

Tips to Keep Your
Child Hydrated
During Summer
01

Sheesha Smoking: It's Not
All Fun And Games
07

Revitalized Al-Hasa
Health Center Is
Officially Opened
08

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WellBEING

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Photo By: Layla Gafashat



INSIDE THIS ISSUE

Tips to Keep Your Child Hydrated During Summer	1
Ask The Expert: Nikki Tang, M.D.	2
Summer Stings and Bites	4
Food Safety Tips During Summer	6
Sheesha Smoking: It's Not All Fun And Games	7
Revitalized Al-Hasa Health Center Is Officially Opened By Saudi Aramco CEO	8
100 Lives Transformed	10
World-class Health Care Close to Home	11
Nutrition Tips For Making Fast Food Healthy	12
JHAH Healthy Recipe	13
Hajj Health Tips	14
Cardiopulmonary Resuscitation	16
'Id Holiday Walk-In Care Operating Hours	17
Connect With JHAH	18
JHAH Bulletin Board	19



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Tips to Keep Your Child Hydrated

During Summer



Summer is here and for many children it only means play, play and play. They may forget to eat well and stay hydrated. Drinking water is vital for good health. Keeping children hydrated is important to promote long-term health and to prevent dehydration and heat-related illness.

Water ensures that your body functions properly, regulates your body temperature, lubricates joints, protects your spine and sensitive tissues, and helps remove waste from the body.

Many children don't get enough water on a daily basis. Although they drink water, they do not drink enough. Others rely on beverages like juice and soda for their daily fluid intake and rarely drink water.

Children, like adults, need more water during the hot summer season. There are a number of factors that influence how much water a child needs. These include age, gender, weight, level of physical activity, heat and humidity.

Here are some tips to keep children hydrated this summer:

- Always bring water with you when you're out and about. Coconut water is a good option as it contains vitamins, minerals, sugars, vitamin C, and electrolytes. Lemonade is another option for younger kids.
- Fruits contain a lot of water that can keep children hydrated. These include the summer fruits such as watermelon, cantaloupe, strawberries, pineapples, cranberries, peaches, raspberries, and oranges. You can also add fruit to your child's water to make it tastier.
- Vegetables are also a good source of water. At the top on the list are lettuce, cucumbers, celery, zucchini, green cabbage, tomato, and radishes.
- Make popsicles with 100% fruit juice or pureed fruit, vegetables, or yogurt.
- Children don't think about whether or not they are hydrated. They might tell you when they are thirsty. It's also possible that they get so caught up in playing that they fail to mention their thirst. Make sure your child drinks water every 30 minutes or so.
- When it comes to hydration, water is still the drink of choice. It is important to ensure that children take a water break every 15-30 minutes while playing or involved in sports, especially on hot days. Offer healthy beverages at every meal and with snacks as well.

By: Sara Bader

*Health promotion program coordinator
Population Health*

Ask the Expert: Nikki Tang, M.D.

Protect Your Skin During Summer



How can I best protect my skin during the summer?

To paraphrase basic rules from the American Academy of Dermatology:

- **Apply broad-spectrum, water resistant sunscreen**
Look for sunscreens with a Sun Protection Factor (SPF) of 30 or more to all exposed skin when spending time outside, even if it's cloudy. Reapply sunscreen after a few hours and after activities where it may wash off your skin, such as swimming.
- **Wear protective clothing**
Long sleeves, sunglasses and a hat can help protect you from the sun's rays—and clothing labeled with an Ultraviolet Protection Factor (UPF) is most effective.
- **Stay out of the sun during peak hours, if at all possible.**
The sun's rays are strongest between 10 a.m. and 2 p.m., so avoid being in direct sunlight particularly during that period
- **Be careful, especially at the beach.**
Water and sand can reflect and intensify the sun's rays, so be extra cautious to avoid sunburn at the beach at the beach.

What type of sunscreen should I use, and what should I know about SPF ratings?

The sun's wavelengths include ultraviolet (UV) and visible light. UV light that pertains to sunburn, skin aging and skin

cancer, is classified as either UV-A (penetrates the skin deeply and is more responsible for aging the skin and tanning), and UV-B (which is more responsible for skin reddening and sunburn). Sunscreens were originally developed to protect against sunburn and, thus, the SPF describes a sunscreen's protection against UV-B only.

The SPF is a multiplier of protection against skin reddening and sunburn—for example, if your skin reddens after you are in the sun for five minutes, when wearing an SPF 10 sunscreen, it would take 10 times longer for you to burn (i.e., 50 minutes). To denote sunscreens that offer protection against UV-A as well, the FDA mandated that those sunscreens be labeled as “broad spectrum.” “Water resistant” refers to how much time a user can expect to get the declared SPF level of protection while swimming or sweating. Two times are permitted on labels: 40 minutes or 80 minutes.

So when you're looking for a sunscreen, look for one labeled as SPF 30 or more, broad spectrum and water resistant. Apply sunscreen liberally and reapply it about every two hours or if you sweat or swim.

If I do get a bad sunburn, what are the most effective ways to care for my skin?

First, you cannot reverse the damage caused by a sunburn. It is much better to prevent a sunburn than to treat it. But if you do get a sunburn, here's how to try and alleviate the symptoms:

- Get out of the sun.
- Put a cool, damp towel on your skin. Take a cool bath or

shower. After you get out of the shower, pat yourself dry and use a moisturizer. This will help ease the dryness.

- Anti-inflammatory medications such as ibuprofen can help. Of course, only take as directed.
- Drink a lot of water to help replenish fluids that may be lost through your skin. If you develop blisters, do not pop them. If you feel sick, seek medical attention because this may indicate a very severe burn.



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Nikki Tang, M.D.

Assistant Professor of Dermatology

Degrees

- MD, Brown University School of Medicine (2011)

Residencies

- St Luke's Roosevelt Hospital Center/ Dermatology (2015)

Fellowships

- Mount Sinai Beth Medical Center (2016)

Board Certifications

- American Board of Dermatology/ Dermatology (2015)

Summer Stings and Bites

An interview with Pediatric Dermatologist Bernard Cohen

By Gary Logan



Pediatric dermatologist Bernard Cohen discusses prevention and treatment for an array of summer skin conditions, from insect bites to poison ivy, sunburn and melanoma.

What kinds of issues in children concern you this time of year?

One is insect bite hypersensitivity, when the patient has an acute or toxic reaction to a bee sting or mosquito bite. Children tend to get a lot of swelling and redness, which can be quite itchy and painful, but, fortunately, these symptoms are

Page 4

usually localized and short-lived. Typically, they go away within 24 hours.

What should parents do?

I advise parents to use antihistamines and cold compresses, that sort of thing. If the child is having a severe reaction, an anaphylactic reaction with deep-seated hives and swelling in the throat, he or she should get antihistamine and epinephrine immediately. There is a subset of patients, those with a family history of allergy, who will get an

acute anaphylactic reaction to a bee sting or insect bite. For children who have this kind of reaction, their parents should carry an EpiPen with them.

Should they go to the emergency room?

In most cases, kids with bad bites and stings should not go to the ER. They arrive with a rash and leave with antibiotics and oral steroids as treatment for a suspected infection that will go away by itself in 12-24 hours. Taking antibiotics and steroids is not without risk.

If the child still had a rash and swelling from a bite a week ago, then I would be worried about an infection.

Should hypersensitive kids wear repellent?

Yes. The American Academy of Pediatrics suggests using DEET-containing products with a concentration up to 30 percent, which maxes out the length of time it will work. Higher concentrations do not increase their efficacy and may increase the risk of irritation. Wearing lightweight long-sleeve shirts and long pants helps, too.

Are there areas of the body more vulnerable to bites?

There are certain areas where a child can get a lot of swelling, including ears, eyelids, and the top of hands and feet. It is important to protect those areas.

What do you recommend for a bad case of poison ivy?

Cool compresses and Calamine lotion. If it really gets bad, we do use topical steroids, and if it becomes widespread and the kid is incapacitated, we will use oral steroids. But the biggest mistake physicians make is prescribing five-day dose packs for kids, which is a waste of time. It takes a minimum of 24-48 hours for oral steroids to kick in. So on the fifth day, when the child begins the lower dose in the dose pack, the poison ivy flares up again. I treat for a minimum of 10 days and typically 14 days. If you have a severe case of poison ivy, and you do not treat it, it can last a month to six weeks.

When should parents have sunburn concerns?

The most important consideration is skin type. It's often a good idea to make sure your child wears protective clothing and sunscreen. Surfing shirts or long-sleeve sun shirts work well on the beach in the summer.

And skin cancer?

Melanoma is still rare in children but not as rare as it used to be, especially in adolescents. Their risk is now approaching that of adults because of sun and ultraviolet light exposure. I ask moms to do a once-a-month mole check at home. Picking up any changes in their child's moles early can be very useful from a prevention standpoint.



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Bernard Cohen, M.D.

*Program Director,
eMedical Dermatology Review
Professor of Dermatology*

Degrees

- MD; Medicine, Johns Hopkins University School of Medicine (1977)

Residencies

- Johns Hopkins University School of Medicine/Pediatrics (1980)
- Sinai Hospital of Baltimore Pediatrics (1981)
- Johns Hopkins University School of Medicine Dermatology (1984)

Honors

- Fellow, American Academy of Pediatrics
- Fellow, American Academy of Dermatology

Board Certifications

- American Board of Dermatology / Dermatology (1984)
- American Board of Dermatology / Pediatric Dermatology (2004)
- American Board of Pediatrics Pediatrics (1982)

Food Safety Tips During Summer



Food safety is always important; however, during the summer months it becomes particularly important. Warm temperatures provide a breeding ground for bacteria and viruses that can cause foodborne illness. Thus food poisoning becomes more common during the summer months. Following are a few tips to help protect you and your family.

- Wash your hands before handling food.
- Keep cooking utensils and the food preparation and handling areas clean.
- Wash cutlery and cooking utensils both before and after use.
- Handle raw and cooked food separately by using separate cutting boards and cutlery for each.
- Keep stored food covered in the refrigerator and keep cooked and ready-to-eat foods on shelves above raw foods.
- Cook food thoroughly. Make sure the juices of meats are clear, not pink; Shellfish must be cooked until the shell opens. Once the shell opens, it should be cooked for another five to ten minutes. Soup and stewed food should be brought to a boil and be boiled for at least one minute. Avoid reheating cooked food more than once; after it is reheated once, it should be disposed of properly.
- When travelling or cooking outdoors, make sure to use an insulated cooler filled with ice or frozen gel packs. Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); and cut up fruit and vegetables. When using a cooler, keep it out of the direct sun and avoid repeatedly opening the cooler.

Sheesha Smoking

It's not Fun and Games!

By: Feda Sanonah
Preventive Medicine Advisor
Population Health



You may have heard a friend say “It’s just fruit and vapor” or “Come on! It’s not real smoking! Let’s face it; it is a commonly held belief in Saudi society, especially among young people, that smoking sheesha or similar water pipe products is not harmful to health or is at least not as harmful as cigarette smoking. Unfortunately, they are wrong. On the contrary, the amount of smoke, nicotine and tar in sheesha is much more than cigarettes even if it is masked by a pleasant smell and tempting flavor. Smoking any type of tobacco is a major risk factor that increases the chance of developing heart disease and cancer.

All tobacco products naturally contain nicotine, the addictive stimulant responsible for making smokers feel good. Nicotine, however, comes with a price. It increases heart rate and blood

pressure and makes smokers dependent on it and prone to difficult withdrawal symptoms when they attempt to quit.

Nicotine is an alkaloid that is not absorbed in the water of a water pipe. Sheesha smokers definitely inhale it. Nicotine is absorbed differently as sheesha smokers smoke slowly (one sheesha lasts up to 60 minutes while smoking a cigarette takes less than 5). The fact is, sheesha smokers get hooked on nicotine the same as their cigarette smoking counterparts do.

The second noteworthy element in sheesha and water pipes is carbon monoxide (CO), which is emitted from all sources of smoke. While tobacco leaves are not being burned when smoking sheesha, the coal is extremely harmful and contains levels of poisonous CO that can be ten or even

a hundred times higher than that of a single cigarette.

The third substance in smoke is tar. Due to the amount of tobacco needed to prepare sheesha, the naturally-existing tar in tobacco is significantly higher than in cigarettes. While you may think that the water is filtering the tar (as you see the water changing color), the fact is the water superheats the tar making it smaller and easier to be more deeply inhaled and deposited in the lungs and airways.

Whether it is cigarettes or sheesha, smoking is a major contributor to heart disease-the leading cause of premature deaths in Saudi Arabia and around the world. If you smoke sheesha and want to quit, visit <http://JHAH.com> or email SmokingCessation@JHAH.com for assistance with

The Eagerly Anticipated Revitalized Al-Hasa Health Center is Officially Opened by Saudi Aramco CEO

By: Sarah Palmer

Photos By: Layla Gafashat

Amin Al-Nasser, Saudi Aramco president and CEO, conducted the ribbon cutting at the official inauguration ceremony for Al-Hasa Health Center, the second hospital of Johns Hopkins Aramco Healthcare (JHAH), joined by members of the JHAH Board of Managers and Saudi Aramco and JHAH executives.



July 19 - Amin Al Nasser, Saudi Aramco president and CEO, conducted the ribbon cutting at the official inauguration ceremony for Al-Hasa Health Center (AHC), the second hospital of Johns Hopkins Aramco Healthcare (JHAH). Al-Hasa is the largest hospital after Dhahran; the other JHAH facilities are Ras Tanura, 'Udhailiyah and, Abqaiq.

The inauguration marked the official opening of the Al-Hasa Health Center following its ambitious 26,000 m² revitalization. The center incorporates the latest in healthcare design, technology and equipment, which will offer the residents of al-Hasa outstanding, comprehensive, patient-centered services. The provision of inpatient care at AHC and the accompanying extension of services has been eagerly anticipated by the al-Hasa community. The hospital can accommodate up to 50,000 registered patients and close to a quarter of a million outpatient visits per year.

The newly refurbished medical facility has an 80 -bed capacity with spacious, patient rooms that elevate the patient and family experience. Primary Care offers quick access to care with 42 fully equipped physician exam/consultation rooms, as well as screening rooms and pediatric and adult immunization clinics. Primary Care provides comprehensive wellness programs including: nutrition

counselling, cancer prevention, smoking cessation and osteoporosis prevention.

The pharmacy is integrated with advanced robotic technology and seated service cubicles that allow for private communication between the patient and the pharmacist. This enables the pharmacists to use their clinical knowledge and skills to help patients achieve their physician-directed health goals. The 24 hour Emergency Services includes an urgent care fast track and Medical Emergency Response Center (MERC).

The specialty services include the Women & Children's Clinic, Dermatology, Cardiology, Neurology, Geriatrics, Gastroenterology & Endoscopy, ENT, Anesthesia, Orthopedics, General Surgery, Ophthalmology, Rehabilitation, Occupational Medicine and comprehensive Radiology services capable of advanced diagnostic modalities and the ability to perform interventional radiology for early detection of tumors.

Bringing the successful flagship programs established at JHAH to enhance care and operational effectiveness at AHC has fast tracked the evolution of the hospital. This includes a Family Medicine Specialist residency where AHC will receive 30% of the Family Medicine residents enrolled

Amin Al-Nasser, Saudi Aramco president and CEO inspects the Al-Hasa advanced Computed Tomography (CT) machine, part of the comprehensive radiology services. The CT is able to complete a full image of the human heart in between heartbeats. This avoids the need to give patients medication to slow their heart rate. Left to right: Muhammad M. Saggaf, JHAH Chairman of the Board and SR VP, Operations & Business Services, Saudi Aramco, Amin Al-Nasser, Saudi Aramco president and CEO, Daniele Rigamonti, M.D., CEO JHAH, Faisal Al-Hajji, Chief Operating Officer, JHAH and Jamal Shalfaan, radiology supervisor.



in the JHAH Saudi Commission for Health Specialties accredited residency program. This will contribute to the next generation of Saudi family medicine physicians; currently Saudi nationals meet only 5% of the demand for this key specialty. AHHC nurses will also benefit from the close academic ties with the Johns Hopkins University School of Nursing, including the kingdom's first doctorate of nursing program. These activities are complemented by a raft of clinical enhancement programs that actively engage with the depth and breadth of clinical knowledge and expertise of Johns Hopkins Medicine—Saudi Aramco's joint venture partner and one of the world's leading academic health systems.

Beyond the clinical enhancements and expansion, patient and family experience at AHHC has been an area of steadfast focus in the refurbishment. Walkways bathed in natural light, children's play areas located near pediatric services, and a central garden combine to create a relaxing, healing environment. Welcome Guides greet arriving patients and offer a personalized wayfinding service, and the multilingual Patient Relations team provides assistance with customer concerns.

"The impact of opening AHHC is remarkably positive and far-reaching; close to 50,000 Saudi Aramco employees and dependents will benefit. AHHC's expanded services eliminate unnecessary travel and its driving risks to receive diagnostics, day surgery or specialist treatment at Dhahran. Furthermore, the provision of care close to home gives patients added comfort," said Faisal Al-Hajji, Chief Operating Officer, JHAH. In addition to compliance with Saudi Aramco's engineering standards, the strength of this project is the successful incorporation of international clinical standards and evidence-based design necessitated by the specialized nature of health care. I feel privileged to have been a part of making this exceptional hospital."

Attending the inauguration from Johns Hopkins Medicine International, Baltimore, U.S., Mohan Chellappa, M.D., executive vice president and president of Global Ventures, commended the AHHC team on its unwavering commitment to the revitalization of this key facility in the Johns Hopkins Aramco Healthcare system.

"The Johns Hopkins name is not only present in the name of these facilities, but in its people, practices and expertise," stated Daniele Rigamonti, M.D., CEO of JHAH. "Welcoming the increasing patient numbers truly represents the essence of the Al-Hasa Health Center Revitalization fulfilling its potential."



100 Lives Transformed



This month, Jose Fayad, M.D., head of the Cochlear Implant Clinic completed his 100th successful cochlear implant at JHAH and the 600th of his career.

Reconnecting the hearing impaired to the world.

Dr. Jose Fayad

JHAH Otolaryngologist

Education

- 1997- 1999 Fellowship Otolaryngology, Neurology, Skull Base Surgery, House Ear Clinic, Los Angeles, California
- 2004-Present Clinical Professor of Otolaryngology Head and Neck Surgery, University southern California
2004 - FRCS (CT-h), British Board Exam, Royal College of Surgeons, UK
- 2012 - Otolaryngology, Neurology -skull base surgery, Cochlear Implant surgery
- 2013 - 2016 American Academy of Otolaryngology Head and Neck Surgery Course Instructor

Professional Background

Medical School:

- 1977 - 1984 MD, University Paul Sabatier, Toulouse, France Attending Cardiothoracic Surgeon, Royal Victoria Hospital, Belfast, UK, 2017 - 2009
- 1999 - 2003 Assistant Professor Otolaryngology Head & Neck surgery, Columbia University

Residency

- 1991 - 1997 Residency, Columbia Presbyterian Medical Center, New York City, New York

Education:

- 2003 - 2012 Associate House Ear clinic, Los Angeles, California

World-class Health Care

Close to Home

Photo By: Layla Gafashat



At the Al-Hasa Health Center, teams of health professionals make a positive difference in people's lives.

The newly refurbished medical facility has 80 bed capacity with spacious patient rooms that support the delivery of exceptional care.

The first patient admitted to the revitalized and reopened center, Abdullah Al-Hussaini, was discharged and had this to say.

"I used to receive care at the Dhahran Health Center, and although I received excellent care, it was far from my home in Hofuf. I now go to the new Al-Hasa Health Center where I receive wonderful care and very importantly have my family close. It really is a combination of excellent health care close to home."

"We are providing the residents of Al-Hasa with world-class care close to home."

-Dr. Khalid Mulla

Acting Medical Director of Al-Hasa and 'Udhailyah Health Services

View the video of the first discharged patient on our social media channels or website

- Instagram @JHAH_News
- Twitter @JHAHNews
- <http://www.JHAH.com>

Nutrition Tips for Making Fast Food Healthy



Children love fast foods. Parents want them to avoid them because they are high in calories, saturated and trans fats, cholesterol, salt and sugar and are low in fiber, vitamins, minerals and antioxidants.

A balance can be reached. The children can have healthy, homemade fast food. Johns Hopkins Aramco Healthcare provides some tips to help parents provide their children with home cooked fast food.

- When making burgers
 - Limit the amount of fat in red meat to 20-30% and use skinless chicken for chicken burgers.
 - Use whole wheat buns, low fat cheese, low-fat dressings and serve them with vegetables, fruits and salads.
- When making pizza
 - Use whole wheat flour, low fat cheese, skinless chicken and vegetables.
 - Use a small amount of healthy oil such as canola, sunflower or corn.
- Watch the portion size.
- Use low fat cheese for all dishes that include cheese, understanding that 10-20% fat is recommended rather than 50-70% fat.
- Limit fried food and use other methods such as baking or grilling.
- Serve varieties of fruits and vegetables along with the fast food.
- Limit sugary drinks or sodas served with fast food. It is recommended to serve unsweetened fruit juice in small amounts. Vegetable juices are another good option.
- Serve low fat milk, laban or low fat fruit juice to enrich the meal with calcium and vitamin D.
- Limit adding salt to fast food or serving salted dressings, sauces or pickles with them.
- Avoid using ghee or any kind of hydrogenated fat, butter or animal fat.
- Use whole wheat flour for pizzas and sandwiches.
- Always read food labels to know the calorie, fat and carbohydrate amounts in the fast food.
- Avoid commercials for unhealthy fast food and sugary drinks.

Heart Friendly

JHAH Healthy

Recipe

Samak Harra

By: JHAH Clinical Nutrition & Food Services



Samak Harra is a popular Middle Eastern dish that is full of aroma and taste. It is rich in nutrients that support heart and brain health such as omega 3 and mono-unsaturated fatty acids, Vitamin D, calcium, phosphorus, potassium, antioxidants and lean protein.

Ingredients (6 Servings)

- 6 Hamour fillets, 180 grams (6 ounces) each
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 2 medium onions, chopped
- 1 capsicum, diced
- 2 tablespoons tomato paste
- 2 green chili peppers, seeded and chopped
- 1 cup fresh tomatoes, chopped
- 3 tablespoons lemon juice
- ¼ cup fresh coriander, chopped
- 1 teaspoon cumin seeds, freshly ground
- ½ teaspoon cracked black peppercorns

Preparation

- Marinate the fish fillets with half of the black pepper, lemon juice, olive oil and ground cumin
- Preheat oven to 180 C (350 F)
- Place the marinated fish fillets on a baking tray and bake for about 15 minutes
- Preparing the Harra sauce: Place a pan on medium heat. Add the rest of the oil and sauté the chopped onions, garlic and diced capsicum until they are soft
- Add the rest of the pepper, ground cumin and lemon juice
- Add the tomato paste and cook for 5 minutes
- Add the chopped tomato and cook for another 5 minutes
- Add the chopped coriander
- Place the fish in a serving dish and cover with the Harra sauce
- Serve with white rice or mashed potatoes and steamed baby vegetables

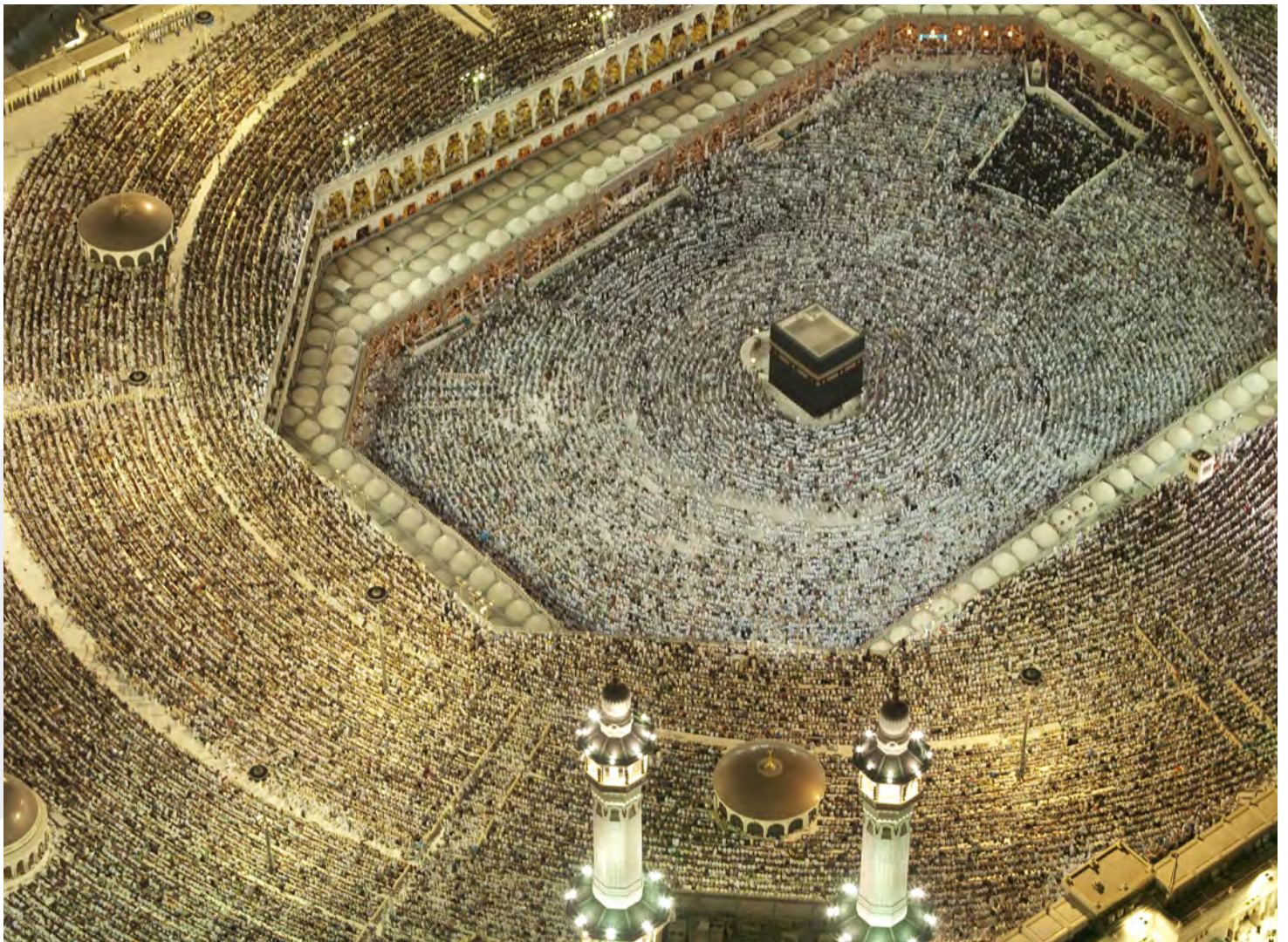
Fat and Calories

- **Calories per serving:** 200
- **Fat per serving:** 10 grams unsaturated

Health Profile

Samak Harra is appropriate for seniors; adults; pregnant and lactating women; children (without spices) and people with high blood pressure, diabetes or heart disease. People with a fish allergy or renal disease should NOT eat Samak Harra.

Health Tips During Hajj



If you are performing Hajj, Johns Hopkins Aramco Healthcare provides you with a few tips to help you prepare and to minimize your chance of illness.

Before you leave

- The meningococcal vaccination is required to obtain a hajj permit. Visit your nearest healthcare provider to obtain the vaccination.
- Talk to your physician to ensure all of your vaccinations are up to date.
- Carry all your regular medicines with you, especially if you have chronic diseases such as heart disease or diabetes. If you have diabetes, make sure you take your blood glucose monitor.
- If you have a chronic disease, carry a medical report of your condition in case you require medical assistance.
- moisturizer to keep your skin from drying out.
- Use disposable tools when shaving your head.
- Diarrhea is a common problem in Hajj. Eating food or drinking beverages from street vendors should be avoided. When drinking bottled water, ensure the seal has not been broken.
- Dehydration and diseases related to hot weather are common during Hajj. Be sure to drink adequate amounts of clean water and use sunblock to provide UV protection.

Minimize your risks

- Wash your hands with soap and water or use hand sanitizing gel regularly, especially after coughing, sneezing, bathing, and before eating.
- Cough or sneeze into a tissue or your upper arm. If you use a tissue, dispose of it properly.
- Touch your eyes, nose or mouth only when necessary. Make sure your hands are clean.
- Cover your mouth and nose when in crowded places.
- Use an insect repellent to avoid insect bites or stings.
- Keep your skin clean and use powder to avoid irritation. Use



Cardiopulmonary Resuscitation

Saving Lives One Breath at a Time



International World Health Day took place July 27, and the Johns Hopkins Aramco Healthcare Health Promotion Unit celebrated with about 100 Saudi Aramco Heartsaver instructors.

“It is estimated that 95 percent of sudden cardiac arrest victims die before reaching the hospital, said Anita Moore, JHAH Chief Population Health Officer” “CPR, especially if performed in the first few minutes of cardiac arrest, can double or triple a person’s chance of survival.”

This event was designed to strengthen networking between Saudi Aramco Heartsaver

Instructors who are widely scattered across the company and provided attendees with the latest advances in the field. “I encourage everyone to get enrolled in the first available class and get certified,” said Khalid K, Ghamdi, Software Assets Management Group, Aramco IT and Corporate Heartsaver Instructor. “This would help provide a safe environment and culture in our communities that may pay off by saving the life of someone you love.”

CPR Awareness Event

As part of the event, a CPR Awareness Day event was held at Al Midra Tower. More than 100 Aramco employees and their dependents attended and learned about various safety topics including First Aid and CPR. Small first aid kits were distributed to the participants.

More than 15,200 have received Heartsaver certification from JHAH in 2016. If you are interested in becoming a certified Heartsaver, contact your training coordinator.

The following Heartsaver Instructors were recognized as 2017-2016 Heartsaver Champions for their dedication to the program.

- Mana Mahdy Al Haider, Industrial Skills Trainer, Go Technical Support & Planning Dept / Ojt Operations Unit/ Hawiyah
- Saad Ameer, Senior Industrial Skills Trainer, Northern Area Oil Operations, HR Development Division, Northern Area Field Training Group Tanajib
- Taha Shihri, Industrial Skills Trainer, Yanbu’ Admin. Unit
- Ali Arafat, Senior Industrial Skills Trainer, Domestic Refining & Ngl HR Dev Div., Ras Tanura/Juaymah Training
- Hadi Sharafa, Senior Statistical Assistant, Management & Professional Development Dept, Support ServiceS, Ras Tanura
- Bashayer Al Mustafa. Statistical Assistant, PD&T Projects & Technical Support Dept., Planning, Training & Su, Damman Office Building
- Mohammed Makki, Machinist Tech, Mechanical Svcs Shops Dept., Machine Shop, Juaymah
- Eugene Perez, Field Compliance Coordinator, Refining & Ngl Projects Dept., Business Administration Unit, Ras Tanura
- Nawaf F. Al Khalifah, Industrial Skills Trainer, Domestic Refining & Ngl Hr Dev Div., Riyadh Training Unit

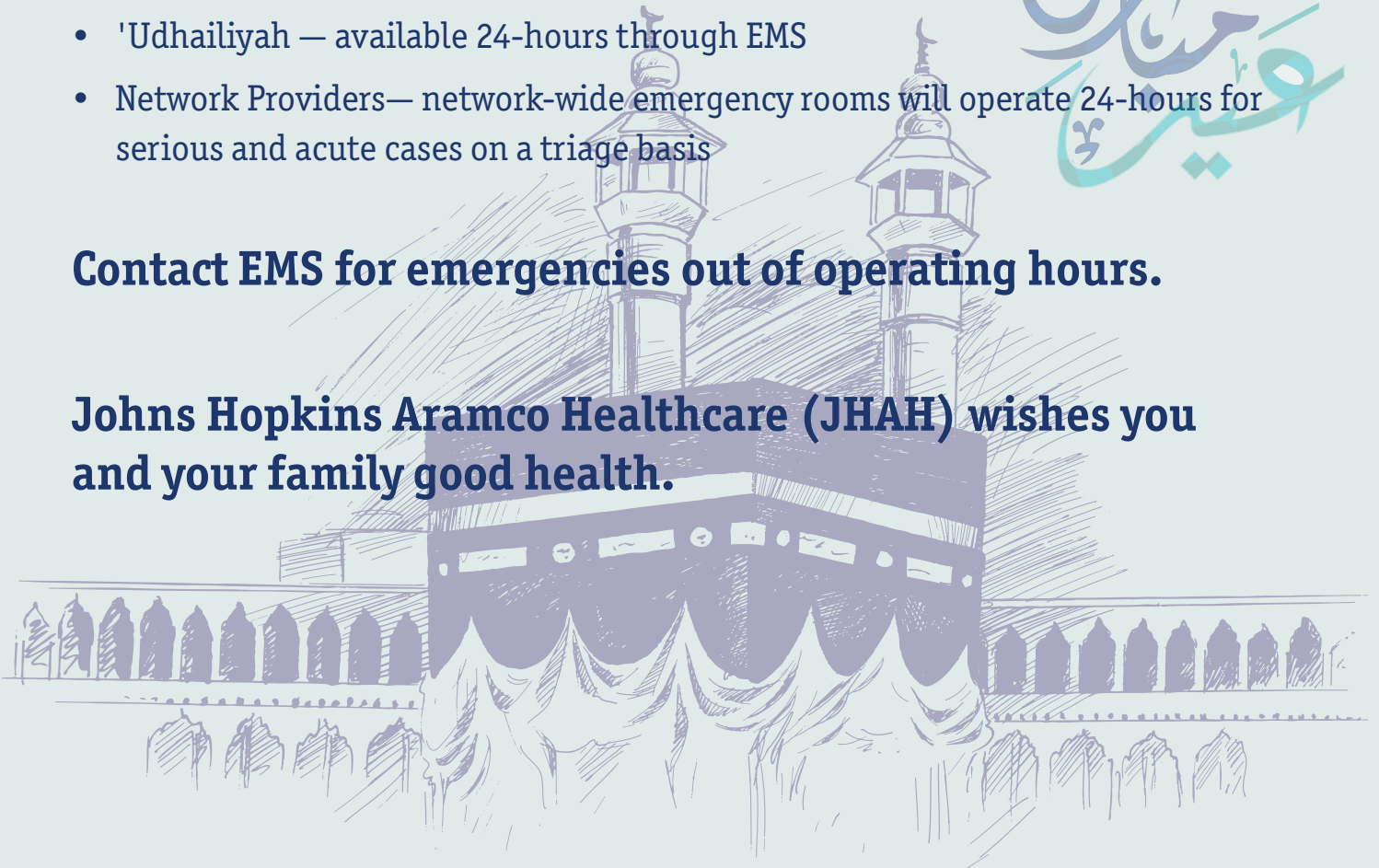
'Id Holiday Walk-In Care and UCU Operating Hours

During the 'Id holiday, the Urgent Care Clinic and Walk-in Care operating hours will be as follows:

- Abqaiq — available 24-hours through Emergency Medical Services (EMS)
- Ar-Rakah – no change to current service
- Al-Hasa — available 24-hours through EMS
- Dhahran Walk-in Care Clinic — daily 7:30 a.m.- 9 p.m
- Ras Tanura — available 24-hours through EMS
- 'Udhailiyah — available 24-hours through EMS
- Network Providers— network-wide emergency rooms will operate 24-hours for serious and acute cases on a triage basis

Contact EMS for emergencies out of operating hours.

Johns Hopkins Aramco Healthcare (JHAH) wishes you and your family good health.



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Johns Hopkins Aramco Healthcare
(JHAH)



249
subscribers
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views

Johns Hopkins Aramco
Healthcare (JHAH)

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

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

How to Contact
Johns Hopkins Aramco Healthcare

If you are a registered patient trying to make medical or dental appointments 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 offer 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 healthcare system.

- The Nurse Care Line is staffed by Arabic and English speaking nurses
- Available 7:30 a.m. to 3:00 p.m. Sunday through Thursday
- Call 800-305-4444, and out-of-kingdom at +966-13-877-3888 and follow the prompts.

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 Contact Center 800-305-4444
 - Out of Kingdom +966-13-877 3888

- **Feeling Stressed?** Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-877-8400.
- **Quit Smoking:** JHAH help for employees, dependents, contractors and retirees to quit smoking, email SmokingCessation@JHAH.com.
- **Become a volunteer:** To volunteer, email VOLUNTEER.HEALTHCARE@JHAH.COM. You must be in good health, at least 18 years old and have a good understanding of English.
- **Pregnant?** Attend the Pregnancy Wellness Program in Arabic or English. Email registration: MedicalPregnancyWellness@exchange.aramco.com.sa You must be 12 weeks or more into a pregnancy.
- **Register for the Mother and Baby Unit** Pregnancy Tour in Arabic or English. The tour starts at 1 p.m. on the 1st and 3rd Tuesday of the month. To register, email Eman.Mutairi@JHAH.com. You must be 30 weeks or more into your pregnancy.
- **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>.
- **Community Counseling Clinic:** Call +966-13 877- 8400, +966-13 877-3256, +966-13 877-8306
- **Patient Relations:** PatientRelations@JHAH.com
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- **Al-Midra Wellness Center** offers consultations, lifestyle wellness coaching and health screenings (Mon to Wed 1-3:30 p.m.) Pharmacy (Sun to Thurs 12-4 p.m.)