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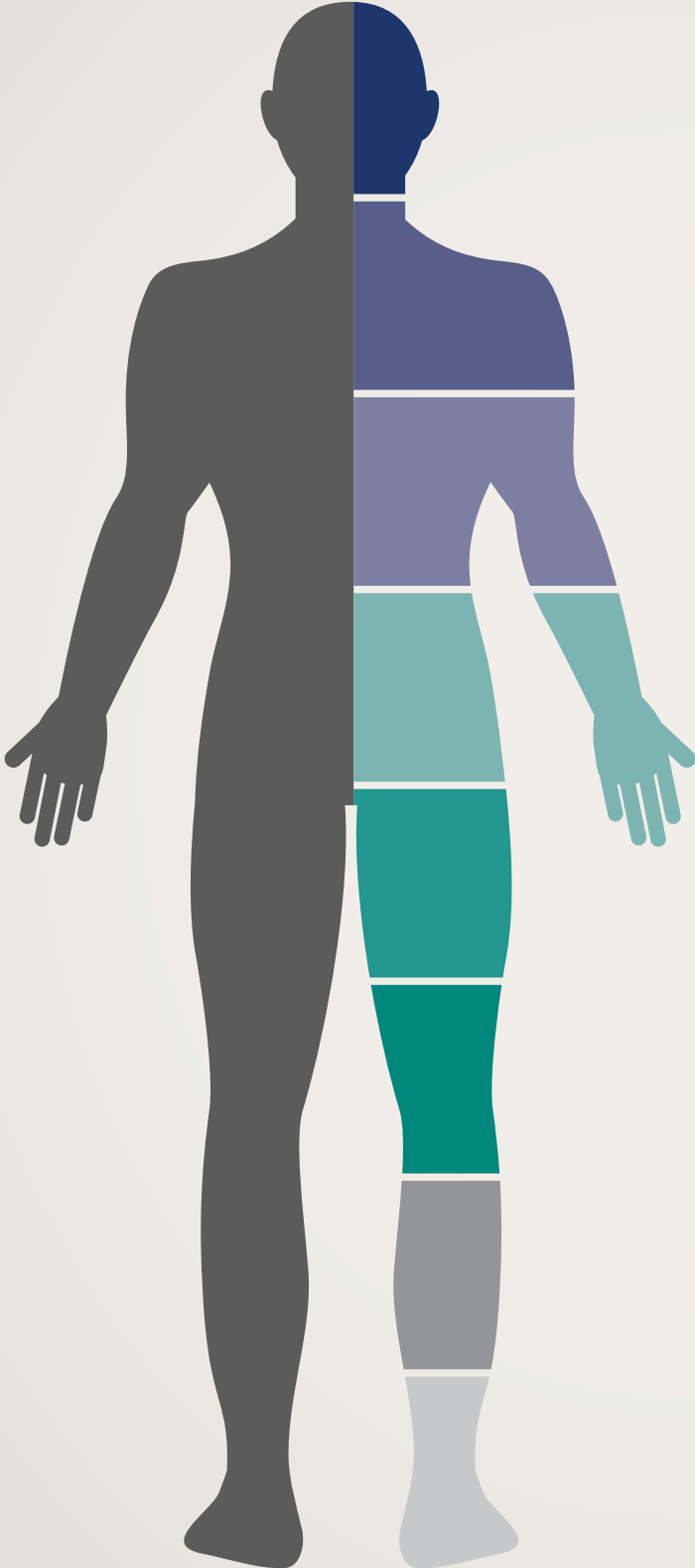


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Health Benefits of Fasting



The image features a human silhouette on the left, divided into colored horizontal sections. From top to bottom, the colors are: dark blue (head/neck), purple (upper torso), teal (middle torso), green (lower torso), and grey (legs/feet). To the right of the silhouette is a vertical list of eight circular icons, each representing a health benefit of fasting. Each icon is accompanied by a short paragraph of text.

-  Improves focus, concentration, brain functions, and heart health as it lowers the cholesterol level and blood pressure.
-  Reduces the amount of blood pumped by the heart. It also reduces blood cholesterol and therefore lessens the risk of atherosclerosis, high blood pressure and blood clots in the arteries.
-  Empowers smokers to quit smoking.
-  Supports adopting healthy eating habits as the reduction in food consumed fasting causes the stomach to gradually shrink, meaning eating less and feeling full faster.
-  Lack of water intake during the day reduces fluids in the body, providing a respite for the kidneys to eliminate wastes.
-  Fasting reduces the proportion of fat in the body, including liver fat, which activates the liver cells and helps to remove toxins from the body.
-  Lowers blood sugar and reduces the risks of diabetes.
-  Supports detoxification and cleansing of the digestive system by not eating or drinking throughout the day. Improves absorption of nutrients from the intestines.

Can Fasting Hurt Me?

Health Complications Associated with Fasting

By: JHAH Clinical Nutrition & Food Services



Fasting and Diabetes

It is important that individuals with diabetes consult their doctor before they begin to fast during the Holy Month of Ramadan in order to help them control their blood sugar, avoid complications from fasting and achieve their planned health objectives.

General Guidelines for Diabetic People During Ramadan

- There are multiple types of diabetes. Some diabetics only need to diet to control their blood sugar, while others need to take pills or insulin in addition to their special diets. Children and young patients with diabetes depend on daily insulin injections to control their blood sugar, where insulin doses and timings are scheduled to match with their meals. Generally, those patients are not advised to fast to avoid high or low blood sugar levels, which can result in coma or other serious health concerns.
- Patients who are on controlled diets need to speak to their doctor before fasting. If they are allowed to fast, they have to follow the same meal plan, which includes three meals: evening (Iftar), Fajr (Suhoor) and in the middle of the night. The Iftar meal should be taken right after sunset (not delayed) to avoid low blood sugar levels, while the Suhoor meal should be eaten as close to Fajr (predawn) as is permitted.
- Diabetics who are fasting and are on oral pills or insulin are advised to avoid exercise during the daytime, especially in the afternoon, to avoid low blood sugar levels. Patients can exercise (walking) 1 to 2 hours after the Iftar meal for 30 to 45 minutes with a doctor's approval. Patients should always carry their Diabetic ID cards, along with a source of fast acting carbohydrates,

such as three dates, to quickly consume in the event of a low blood sugar event (hypoglycemia).

- Diabetics on oral pills who take them once a day (extended acting) are advised to consult with their doctor to determine if they have to change the dosage timing. Generally, patients are advised to have one tablet at Iftar (evening) and just half a tablet during Suhoor to avoid low blood sugar levels during the day.
- Pregnant diabetics are advised not to fast to avoid low blood sugar levels, ketosis and other health concerns. This might put them and their unborn babies at risk.
- It is very important to monitor your blood sugar levels before meals and before taking oral medications or insulin, recording the results and discussing them with the assigned medical experts.
- With the doctor's approval, patients who are on diuretics are advised to take them after the Iftar meal rather than after Suhoor to avoid dehydration and thirst during the daytime as well as other health concerns.

Fasting and Constipation

Many people may experience constipation, which is the most common gastrointestinal problem during Ramadan. The movement of food through the digestive system takes longer than normal. This can result in wastes becoming hard and defecation being irregular and painful.

To prevent constipation during Ramadan, here are some helpful suggestions:

- Consume at least five servings of fruits and vegetables daily. These will provide your body with substantial amounts of fiber.
- Choose whole-wheat bread (rather than white) and fiber containing cereals (rather than refined).
- Add vegetables, legumes or corn to rice and pasta dishes and soups, such as Mojadarah (lentil rice).
- Include salads such as Tabbouli, Fatoush, Hommus, Moutable, Baba Ganouch, beans, etc. at your Iftar and Sahoor meals and for snacks as well.
- Include fiber rich soup such as grains, vegetables or lentils at your Iftar and Sahoor meals and snacks to provide your body with both fluids and fiber.
- Consume sufficient fluids such as water, vegetable juice, unsweetened fruit juice, low fat or nonfat milk and fat free soups with your meals and snacks.

Fasting and Heartburn

Stomach acid, which digests food, is usually reduced during fasting. However, the smell of food can incite the brain to signal the stomach to produce more acid which in turn can lead to heartburn. How should you deal with heartburn during Ramadan?

- If you are on antacids, continue taking them, preferably with the Suhoor meal.
- After fasting, eat in moderation.
- Avoid oily, deep-fried and very spicy foods.
- Reduce your caffeine intake.

Fasting and Headaches

Headaches while fasting can be triggered by hunger, dehydration, poor sleep, or withdrawal symptoms caused by not smoking or an absence of caffeine in your system. Do not miss the Suhoor meal; make sure that you drink enough water, gradually and consistently. Ensure that you get enough rest and finally, take the opportunity given to you during the Holy Month of Ramadan to quit smoking.

Fitness & Fasting

By: Fawaz Alsharif
Health Promotion Advisor



How can I work out and eat properly while fasting? That's a common question that is asked every year before Ramadan. The secret behind getting the best workouts during Ramadan is a simple strategy to maximize nutrient uptake, maintain proper hydration and modify key fat-burning and muscle-building hormones.

It is widely believed that exercising on an empty stomach can help you lose weight and improve your health and wellbeing. Is that true?

The answer is yes. The growth hormone that increases fat loss and muscle gain increases significantly with fasting. Insulin sensitivity also improves during fasting, and lower insulin levels can assist access to stored fats.

However, you should know that while your body is in short supply of glycogen, it also reverts to breaking down protein,

the building blocks for muscle, for fuel. So here's few tips to help you choose the right type of physical activity.

If you choose to exercise while fasting, a cardiovascular training with light intensity, i.e., walking for 30-45 minutes before Iftar is your best option.

- Keep something sweet (e.g, dateS) with you when you go for your walk.

You can also exercise two hours after you break your fast, which can include resistance training of moderate intensity for a maximum of 60 minutes or moderate to vigorous intensity circuit training (limited to three days per week).

- Increase your protein intake to help muscle repair after your workout.
- Drink plenty of water throughout the night.

Tips to Avoid Food Wastage in Ramadan



Plan food purchases in proportional amounts for individual meals or banquets to promote healthy fasting.



Prepare shopping lists ahead of time and avoid shopping during fasting hours to minimize food that is purchased due to hunger.



Always check expirations dates and actively look for expiration free items, such as long life milk; avoid buying bulk or oversized containers of food.



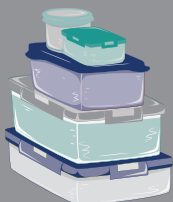
Store purchased food properly while avoiding excessively overstocking your freezer or refrigerator.



Prepare meals as per family member or guest preferences to avoid cooking a myriad of dishes to suit every possible taste.



Use smaller plates and cups, thus serving smaller portions; this reduces food wastage as family and guests can help themselves to one more portion if they are still hungry; smaller portions are also suitable for children and diabetics.



Put leftovers in covered containers with the date when they were stored.

Healthy Ramadan, Healthy Weight

by: Sara Bader
Health Promotion Program
Coordinator, Population Health



During the Holy Month of Ramadan, it's not only a balance between material and spiritual needs, it's a time to encourage a healthy lifestyle, that includes balanced meals and regular mental and physical exercise. Islam has always encouraged Muslims to ensure they are mindful of their health.

Fasting may cause weight gain in some people due to heavy eating between Iftar and Suhoor, which can also lead to tiredness and inactivity. Lack of portion control, i.e., eating large meals, especially fried, fatty foods, is also a contributing factor.

There are many ways to improve nutritional habits and control weight gain during Ramadan. Follow these simple steps for a healthy Ramadan:

- Avoid overeating during Iftar and Suhoor by managing your portions and selecting the right foods.
- After your dates and water, eat a light soup and salad they as they are low in calories and help to make you feel full.
- Make sure to keep yourself hydrated. Drink at least eight glasses of water between Iftar and Suhoor.
- Eat fruits instead of high calorie sweets.
- Walk every day for at least half an hour to one hour to burn calories.
- Healthy cooking also plays an important role in managing your weight.
- Iftar is a time to obtain spiritual fulfillment and to enjoy your family and friends. Just remember to eat moderately, slowly and sensibly while resisting the temptation to over indulge.

JHAH Healthy Recipes

Middle Eastern Lentil Soup

Health Profile:

Lentil soup heart friendly and contains a good amount of fiber, antioxidants, folate, magnesium and other nutrients. It is cholesterol and saturated fat free and helps prevent constipation. Diabetics can have this soup as one serving of carbohydrates.



Ingredients (6 Servings, 1 serving per cup)

- 6 cups water
- 1 cup red lentils
- 2 onions, chopped
- 1 cup tomatoes, diced
- 2 cloves garlic, minced
- 1 teaspoon fresh ginger, grated
- 1/2 cup carrots, diced
- 1/2 cup celery, chopped
- 1 teaspoon cinnamon, ground
- 1/2 teaspoon cloves
- 2 teaspoons cardamom, ground
- 1 teaspoon cumin, ground
- 1 tablespoon corn or olive oil
- 1 teaspoon salt
- Pepper to taste

Preparation

- In a large pot sauté the onions, garlic, and ginger in oil for five minutes
- Add the water, lentils, diced tomatoes, carrots, celery, clove, cinnamon, cardamom and cumin - Bring to a boil for five minutes then simmer for one hour until the lentils become soft
- Puree half the soup in a blender and return it to the pot and stir
- Garnish with chopped parsley
- Serve it with lemon, pita bread, tomato and cucumber slices

Fat and Calories

- Calories per serving: 100
- Fat per serving: 2.5 grams

By: JHAH Clinical
Nutrition & Food Services

Chicken Oat Soup



Ingredients (six servings)

- 1 skinless whole chicken or skinless chicken pieces
- ½ cup dried oatmeal
- 2 tablespoons lemon juice
- Black pepper to taste
- 7 cups water

Preparation

- Boil the chicken at low heat for 1 hour or until well cooked and then drain. Save the chicken broth
- Cut the boiled chicken into small pieces.
- Add the oatmeal to the chicken broth and heat at medium temperature for 15 minutes until the oatmeal is well cooked.
- Add the chicken pieces to the soup and then add black pepper and lemon juice. Cook together for 5 more minutes at medium heat.
- Serve with whole-wheat bread, fresh coriander, lemon, salad and non-fat or low-fat yogurt or laban for a more balanced and nutritious soup.

Health Profile:

Chicken Oat Soup is rich in soluble fiber and is appropriate for people with heart disease, children, pregnant and lactating women and seniors. Diabetics can consume it (1 cup of chicken oat soup = 1 serving of carbohydrates). It is not recommended to be served for people with gluten allergies.

Fat and Calories

- **Calories per serving:** 55
- **Fat per serving:** 1.5 grams

Za'atar Manakeesh



Ingredients (6 servings)

- 1 teaspoon yeast
- 2 cups whole wheat flour
- 1 1/2 cups warm water 2/3 cup dried thyme, ground
- 3 tablespoons sumac, ground
- 1 tablespoon sesame seeds
- 3 tablespoons olive oil

Preparation

- In a bowl, mix yeast with 1 tablespoon flour and 1/2 cup warm water and let stand for 10 minutes until the yeast mixture develops a creamy foam.

- Add the remaining flour to the yeast mixture then add 1 cup warm water and knead for 10 minutes.
- Form the dough into six balls then sprinkle with flour. Cover and let the dough rise in a warm place for one hour.
- Mix the ground thyme, sumac and sesame seeds and add the olive oil to form a paste.
- On a floured surface, shape each ball into a flat circle.
- Top the flattened bread

with the olive oil, thyme, sesame seeds and sumac.

- Bake the dough in a greased pan at 350° F for five minutes or until the dough becomes crispy and golden.

Fat and Calories

- **Calories per serving:** 210
- **Fat per serving:** 8.3 grams

Stuffed Grape Leaves (Warak Enab)



Ingredients (six servings, five pieces per serving)

Grape leaf stuffing:

- 1½ cups tomatoes, finely chopped
- 2 cups uncooked white rice
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon parsley, finely chopped
- 1 tablespoon coriander
- Black pepper to taste
- 1 tablespoon dried mint
- 1½ jars of grape leaves

Preparation

- Remove the grape leaves from the jar or use freshly cut leaves and soak them

for 3 hours in cold water.

- Wash the rice with water and soak for 1 hour.
- Mix the tomato, rice, parsley, coriander, pepper and lemon juice together.
- Fill the grape leaves with the above stuffing mixture.
- In a saucepan, place stuffed grape leaves in layers over some tomato cubes then pour lemon juice and olive oil on top.
- Add water and simmer it covered, on low heat, for about 90 minutes until cooked.
- Serve with salad and low-fat or fat free yogurt or laban for a more balanced and nutritious treat.

Health Profile:

Warak Enab is appropriate for people with heart disease, children, pregnant and lactating women and seniors. Diabetics can consume it (6 grape leaves = 1 serving carbohydrates). It is not recommended to be served to infants under one year of age or for people with chewing or swallowing difficulties. It is ideally served immediately and should not be kept at room temperature for more than 2 hours.

Fat and Calories

- **Calories per serving:** 170
- **Fat per serving:** 5 grams

Stuffed Cabbage Rolls



Ingredients (nine Servings, two cabbage rolls per person)

- 1 medium size cabbage
- 1 1/2 cups rice
- 500 grams lean beef or lamb, minced
- 2 tablespoons olive oil
- 2 cloves garlic, crushed
- 1 teaspoon pepper
- 2 teaspoons mixed spices, powdered
- 2 teaspoons cumin, powdered
- 4 cups chicken stock
- 1 cup fresh tomato, chopped
- 2 teaspoons dill, chopped
- 2 tablespoons fresh coriander, chopped
- 1/2 cup onion, chopped

Preparation

- In a large pot sauté the onions.
- Wash rice and drain it
- Trim the head of cabbage and

- discard damaged leaves
- In a pot of boiling water add the cabbage and let it cook for 10 minutes
- Take the boiled cabbage out of the pot and let it cool
- Peel 18 large leaves from the head of cabbage and set aside to be stuffed.
- Add the meat to the rice, olive oil, pepper, onion, fresh tomato, cumin, mixed spices, fresh coriander and dill and mix together to create the stuffing
- Fill the cabbage leaves with the stuffing
- In a pot, heat the chicken stock
- Arrange the stuffed cabbage leaves in a pot, pour the chicken stock on top and cook on medium heat for 20 minutes
- When done take the stuffed cabbage rolls out of the pot and place them on a platter

- Serve rolls warm with low fat yogurt or laban served on the side to enhance the nutritional value of the dish

Fat and Calories

- **Calories per serving:** 150
- **Fat per serving:** 5 grams

Health Profile:

Stuffed Cabbage Rolls are appropriate for children, adults and seniors and are rich in the nutrients that support heart and mental health. People with diabetes should consult their dietitians on portion size as each serving (consisting of 2 stuffed rolls) contains 15 grams of carbohydrates.

Moussakhan



A popular tender chicken and bread dish with a lemony flavor and taste of sumac. It is served mostly in Palestine and Jordan.

Ingredients (six servings)

- 6 skinless chicken breasts
- 2 tablespoons of canola oil
- 4 onions, sliced
- 2 tablespoons sumac
- ¼ teaspoon of all-spice
- Black pepper to taste
- 3 Arabic whole-wheat bread (pita bread)

Preparation

- Season chicken pieces with all spice and black pepper.
- In the sauce pan, sauté the seasoned chicken in oil until golden in color.

- Add sumac, stir and remove from the heat.
- Cut the bread into halves and heat in the oven.
- Add half of the onion over the bread then place the chicken pieces on top.
- Put the remaining onion on the top of chicken then cover the top with bread.
- Bake for 10 minutes at 350 °F.
- Serve with salad, a little almond, non-fat or low-fat yogurt or laban for a more balanced and nutritious dish.

Health Profile:

Moussakhan is appropriate for people with heart disease with lower sodium limits, children, pregnant and lactating women and seniors. Diabetics can consume it (30 grams of bread = 1 serving of carbohydrates). It is not recommended to be served to infants under one year of age or for people with chewing and swallowing difficulties. Olive oil should not be heated as heat impacts its nutritional value and reduces its nutritional content.

Fat and Calories

- **Calories per serving:** 230
- **Fat per serving:** 6.5 grams

Kibbeh with Yogurt (Kibbeh Bel-Laban)



Kibbeh with Garlic Yogurt is a popular Middle Eastern dish and is prepared for many occasions and banquets and served frequently during Ramadan. This is a lighter version of the dish that is healthy, low in fat, and cholesterol, moderate in calories and rich in calcium.

Ingredients 9, (2 kibbeh balls each)

- One cup bulgur
 - 3 cups plain non-fat yogurt for sauce making
 - 3 tablespoons corn flour
 - 2 teaspoons chopped garlic
 - 2 teaspoons salt
 - 500 grams ground lean lamb
 - 2 medium onions, chopped
 - 1 teaspoon ground cumin
 - 2 teaspoons chopped mint
 - 1 teaspoon ground cinnamon
 - 1 teaspoon white pepper
 - 2 tablespoons olive oil
 - 1 tablespoon corn oil
 - 1 tablespoon pine nuts
- To make the yogurt sauce: mix in a bowl the non-fat yogurt, 1 teaspoon chopped garlic, cornflower and $\frac{1}{2}$ teaspoon salt and then put it on a low heat and remove it when starts boiling
 - In a large bowl, combine 250 gram of lean lamb meat, one chopped onion, white pepper, cumin, chopped mint, olive oil, and 1 teaspoon salt then add the bulgur and mince it well in the an electrical mincer and make 18 uniform balls
 - For stuffing, sauté one chopped onion, 1 teaspoon chopped garlic, $\frac{1}{2}$ teaspoon salt and cinnamon with 1 tablespoon corn oil. Stir until the onion is golden then add the remaining 250 ground
- lean lamb and saute for 15 minutes. Add 1 tablespoon of baked pine nuts and mix
 - Open the balls from middle and fill each with one tablespoon of stuffing then close it from the top
 - Bake kibbeh at 180 F° for 20 minutes until well browned
 - Dip kibbeh in the yogurt sauce
 - Kibbeh with garlic yogurt is served with steamed rice and can be garnish with more herbs, slices of tomatoes or cucumber as desired.

Fat and Calories

- **Calories per serving:** 140
- **Fat per serving:** 4 grams

Umm Ali

Umm Ali is a delicious dessert originating from Egypt. It became popular in Middle East. It is rich in calcium, protein, vitamins, minerals antioxidants and has a nutty taste.



Ingredients

(Six Servings, one cup per serving)

- 4 pieces of whole-wheat croissant
- 1 cup bran flakes
- 6 tablespoons raisins
- 2 tablespoons roasted almonds, flaked
- 2 tablespoons walnuts, flaked
- 4 cups nonfat milk (one liter)
- 1 teaspoon vanilla extract
- 4 tablespoons sugar

Preparation

- Break the croissants into small pieces then combine it with the bran flakes, raisin, walnuts and almonds in a baking tray.

- Place the nonfat milk, sugar and vanilla in a saucepan and bring to boil then remove it and pour immediately over the croissant mixture.
- Set the mixture aside for 5 minutes or until the croissant and bran flakes absorb the milk.
- Pour the unsweetened, low fat evaporated milk over the prepared mixture in the baking tray.
- Place the baking tray in preheated oven at 400 °F and bake for 15 minutes. Turn the oven to broil and broil for 2 minutes to brown the top if desired.
- Remove from the oven and let stand for 5 minutes.
- Serve with fresh fruit salad to enrich it with fiber, vitamins, minerals and antioxidants to make it more balanced and nutritious.

Health Profile:

Diabetics can consume it, considering that (1/3 cup = 1 serving carbohydrate). Non-caloric sweetener can be used instead of sugar to reduce the calories and carbohydrates.

Fat and Calories

- **Calories per serving:** 310
- **Fat per serving:** 7.5 grams

Rice Pudding with Dates



Rice Pudding with Dates is a popular Ramadan dessert that is rich in taste and aroma can be served as a hot or cold dish. It is a healthy dish full of energy and includes valuable nutrients such as calcium and iron.

Ingredients (Nine Servings)

- 3 cups of low fat (1%) milk
- 18 dates (pitted and chopped)
- 3 cups steamed white or brown rice
- 1 tablespoon of honey
- 2 tablespoons of flaked almonds or walnuts
- 2 teaspoons of cinnamon powder

Preparation

- Blend steamed rice until texture becomes coarse
- Place the semi-blended rice in a sauce pan and add the milk, dates and honey, then mix it all until the mixture becomes consistent
- Cook the mixture at low heat for 15 minutes and stir frequently until the dates become tender and soft
- Pour the mixture into glass serving cups and top with cinnamon powder and flaked almond or walnuts
- Serve hot or refrigerated

Fat and Calories

- **Calories per serving:** 170
- **Fat per serving:** 2 grams

Health Profile:

Rice pudding with Dates is a healthy and heart friendly dessert rich in protein and calcium. Its nutritional value will be superior if brown rice is used in the recipe instead of white rice. This dish is appropriate for children, adults, pregnant and nursing mothers and seniors, but people with diabetes or kidney failure should consult their dietitian. The amount of carbohydrate per serving is 30 grams (2 choices).

Nutritional Values of Dates

Dates are tasty, nutritional and rich in sugar. Muslims begin their Iftar meal with dates (three pieces preferable) to rapidly increase blood sugar. Dates are rich in iron, Vitamin B, fiber, Vitamin K, antioxidants, calcium and folic acid. Dates should be eaten in moderation. Adding an almond to a date increases nutritional value.

Tips to Avoid Dehydration During Ramadan

Water makes up around 70% of our bodies, and it's vital for all the organs and processes of the body, such as eliminating wastes, transporting nutrients, digestion and circulation.

Ramadan days this year are long and hot, and when we sweat, our bodies can become dehydrated because we lose water. Dehydration is a risk and can affect our daily activities, leaving us fatigued, dizzy, constipated.

To prevent dehydration during Ramadan, here are some helpful suggestions:

Be salt cautious. Salt increases water requirements by our bodies, makes us feel thirsty and puts an extra load on our kidneys to get rid of it, and when doing that, it depletes the body of water. To avoid this, reduce your salt intake and limit your intake of salty foods such as olives, pickles, salty cheeses, ketchup, dressings, sauces, etc. Instead, try herbs, spices, garlic, onion and lemon. These can be added to food to enhance its taste and flavor.

Gradually drink water and other fluids after the Iftar meal. Hydrate your body between the Iftar and Suhoor meals, rather than drinking a lot of fluids at Suhoor as this action will make the kidneys remove excess water quickly.

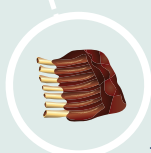
Try to limit your intake of sugary drinks. Instead, add low fat soup to your meal in addition to low fat laban and unsweetened fruit juice.

Diabetics need to control their blood sugar as higher levels of blood sugar deplete their bodies of water and cause further dehydration.

Be caffeine cautious. Caffeine is a diuretic and depletes the body's water.

Avoid consuming a lot of protein such as meat, fish or poultry. Our kidneys use the body's water to eliminate the end products of protein in urine; this increases the need for water and causes further dehydration.

Avoid excessive exposure to sun and remain in a cool, shaded area as much as possible.



Pharmacy wishes you and your loved ones a blessed and pleasant Ramadan

Your pharmacist plays a key role in providing personalized, patient-centered counseling to ensure that patients are fully informed about treatment options and dosing time changes. If you have any questions about medications during Ramadan, please consult your doctor or pharmacist

Tips for safe medication use during the Holy Month of Ramadan:

- Do not skip or change your medication doses on your own. Consult your clinician for advice and recommendations.
- Medications with a single daily dose in the evening can be taken with Suhoor.
- Medications with a single daily dose in the morning can be taken with Iftar.
- For medications taken twice daily, take the morning dose with Iftar and the second dose with Suhoor.
- For medications that are taken three times or more daily, consult your clinician.
- Fasting and certain diabetic medications, such as

insulin or oral diabetic medications, can put you at risk for hypoglycemia (low blood sugar). Some diabetic patients might require adjustment to their insulin or oral diabetic medication doses. Consult your clinician.

- It is important to monitor your condition closely during Ramadan and consult your clinician immediately if you have problems.
- You may also want to schedule a follow-up consultation after Ramadan to discuss any necessary readjustments of your medication(s).

Some helpful questions to ask your healthcare professional:

- What are the risks of fasting based on my specific health history?
- What changes will I need to make to my diet during Ramadan to ensure my diabetes is appropriately controlled?
- Can I maintain my usual level of physical activity during Ramadan?
- Are there any situations where I should not fast?

**JHAH
PHARMACY**

PATIENT-CENTERED CARE



4,265
prescriptions
pre-ordered on MyChart
or by phone in March



20
pharmacy pick-up
locations for your
convenience



4 minutes
Average wait time to be
served in our pharmacy

Children's Health During Ramadan

by: Sara Bader

Health Promotion Program
Coordinator, Population Health



The Holy month of Ramadan is a special month where all Muslims worldwide fast together each year. It's also the time where family schedules and meal times are adjusted and more time is spent in the mosque and in family gatherings.

During Ramadan, children see their parents fasting and want to participate as well. However children who have not reached the age of maturity (puberty) are not required to fast. Many parents allow and encourage their children to practice age appropriate fasting practices where it is common for a younger child to fast for several hours of the day (for example, until noon) to enjoy the "grown-up" feeling and get accustomed to it before they come of age.

Fasting helps teach them self-control and prepares them for

fasting so it is not a shock to their system when they are required to fast. During this gradual fasting period, parents should closely monitor their children to ensure they are getting all the necessary fluids and calories.

Since it will be hot when Ramadan takes place this year, children who are fasting may experience fatigue and dehydration given they are more active and require more energy and fluids. They may also develop bad eating habits that can negatively affect their growth and physical development; therefore, it is important for parents to pay attention to their children's eating habits and lifestyle to help them enjoy a healthy fasting experience.

- Once Ramadan begins, changes to children's diet should be done gradually to help their bodies adjust to a new eating

schedule. The approach to fasting should depend on the child's general health, nutritional habits and lifestyle.

- During Suhoor, children are encouraged to consume a combination of proteins, beans, lentils, lean meats, nuts, oatmeal, eggs and dairy products. In addition they should increase food with high fiber such as whole grain foods as well as fruit and vegetables to avoid complications such as constipation.
- Between Suhoor and Iftar, children need to drink a lot of water as well as other nourishing beverages such as fresh juice, milk and yoghurt in order to stay fully hydrated.
- It is important that children break their fast with dates, soup, milk, juice or water as well as eat hydrating fruits and vegetables such as watermelon, cucumber, berries, tomatoes, pineapple, grapes and oranges. In addition they should eat salads.
- Parents may make the mistake of forcing their children to overeat at Suhoor or Iftar so they won't feel hungry during the day. Overeating only causes indigestion, bloating and discomfort. In some cases, it is better for children to split Iftar into two meals to prevent overeating.
- Children should also avoid carbonated drinks, high-sugar foods, salty foods and spicy and fried foods. As a parent, making sure your child has a healthy fasting experience comes down to helping them adopt a healthy lifestyle and eating habits.

Fasting & Blood Pressure

by: Sara Bader
Health promotion program
coordinator, Population Health



Hypertension is called the silent killer because patients with high blood pressure may have no symptoms for years. Although it is a widespread disease, many people are unaware they have this condition unless they experience symptoms such as headaches or have had permanent damage to the heart, kidneys or arteries.

During Ramadan, it is important to maintain a healthy lifestyle if you have high blood pressure and want to fast so that fasting will not have a negative impact on your blood pressure.

Here are some tips and advice for a healthy fasting routine during the month of Ramadan.

- Stay properly hydrated by drinking plenty of fluids from Iftar to Suhoor to prevent dehydration and other associated complications throughout the fasting day.
- Make fruits and vegetables an essential part of your Ramadan meals as they are an important source of potassium that help control high blood pressure.
- Stay away from high sodium foods such as salted nuts, pickles and fried foods that can elevate your blood pressure.
- Avoid processed meats and cheese such as sausages and mortadella as they contain high amounts of sodium.
- Continue exercising during Ramadan as it helps regulate blood pressure.
- Eat grilled fish at least twice a week as fish contains a healthy fat called Omega-3, which helps regulate blood pressure and prevent cardiovascular disease.
- Patients with hypertension should consider Ramadan an opportunity to quit smoking as smoking raises the systolic pressure and significantly increases the risk of heart attack and stroke.
- Reduce salt consumption in general.

Watch out for dizziness and headaches as these are possible signs of hypertension. If you experience either of these symptoms, you should consult your physician immediately or seek emergency medical service.

Smoke Free Ramadan



Wafa AlAzmi, CITS-M
Tobacco Dependence Treatment Specialist

Ramadan has always been a good month to stop smoking. Smoking is an addiction and a habit. To quit smoking, you need to break the addiction and the habit. Many of us use Ramadan as a chance to start new healthy habits like losing weight.

Ramadan is also the perfect opportunity to stub out cigarettes for good as smokers have already denied themselves tobacco for almost 15 hours of fasting each day. It doesn't take much extra willpower to quit the habit completely.

There is a myth that shisha is a healthier option than cigarettes. Actually, it can be more dangerous than regular smoking.

As you prepare for Ramadan, do the following to quit smoking.

- Set a quit date
- Write down the reasons that motivate you to quit
- Decide how to deal with situations where you typically smoke
- Decide on whether to use a cessation aid or not
- Ask for help from family and friends
- Dedicate one place only for smoking and remove reminders in your house and car

- Gradually reduce your smoking prior to quitting
- Cope with stress by reading Qur'an
- Avoid stressful situations as much as possible
- Spend the money you save on charity

At Iftar

- Have breakfast in a non-smoking place
- Avoid food and drink that you associate with smoking such as coffee and sweets
- Be active everyday
- Plan your Ramadan nights
- Spend more time around non-smokers
- Get sufficient sleep to help prevent cravings during the day
- Avoid excessive smoking before beginning your fast to prevent fatigue the next day
- If it helps, use nicotine gum or lozenges to reduce withdrawal symptoms

Added Value to Patient & Family Experience



Morning rounds in a critical care setting is a daily opportunity for the team of caregivers to visit each patient to see how he or she is doing, to look over the chart, to understand the patient's current health status and to collectively, under the physician's direction, determine the best way forward to care for the patient.

Now, in 5C, morning rounds include family members if they want to join when the team is visiting their loved one. "They have been doing this in the west for quite a few years," said Dr. Mansour Saffar, JHAH Intensivist. "Recently we decided to try it and are finding several interesting things. One is families have looked at their loved one's MyChart and know

the latest lab and test results, and they are prepared to ask informed, probing questions." It also benefits the team by giving us a chance to learn more about the patient and to obtain direct input from family members about the future plan of care.

"They have been doing this in the West for quite a few years."

Mansour Saffar, Cardiac Anesthesiologist and Critical Care Consultant at JHAH

JHAH Opens New Hemodialysis Treatment Area



Johns Hopkins Aramco Healthcare has unveiled a state-of-the-art hemodialysis treatment area to accommodate all JHAH registered patients requiring dialysis.

The first patients were welcomed into the new treatment area on April 7, just five months after the initial task force meeting to plan and execute the project.

Dialysis treatment takes hours not minutes and can be stressful. When you enter the expanded and renovated

“Our new Hemodialysis Unit is the best in the Kingdom and is built to provide an exceptional experience.”

Faisal Al-Hajji, Chief Operating Officer, JHAH

JHAH hemodialysis treatment area, it becomes immediately clear that patient comfort and safety throughout the lengthy treatment has been carefully considered and catered to. One of the first things you may notice is there are no beds. Evenly spaced around the room are seventeen dialysis chairs designed for patient comfort. Private partitioned areas surround twelve of the chairs, which includes a television and reading light to provide options to help patients relax during treatment. The remaining five chairs are located in glass enclosed treatment areas for those requiring contact isolation, making a total of seventeen stations where previously there were seven.

“We have done everything we could to make patients comfortable during their treatment,” said Payas Scaria, Dialysis Unit Nurse Manager. “We have also tried to make it easier for people to get their treatments by adding additional dialysis stations and offering extended hours from: 6 a.m. to 11 p.m. so people can book treatments to better fit their schedules.”



At the opening of the new area, Dr. Daniele Rigamonti, CEO JHAH, stated, “The ultimate goal is to improve clinical outcomes and patient satisfaction through caring, safe and effective treatment, while at the same time increasing the value of our services by improving their efficiency.”

Benefits

- Increasing the hemodialysis treatment area from 275 m² to 600 m²
- Increasing number of hemodialysis stations from seven to 17
- Dialysis machines with pediatric treatment ability
- A direct line of sight to all hemodialysis stations from the nurse station
- A comfortable family waiting area with facilities



Old 275 m² hemodialysis treatment area

Year Four of a Joint Healthcare Journey

Highlights of JHM, JHAH and Saudi Aramco's Collaborative Work

By: Kristen Pinheiro

Senior Communication Specialist

Johns Hopkins Medicine International



Since 1933, Saudi Aramco has excelled as a world leader in energy and an employer of choice in the Kingdom and beyond. The global enterprise even pioneered and provided a comprehensive health care service to its employees and their families—some 360,000 people—for 80 years, through the Saudi Aramco Medical Services Organization.

As health care became more and more complex—due to the growing burden of chronic illness and complex conditions, rapid advancements in therapies and technologies, and the perennial strain of workforce shortages—Saudi Aramco recognized the need to select a trusted health care partner to transform its health system for the future.

In January 2014, Saudi Aramco and Johns Hopkins Medicine (JHM), a global leader in academic health care, launched the joint venture Johns Hopkins Aramco Healthcare (JHAH).

The partners are proud to have marked four years together in this one-of-a-kind health care joint venture and to share this year's highlights of their clinical and educational achievements:

Enhancing and Expanding Clinical Care Services

Through physician-to-physician and hospital-to-hospital collaborations, JHAH and JHM are creating and expanding comprehensive care programs that offer the best clinical talent and latest technologies. The goal is to meet patients' unique needs and increase options for local, efficient and high-quality care.

Highlights of this work include:

Cardiac Surgery: Following three years of collaboration with JHM, and with careful planning and new clinical staffing and training, JHAH relaunched its cardiac surgery program on April 17, 2017. This service enhances the types of procedures that cardiology and vascular specialists at JHAH can offer. This means more cardiac patients can benefit from world-class care locally in Dhahran instead of being referred to other facilities for treatment.



Emergency Medical Services: JHM and JHAH experts conducted a disaster drill at the Al-Hasa district health center. JHAH staff responded to a real-time scenario in which 12 people sustained injuries in a helicopter crash, requiring emergency medicine teams to triage victims, conduct pre-hospital care, evacuate casualties and respond to each victim's needs. The disaster drill allowed JHAH's EMS experts to identify and resolve gaps to ensure staff and facilities are ready to respond to all emergencies.

Obesity Management: JHM is collaborating with JHAH to enhance the interconnections between services involved in providing a successful obesity management program, including nutrition, psychology, nursing, care coordination and health education. JHAH clinicians visited Baltimore to observe their JHM counterparts while performing bariatric surgical cases—from patient admission to discharge—and JHM shared the data its clinicians use to monitor the long-term effects of obesity management procedures.

Oncology: Breast cancer is the most common type of cancer among women in Saudi Arabia, representing about one in five registered new oncology cases. As part of JHAH's plan to develop a comprehensive breast center, four JHAH clinicians observed inpatient rounds and visited outpatient treatment facilities at JHM entities.

Quality and Safety: JHAH deemed 2017 the Year of Quality and Patient Safety, and JHM supported JHAH in its focused efforts to enhance the culture of safety and to improve patients' experiences. The partners presented JHAH staff with opportunities to gain additional knowledge, training and tools through their co-sponsored patient safety symposium, the annual Johns Hopkins Medicine Patient Safety Summit, and mentoring from Johns Hopkins' Armstrong Institute for Patient Safety and Quality.

Sickle Cell: With JHM support, JHAH has drawn upon its experts in pain management, hematology, emergency medicine, lab, pharmacy, psychology and social work to more effectively manage patients with sickle cell disease and help improve their quality of life. JHAH launched an infusion clinic in Dhahran Medical Center and developed multidisciplinary treatment plans for the most frequently readmitted sickle cell patients.

Advancing Educational and Research Opportunities

Leading health systems not only integrate cutting-edge research and technology, they also develop their own discoveries and innovations to drive the future of patient care. Clinical and administrative professionals at JHAH and JHM share their knowledge and skills in clinical research and medical practice to ensure patients receive safe, effective and high-quality care.

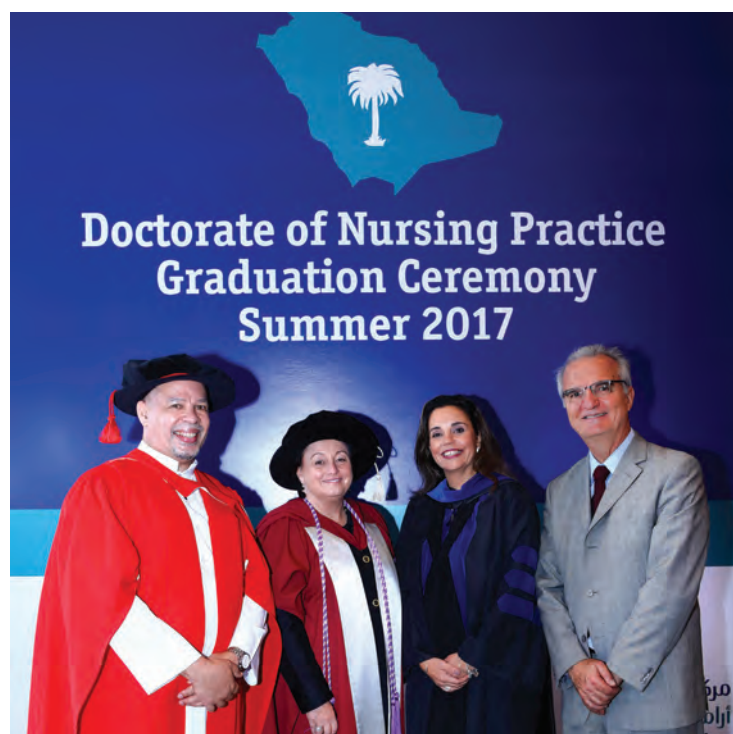


Visit by Dr. Henry Brem, Director of the Johns Hopkins Department of Neurosurgery

Highlights of this work include:

Continuous Education: JHM experts work with JHAH's well-trained, highly qualified medical staff—across specialties and at all professional levels—to provide educational opportunities to enhance their clinical, leadership and research skills. JHM continues to provide education resources for JHAH physicians online and through grand rounds, symposiums and conferences in Dhahran.

Doctorate of Nursing Practice Program: JHAH and the Johns Hopkins University School of Nursing celebrated the graduation of the inaugural cohort of the first and only Doctorate of Nursing Practice program in Saudi Arabia. These students' graduation increased the number of practicing nurses who hold doctorates in Saudi Arabia by almost a third.



Graduation of the Inaugural Johns Hopkins Aramco Healthcare Doctorate of Nursing Practice Cohort - A First in the Kingdom of Saudi Arabia

Research: Research interests and capabilities at JHAH—enhanced by the collaboration with Johns Hopkins Medicine—can help improve the health of people in Saudi Arabia and beyond. By analyzing clinical, genetic and lifestyle data, JHAH physicians will be better able to provide preventive and acute care that is personalized specifically for the local population. JHM and JHAH clinicians and



researchers have worked collaboratively to enhance JHAH research infrastructures and to stimulate research publications. JHM and JHAH collaborated to publish seven peer-reviewed articles in 2017.

Lasting Impact

Together, experts from JHAH and JHM are raising health standards in Saudi Arabia by delivering expanded and enhanced clinical specialties and subspecialties and introducing new lines of treatment that leverage technology to provide more precise, patient-centered care.

Together, the partners offer newfound opportunities for education and training to elevate the knowledge and skills of JHAH staff across divisions and roles, as well as to inspire tomorrow's leading clinicians, administrators and researchers. JHAH and JHM also are critically assessing and optimizing operations that will allow JHAH to provide patients with preventive and acute care that is safe, streamlined and cost-efficient.

With close collaboration with JHM, JHAH continues to develop as a health system of excellence with the medical and operational expertise to provide unparalleled care to Saudi Aramco employees and beneficiaries.

Progress, Investment & Momentum

JHAH Patient Safety Symposium



“As we commence the Patient Safety symposium, I am proud of the progress that has been achieved, the energy that is being invested in this critical area and the momentum within the Kingdom, as demonstrated by the rollout of CBAHI, said Dr. Daniele Rigamonti, JHAH CEO. “We must continue to lead this much needed transformation within healthcare to a Just Culture.”

Thus began the 4th Annual JHAH Patient Safety Symposium. During the two day event, around 300 healthcare providers listened thoughtfully to presenters and interacted vigorously in the round table discussion and Q&A sessions. During breaks, people actively networked and shared ideas on patient safety and ways to move forward.

“The underlying theme of the symposium was clearly about establishing a patient safety culture at JHAH,” said

Majdah Abdulhadi Shugdar, Assistant General Director for Accreditation, CBAHI. “This is the goal of CBAHI for every healthcare provider in the Kingdom. Using our accreditation program, we partner with healthcare organizations to develop the necessary patient safety framework.”

Presentations ranged from the concept of patient safety to diagnosis, specifics on numerous medical areas of the hospital and the value of sharing knowledge through research and publication.

“I must say it was impressive to get that many people paying attention and being so engaged,” said Dr. David Newman-Toker, MD, Ph.D., Johns Hopkins University School of Medicine. “It is clear that everyone is committed to doing the right thing at the right time and making commendable progress.”

JHAH Patient Safety Project Awarded First Place

Annual National Guard Patient Safety Forum



More than 200 research projects were evaluated by a team of experts that included representatives from the British Medical Journal, and the JHAH project Surgical Site Infection: A Paradigm Shift, a study conducted in collaboration between Orthopedics, Nursing and Quality Improvement, won first place.

“It was very gratifying to have the team’s worked recognized on a national level,” said Dr. Mojieb Manzary, Physician Manager, JHAH Orthopedics. “The success of this study is in the positive impact it has had on our patients. It truly was a successful multidisciplinary effort.”

“It was very gratifying to have the team’s worked recognized on a national level.”

Dr. Mojieb Manzary
Physician Manager
JHAH Orthopedics

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.)

Questions about MyChart?

FAQ and MyChart Results



Register for MyChart Without an Activation Code (fast track link)

Step 1

Visit the Self Sign Up page to Sign Up Online.

Step 2

Complete the required fields. Please note that the fields, including the spelling of your name, must match your JHAH medical record to be activated.

Step 3

Click Submit.

Following are answers for a few of the most common MyChart questions.

Can I view my child's or other patient's health record in MyChart?

Yes you can. This is called proxy access.

In most cases, if you are the parent of a minor child, you can log into your MyChart account and connect via proxy access to your child's account. There may be exceptions for unusual family circumstances.

In addition, if you have the consent of a spouse, parent or other adult patient, you can access their accounts as well. Please follow the steps below to complete a proxy request.

Step 1

Log in to your MyChart account.

Step 2

From the Settings Tab, Click on Personalize Page.

Step 3

Click on the Request Proxy Access to your Child's Record Form.

OR

Click on the Grant an Adult Access to my Record Form. Note: the adult must already have an active MyChart account.

Step 4

Complete the required fields. Please note that the fields must match your medical record for proxy access to be approved.

Click Submit. Your request will be sent to JHAH for processing.

If some of my health information on MyChart is not correct, what should I do?

Your MyChart information comes directly from your electronic medical record. Ask your doctor to correct any inaccurate information at your next clinic visit. Your health information is reviewed and updated in your electronic medical record after each visit.

I forgot my password. What should I do?

Contact our MyChart Help Desk. From outside KSA call +966-13-877-3888, extension 8. Inside KSA call 800-305-4444, extension 8 to request a new, secure password. You may also click the "Forgot Password" link on the sign-in page to reset your password online.

Who do I contact if I am having trouble registering or navigating my MyChart account?

If you need help signing up for MyChart or would like to ask a question, contact:

MyChart Help Desk

- Email: MyChart@JHAH.com
- Phone: 800-305-4444, extension 8

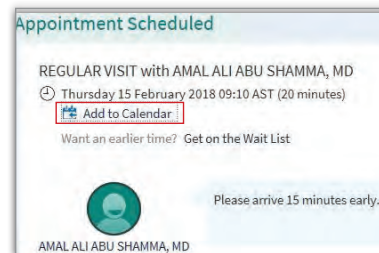
Who do I contact if I have a customer service concern?

If you have a customer service concern, contact Patient Relations by emailing PatientRelations@JHAH.com or calling 800-305-4444 (Sunday-Thursday, (7 a.m. to 4 p.m.).

How to add a medical appointment to your calendar from MyChart

On your workstation

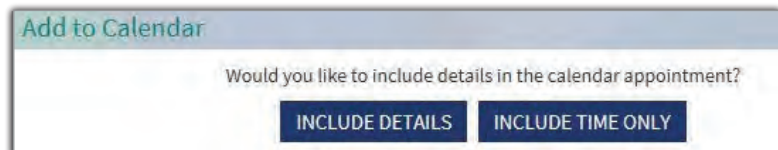
1. Once you have scheduled your appointment, select 'Add to Calendar'.



Please note:

- *Canceling an appointment does not remove the appointment from your calendar.*
- *Removing the appointment from your calendar does not cancel your appointment.*

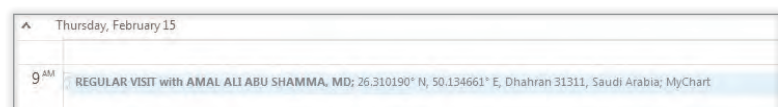
2. Choose between having only the time, or all appointment details shown in your calendar.



3. Click 'Open' to add the calendar invitation to your Outlook account.



4. You will now see the appointment in your calendar.



مركز جونا هوبكنز
إبراهيم بن عبدالعزيز
Johns Hopkins
Aramco Healthcare

Ramadan Hours

Operating hours are 7 a.m. to 4 p.m., Sunday to Thursday unless otherwise stated

Abqaiq

Collection Laboratory: 7 a.m. – 4 p.m.

Dental Clinic:

- 7 a.m. – 4 p.m.: June 6, 7, 8, 13, 15
- 9 a.m. – 3 p.m.: June 9, 12, 14
- 9 a.m. – 3 p.m. : June 16 to July 14

To request or cancel a dental appointment or call 800-305-4444

Patient Relations: contact us with your healthcare related concerns call 800-305-4444 or drop in to our office in Abqaiq 10 a.m. to 4 p.m.

Pharmacy: all locations

Primary Care: 7 a.m. – 4 p.m.
Emergency Medical Services (EMS) for out of operating hours emergencies.

Al Hasa

Collection Laboratory: 7 a.m. – 3:30 p.m.

Dental: patients go to Abqaiq or 'Udhailiyah dental clinics. To request or cancel an appointment call 800-305-4444, 24 hours.

Patient Relations: to contact us with your healthcare related concern email patientrelations@JHAH.com or call 800-305-4444 or drop in to our office in Al Hasa, 7 a.m. to 3.30 p.m. Sunday - Thursday

Pharmacy: all locations

Primary Care: 7 a.m. - 3.30 p.m. EMS for out of hours emergencies.

Al Midra Wellness Center

Blood Donation: (Closed)

Pharmacy: 11 a.m. - 3 p.m.

Ar-Rakah Clinic

Primary Care: every Wednesday from 10 a.m. to 4 p.m.

Pharmacy: all locations

To make an appointment: call the centralized contact center on **800-305-4444**, select option 1 for Dhahran. When speaking with the call agent, state that you are booking an appointment for Ar-Rakah Clinic.

Dhahran

Blood Bank: is open for donations 8 p.m. – 1 a.m. Call 877-6770/6638 during regular working hours.

Collection Laboratory:

Primary Care Clinic: 7 a.m. – 4 p.m. and evening 7 p.m. – 1 a.m.

cancercare 7 a.m. – 2:30 p.m.

Specialty Clinic lab 7 a.m. – 4 p.m.

Dental: 7 a.m. – 12 noon and 1 – 4 p.m.

To request or cancel a dental appointment call 800-305-4444

Patient Relations: – to contact us with your healthcare related concerns email patientrelations@JHAH.com or call 800-305-4444 or drop in to our offices 7 a.m. to 4 p.m.

Pharmacy: all locations

Primary Care:

- Clinic appointments: 7 a.m. – 4 p.m.
- Walk in Care: 7.30 – 1:30 a.m.
- Weekend Walk in Care 10 a.m. – 4 p.m. and 7.30 – 1:30 a.m.

Visiting hours:

Saturday - Thursday, general wards and ICU's 4 -8 p.m.

Friday 12:30 - 8 p.m.

Official holidays 2-8 p.m.

Ras Tanura

Collection Laboratory: 7 a.m. – 4 p.m.

Dental: 7 a.m. – 4 p.m. To request or cancel a dental appointment call 800-305-4444.

Patient Relations: to contact us with your healthcare related concerns email patientrelations@JHAH.com or call 800-305-4444 or drop in to our offices in Ras Tanura, 9 a.m. – 3 p.m.

Pharmacy: all locations

Primary Care: 7 a.m. – 4 p.m. Please visit the Emergency Medical Services for out of operating hours emergencies.

'Udhailiyah

Collection Laboratory: 7 a.m. – 3:30 p.m.

Dental

7 a.m. – 3:30 p.m.: June 6,9, 12,13,14
Clinic closed June 7 and 8

9 a.m. – 3 p.m.: June 15 to July 4

To request or cancel a dental appointment call 800-305-4444.

Patient Relations: to contact us with your healthcare related concerns email patientrelations@JHAH.com or call 800-305-4444.

Pharmacy: all locations

Primary Care: 7 a.m. - 3:30 p.m. EMS for out of hours emergencies.

Driving & Ramadan

By: Dr. Basem Futa

JHAH Clinical Nutrition & Food Services



Fasting the holy month of Ramadan has many health benefits. But the change in meal and work times as well as sleep patterns, can negatively impact safety on the road, particularly just before iftar and when Ramadan occurs during the summer.

Medical experts recognize that during fasting, the body suffers from a temporary drop in blood sugar and dehydration, which can result in dizziness and reduced attention span, vision and concentration levels. Another factor contributes to accidents in the evening is quickly consuming a large amount of food at iftar, which leads to fatigue.

Following are a few tips to help keep you and your family safe on the roads during Ramadan.

- Get adequate sleep
- Consume well-balanced meals and avoid large meals.
- Plan your journey if driving for long distances your drive timing to/from work to avoid being in a hurry.
- As much as possible, avoid busy streets and times, especially just before sunset time as that is the peak accident time.
- Keep active by performing regular exercise. The preferred time to exercise is 1-2 hours after Iftar.
- Consume the sahoor meal prior to dawn to provide the body and brain with energy for many hours of day time. At sahoor the best foods are those that digest slowly such as lean protein, whole grains, low fat or nonfat dairy products and dried fruit.
- Drink an adequate amount of water between iftar and sahoor (8 cups) and limit caffeine containing drinks at sahoor as caffeine depletes the body of fluids, leading to dehydration.
- Moderate salt intake as salt increases thirst and dehydration and contributes to poor focus.
- Wash face and hands with cold water when you feel sleepy.
- Take adequate rest when driving for a long distance.
- Avoid driving when you do NOT feel well or are tired. Always remember to pull off the road to a safe place when you begin to feel drowsy.
- Diabetic drivers should keep their blood sugar controlled. It is alright for a diabetic to break fast if she/he feels hypoglycemic (low blood sugar level). Always carry your diabetes ID cards and keep a sugary drink or sweets in the car in case of a drop in blood sugar level. You should NEVER drive if you are hypoglycemic.
- Make sure your car is in safe operating condition, including your headlights and signal lights. Make sure that the windows of your car are clean.
- Remember to always be a defensive driver, avoid over speeding and adhere to traffic regulations at all times.

Connect with JHAH



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followers

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More than
2,560
likes

Johns Hopkins Aramco Healthcare



More than
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More than
53,581
followers

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) by calling:

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

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>