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Johns Hopkins

Aramco Healthcare

# WellBEING

July 2018

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# Healthy Habits for a Happy Summer



Summer is finally here, and it's a perfect time to focus on starting or continuing to be healthy. Interested in some healthy summer tips, here are a few ideas:

**Cool Workouts:** Hot temperatures can stress the body, so choose water workouts and make a splash as you get fit and strong or get moving indoors with a fun fitness video or DVD.

**Hydrate Healthy:** Drink plenty of water before, during and after exercise, and limit your and your children's intake of sugary beverages.

**Summer Food:** At summer gatherings, watch your portion sizes and incorporate healthy foods. Add color, variety and flavor to your meals with fruits and vegetables. Eating low-calorie starters helps reduce your calories.

**Sleep:** The longer summer days allow us to stay up late or take a mid-afternoon nap, which can affect sleep. Sleeping adequate hours and at the same time each night helps you boost your immunity, maintain a healthy weight and reduce your risk for many chronic diseases. Spending time outdoors during the day will help you sleep well at night.

Make it a goal to adopt healthy habits this summer and surround yourself with people that support and share your health goals.

## Joy and Gifts in Johns Hopkins Aramco Healthcare



Pediatric Gergi'an at Johns Hopkins Aramco Healthcare has become an annual opportunity that staff in the pediatric wards anticipate to share joy and happiness with their young patients and their families," says Bahia Al Rashid, Public Relations Representative, JHAH.

In addition to the celebrations in the pediatric wards at the Dhahran Health Center, JHAH conducted gergi'an celebrations at the Woodelkhair Charity Society in Khobar and the al-Hasa Fatat Charity Society in Hofuf.

# Total Commitment to Safety

## The Highest Levels of Sanitation



Often the simplest task is the most crucial one. JHAH Sanitation Supervisor Mohammad Sadiq Khan's Food Services team does just that. Next time you eat in our cafeteria, know that those white plates aren't just shiny, they meet the highest levels of international sanitation standards.

## A Fitness Journey

**"Mom instead of the elevator, let's take the stairs",** said a young girl to her mother as they left the JHAH Pediatric Fitness Wellness Program.



## Flashback: 1952



Saudi nurses observe an operation as part of their training. The first qualified practical nurses in the Kingdom graduated from our hospital.



# Girl Scouts Care

Blankets of Hope is the name Dhahran Girl Scout Junior Troop #12 gave to their handmade gifts to JHAH's Cancercare pediatric patients. Their message to the children was, "even though we haven't met, we care about you and send you our love."



## The First Graduates of the JHAH One-Year Paramedic Internship Program.



Congratulations to the first graduates of the JHAH one-year Paramedic Internship Program. The four interns were from Imam Abdulrahman Bin Faisal University. We are proud to be part of educating the next generation of healthcare providers.



# 'Id Celebrations at JHAH



At JHAH we value our people and this 'Id we enjoyed celebrating with all of our staff who put patients first and make our success possible.



JHAH celebrates 'Id Al-Fitr with the most important people, our patients. We admire their strength and celebrate them this 'Id.





# Commemorating a Historical Event

## June 24, 2018: women behind the wheel



JHAH would like to remind everyone on the roads to be safe, wear their seat belts and to drive defensively.

## Here to Serve You

### the JHAH Centralized Contact Center

Our patients are our priority. This is exemplified by our JHAH Centralized Contact Center where you can schedule appointments, reach the Nurse Care Line, connect with a patient room, speak to a pharmacist and much more.



The JHAH Centralized Contact Center has received more than **250,000** calls over the past six months.



On average the wait time for calls to be answered is less than **90** seconds.



In 2018, **100%** of our Call Center agents scored **9.5** or higher on the Quality Assurance Checklist.



Over **80%** of callers rated the call quality as excellent.

# Meet our People



"JHAH strives for continuous improvement in medication management. We aim to provide our valuable patients with the best pharmaceutical care at the highest international quality and safety standards."

Zakariya Aldobayan  
Director  
Inpatient Pharmacy Services

"I am proud not only to be part of JHAH but for being the connection between physicians and patients by scheduling suitable appointments for both parties."

Eman ALMutairi  
Associate Scheduler



"Working as part of the JHAH scheduling team is very enriching. The level of professionalism and talent among my colleagues enables us to provide outstanding customer service."

Ahmed ALMadhi  
Associate Scheduler  
Centralized Contact Center



# Meet our People



"Being a family physician and geriatrician gives me the opportunity to take care of patients from various age groups ranging from infancy to old age, which gives me great pleasure. For healthy aging, healthy lifestyle habits must be adopted at an early age."

**Dr. Alaa Al Saif**  
Family and Geriatric Medicine  
Consultant

"It is my pleasure to join Johns Hopkins Aramco Healthcare at Al-Hasa. It is an honor to be part of this reputable organization and it is my ambition to bring my expertise to provide a high standard care for JHAH patients with all gastroenterology and endoscopy services near to home."

**Elsadig Mohamed**  
Consultant Gastroenterologist  
Al-Hasa Health Center



# *Inspiring Event Puts Women's Health Front and Center*

*A Woman's Journey Saudi Arabia Breaks Down Barriers to Self-Care*



"This is your wakeup call." Lamah Al-Khayyal, the head of Saudi Aramco's Women Development and Diversity Division, had a strong message for her audience.

"If you're going to raise your family and progress in your career, you need to focus your attention on what is truly important—your wellbeing and health," she continued.

More than 350 employees from Saudi Aramco and Johns Hopkins Aramco Healthcare (JHAH) gathered to do just that at A Woman's Journey Saudi Arabia. Johns Hopkins Medicine (JHM) presented this all-women health conference—generously sponsored by Saudi Aramco—on April 29 and 30 in Dhahran.

Since 1995, the A Woman's Journey concept has been an opportunity for Johns Hopkins physicians and scientists to present first-hand information about advances in medicine and research that affect women's health. Over the years, it has empowered thousands of women with knowledge and permission to put their own wellbeing first so they can continue to care for those they love.

## **Journey to the Kingdom**

For the first 20 years, Johns Hopkins held A Woman's Journey within the United States. In 2015, Johns Hopkins Medicine International (JHI), Johns Hopkins Medicine's global ambassador, expanded the conference to Bermuda—its first international destination.



That same year, Pamela Paulk became president of JHI, and hoped to introduce A Woman's Journey to Saudi Arabia.

"I wanted to complement the excellent care JHAH is providing to the women among its patient population," Paulk says. "I strongly believe women everywhere need a trusted source of health information, and I specifically wanted to set an example of informing and encouraging women in the Kingdom to make their health a priority."

When Paulk spoke recently as the event co-host with Al-Khayyal, she told the packed audiences, "Colleagues across our organizations saw great value in bringing A Woman's Journey to Saudi Arabia to give women here an opportunity to come together and get answers to their health questions from a panel of leading experts. I'm so proud that, together, we have made that vision a reality."

At the inaugural A Woman's Journey Saudi Arabia in 2017, three globally respected JHM physicians held sessions on managing stress, aging well and maintaining good digestive health.

This year, Nabeel A. Al-Jama', then vice president of Human Resources with Saudi Aramco, welcomed the conference once again, featuring these three JHM experts:

Dr. Wen Shen, a gynecologist whose advanced research focuses on perimenopausal and menopausal symptoms, discussed the significant impact hormones have on women's health and wellbeing throughout their lives. She says, "I'm always looking for opportunities to educate women about how they can remain healthy and strong as we age. Women

will likely spend a third of their lives post-menopause, and with the right information, there's a lot we can do to improve this stage."

Dr. Aruna Rao, a neurologist who focuses on headache and sleep medicine, emphasized that sleep should be protected, prioritized and monitored just like diet, exercise and mental health. She says that women in particular "have many responsibilities and many people who depend on us. It is easy to forget about ourselves and our priorities. We can't neglect sleep, an important aspect of our overall health and happiness."

Dr. Felicia Hill-Briggs is a senior director of population health research and development at Johns Hopkins and the president of the American Diabetes Association, the leading U.S. nonprofit providing diabetes research, information and advocacy. She says, "I have had the opportunity to work in countries and regions that have high burdens of diabetes and cardiovascular disease. These conditions are on the rise in Saudi Arabia and across the Middle East, and we have to make a shift toward increased prevention efforts and improved population health." She shared five practical tips attendees can adopt to help prevent or more effectively manage pervasive chronic conditions.

After their formal presentations, the experts gathered on stage for a Q&A, moderated by Dr. Zeina Khouri-Stevens, JHAH's chief nursing officer.

### Exceptional Opportunity

Dr. Linda Lee, JHAH's medical chief of staff, who first came to Dhahran to speak at A Woman's Journey in 2017, says, "This event shows us how much

the women of Saudi Aramco and JHAH want to take good care of themselves and how deeply they care about the health and wellbeing of their loved ones."

"This is one of the few events that I've experienced that really focuses on women's health and brings everything into perspective for us," says Aramco's Al-Khayyal. "We typically don't get to have one-on-one interactions with physicians from an institution such as Johns Hopkins Medicine. Because this event is all women, the environment is very open, intimate and encouraging. We truly value this opportunity."

Raj Johal, a medical secretary at JHAH who attended A Woman's Journey, says, "I don't normally have these kinds of conversations, but I think this event is a great platform to share and learn."

Dr. Shen says she sees the world "getting smaller and smaller." Dr. Rao adds that, "Women everywhere want the same things when it comes to their health."

Attendee Joyce Piper, who supports training, development and performance management at Saudi Aramco, sums up this shared sentiment: "I want to be empowered and make healthy decisions. I want to live the best life I can."

# Ask the Expert: Timothy Wang, M.D.

*How can I best protect my skin during the summertime?*



## 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.

## 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 (more responsible for skin reddening and sunburn). Sunscreens were originally developed to protect against sunburn, 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.



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

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### **Timothy Soong-Hua Wang, M.D.**

*Director, Mohs Surgery Program  
Associate Professor of Dermatology  
Johns Hopkins University*

*Dr. Timothy Soong-Hua Wang is an associate professor of dermatology at the Johns Hopkins University School of Medicine in Baltimore, MD, USA. His areas of clinical expertise include dermatology, melanoma, Mohs surgery and skin cancer. Dr. Wang serves as the director of the Mohs Surgery Program, the director of the Cutaneous Skin Oncology Program and the medical director of dermatologic surgery in the Department of Dermatology at the Johns Hopkins School of Medicine.*

# New 'Udhailiyah Bus Service

To better serve the community, JHAH is pleased to announce that in partnership with Saudi Aramco, effective July 1, 2018, a new bus service will run between the 'Udhailiyah Health Center and the Al-Hasa Health Center.

The Saudi Aramco bus is for the convenience and comfort of patients with medical appointments at JHAH and can be identified by an 'Al-Hasa Clinic' sign.



*Patient Support Services, Transportation and Dispatch  
Johns Hopkins Aramco Healthcare (JHAH)*

## Bus Timetable and Route:

Days of Operation	Departs from 'Udhailiyah Health Center Main Entrance	Arrives at the Al-Hasa Health Center Main Entrance
Sunday – Thursday	12:20 p.m.	12:55 p.m.
	Departs from the Al-Hasa Health Center Main Entrance	Arrives at 'Udhailiyah Health Center Main Entrance
	3:35 p.m.	4:25 p.m.

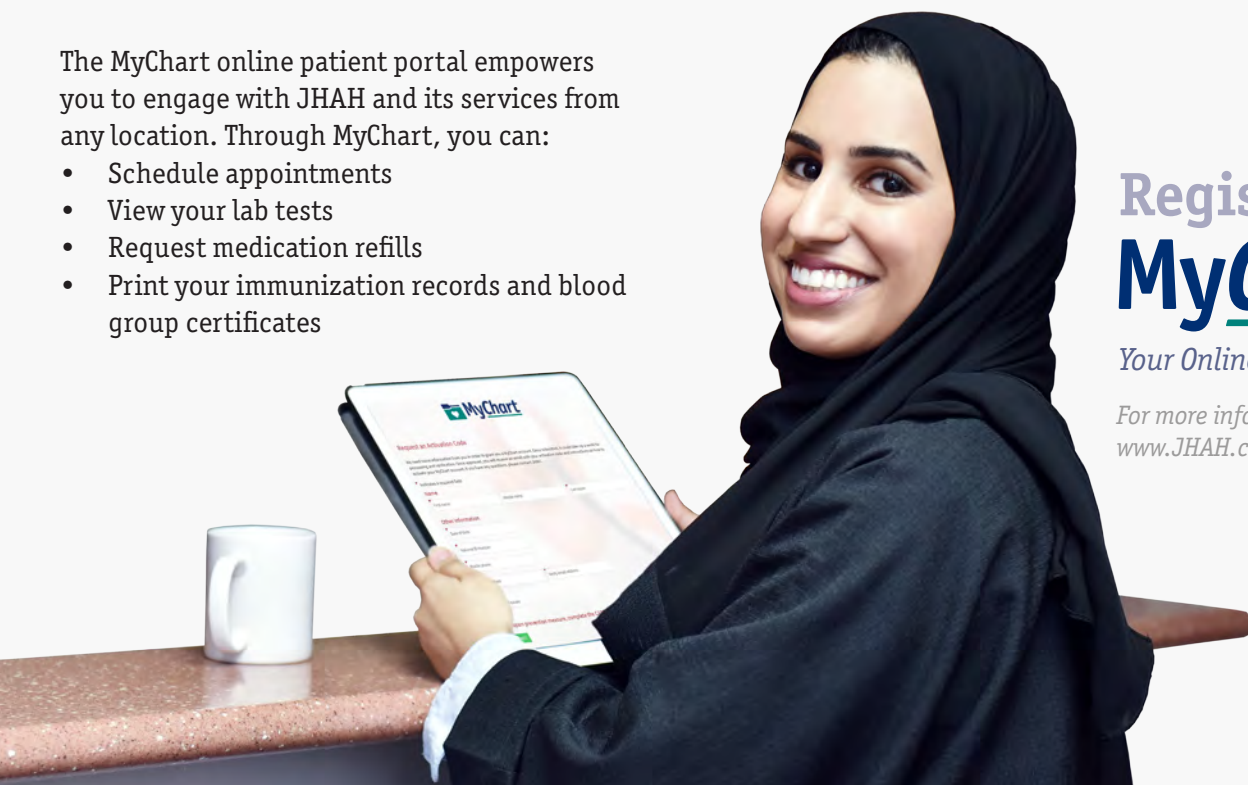
Please note an eligible Saudi Aramco or JHAH ID must be presented to the bus driver to use this service.

Should you have any questions, kindly contact: Yousef Al-Borsais

Email: [Yousif.Borsais@JHAH.com](mailto:Yousif.Borsais@JHAH.com) Phone: 013 577-3553

The MyChart online patient portal empowers you to engage with JHAH and its services from any location. Through MyChart, you can:

- Schedule appointments
- View your lab tests
- Request medication refills
- Print your immunization records and blood group certificates



Register Now  
**MyChart**

Your Online Health Portal

For more information visit  
[www.JHAH.com/MyChart.aspx](http://www.JHAH.com/MyChart.aspx)



# *E-Cigarettes*

## *and Smoking Cessation*

**By: Sukeina Aldhakheel**  
*Senior Respiratory Therapist*



Electronic cigarettes (E-cigarettes), or what it is commonly called Vape, is a trend that is particularly popular with the younger generation. E-cigarettes are designed to mimic

conventional cigarette smoking but with lower health consequences.

They contain a liquid, an atomizer (heating chamber) and a battery. The liquid is a mixture of nicotine, glycerol, flavor and other substances. When a user activates the atomizer, it heats the liquid and an aerosol vapor is generated.

Compared to regular cigarettes that burn tobacco and endanger health through nicotine and tar, some argue that since e-cigarettes burn nothing, they must be harmless. Well, that is just not true.

When the flavored liquid passes through the hot coil, it burns, causing the release of toxic chemicals and gases. The consequences of long-term inhalation of e-cigarette vapor is unknown; however, limited evidence suggests that it effects cardiovascular and respiratory health. Therefore, e-cigarettes should not be used as a smoking cessation tool even though they permit a smoker to continue the hand-to-mouth ritual of smoking. U.S. Food and Drug Administration (FDA) approved smoking cessation aids should always be the first tool of choice when someone wants to quit smoking.

# *The Sound of Silence*

## *Hearing Tests at JHAH*



In the absolute silence a soft tone sounded. The young child raised her right hand indicating she had heard it in her right ear. She is having a hearing exam in the new audiology test booth at JHAH. Her parents brought her in for testing not because she was having problems but because they understood that detecting hearing problems early is important.

Recently the JHAH Audiology Clinic started using its third audiology testing booth. Two are used for patients six years and older, the other for patients under six. "The third booth allows us to schedule more same day appointments so fewer patients have to make multiple trips," said Manal Al-Ibrahim, Clinical Audiologist. "It also reduces the time it takes for a patient to get a hearing test."

# Heat and Dehydration: A Dangerous Mix



Heat in the summer months in Saudi Arabia is not only uncomfortable, it is dangerous. Excessive heat exposure can lead to heat exhaustion, dehydration and sunstroke.

This is particularly true for vulnerable populations such as young children and elderly adults. Following are a few tips to ensure that caregivers ensure these vulnerable people remain properly hydrated.

- Provide snacks and beverages with fluids that contribute to hydration. These include the following:
  - Most fresh fruits particularly Watermelon/watermelon juice
  - Cucumbers
  - Celery
  - Lettuce
  - Tomatoes
  - Fat free/Skimmed milk
  - Healthy juices (such as apple, orange, mixed fruit, unsalted vegetable juices). Unsweetened fruit juices are better than sweetened juices or soft drinks
  - Smoothies/milkshakes
  - Soups
  - Water
- Provide healthy snacks and beverages throughout the day. If you know someone will have a busy, active day, make sure to provide her/him with a healthy breakfast that includes fruit juice and water.
- Always offer water; do not wait to be asked. Thirst can mean the body is already in an early stage of dehydration.
- Ensure they remain hydrated throughout the day.
- Keep beverages and snacks cool and out of the heat and sun.
- Provide unsweetened juices throughout the day and encourage them to drink healthy, nutritious beverages.
- Ensure they avoid direct sun exposure as much as possible, especially during peak hours when the outdoor temperature is at its highest (between 10 a.m. and 2 p.m.).
- When they are going to be outdoors, be sure they wear sunscreen and keep it applied throughout the day. Be sure to cover their heads with hats, and have them wear sunglasses to protect their heads and eyes from excessive heat and from harmful ultraviolet rays. It's advisable to encourage children and elders to carry small bottles of water when going outdoors. Recreation areas should be either indoor or provide shade.
- Moderating the amount of salt in food helps reduce the body's water requirement. Limit the consumption of highly salted foods such as pickles, olives, chips, crackers, dressings and sauces.
- Make sure they wear light colored clothes and avoid tight or dark clothes as they don't allow the body to sweat freely. Sweat is the body's natural cooling mechanism.
- Go easy on drinks that contain a lot of caffeine such as coffee, dark tea and cola as excessive caffeine intake depletes the body of water and can contribute to dehydration.
- It's recommended during summer to have light meals including healthy snacks in place of large meals. Fatty and fried food require more water for digestion and absorption.
- Children and elders with diabetes should always keep their blood sugar levels controlled as hyperglycemia can lead to dehydration and loss of body fluids.



# Tips to Keep Your Child Hydrated During Summer



By: Sara Bader

Health Promotion Program Coordinator  
Population Health

## 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 are involved in sports, especially on hot days. Offer healthy beverages at every meal and with snacks as well.

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.

# 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 containing 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 fruits and vegetables. When using a cooler, keep it out of the direct sun and avoid repeatedly opening the cooler.



# *How to Prevent Summer Food Poisoning*

**By: Nashma Yami**

*Epidemiology Specialist, Epidemiology Unit*



Food poisoning happens more often in the summer than during the winter. For every 2-3° increase in temperature, the rate of bacteria growth can increase by up to 50%. Therefore, it is important to take extra precautions when handling and consuming food in the summer, particularly when cooking and eating outdoors.

Food poisoning is preventable. Following are a few safety measures you can take to reduce your risk of getting food poisoning so you and your family can enjoy your summer.

- Always wash your hands for 20 seconds before and after handling uncooked eggs, raw meat, poultry or seafood.
- Use separate cutting boards for raw meat, poultry, seafood, vegetables and eggs. After use, wash cutting boards, utensils and countertops with hot, soapy water.
- Do not place cooked food on a plate that was previously used for raw meat, poultry, seafood or eggs.
- Prepared foods and leftovers need to be refrigerated or frozen within 2 hours.
- Cook meats thoroughly, particularly chicken. While defrosting meats, make sure they are properly thawed.
- Keep salads refrigerated and do not let them set in the sun for more than two hours. In addition do not keep them in the refrigerator for more than two days. If greens begin to brown, it is best to throw them away.
- Use separate plates and utensils for raw and cooked foods.
- Avoid keeping groceries at room temperature for more than two hours. Ensure they are kept cool and dry while they are in your car. One way to do this is to carry a cooler.

# Bottled Water: Some Basic Facts

Mohammad Al-Turikhem  
Environmental Health Advisor



It is summer and drinking water is more important than ever. Your body requires about four liters of water every day (for the average body size) to stay hydrated and functioning properly. In this day and age, most of the water you consume is bottled. But not all bottled waters are the same. Here are a few things to consider when buying bottled water.

The Total Dissolved Solids (TDS) in brands of water are different. You should read the nutrition label. The World Health Organization (WHO) classifies water that is less than 300 ppm as excellent. Water with a low concentration of TDS might have an undesirable, flat taste.

PH is another factor you should look for when purchasing bottled water. PH tells you if the water is acidic or alkaline. The U.S. Environmental Protection Agency recommends that bottled water be in the range of 6.5 to 7.5. There are, however, studies saying that drinking alkaline water (PH 8) is good for your health. This has not been adequately studied to determine if that is true.

Fluoride is present in the environment and can be found in the bottled water you drink. However, it should be in small amounts (1.5 mg/L) otherwise it can be a primary contaminant that poses a health risk if too much is consumed.

Now that we've looked at a few of the key elements in water, let's look at the types of bottled water that are available on the market.

The U.S. Food and Drug Administration (FDA) classifies bottled water by its origin:

Artesian well water is water contained in an aquifer that comprises layers of porous rock, sand and earth. Pressure in the aquifer naturally pushes the water to the surface.

Mineral water comes from an underground source and contains at least 250 parts per million of total dissolved solids. The minerals and trace elements in the water must come from the source of the underground water and not be added later.

Spring water is derived from an underground formation from which water flows naturally to the surface. This water must be collected only at the spring or through a borehole that taps the underground formation feeding the spring.

Well water comes from a hole bored or drilled into the ground that taps into an aquifer that does not have the pressure to bring it to the surface.

Whatever type of water you consume, remember that water bottles are made out of either plastic or glass. Both are recyclable. Please do what is right and recycle your water bottles when you are done with them. This helps protect the beaches, mountain trails and other outdoor places you will enjoy this summer and keeps them clean for your family and others to enjoy now and in the future.



# JHAH Healthy Recipe

## Carrot Ginger Soup with Parsley

By: JHAH Clinical Nutrition & Food Services



Carrot Ginger Soup with Parsley is a tasty Middle Eastern soup that is full of flavor, aroma and is rich in fiber and antioxidants.

### Ingredients (8 cups)

- 1 large onion, chopped (one cup)
- 1 kg carrots, peeled and sliced
- 2 tablespoons olive oil
- 2 ounces ginger (60 grams), peeled and sliced
- Pepper to taste
- 1/2 cup parsley, chopped

### Preparation

- Place the chopped onions and olive oil in a heavy-bottom pot and sautee them at medium heat for three minutes.
- Add the sliced ginger and mix. Cook for an additional two minutes and add the sliced carrots.
- Stir and add four cups of water (preferably boiling) and pepper to taste. Cook on medium heat for about 30 minutes.

- Place the mixture in a food processor until it becomes smooth.
- Serve the soup hot and garnish with chopped parsley. You can add one tablespoon of light cream on top as an option.

### Fat and Calories

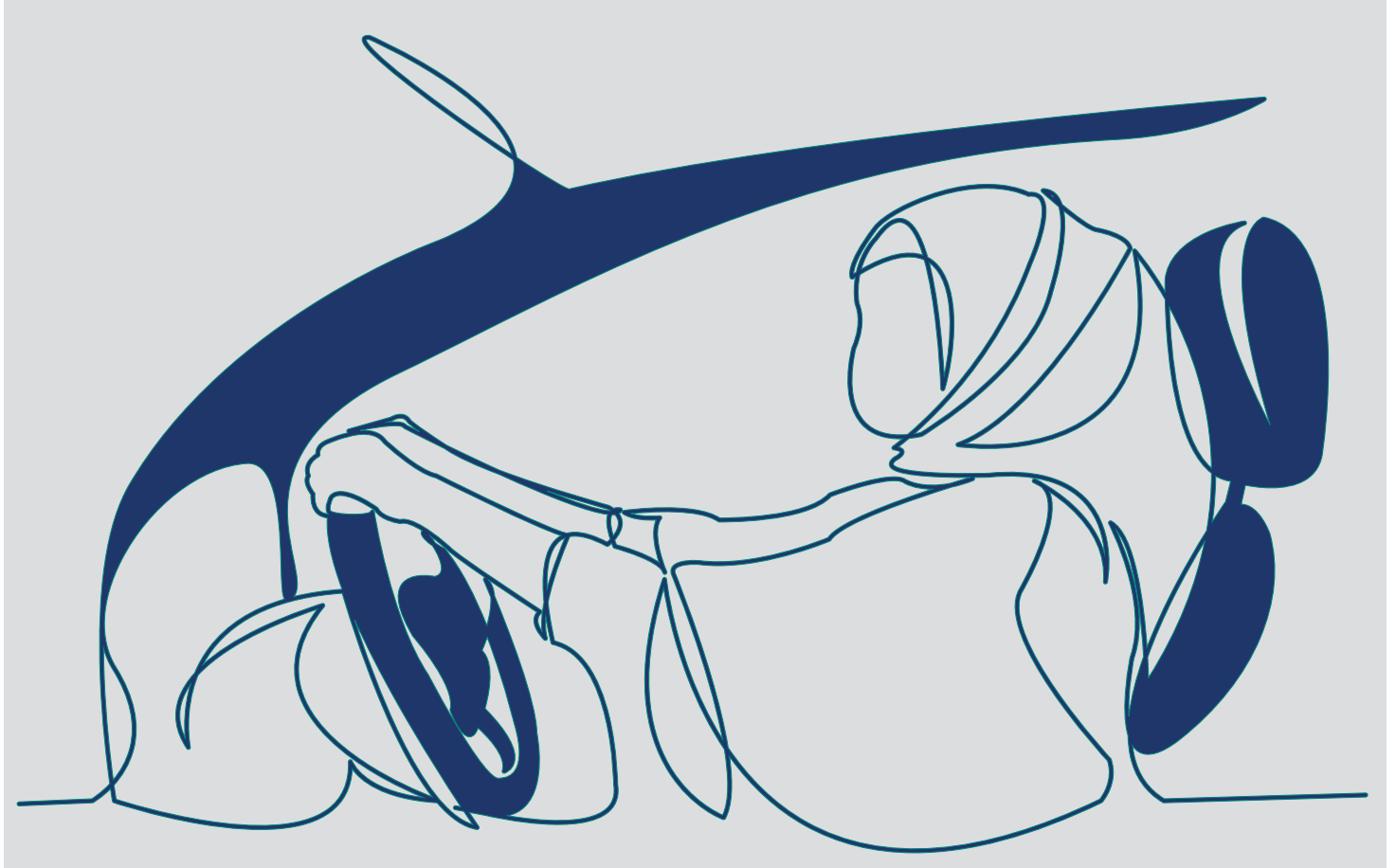
- **Calories per serving:** 70
- **Fat per serving:** 4 grams unsaturated
- **Dietary Fiber:** 3 gm
- **Cholesterol:** 0

### Health Profile

Carrot Ginger Soup with Parsley is appropriate for children, nursing and lactating women, adults and seniors. It is also appropriate for people with diabetes, hypertension and heart disease.

# *Driving License Medical Assessment*

*Available at JHAH from July 1, 2018*



The JHAH Occupational Health Unit is pleased to extend the driving license blood and eye test to all **Saudi Aramco employees**.

### **What to Expect:**

- You will receive an eye test from the optometrist and your blood type will be in your JHAH records.
- The test will take approximately 10 to 15 minutes.
- These details will be submitted to the Ministry of Health (MOH) and entered into its automated system.
- There is no cost involved.

**When:** Sundays and Tuesdays, 50 slots per day on a drop-in basis, (no appointment required).

**Timing:** 7 a.m. to 4 p.m.

**Where:** Room P130, Ground Floor, Building 553.

**What to Bring:** National ID or Iqama. Expatriate employees must also bring their visa issue date.



# JHAH Bulletin Board

## Emergency Numbers: Save These Numbers To Your Mobile Phone

- **Dhahran and all areas:** From a landline inside Saudi Aramco or from outside Saudi Aramco, dial 911.
- **Abqaiq:** From your mobile phone inside Abqaiq, dial +966-13-572-0911
- **al-Hasa:** Dial 911
- **Ras Tanura:** From your mobile phone inside Ras Tanura, dial +966-13-673-0911
- **'Udhailiyah:** From your mobile phone inside 'Udhailiyah, dial +966-13-576-7911
- **Help with your healthcare:** Contact Patient Relations at PatientRelations@JHAH.com or call 800-305-4444 In Kingdom or +966-13-877-3888 out of Kingdom
- **Urgent healthcare 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 first and third Tuesday of the month. To register, email Eman.Mutairi@JHAH.com. You must be 30 weeks or more into your pregnancy.
- **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.
- **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.)

# Connect with JHAH



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**2,318**  
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More than  
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Johns Hopkins Aramco Healthcare  
(JHAH)

**You**Tube

249  
subscribers  
**17,873**  
views

Johns Hopkins Aramco  
Healthcare (JHAH)

Do you need help  
with a healthcare  
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 or to access medical services, please contact the Centralized Contact Center (CCC) during working hours by calling:

- 800-305-4444 (in Kingdom)
- +966-13-877-3888 (out of Kingdom)

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>