Johns Hopkins Aramco Healthcare (JHAH)

Do you need help with a health care service/issue?

Email Patient Relations
PatientRelations@JHAH.com

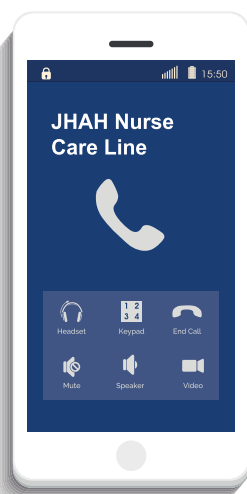
How to Contact Johns Hopkins Aramco Healthcare

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

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

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

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



The Nurse Care Line

JHAH has become one of the first hospitals in the kingdom to make specially trained, experienced nursing staff available for a call-in service to offering healthcare advice.

The Nurse Care Line provides consultation and assistance to patients and their families, regarding healthcare information, home care and navigation of the JHAH health care system.

- The Nurse Care Line is staffed by Arabic and English speaking nurses
- Available 7.30 a.m. to 3 p.m. Sunday through Thursday
- Call 4444-305-800, and out-of-kingdom at 3888-877-13-966+ and select Option 7

Broaden your horizons with a career at Johns Hopkins Aramco Healthcare.

Johns Hopkins Aramco Healthcare is pleased to announce the availability of job slots for qualified Saudi nationals.

To apply, visit www.JHAH.com/careers

JHAH Bulletin Board

Emergency Numbers: Save These Numbers To Your Mobile Phone

- **Dhahran and all areas:** From a landline 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
 - Out of Kingdom +966-13-877-3888
- **Feeling Stressed?** Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-877-8400.
- **Quit Smoking:** JHAH help for employees, dependents, contractors and retirees to quit smoking, email SmokingCessation@JHAH.com.
- **Become a volunteer:** To volunteer, email VOLUNTEER.HEALTHCARE@JHAH.COM. You must be in good health, at least 18 years old and have a good understanding of English.
- **Pregnant?** Attend the Pregnancy Wellness Program in Arabic or English. Email registration: MedicalPregnancyWellness@exchange.aramco.com.sa You must be 12 weeks or more into a pregnancy.
- **Register for the Mother and Baby Unit** Pregnancy Tour in Arabic or English. The tour starts at 1 p.m. on the 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.) 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>.

Obesity Management at JHAH

There is nothing easy about obesity, and that includes the fact that there is no easy fix.

By: Bradley Wilkinson



Another uncontested fact about obesity is that it is a major health risk. Being overweight puts stresses on the body that lead to many serious health problems including heart disease, type 2 diabetes, some cancers, metabolic syndrome, reproductive problems, stroke, sleep apnea (you periodically stop breathing during sleep) and other diseases.

The Johns Hopkins Aramco Healthcare Obesity Management Program is a multifaceted, comprehensive, multidisciplinary approach to addressing obesity. "Our program is designed as a personal journey," says Manal Tallal, Bariatric Coordinator. "That journey begins with a custom tailored, structured program that is designed to help

patients develop the habits that lead to a healthy lifestyle that hopefully leads to not only weight loss but a more productive, better quality of life."

The JHAH program lasts between 4-6 months, depending on a patient's condition and response. For those who smoke, the first step is to quit smoking for at least three months. For those with diabetes, the disease must first be controlled.

The best case scenario from the program is that lifestyle and behavior modification are sufficient to bring a patient's weight down to normal levels. However, if that isn't the case, an invasive option will be considered, which includes an evaluation to determine if he/she is suited for surgery.

"People seem to think they can walk into a medical facility, get bariatric surgery, and just like that, everything will be better. Everyone loves an easy fix," said Dr. Zafar Rasim, JHAH Bariatric Surgeon. "The reality is, however, that laparoscopic surgery is like every other surgery, it has risks and without a commitment to lifelong lifestyle change, it may not solve the problem."

JHAH's bariatric surgery program

is benefitting from the Partnership Contribution Agreement with Johns Hopkins Medicine by tapping into the expertise of the Johns Hopkins Center for Bariatric Surgery. This support includes visits by JHAH operating room staff to JHM to train under the direction of experienced surgeons and surgical teams.

It also includes visits to JHAH by JHM teams, including a recent visit by Dr. Hien Nguyen, noted JHM bariatric surgeon and assistant professor of surgery, and his team, who not only came to discuss future planning of the JHAH program and weight management program clinical pathways, but while he was here conducted 11 surgeries in partnership with JHAH surgeons and surgical teams. "It was a pleasure to work with a team so dedicated to achieving excellent patient outcomes," said Dr. Nguyen.

"We are excited about our evolving program," said Dr. Rasim. "And we are confident that our comprehensive approach to addressing obesity will serve our patients well as we build capacity and continue to incorporate the latest evidence-based skills in treating people suffering from obesity."