

Cardiovascular Diseases
and COVID-19 Vaccine:
Is it Safe?

06

Same-day and next-day
appointments for your first
COVID-19 vaccine dose

09

Managing Stress with
Proper Nutrition

50

مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

WellBEING

Spring 2021

*Johns Hopkins
Aramco
Healthcare
Extends its Care*

*MyChart
Fast
Pass*

*Don't wait,
vaccinate.
We can't spell
immunity
without "U"*

INSIDE THIS ISSUE

*JHAH Awarded
"Gold" Person-
Centered Care
Certificaton*

1

*Don't wait,
vaccinate.
We can't
spell
immunity
without "U"*

2

*COVID-19
Vaccination
and Pregnancy/
Breastfeeding*

8

*JHAH Becomes
First in the
GCC to Achieve
Epic's Highest
Honor Roll
Level 'Summa
Cum Laude' for
Commitment to
Excellence*

14

*Health and
Nutrition
Guidelines
on Blood
Donation*

18

*Johns Hopkins
Aramco
Healthcare
Extends its Care*

44

Legal Disclaimer: All health and health-related information contained in this Johns Hopkins Aramco Healthcare Company material is intended to be general in nature and should not be used as a substitute for a visit with a healthcare professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their healthcare provider. Your healthcare provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.

JHAH Awarded 'Gold' Person-Centered Care Certification



From left to right: Dr. Michael Walsh, JHAH Chief Executive (CE), Dr. Ali Mollah (Abqaiq Primary Care), Salem Al-Shehry, JHAH Chief Operating Officer (COO) - Dr. Ali Mollah accepts the 'Gold' standard Certification for Excellence in Person-Centered Care by Planetree International on behalf of Abqaiq Health Center from Dr. Walsh and Mr. Al-Shehry

Johns Hopkins Aramco Healthcare (JHAH) was been accredited as one of only four healthcare organizations in the Kingdom with Gold certification. Person-Centered Care is an international standard established by Planetree International for quality in healthcare, where staff, patients and families have their needs and desires heard and addressed.

The Gold Award was celebrated at a ceremony in Dhahran on Jan. 3, 2021. Nabeel A. Al Jama', JHAH chairman of the board, and Dr. Susan Frampton, president of Planetree International, joined the ceremony virtually to celebrate with JHAH leadership, including Dr. Michael Walsh, Chief Executive of JHAH, Salem Al-Shehry, COO and Person-Centered Care advocate and JHAH employees.

The Gold certification was achieved after a weeklong validation visit by international quality surveyors assessed JHAH's delivery of health care services. As part of the assessment, surveyors interviewed a number of focus groups that included frontline staff, clinical staff, and patients, and surveyors visited all five of JHAH's locations in the Kingdom.

As defined by Planetree, Person-centered care creates positive impressions and satisfying experiences, but beyond that, it improves lives. Person-centered care creates workplaces that energize and inspire joy at work. It improves health outcomes and unites communities

around health and wellness. Research has documented that person-centered care yields internal and external cultural benefits to healthcare organizations. It improves organizational performance in quality, safety and experience.

Surveyors noted a number of JHAH's services that demonstrate person-centered care excellence, including Patient and Family Advisory Councils, Patient-Directed Visiting Hours, Welcome Guides, and a health encyclopedia for patients in Arabic and English, among others.



From left to right: Dr. Michael Walsh, JHAH CE, Salem Al-Shehry, JHAH COO pictured with the 'Gold' Person-Centered Care Award from Planetree International



From left to right: Dr. Elmotaz Ahmed (Al-Hasa Health Center), Dr. Ali Mollah (Abqaiq Health Center) and Dr. Mohsin Jafri (Ras Tanura Health Center) accept the 'Gold' standard Certifications for Excellence in Person-Centered Care by Planetree International on behalf of their district health centers

Don't wait, vaccinate. We can't spell immunity without "U".

By Layal AlKhatib



Vaccines are successful public health measures, which greatly reduce infectious diseases, and are proven to be safe and effective. They have helped protect the world from devastating diseases such as polio, measles, influenza, tetanus, and hepatitis.

Yet, even with their successful history, trust in the COVID-19 vaccination process is still fragile. Misinformation, conspiracy theories, and rumors all contribute to an unnecessary fear of and doubt in even the most educated populations across the globe, resulting in “vaccine hesitancy.” This prolongs the spread of infectious disease through delays in people taking the vaccine.

Amid the current global pandemic, the race to population immunity is a worldwide challenge that can only be achieved by everyone taking the vaccine.

No vaccine fatalities

Focusing on the rate of effectiveness for each COVID-19 vaccine can distract us from the proven fact that all the vaccines are 100% effective in stopping deaths and greatly reduced hospitalizations during vaccine trials.

No deaths have been reported as a result of taking any of the vaccines.



“Don’t wait for the next best thing,” Dr. Jaffar Al-Tawfiq, the director of Infection Control at JHAH and a leading international COVID-19 expert, advised,

“Take the COVID-19 vaccine that is available, as the approved COVID-19 vaccines can stop hospitalization and death.”

Being vaccinated does not necessarily make you immune from getting infected by SARS-CoV-2, but if you are infected and vaccinated, the inoculation will stop COVID-19 from progressing to serious illness and hospitalization.

End in sight

Waiting until other people around you get vaccinated, or waiting for what you think is the “right” type of vaccine can be detrimental. With every day that passes without being vaccinated, you are increasing your risk of being exposed to SARS-CoV-2, becoming infected, and assisting in the spread of the virus throughout your community.

The finish line to this pandemic is near, and only you can help us achieve population immunity with your support and active participation by taking the COVID-19 vaccine, encouraging your loved ones to do the same, and continuing to abide by JHAH’s 3 Ws: wash or sanitize your hands, wear a mask, and watch your distance.

What you should do today:

Register for the COVID-19 vaccine and get vaccinated as soon as possible, protecting yourself and your loved ones from spreading the virus.

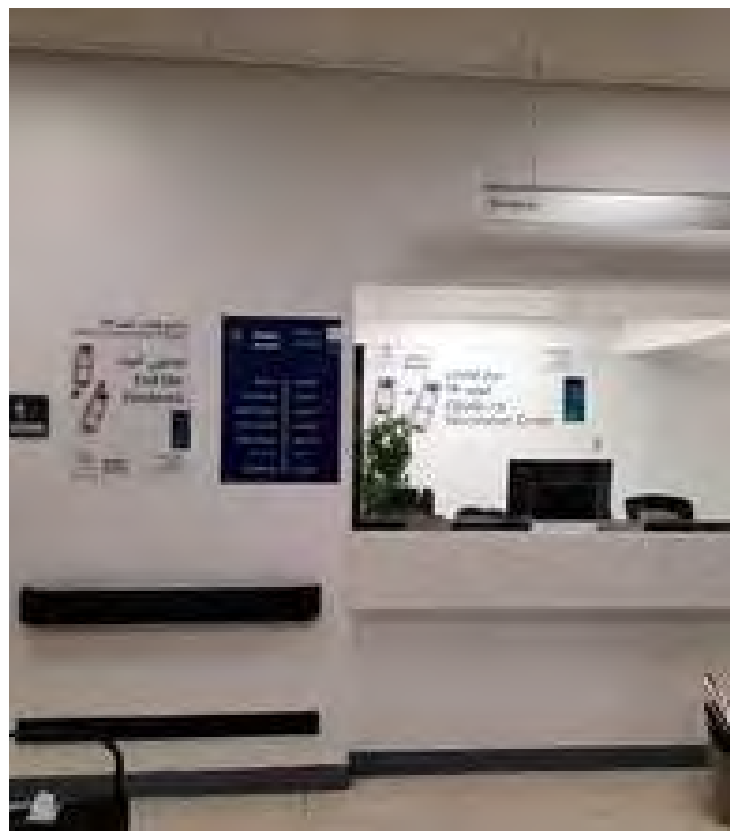


JHAH Patients: We took the COVID-19 vaccine at JHAH

Hear about the positive experiences from our patients who took the COVID-19 vaccine at JHAH:

- *“Thank you JHAH, I registered and booked my appointment within less than 24 hours. Your efforts and the efforts of all of my colleagues in the front lines are appreciated” Mariam Al-Sulaiman*
- *“Through the grace of Allah I have received the COVID-19 vaccine at the JHAH ‘Udhailyah Vaccination Center, a few hours have passed since I took the vaccine and I have not experienced any side effects” Aqeel Al-Alawadh*
- *“I received the COVID-19 vaccine as part of the Saudi Aramco COVID-19 Vaccination campaign. Thank you to the Ministry of Health, Saudi Aramco, and JHAH” Rami Kurdi*
- *Thank you JHAH for your special efforts and for the amazing team who welcomed me and guided me in the most perfect way at the vaccination center, keep up the good work!” Badriyah AlOmayri*
- *“Thank you Saudi Aramco for caring for your employees and dependents, thank you JHAH for organizing the JHAH COVID-19 Vaccination Program” Mohammad Al-Saflan*

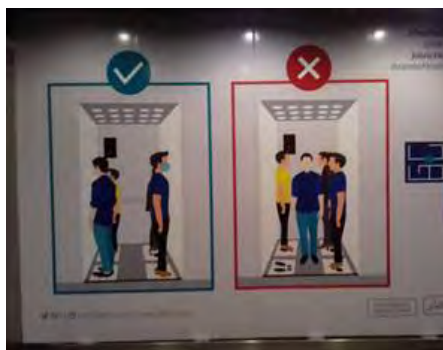
Ras Tanura

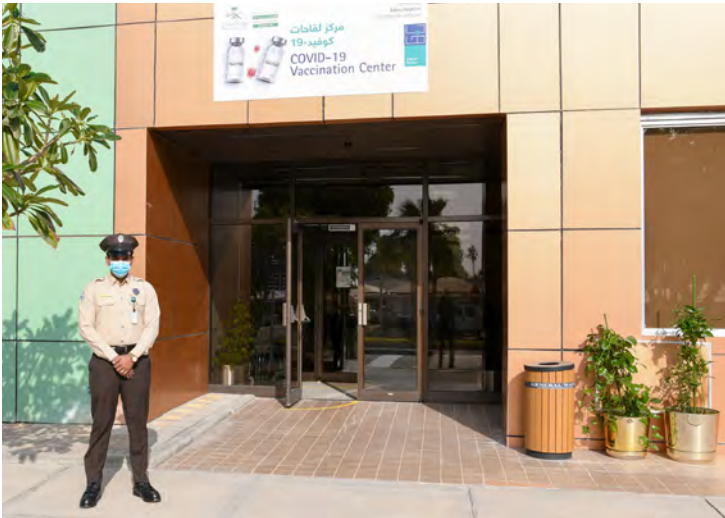


Tanajib

Al Hasa

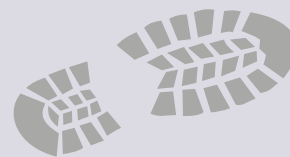
Abqaiq



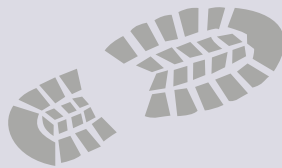


Benefits of Walking

Strengthens your bones and muscles



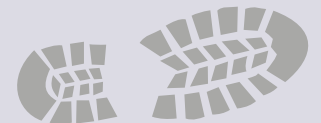
Boosts mood



Improves balance and coordination



Supports healthy weight loss



Cardiovascular Diseases and COVID-19 Vaccine: Is it Safe?

JHAH Cardiologists respond to heart patients' concerns about COVID-19 vaccines



Studies show that chronic heart diseases increase your risk of developing severe illness from COVID-19. If you suffer from chronic heart disease and feel reluctant to get vaccinated against COVID-19 or speculating whether the vaccine benefits outweigh potential risks, here you find the most frequently asked questions our cardiologists receive regarding the COVID-19 vaccine and their answers:

Are the vaccines effective in preventing COVID-19 infection?

Yes, they are effective. Studies into the AstraZeneca vaccine showed fewer infections in the vaccinated group. The two most extensive published trials of the COVID-19 vaccines show approximately 70.4 % fewer COVID-19 cases in over 23,848 people who received both doses of the vaccine than those who received a placebo.

Is the life-threatening danger of getting COVID-19 worse than the risk of having the vaccine for chronic heart disease patients?

The Food and Drugs Administration-approved vaccines pose no problems for such patients. People with cardiovascular risk factors, heart disease, and a history of heart attacks are at higher risk of developing severe complications from COVID-19. According to the European

Society of Cardiology, COVID-19 infection is linked with a higher death rate in acute heart failure patients.

Studies about the vaccine indicate no deaths. In comparison, the death rate for COVID-19 is estimated to be 1.7 percent. In over 23,848 people included in these two studies, a similar death rate would be around 1,200.

Are the vaccines effective in preventing severe illness from COVID-19?

Yes, they are effective! The AstraZeneca studies revealed that the vaccine is 100% effective against severe critical disease and hospitalization. All severe Covid-19 illnesses occurred in the group that received the placebo.

What are the possible immediate side effects of the COVID-19 vaccine?

No adverse side effects are reported after having the AstraZeneca vaccine. Side effects are the typical response of the immune system to the vaccine. Developing them does not mean that you are sick with Covid-19. Possible side effects of the vaccine are often mild. Typical side effects include pain at the site of injection, low-grade fever, and fatigue.

Are there any long-term side effects of the vaccine?

So far, serious side effects of the vaccination have been very rare. However, we have concerning information about the long-term side effects of COVID-19: The so-called Long COVID-19 syndrome. An estimated 10 to 30 percent of people who have otherwise recovered from COVID-19 report ongoing issues such as brain fog, fatigue, and shortness of breath, among many others.

According to the most recent studies, the benefit of being vaccinated against COVID-19 far exceeds the risk of immediate side effects. Talk to your health care provider before getting the vaccine to make sure it is safe for you. They can answer any questions you have about the vaccine and its potential side effects.

References

WHO. WHO coronavirus disease (COVID-19) dashboard. 2020. <https://covid19.who.int> (accessed Nov 8, 2020).

Zhou F, Yu T, Du R, et al. Clinical course and risk factors for mortality of adult inpatients with COVID-19 in Wuhan, China: a retrospective cohort study. *Lancet* 2020; 395: 1054-62.

Stringhini S, Wisniak A, Piumatti G, et al. Seroprevalence of anti-SARS-CoV-2 IgG antibodies in Geneva, Switzerland (SEROCoV-POP): a population-based study. *Lancet* 2020; 396: 313-19.

WHO. DRAFT landscape of COVID-19 candidate vaccines—20 March 2020. 2020. <https://www.who.int/blueprint/priority-diseases/key-action/novel-coronavirus-landscape-ncov.pdf?ua=1> (accessed Nov 8, 2020).

Folegatti PM, Ewer KJ, Aley PK, et al. Safety and immunogenicity of the ChAdOx1 nCoV-19 vaccine against SARS-CoV-2: a preliminary report of a phase 1/2, single-blind, randomised controlled trial. *Lancet* 2020; 396: 467-78.

Ramasamy M, Minassian AM. Safety and immunogenicity of ChAdOx1 nCoV-19 (AZD1222) vaccine administered in a prime-boost regimen in older adults (COV002): a phase 2/3 single blind, randomised controlled trial. *Lancet* 2020; published online Nov 18. [https://doi.org/10.1016/S0140-6736\(20\)32466-](https://doi.org/10.1016/S0140-6736(20)32466-)

Barret JR, Belij-Rammerstorfer S. Phase 1/2 trial of SARS-CoV-2 vaccine ChAdOx1 nCoV-19 with a booster dose induces multifunctional antibody responses. *Nat Med* (in press).

Marshall JC, Murthy S, Diaz J, et al. A minimal common outcome measure set for COVID-19 clinical research. *Lancet Infect Dis* 2020; 20: e192-97.

Zou G. A modified Poisson regression approach to prospective studies with binary data. *Am J Epidemiol* 2004; 159: 702-06.

COVID-19 Vaccination and Pregnancy/Breastfeeding



As recommended by the Saudi Ministry of Health and the CDC (Centers for Disease Control and Prevention) women who are pregnant, planning pregnancy, have just given birth, or breastfeeding, are encouraged to be vaccinated against COVID-19.

COVID-19 vaccination is encouraged as pregnant women are at an increased risk for severe illness from COVID-19 when compared to non-pregnant women. Additionally, pregnant women with COVID-19 may be at an increased risk of adverse pregnancy outcomes, such as preterm birth, compared with pregnant women without COVID-19.

Vaccination provides pregnant women with the best available protection from COVID-19. If you have questions about getting vaccinated, a conversation with your healthcare provider may help, but is not required.

Scan the QR code for to visit [JHAH.com](https://www.jhah.gov.sa) for eligibility, hours of service, directions, and FAQs.



Eligible medical recipients of Saudi Aramco, aged 18 years and over, can now make same-day and next-day appointments for their first-dose vaccinations and protect themselves from COVID-19.

Don't wait, vaccinate

Same-day and next-day appointments for your first COVID-19 vaccine dose

Every day that passes without being vaccinated increases your risk of being exposed to SARS-CoV-2, becoming infected, and assisting in the spread of COVID-19 throughout your community.

To serve you better, we have streamlined our vaccination process and an online or MyChart "expression of interest" form is no longer required.

Eligible Aramco and Johns Hopkins Aramco Healthcare (JHAH) employees and dependents aged 18 years and over can now make same-day and next-day appointments for a first vaccine dose and protect themselves from COVID-19.

- Visit [JHAH.com](https://www.jhah.com) > New Coronavirus > COVID-19 Vaccination for eligibility, hours of service, directions, and FAQs
- JHAH registered individuals can use their MyChart accounts to book
- Alternatively, all eligible individuals can book by calling the friendly JHAH Contact Center at 800-305-4444.

Available in the following locations:

- Dhahran, Building 133
- Dhahran, JHAH Primary Care
- Al-Hasa, JHAH
- Abqaiq, JHAH
- Ras Tanura, JHAH
- Tanajib, Remote Area Clinic


The same day that your first COVID-19 vaccine dose is administered, you will receive an appointment confirmation for your second dose. This will take place 12 weeks after your first dose, as recommended by the Ministry of Health.

If you have started your COVID-19 vaccinations with the Ministry of Health, you must complete your second dose at an MOH Vaccination Center. This is for your safety and continuity of care.

We can't spell "Immunity" without U


Read more about population immunity and the vaccination program by visiting: [JHAH.com](https://www.jhah.com) > News & Events > News & Articles > Don't wait vaccinate.

More than
90,421
Vaccinations have
been administered




Scan here to know
more about Covid-19
Vaccine program

COVID-19 Vaccination Centers



Regions with vaccination centers: Yanbu, Jazan, Riyadh, Khurais, Haradh, Shaybah, Udhallyah, Al-Hasa, Abqaiq, Damman Airport, Dhahran Munirah Primary Care, Ras Tanura, Tanajib, Fadhilli.



مركز لقاحات كورونا
10-2
Vaccine Center
COVID-19

800-305-4444 | www.jhah.com

Johns Hopkins Aramco Healthcare Prioritize Safety and Hold 7th Annual Patient Safety Symposium Virtually for the first time



*Organizers
Rabab
Bajahmom,
Rosie Healey,
Iyad Eid,
Taghreed
Mathal and
Martine
O'Brien.*

On March 14 – 15, more than 1,500 healthcare professionals came together to share knowledge, improve patient safety and quality in the Kingdom of Saudi Arabia and enhance their understanding of new developments in the world of patient safety and quality of care. JHAH's annual symposium provided an opportunity for professionals to network with healthcare providers from across the Kingdom as well as Johns Hopkins Medicine.

The speakers at the symposium included in-Kingdom experts from organizations such as the Ministry of Defense, Imam Abdulrahman Bin Faisal Hospital, Johns Hopkins Aramco Healthcare, Johns Hopkins Medicine International, as well as U.S.-based Johns Hopkins Medicine.

The event was the 7th annual Johns Hopkins Aramco Healthcare

Patient Safety Symposium, which from its inception has been held in coordination with the world-renowned Johns Hopkins Medicine's Armstrong Institute for Patient Safety and Quality. This year's theme was 'Maintaining Quality and Patient Safety during a Pandemic'.

"Maintaining quality, patient and staff safety during the current pandemic was the theme of this symposium. We had great speakers from our colleagues in Johns Hopkins Medicine U.S., nationally, and from our JHAH staff. There was excellent attendance and participation for our first virtual meeting, with more than 1,500 participating in this event, and the feedback has been outstanding." Said Dr. Saeed Al-Yami, Chief Quality and Patient Safety Officer.

The annual event is designed to bring together healthcare professionals at

all levels to explore current priorities in patient safety and quality and to raise awareness of important patient safety and public health issues that influence practice. As the COVID-19 pandemic remains one of the biggest threats to patient safety the majority of this year's agenda focused on managing and maintaining quality of care while adhering to strict new patient safety guidelines.

After the symposium, attendees should be able to recognize the importance of maintaining vigilant during a pandemic, mastered techniques to contribute to a safety culture by engaging in teamwork and able to identify and apply evidence-based risk mitigation strategies that are effective during a pandemic.

The symposium, held virtually for the first time as a COVID-19 safety measure, included a poster session

that displayed a wide range of studies and activities that have been or are currently being conducted at JHAH. The winning poster was the *“Cost-effectiveness and outcomes of early or same-day discharge after elective percutaneous coronary intervention in the Heart and Vascular Institute at Johns Hopkins Aramco Healthcare.”* Commented Dr. Michael Walsh, Chief Executive, JHAH, in his closing remarks.

“There is no doubt in anyone’s mind that the ramifications of COVID-19 and the way we have responded to it will be with us for some considerable time. So it is great to be able to collect, and learn from, the insights at this stage and to do so safely in a virtual forum such as this. I would like to thank all the presenters, organizers, and those who participated so actively in the symposium.”

Dr. Michael Walsh, Chief Executive, JHAH



Dr. Michael Walsh, Chief Executive, JHAH, delivering closing remarks at the virtual event.



Dr. Saeed Al-Yami, Chief Quality and Patient Safety Officer addressed the 1,500 virtual attendees.

The Three winning JHAH poster projects.

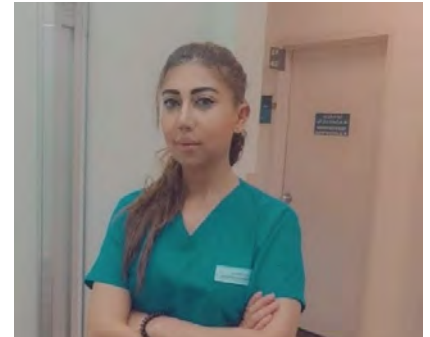
First place: Cost-effectiveness and outcomes of early or same-day discharge after

elective percutaneous coronary intervention in the Heart and Vascular Institute at Johns Hopkins Aramco Healthcare

Second place: Patient-centric medication-management system to improve patient safety and optimize services at Johns Hopkins Aramco Healthcare

Third place: An engaging educational journey towards patient safety, quality, oxygen therapy and safety at Johns Hopkins Aramco Healthcare

Child Fitness Exploration Programs



By: Naheel AlBareshi

Child Fitness Exploration Programs allow infants and children to explore the environment around them in ways that enhances their normal development.

To ensure best results, it is important to start cautiously, as early childhood development is unique for each child depending on their genetics and physiology.

Shortly after birth, infants begin developing skills and learning starts naturally; we cannot plan for the learning process due to continuous development. However, we can be aware of the changes and engage proactively. For example, the ability to recognize body positions starts to develop during the first weeks after birth as babies learn new things about their environment every time they are held in different positions.

For newborns, there is already so much to learn about their new environment. This is one of the

reasons why human contact should be limited to a few people during the first few weeks after birth. Exposure to many people or external stimulus such as hanging mobiles over the crib before the age of 2 months may over-stimulate the child and adversely affect perceptual development.

It is important to note that physical responses exhibited by the child in the first few months are not controlled by the brain. They are just reflexes that serve as the basis for fundamental movement patterns that will develop later throughout the baby's growth process. Hence, we should not try to push it forward as it is not built through learning. For example, infants have an active swimming reflex, which enables them to make coordinated swimming movements until they are about four months old, when the reflexes start to disappear.

Progressivity element

These are types of programs must be addressed progressively for child development. It is paramount that parents and those involved with early age development be fully aware about which skills should be developed first. Trying to speed up development is futile and will deprive the child of valuable movement experiences. For example, crawling develops the back and abdominal strength necessary for walking. Premature attempts to train the child to walk will cause them harm. The progression from creeping to crawling to upright support and then supported walking is important.

Individuality element

We should keep in mind that the prediction of movement development is only approximate. As each child is unique and different, some

walk earlier than others and some might learn to jump or climb before their peers. Thus, each child should be considered unique and be treated according to their own abilities and progress. All children have to go through the normal development of basic skills in the first 2 years.

Examples of infant exploration programs

1. Put infants in situations that can automatically help them explore their environment in a unique way:
 - Hanging mobiles over the crib eventually attract attention. This should be done at the age of 1 month if there is a lot of contact with people or after 2 weeks if contact with people is limited.
 - As the baby's ability to watch objects increases, you can make the movements more complex by requiring head movements in various directions.
 - At the age of 5 months, children should be able to move their heads smoothly and effectively in all directions, thus more movement of mobile toys should be allowed.

2. Between the ages of 4-6 months, the baby can be placed in various scenarios to help develop whole-body movements:
 - At first, place the baby on their belly and encourage them to reach for objects.
 - Then, you can combine exercises involving visual and grasping abilities by encouraging the baby to grasp a ring or stick and pull themselves up.

Post-infancy (2-6 years old)

Trial and error is the main way to commence exploration programs for infants. During childhood, this method should be accompanied with simple instructions that are necessary for maximum skills development to develop appreciation for physical activities.

However, simple instructions refer to words of encouragement and instructions that support demonstration of skills. The aim is for the child to learn by example. Most children don't profit from verbal instruction alone.

Children above 2 years old should be encouraged and provided with opportunities to move, run, jump, throw, lift, and pull. Activities should include climbing ladders and ropes, carrying objects, walking in sand, running up and down hills, jumping into foam and boxes, hanging from bars, and tumbling on mats.

The general rule throughout childhood

Avoid premature emphasis on specific movements. Specific sports should be introduced in later years unless the child has developed the needed muscle as well as prerequisite motor and perceptual skills. For example, running has many component skills; moving to the left and right, stopping and starting, varying and maintaining speed while assuming different balancing positions. Without prerequisite developed skills, children might grow up with weak points that might slow their progress even in adulthood.



Johns Hopkins Aramco Healthcare Becomes First in the GCC to Achieve Epic's Highest Honor Roll Level 'Summa Cum Laude' for Commitment to Excellence

April 2021 – Johns Hopkins Aramco Healthcare (JHAH) achieved the highest honor roll level 'Summa Cum Laude' in the Epic Honor Roll Good Maintenance Grant Program. Although JHAH's participation in this program was challenging, it allowed the organization to achieve continuous improvements in patient outcomes, workflow efficiency and quality of care. JHAH is the second organization out of all international Epic customers to have achieved the highest honor roll level.

"This is a great moment of honor and pride for every staff member of JHAH," said Mahmoud Zaiyat, Chief Information Officer. "This organization always strives to achieve the highest standards possible for improving patient care in every aspect of our operation. Our IT organization and other JHAH departments collaborated to make initiative successful, quickly and seamlessly. We are the first in the GCC and second internationally to achieve this prestigious grant organized by Epic to recognize and motivate its clients."

JHAH achieved the highest level of Summa Cum Laude after completing all the eligibility requirements and all eight components of the program. This reflects JHAH's collaborative commitment to excellence and highlights the efforts to enhance the health and wellbeing of patients by ensuring the organization optimizes their output through the Epic software. Following best practices helps engage patients in the care process, makes the software easier for clinicians to use, and allows users to maintain pace with the rapid advancements in health technology and medical knowledge.

The highest honor roll level achievement comes with a financial bonus, the maximum available, which is a grant of SAR 1,400,000. JHAH will also receive an award from Epic and be recognized as a leading organization at the yearly Epic User Group Meeting (UGM) in August 2021.

"I am extremely proud of the collaboration between our Epic@JHAH team, clinical champions and informatics teams, operational staff and strong leadership support which allowed us to complete all of the arduous requirements necessary to achieve Epic Honor Roll at the highest level of Summa Cum Laude."

- Daniel Bregaglio, Senior Director of Clinical Applications Support Department at JHAH.

"This program is set up to drive outcomes in quality of care and patient engagement by assessing beyond functionality; it allows us to explore how Business Continuity Processes are set up, what Clinical Programs are enabled and operationalized, measure benchmark thresholds levels that must be not only met but maintained, understand Epic system features usage, and much more."

Approximately 33% of Epic organizations have achieved at least the minimum level of Honor Roll since the program has been launched. Of the organizations that did achieve Honor Roll, 21% of them achieved the highest level of 'Summa Cum Laude'.

The other international organization that achieved 'Summa Cum Laude' in the Epic Honor Roll Good Maintenance Grant Program is the American University of Beirut Medical Center in Lebanon.

JHAH went live with Epic in January 2018, the first organization in the Kingdom to implement this electronic health record.



Become a patient at Johns Hopkins Aramco Healthcare



How to register

1. On the Saudi Aramco corporate portal, go to **myhome**
2. Click on **My Information**
3. Select **My Family**
4. Select the individual to be registered, then click on **Change Medical Provider**
6. Once you click on Change Medical Provider, you can select **Johns Hopkins Aramco Healthcare, (Dhahran or Al-Hasa)**
7. You will receive an confirmation in your Saudi Aramco email Inbox.

For more information on how to change your registration, contact your local HR Service Center or visit HR Online.

Eligible Saudi Aramco employees and their dependents are invited to register for healthcare at JHAH.

Stay healthy, stay updated We're here for you online **JHAH.com/COVID-19**

Learn about MyChart Video Visit and telephone consultations at [jhah.com/video-visit](https://www.jhah.com/video-visit)



#StaySafe
#StayHome

مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

Safety of Complementary and Alternative Medicines

By Habib Nemr

Director, Ambulatory Pharmacy Services, Pharmacy Services Department



Complementary and alternative medicine use on the rise

Complementary and alternative medicines are treatments that fall outside mainstream healthcare. Although complementary and alternative are sometimes used interchangeably, they are not the same. Alternative treatments are used instead of traditional medical treatments, while complementary care is offered alongside regular medical treatments.

In the US, there is an increase in the number of adults considering complementary and alternative medicine. According to data from the 2017 National Health Interview Survey (NHIS) released in November 2018, the number of American adults

and children using complementary treatments such as yoga and meditation has significantly increased over previous years; the use of chiropractic medicine has increased modestly for adults and held steady for children.

What are some types of complementary and alternative medicine?

Massage therapy: massaging, kneading, and pressing pressure points on the body.

Reiki energy therapy: is based on the idea that that energy flows throughout the body. The masseuse directs energy towards the person undergoing treatment.

Acupuncture: includes inserting thin needles through the skin at various depths to relieve pain.

Herbal remedies and dietary supplements: include oral tablets, capsules, and powders that contain chemicals extracted from plants. Even though herbal remedies claim to be natural, they are not always safe. Plants sometimes have toxins that can harm the body or cause drug-drug interactions and side effects when used alongside regular medicines.

Homeopathy: treating illnesses using small amounts of chemical or herbal substances that, in some cases, might be harmful in larger quantities. People who practice homeopathy dilute the solution by

mixing it with water, claiming that the same substance that causes harm could be beneficial when prepared in this way.

Mind-body techniques: are based on the belief that what we think and feel can affect our physical and mental wellbeing. Examples include art therapy, counseling, hypnotherapy, laughter yoga, life coaching, mindfulness meditation, music therapy, relaxation, spiritual practices, and support groups. These techniques aim to help patients change the way they think about their symptoms.

Special diets: diets might contain no meat, may focus on specific food groups, or require intake of special supplements to manage or improve disease conditions.

Is it safe to use alternative or complementary medicine?

Many forms of alternative and complementary medicine are safe. Some are even helpful. For example, massages or meditations may help a person feel more relaxed and manage their illness better.

Still, it's imperative to be cautious, especially if you are thinking about supplements, herbal treatments, or other types of complementary and alternative therapies. In most countries, including the United States, these products are not regulated by government agencies the way standard medicines are. In some cases, they contain ingredients that can be harmful.

Discuss with your health provider and consider the below points:

- Some herbal medicines can interact with prescription medicines and keep them from working. They can also cause side effects.
- It is possible that herbal medicines may be counterfeit and can contain unapproved or dangerous chemicals.
- Some herbal medicines are toxic and dangerous. For example, kava (used as a herbal remedy to manage anxiety) can damage the liver.
- Certain special diets can cause patients to lose weight very quickly or have vitamin deficiencies. These can elevate health problems.
- In many countries, medicinal regulatory agencies like the US FDA do not review dietary supplements for safety and efficacy before marketing. If serious problems arise after marketing and distribution, the FDA can then recall products from the market if there is evidence of harmful substances in the products.

Where can I find reliable information?

In addition to talking with your doctor and pharmacist, the following websites provide reliable information.

For herbals/supplements:

- MedLine Plus: <https://medlineplus.gov/dietarysupplements.html>
- National Center for Complementary and Integrative Health/herbal page: <http://www.nccih.nih.gov/health/herbsataglance.htm>
- FDA: <https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-dietary-supplements>

For complementary medicine:

National Center for Complementary and Integrative Health: <https://www.nccih.nih.gov/health/atoz>



Health and Nutrition

Guidelines on Blood Donation

By: Ghada Al Habib and Basem Futa



Blood donation is a noble action that saves lives. Below is some useful information for blood donors.

Blood Donation Facts

- Donating a liter of blood can save three lives
- Donation takes only about 20 minutes
- Blood donation has many health, psychological, and social benefits for blood donors
- Regular blood donation (4-5 times a year) is also good for the donor's health
- The volume of donated blood is 450 ml. There are 6 liters of blood in the body.

Importance of Nutrition and Hydration

- Adequate fluid intake and good nutrition help in replacing the donated blood within 24 hours of donation. Red blood cells need about eight weeks for complete replacement.
- Good nutrition provides your body with the nutrients and fluids needed to make new blood cells, avoid anemia and reduce the risk of dizziness.

Nutrients Needed

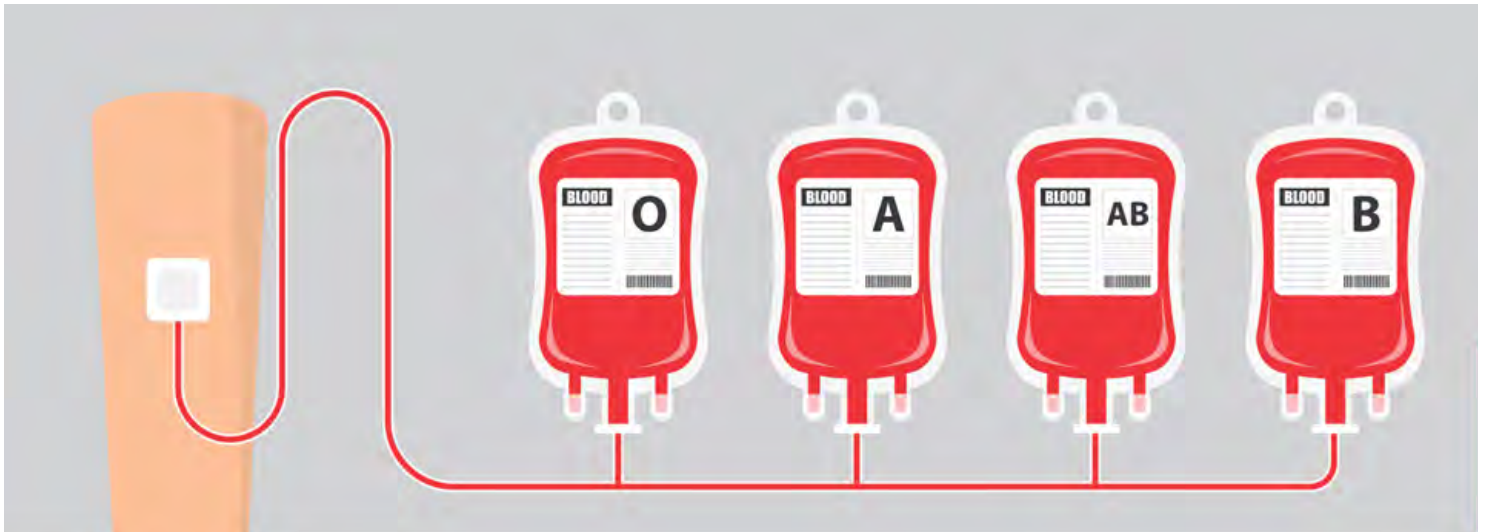
- **Iron:** Found in red meat, chicken, liver, egg yolk, fortified cereals, molasses, green leafy vegetables, dried fruits (such as dates, prunes, figs, apricots and raisins), dried beans, peas and lentils. Iron from animal sources is absorbed in the intestines better than iron obtained from plant sources. Vitamin C helps iron be absorbed from plant sources. It is found in tomatoes, broccoli, green peppers and citrus fruit — especially oranges. It is advisable to combine vitamin C rich food with iron rich food from plants at the same meal.
- **Folic Acid and Vitamin B12:** Needed to form red blood cells. Folic Acid and Vitamin B12 are found in lean meat, eggs, whole grains and fortified cereals.
- **Protein:** Necessary to make new blood cells. Protein is found in milk and meat products, lean meat, seafood, chicken, eggs, dried beans, hummus and lentils.



General Safety and Health Guidelines

- Individuals who plan to donate blood and have high blood pressure or diabetes must have them under control.
- Anyone under the age of 17, low weight (weight under 50 kg), or those with infectious diseases or anemia CANNOT Donate.
- Donors are advised not to donate blood when they are hungry or dehydrated.
- Before donation: Drink an adequate amounts of water and eat a good meal two hours before donation. Drink water after blood donation to replace fluids as blood is mostly water. In addition, consume a fruit or drink a cup of fruit juice to prevent blood sugar from dropping. This is healthier than consuming fatty meals after blood donation.
- Eat healthy and well-balanced meals that are rich in protein, iron, and other nutrients and increase your fluid intake before and after blood donation. Good nutrition helps you to restore your blood volume after blood donation.
- Practice regular activity to strengthen your body and improve blood circulation. Avoid exercise (particularly strenuous exercise) immediately after blood donation.
- Practice deep breathing.
- Avoid alcohol and smoking (active or passive), as they do not help your body make new blood cells.
- Reduce caffeine intake, as caffeine reduces iron absorption, depletes the body's fluids and may lead to dehydration. It is better to replace caffeinated drinks with decaffeinated ones.
- If you wish to use vitamin or mineral supplements, it is advisable to speak to your physician first.
- Do not drive for long distances after blood donation.
- If you experienced dizziness during or after donation, inform the blood bank technician, keep your head lower than the donation chair, and drink an adequate amount of water (around 2 cups). It is important to not leave the donation chair by standing quickly. It is safer to stand up from the donation chair slowly to avoid falling.

Donate Blood and Save Lives



Human blood is the most priceless and vital element of human life. The collection of blood from voluntary blood donors is essential to guarantee the readiness and safety of blood when someone is in need.

mobile blood donation center, visit <http://jhah.com/blood.aspx>

Share your photo with us on #JHAHBloodDonor & Follow us on Twitter.

Blood transfusions save lives. Unfortunately, many patients who need a blood transfusion do not have access to safe blood. The need for a blood transfusion can happen at any time, so blood banks need to keep an adequate supply of blood on hand.

A sufficient and reliable supply of safe blood depends on a regular supply of blood donors. When you donate one unit of blood, you help several patients because the blood is separated into platelets, plasma and packed red blood cells, which are divided into small volumes that allow for a single unit of blood to benefit multiple patients, including babies.

A little of your time and a simple needle prick can transform you into a superhero, helping medical staff save lives.

Remember, there is no substitute for human blood. Donate today at JHAH Blood Bank or you can drop into the Mobile Blood Donation Center on the day of a scheduled campaign.

For information about becoming a blood donor and the benefits of donating blood, or find the schedule of the



#TakeTheStep, Vaccinate



JHAH Health Communicator, May posted her vaccination pic and encouraged her followers



Ream Amry, Strategy & Enterprise Risk Management Division



JHAH staff Bakheet, Ahlam, and Haneen all took the step to take the vaccine. Post your post-vaccination selfie to encourage those around you to #TakeTheStep.

JHAH Highlights

Recognition on Downstream Frontline Leadership Safety Workshops



*Mr. Fared Kamfar
Saudi Aramco Man-
ager, Program Orga-
nizer, Basem Futa,
and Mr. Mohammed
N. Al Shammari*

Basem Futa, Clinical Nutrition Services, was called by Human Resources Development Division of Saudi Aramco to be recognized by Mr. Mohammed Y. Al Qahtani, Downstream Senior Vice President for the ongoing support we gave to their Downstream Frontline Leadership Safety Workshops. We have participated in dozens of their Safety Boot Camps since 2014 and presented nutrition and health topics to the attended leaders. In the recognition ceremony that took place in Ras Tanura on March 24th I was awarded with certificate and trophy of recognition by the Senior Vice President.

In Dr. Futa' speech, he highlighted that the real appreciation goes to JHAH management for their support to me and assigning to me the required resources that enabled me to effectively represent JHAH in their program.



JHAH Highlights

Educational program for Health Coaches of the Ministry of Health.



left to right: Dr. Fahd Algurashi COS; Dr. Basem Futa, Senior Dietary Specialist; Dr. Micheal Walsh, Chief Executive; Ghada Habib, Manager of Clinical Nutrition Services; and Dina Buraik, Acting Senior Director for Specialized Therapy and Clinical Services Department

We at Clinical Nutrition Services were honored to represent JHAH at a unique and interactive educational program for Health Coaches of the Ministry of Health. In 2020-2021, 35 coaches received training and passed their exams; they received 14 interactive educational sessions from JHAH. First piloted in the Eastern Province, this program is new to the Kingdom, initiated by the Keep Well Unit in Riyadh.

The team hosted a Nutrition educational booth at the cafeteria, attended by 250 JHAH staff after which, the group took a tour of the cancer care corridor to discuss the importance of exercise for kidney care. Both events were well-received with positive feedback.

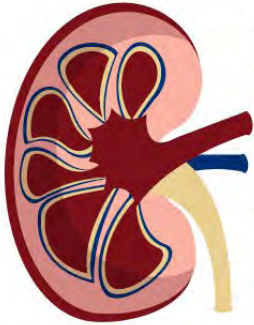
The major topics addressed were:

- Nutrition screening and assessment
- Nutrition education processes
- Obesity prevention
- Obesity management
- Diabetes prevention
- Diabetes management
- Pediatric nutrition
- Kidney care and nutrition
- Cancer nutrition
- Elders nutrition
- Brain nutrition
- Immunity nutrition
- Healthy shopping
- Healthy cooking



Social Media Highlights

What You Might Have Missed



Pre-recorded Webinar World Kidney Day March 11, 2021

Johns Hopkins Aramco Healthcare (JHAH) invites you watch our pre-recorded physician-led webinar:

“Care About Your Kidneys, Act Now”

This lecture aims to raise awareness of the importance of our kidneys and to encourage transplantation as a best-outcome option for kidney failure, and the act of organ donation as a life-saving initiative. The topics also include the normal functions of the kidneys and the importance of healthy lifestyle choices.

Please scan the QR code or click here, this will take you to the JHAH Events page to watch the webinar.



On World Kidney Day, watch our physician-led JHAH webinar on kidney health and the importance of a healthy lifestyle. Watch our webinar recording by visiting <https://bit.ly/3rDFu9U>



Dr. Abdul Razack Amir
Adjunct Assistant Professor of Medicine
Johns Hopkins School of Medicine
Chief Office of Academic Affairs, JHAH



Dr. Ahmed Al Khunaizi
Consultant Nephrologist,
Specialty Medicine Division, JHAH



Dr. Basem Futa
Senior Dietary Specialist,
Clinical Nutrition Services, JHAH



800-305-4444 | www.jhah.com

مركز جونز هوبكنز
ارامكو الطبي
Johns Hopkins
Aramco Healthcare

Delaying taking the #COVID19 vaccine can be detrimental to your health, #TakeTheStep and register your interest today <https://bit.ly/2ZDqWe6>
@SaudiMoH

مركز جونز هوبكنز
ارامكو الطبي
Johns Hopkins
Aramco Healthcare



Did you get vaccinated?



800-305-4444 | www.jhah.com

#TakeTheStep

How to get started:

Already registered, but not vaccinated?

If you have registered with the MOH, but have not yet received a vaccination appointment, you are encouraged to register with JHAH.

You should then accept the first available vaccination appointment and complete your COVID-19 vaccinations with that healthcare provider, either JHAH or MOH.

900-305-4444 | www.jhah.com

Cooperation Not Complacency



Have you registered your interest in the COVID-19 vaccine with @SaudiMoH, but haven't been vaccinated? You can still register with us if you are registered for care with JHAH, MDF or Bupa. <https://bit.ly/2ZDqWe6>

#SaudiAramco

#COVID19Vaccine

Are you concerned about getting vaccinated against COVID-19? The FAQs put together by JHAH's team of experts will help you make an informed decision about getting the #COVID19Vaccine, visit <https://bit.ly/2ZDqWe6>

مركز جونز هوبكنز ارامكو الطبي
Johns Hopkins Aramco Healthcare



COVID-19 Vaccination FAQ

The current COVID-19 vaccine used at JHAH COVID-19 Vaccination Centers is the AstraZeneca vaccine. Different vaccines may be available in the future.

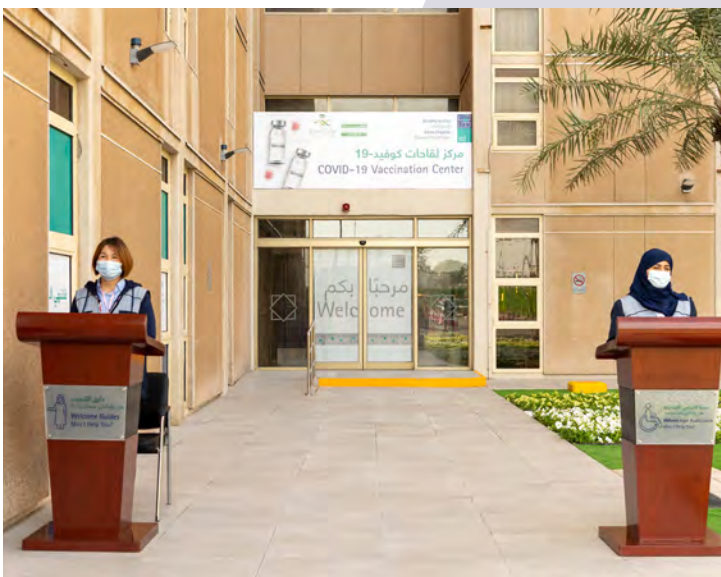
- How is the vaccine given? +
- Who will receive the vaccine and where? +
- Why should I get vaccinated? +
- Is the vaccine safe? +
- What are the vaccine side effects? +
- How was the vaccine made accessible so quickly? +
- Tips before vaccination +
- Vaccine and pregnancy +
- Conflicts between vaccines +

Social Media Highlights

What You Might Have Missed



Did you miss one of our #JHAH virtual events? You can now watch the recorded sessions on our YouTube channel <https://bit.ly/3mVocLL>



View the JHAH #COVID19 Vaccination Center experience
<https://youtube.com/watch?v=QcBzdLDzInk&t=20s>

Benefits of Walking

Strengthens muscles

Improves lung function

Helps in weight control/loss

Strengthens the immune system

Reduces risk of heart disease

Reduces high blood pressure

Improves brain function

مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

800-305-4444 | www.jhah.com

Want to strengthen your immune system and improve your lung function? Walking daily for at least 30 minutes can do all that and more. Walk your way to health! #SaudiWalkingDay

800-305-4444 | www.jhah.com

MyChart

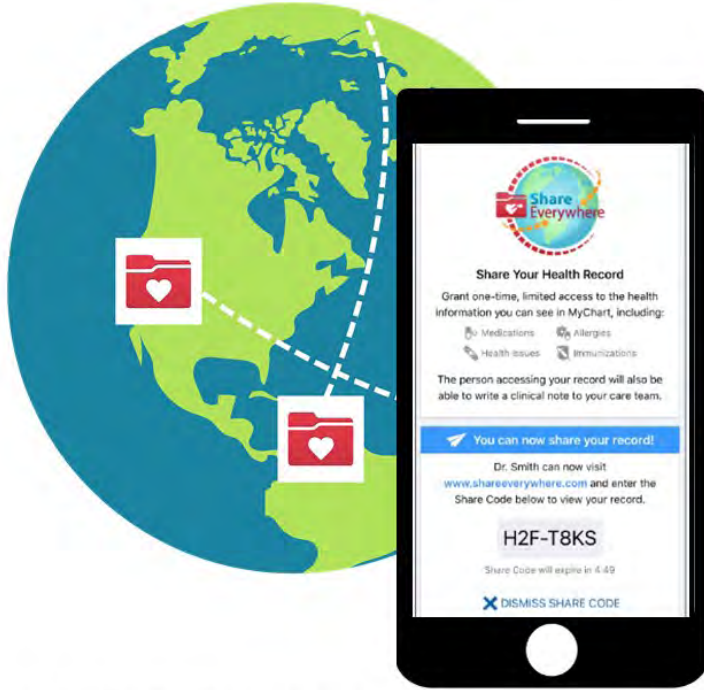
Print a stamped copy of your COVID-19 results from home or the office using MyChart

مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

Did you know JHAH releases COVID-19 Test Results directly to your MyChart account? Print a stamped copy of your results from home or the office using MyChart. Find out how, visit <https://bit.ly/3sePzKt>

Social Media Highlights

What You Might Have Missed



MyChart

'Share Everywhere' empowers you to share your medical record with any provider, anytime, anywhere

مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

800-305-4444 | www.jhah.com

MyChart 'Share Everywhere' is live! What does this mean for you? You can now grant temporary, one-time access to your medical record with ANY healthcare provider taking care of you, ANYWHERE in the world. Find out how, visit <http://jhah.com/about-mychart>



Career Defining Opportunity

We are hiring

JHAH is currently seeking a healthcare professional for the position of **Dermatologist**.

To apply, visit JHAH.com > Careers

800-305-4444 | www.jhah.com

مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

We are hiring! JHAH is pleased to announce that we are now accepting applications for a #Dermatologist position. Western and Saudi Board Certified Dermatologists with three years post-board experience are invited to apply, visit <https://bit.ly/3u2AcXp>

Social Media Highlights

What You Might Have Missed

Keep your guard up
COVID-19 is still around us



Protect Yourself
and
Your Community

Follow the 3Ws to stop COVID-19:

Wear a mask
 Wash or sanitize your hands
 Watch your distance

800-305-4444 | www.jhah.com

مركز جونز هوبكنز
 آرامكو الطبي
 Johns Hopkins
 Aramco Healthcare

Dear health partners

Please show your **'Tawakkalna'** App at the door before entry into any JHAH facility.



Scan to download 'Tawakkalna'



وزارة الصحة
 Ministry of Health

مركز جونز هوبكنز
 آرامكو الطبي
 Johns Hopkins
 Aramco Healthcare

Abide by the 3Ws to stop COVID-19 to protect yourself and your community.

Show your 'Tawakkalna' App to enter any JHAH facility: In alignment with the government's #COVID19 prevention framework, all staff, patients and visitors must display their 'Tawakkalna' app health profile as a condition of entry to all #JHAH facilities.

Winners of The JHAH Art Competition
الفائزون بمسابقة جاها للرسم



مركز جونز هوبكنز
 آرامكو الطبي
 Johns Hopkins
 Aramco Healthcare

Ali Alsulman (age 6) علي السليمان 6 سنوات	Abdulmuhsin Aljoab (age 6) عبدالمحسن الجواب 6 سنوات	Do'a Ismael (age 5) دعاء اسماعيل 5 سنوات	Alzahra'a (age 5) الزهراء 5 سنوات
Reman (age 8) ريمان 8 سنوات	Badria Ismael (age 8) بدوية اسماعيل 8 سنوات	Bedour Aljoab (age 9) بدور الجواب 9 سنوات	Ahmad Alsafar (age 11) احمد السفار 11 سنة

Nora Alsafar (age 13)
نورة السفار 13 سنة



Reopening of JHAH Dhahran Valet Parking for Patients

مركز جونز هوبكنز
 آرامكو الطبي
 Johns Hopkins
 Aramco Healthcare

Valet Parking at JHAH Dhahran:

- This free-of-charge service is available at JHAH Dhahran Sunday to Thursday, 6 a.m. to 5 p.m.
- Vehicle drop off is within 30 minutes of the patient's scheduled appointment.
- The valet location is at the Specialty Clinic entrance.
- As a condition of use of the valet service, patients will need to provide confirmation of their appointment time, such as:
 - ✓ SMS appointment confirmation
 - ✓ Appointment slip (printout or digital)
 - ✓ MyChart (printout or digital)



800-305-4444 | www.jhah.com

CAUTIONS: WE RETURN

Social Media Highlights

What You Might Have Missed

JHAH staff Bakheet, Ahlam, and Haneen all took the step to take the vaccine. Post your post-vaccination selfie to encourage those around you to #TakeTheStep.



An illustration of a hand holding a smartphone. The phone screen displays a pill icon and a "Refill" button. To the right of the phone is a blister pack of yellow pills. The background is light blue with the "MyChart" logo in the top right. At the bottom right, there is a logo for "نحن نعتهم We Care" and text for "مركز جونز هوبكنز أرامكو الطبي Johns Hopkins Aramco Healthcare". At the bottom left, there are social media icons and the contact information "800-305-4444 | www.jhah.com".

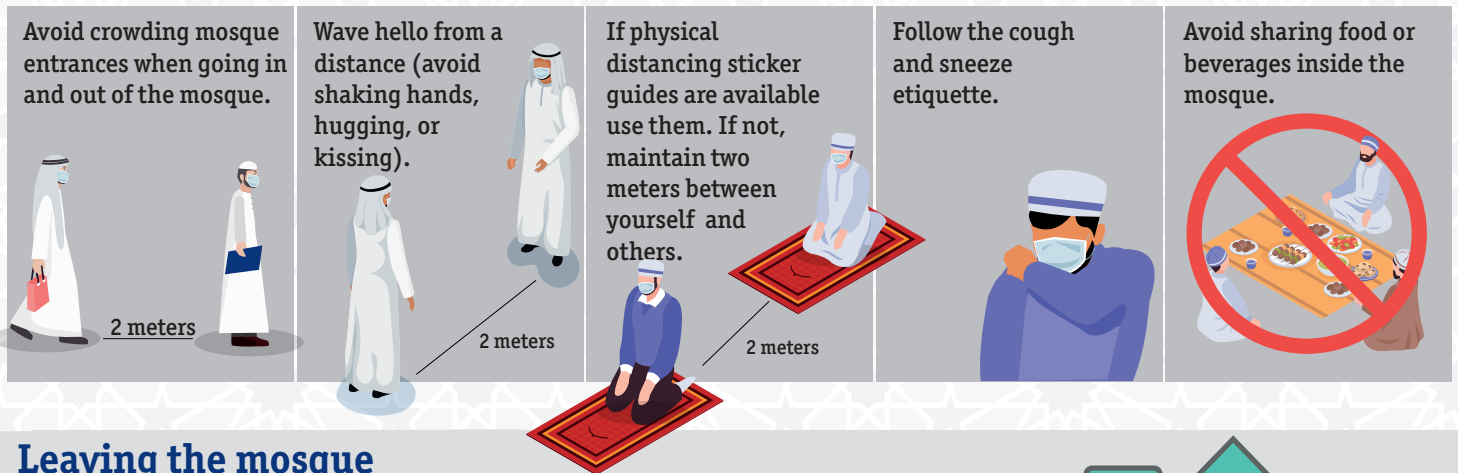
MyChart is your online patient portal anywhere. Request medication refills and select a #pharmacy nearest to you.

How to protect yourself and others when praying at mosques during COVID-19

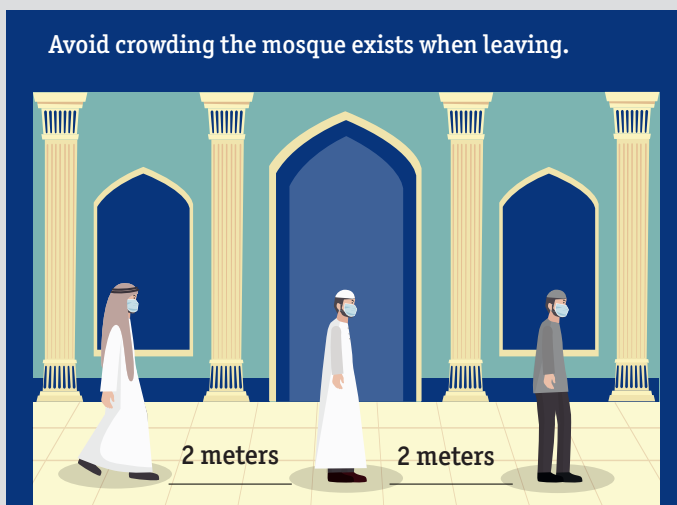
At home, before you leave for the mosque



When entering the mosque



Leaving the mosque



Pray at home if:

- You have a cough, sore throat, shortness of breath, or a temperature of $\geq 37.8^{\circ}\text{C}$.
- You are elderly.
- You suffer from chronic disease conditions.
- You are under the age of 15.

Social Media Highlights

What You Might Have Missed

Make clean hands your habit – it protects us all

مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

**20-30
Seconds**

CLEAN HANDS SAVE THE WORLD

800-305-4444 | www.jhah.com

مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

نحن نعتنم
We Care

**JHAH Dhahran
Valet Parking
for Patients**

This service is free-of-charge

THANK YOU AND DRIVE SAFELY!

800-305-4444 | www.jhah.com

Did you try our Valet Parking service at #JHAH #Dhahran? For your convenience, this free-of-charge service is available for patients Sunday-Thursday, 6 a.m.- 5 p.m.

مركز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
AramcoHealthcare



The COVID-19 pandemic should not disrupt your child's routine immunizations.

Ensure your child's vaccines are up to date.

Vaccines bring us closer to a world where no one suffers from a vaccine-preventable disease. Make sure your family is up to date with their immunizations.



نحن نهتم
We Care

800-305-4444 | www.jhah.com

مركز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
AramcoHealthcare

JHAH is following the Ministry of Health direction that second doses of the COVID-19 vaccine are currently on hold for all people under 60 years of age.

This is to enable more people to receive a first dose of a COVID-19 vaccine. Additionally, it will allow time for manufacturers to boost the effectiveness of the vaccines' second dose based on the research into the variant virus strains.



نحن نهتم
We Care

If you have not received your first dose vaccination please do so as soon as possible.

800-305-4444 | www.jhah.com



مركز لقاحات كورونا
كوفيد-19
Vaccine Center
COVID-19

#TakeTheStep # خذ الخطوة
Get Vaccinated خذ اللقاح

#JHAH is following the

@saudimoh direction that second doses of the COVID-19 vaccine are currently on hold for all people under 60 years of age. This is to enable more people to receive a first dose of the vaccine.

Demonstrating Excellence in Patient Care



مدي الصقير
@MadiAlSokair

Replying to @huwajym @jhah0 and 3 others

نعم الأطباء ونعم الزملاء.. سعدت جداً بالعمل معهم و ملامسة
حبهم لعملهم وخدمة مرضاهم. أتمنى لهم كل التوفيق 🙏

Translated from Arabic by Google

Yes, doctors, and yes, colleagues .. I was very happy to
work with them and touch their love for their work and
serving their patients. I wish them all the best 🙏

8:29 AM · Feb 26, 2021 · Twitter for Android



محمد العقيل
@MAIageel

Hospital facilities management
department always strives to provide
excellent services

إدارة مرافق المستشفى تسعى دائماً في توفير
الخدمات المتميزة

@Saudi_Aramco @JHAHNews



#نساء_للوطن "الحساب الرسمي"
@nasallwatan

مركز جونز هوبكنز أرامكو الطبيّ يحصد
جائزتين في ملتقى جائزة التميّز للمرأة القياديّة

@Saudi_Aramco

@JHAHNews

#تمكين_المرأة

#نساء_للوطن

Translated from Arabic by Google

Johns Hopkins Aramco Medical Center wins two
awards at the Forum for Excellence in Women in
Leadership

@Saudi_Aramco

@JHAHNews

#تمكين_المرأة

#نساء_للوطن



sal
@drsal_sal

Replying to @JHAHNews

Dr Salwa is an outstanding woman
and physician. I have worked with her
She truly deserve it. Wish her all the
best.



صحيفة صبرة الإلكترونية
@sobranewscom

جعفر آل توفيق يُراكم الإنجازات.. في قائمة
1% الأكثر تأثيراً في العالم
#جعفر_آل_توفيق @tfrabiah #القطيف
@JHAHNews #القدح

Translated from Arabic by Google

Jafar Al Tawfiq accumulates achievements ... in the
list of the most influential 1% in the world
#جعفر_آل_توفيق @tfrabiah #القطيف @JHAHNews
ديح



Dr.Tareq Bonohiyah
@bonohiti

Replying to @Fmhub_otg and @saeedsalmoosa

@JHAHNews الدكتور سعيد يمثل قائد رائع
لسفينته تملأها أطباء وزملاء ويقودها بنجاح
فكل كلمات الثناء تصمت خجلاً أمام ما يقدمه
من جهد متميز وعمل دؤوب وهذا ليس
مجامله لكنها كلمات صادقه بعد عشرة عمل
وصداقه وأخوه من ما يقارب من عشرين سنه
فحفظه الله ورفع من قدره 🌹🌹

Translated from Arabic by Google

@JHAHNews Dr. Saeed represents a wonderful
captain of a ship full of doctors and colleagues and
leads it successfully. All words of praise are silent in
shame in front of the distinguished effort and hard
work that he offers. 🌹🌹



Adil Sadiq
@adool59

Replying to @JHAHNews

شكرًا جونز هوبكنز أرامكو الطبي في الظهران
على التجاوب، كانت التجربة يوم أمس
الخميس في الساعة السابعة صباحًا أثناء
ساعات العمل الرسمي.
ليس لدي شك أبدًا في مدى تميّز وجودة
الخدمات التي تقدمها عيادة طب الأسنان في
جونز هوبكنز أرامكو لمرضاها إنما الاستغراب
كان في عدم الرد والتجاوب.

Translated from Arabic by Google

Thank you Johns Hopkins Aramco Healthcare in
Dhahran for the response, the experience was last
Thursday at 7 am during the official business hours.
I have no doubt about the distinction and quality of
the services provided by the dental clinic at Johns
Hopkins Aramco to its patients, but the surprise
was the lack of response and response.

5:45 PM · 20/11/2020 from Al Khobar, Kingdom of
Saudi Arabia · Twitter for iPhone



Adil Sadiq
@adool59

Replying to @JHAHNews

لقد تلقيت اتصالاً اليوم الجمعة من الدكتور
نبيل السدمي وقد أبهجنى ذلك الاتصال فهو
دليل لا شك فيه على مدى الاهتمام والعناية
بالمرضى. فشكرًا للدكتور نبيل ولكم في مركز
جونز هوبكنز 🌹🙏

Translated from Arabic by Google

I received a call on Friday from Dr. Nabil Al-Sadami,
and that call pleased me, as it is an indisputable
evidence of the extent of the care and attention to
patients. Thank you, Dr. Nabil, and you at The
Johns Hopkins Center 🌹🙏



كل كلمات الشكر والتقدير والثناء لا تفني الدكتور Dr. Mohammad Binshi حفظه الله من مركز جونز هوبكنز على رقي تعامله و إتقانه لعمله الذي تسعد وتطمئن بأن تكون تحت مشرطه في غرفة العمليات ويقف بنفسه مع ذوي المرضى إلى أن يطمئنهم بإتصال منه شخصياً بعد إنتهاء أي عملية جراحية يجريها

Translated from Arabic by Google

@JHAHNews

All words of thanks, appreciation and praise do not satisfy Dr. Mohammad Binshi, may God protect him from the Johns Hopkins Center, for the sophistication of his handling and his mastery of his work, which you are happy and reassured to be under a scalpel in the operating room and stand by himself with the patient's family until he reassures them by calling him personally after the completion of any surgery he performs



تهنئكم بهذا الاتجاز ونتمنى ان ينعكس هذا على الخدمات الصحية في مراكزكم في انحاء المنطقه الشرقيه ونرى استمراريه في تطبيق اعلى المعايير الصحية في جميع خدماتكم



ارامكو.
الظهران.
سلام عليهم وعلى اداراتهم وعلى كل شبر فيها.
منظمه صح..
تتحترم الموظف بتوفير بيئة عمل مناسبة بتغذية بصرية كويسه.
ليت كل المنظمات نفس ارامكو و الهيئة.
على الاقل تكييف وتهوية ورفاهية حتى كراسيهم مريحة ماتعور العظام. 😊

Translated from Arabic by Google

Aramco.

Dhahran.

Peace be upon them and their administrations and every inch therein.

Correct organization ..

The employee is respected by providing a suitable work environment with good visual nutrition.

If only all the organizations are the same Aramco and the organization.

At least the air-conditioning, ventilation and comfort even their comfortable chairs were bone-chilling. 😊



Replying to @QueenT7alreem @MALageel and 2 others

فعلاً أنا جلست عندهم فتره طويله مع بنتي وربي تعاملهم غسل ويراعون حبييل حتى اذا شافوني تعبت يحاولوني اطلع وهم يهتمون من جد الله يوفقهم كل الكادر اللي بقسم العناية والقسم من جد لبقين

Translated from Arabic by Google

Indeed, I sat with them for a long time with my daughter and my Lord treats them with honey and takes care of my life. Even if they see me, I am tired, they try to see me and they care about God's grandfather.



يعطيكم العافيه والى شكر لكم على اهتمامكم (مريت
المستشفى اليوم ولله الحمد اخذت التطعيمه لي
ولعائلي وانا بسيارتي شكرا من الاعماق على خدمتكم
المتمييزة

مرکز جونز هوبكنز ارامكو الطبي @JHAHNews · Jun 25
 بلا كلل وبلا خوف، تدفعهم الإنسانية والتعاطف، يعمل أبطال #الرعاية الصحية على مدار الساعة للحفاظ على سلامتنا وصحتنا. يمكننا مساعدتهم باتباع إرشادات الوقاية لـ #كوفيد19 كفضل اليدين بالطريقة الصحيحة والالتزام بالتباعد الجسدي.
jhah.com/ar/new-coronav...
 #نعود بحذر #جاها



0:46 759 views

1 7 18



Aziz @daglao · Jun 26

حفظك الله ابنتي القديرة والعزيرة : أسأل الله لك دائماً التقوى والتوفيق؛ وأنت كذلك "بطلة" ❤️👍

4 1



ابوسعد @abusaaad90

Replying to @daglao and @JHAHNews

ما شاء الله ، عمل جيد يستحق الاشادة به ، لانه ابرز عمل جنود يواجهون ويتحدون الخطر ويعرضون انفسهم واهليهم للمخاطر . بارك الله فيها ووفقها

Translated from Arabic by Google

God willing, a good work that deserves praise, because it is the most prominent work that soldiers face, challenge the danger and expose themselves and their families to the dangers. God bless and grant success

10:01 AM · Jun 27, 2020 · Twitter for iPhone



SK @sisib3372641

Replying to @JHAHNews

Amazing video and effort by Dr.Ahmed Al Tayyar representing JHAH. Thank you ! Very useful & highly informative, crystal clear and to the point. Hope he does more.



mAnAl @manal05453656

Replying to @shikha112211

من جدكلامك **100%** جونز هوبكنز من افضل الاماكن من حيث الطاقم الطبي ولا ادراهم والمكان والنظافة

Translated from Arabic by Google

From your word **100%**

Johns Hopkins is one of the best places in terms of medical staff, their management, location, and hygiene

11:57 AM · Jan 10, 2021 · Twitter for iPhone

مرکز جونز هوبكنز ارامكو الطبي @JHAHNews · Jun 27
 To help prevent infections, don't touch your nose, eyes, or mouth.
bit.ly/2ZzbqBZ7

#JHAH #COVID19 #CautiouslyWeReturn



1 3 5



Aziz @daglao

Replying to @JHAHNews

Thank you for maximizing easy, straightforward and short-way guidance for your safety, continued health and well-being 🌹👍👍👍.

2:13 PM · Jun 27, 2020 · Twitter for iPhone

مرکز جونز هوبكنز ارامكو الطبي @JHAHNews · Jul 2
 هل تحاول استخدام الكمامة بالطريقة الصحيحة و الأمانة؟
 شاهد د. أحمد الطيار أحد أعضاء فريق مكافحة جائحة #كوفيد19 الطبي في #جاها يشرح كيفية ارتداء الكمامة بالطريقة الصحيحة.
 #نعود بحذر
jhah.com/ar/new-coronav...



4 43 82



محمد السفلان @MSaflan

Replying to @JHAHNews

شكرا د احمد فعلا نحتاج الي مثل هذه الارشادات لتسهيل على البعض طريقة ارتداء الكمامة

Translated from Arabic by Google

Thank you Dr. Ahmed. We really need such guidance to make it easier for some people to wear masks

10:04 PM · Jul 2, 2020 · Twitter for iPhone



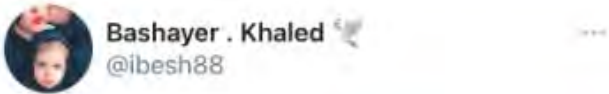
د. مشعل سلطان Dr. M. Sultan
@DrMeshalSultan

كل التوفيق في هذه الندوة المتميزة
للأهالي، وللمعلمين والمعلمات، وللعاملين في
القطاع الصحي، للأخصائيين النفسيين 😊
#اضطراب_فرط_الحركة_وتشتت_الانتباه
@alghamdisas @amel612
@DrAAIhazmi @DrAlsaad1

Translated from Arabic by Google

All the best for this distinguished seminar
For parents, for male and female teachers, for
health sector workers, for psychologists 😊
#اضطراب_فرط_الحركة_وتشتت_الانتباه
@amel612@alghamdisas@DrAlsaad1@DrAAIhazmi

مركز جو نر هوبك نر أرامكو الطبي
انضموا إلينا اليوم وغداً لحضور ندوتنا الالكترونية عن
اضطراب فرط الحركة وتشتت الانتباه. للمختصين تتوفر
ساعات تدريبية للحضور من المختصين. لمشاهدة
الندوة، قم بزيارة #جها jhah.com/ar/webinar/adh...
#اضطراب_فرط_الحركة



Bashayer . Khaled
@ibesh88

@JHAHNews

جون هوبكنز اليوم صاير يفتح النفس و ثلاث
ارباع الموظفين سعوديين 🥰🥰🥰
وش هالتطور العظيم 🙌🥰

Translated from Arabic by Google

@JHAHNews

John Hopkins is now self-open, and three-quarters
of the employees are Saudi 🥰🥰🥰

What a great development 🙌🥰

12:59 PM - 28/10/2020 from Dhahran, Kingdom of
Saudi Arabia - Twitter for iPhone



ShathaAlj
@shathaajj

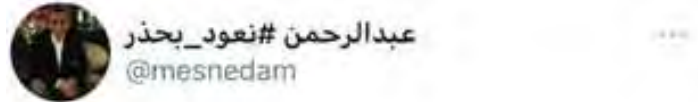
لا تفوتكم الندوة مع المختصين والأطباء
المميزين في المجال ❤️❤️
إضافة وخبرة جميلة لكل 🙌🥰
شكراً @JHAHNews على التنظيم ❤️
#افتا_من_التوعية_الى_التقدير

Translated from Arabic by Google

Do not miss the seminar with the distinguished
specialists and doctors in the field ❤️❤️
Nice addition and experience for everyone 🙌🥰
Thank @JHAHNews On regulation ❤️
#افتا_من_التوعية_الى_التقدير

اضطراب فرط الحركة وتشتت الانتباه:
رحلة التوعية والتقدير
برنامج المحاضرات وورشات العمل
اليوم الاول، السبت، 30 أكتوبر 2020 م

المقدم	المحاضرة	الوقت
د. نائل العنابي استشارية طب اطفال وسألة الأطفال سواء بنوعيات أو معاق الفهم	التدريب	10:00 م - 12:00 م
د. سليل وفتي الخبير النفسي	الافتتاحي واطلة الترحيب بالحضور	12:00 م - 1:00 م



عبدالرحمن #نعود_بحذر
@mesnedam

@JHAHNews this is very innovative
and quite informative...thank You
JHAH 🌹





د احمد Aljameel
@ahmedja1966

اليوم هو يوم للتاريخ على بركته الله نستقبل
الاطباء المقيمين الجدد في برنامج الباطنة
مستشفى جونز هوبكنز ارامكو #JHAH

Translated from Arabic by Google

Today is a day of history. With the blessing of God we welcome the new residents of the internal medicine program, Johns Hopkins Aramco Hospital #JHAH



مروان احمد بحيسي
@marwandr

Replying to @ahmedja1966

جميل ان نرى جيل من الاطباء يستفيدون من
الكوادر و الامكانيات المتوفرة في اقسام مركز
جونز هوبكنز، الشكر موصول لارامكو السعودية
صاحبة الفضل في تعليم الاجيال السابقة من
الاطباء السعوديين

Translated from Arabic by Google

It is nice to see a generation of doctors benefit from the cadres and capabilities available in the departments of the Johns Hopkins Center. Thanks go to Saudi Aramco, which has the credit for educating previous generations of Saudi doctors.



د. حياة المشقاب -
@7ayat

من أجمل المبادرات اللي طرحتها #جاها!
منصة #شكرا.

تسمح لنا أن نشكر زملائنا بدون تكلف او
مجاملة، تصلهم ولرئيسهم المباشر.
وصلتني رسالتين خلال الويكند كان وقعها حلو
على النفس، فقررت أبدأ يومي اليوم بشكر عدد
من زملائي عل وعسى أرسم على وجههم
ابتسامة.

ردة فعلهم اثلجت الصدر والله

@JHAHNews

Translated from Arabic by Google

One of the most beautiful initiatives I put forward
#شكرا Platform : #جاها

It allows us to thank our colleagues without being
complacent or courteous, reaching them and their
immediate superior.

I received two messages during the weekends that
were sweet on my soul, so I decided to start my day
today by thanking a number of my colleagues and
hoping to put a smile on their face.

Their response, I swear by God

@JHAHNews



Virtual Meeting Fatigue



Long before the COVID-19 pandemic, meetings were deeply entrenched within daily office routines (Epstein, 2020). Studies show that meetings have significantly increased in both length and frequency over the last few decades. Many companies shifted to virtual meetings via WebEx, Zoom, and Microsoft Teams, among several digital platforms. Although virtual meetings create spaces for an organization to continue focusing on its objectives, transitioning each in-person meeting to a virtual ecosystem and piling on more online meet-ups to make up for lost physical time may negatively affect employees.

The COVID-19 pandemic has accelerated and increased the frequency of virtual meetings and video chats with more people connecting on computer screens or phones/tablets for school, work, and social occasions. “Virtual meetings are a great way of managing business as usual during the pandemic, but I believe it will be our new norm. Having the ability to switch between meetings with a click of a button has made us more

efficient instead of being late 10-15 minutes to your next meeting because you are sprinting between buildings on foot.”, says Zahiya AlAmri, the Director of Health Information Management Division.

Recent studies reveal that virtual meetings can lead to fatigue among employees, and this is a phenomenon that is taking a toll on most employees engaged in virtual meetings. Words such as ‘Zoom’ have now taken their place in our digital lexicon as verbs; the increased dependence on virtual meetings, according to reports, has left workers feeling exhausted immediately after, resulting in ‘Virtual Meeting Fatigue’.

Virtual meetings can cause all types of problems, often resulting from sitting in one position for prolonged periods while facing a screen. In addition to physical discomfort, this constant online, on-screen interaction that might last for hours is exhausting. A lot of brain activity occurs, and this type of interaction adds strain on us both mentally and physically. “Virtual meetings have their health risks that start with a sedentary

lifestyle, to the psychological effect which can include exhaustion, stress, and anxiety. If this continues where people cannot connect, we are likely to end up with another syndrome that could be difficult to treat.”, according to Dr. Mohammed AlGhamdi, Chief Population Health Officer. AlAmri adds that “Virtual fatigue is a real thing; we tend to multi-task when attending virtual meetings, which makes our brains work even harder to ensure that you are writing an email or completing a task while concentrating on the meeting at hand.”

Research indicates that the brainwave markers for overworking and stress elevate when employees engage in virtual meetings than when they engage in non-meeting work. During virtual calls, beta, and gamma waves that enable concentration, information processing, and critical thinking are very active (Epstein, 2020). Theta and alpha waves, associated with relaxation and restoration, are generally lower, causing fatigue among the employees.

Various factors cause Virtual Meeting Fatigue among employees. Maintaining continuous focus on screens to acquire information during online meetings while staying engaged is very tiring. Virtual meetings demand higher levels of sustained concentration because the brain requires high energy levels to process the added multi-tasking burden. With more distractions associated with virtual meetings, such as stimuli, background sounds, visuals, and busy screens filled with different pictures, the brain is pressured to work harder to focus on the tasks. Screens can be a busy interface,

particularly when used together for a prolonged period with multiple people. The brain has to work harder to decode messages from interactions; this burden can result in stress, fatigue, and potential burnout left unaddressed. Artificial interactions in the form of pop-ups and digital alerts, in addition to technological glitches further increase sensory strain, stress and ultimately cause fatigue (Palisoc, 2020).

Here are some tips to prevent Virtual Meeting Fatigue:

1. Think of alternatives

Have a phone call instead of a video call and try to take a walk (indoors or preferably outdoors) while on the call, if possible, to get some fresh air as this would energize you while cutting screen time. There is a need to keep employees from spending a lot of energy attempting to decode online meetings. Another way to overcome Virtual Meeting Fatigue is to turn off camera feeds during the virtual meeting (Wiederhold, 2020). Much of the fatigue linked to virtual meetings has a lot to do with much of the visual information the brain need to filter. Unless there is a significant reason to have staff on video, consider turning off the camera feeds and focus on an audio call. Employees will not be significantly distracted while starring at the team member's video displays or their own, so they can effectively focus on what is being discussed in the meeting.

2. Do not try to multi-task

While in a virtual meeting, reduce the frequency of pop-up alerts and notifications to decrease the need for multi-tasking thereby mitigating stress from such interruptions (Palisoc, 2020).

3. Take frequent breaks

Try to take breaks between meetings, especially during long meetings. This can include getting up for a

stretch and taking a quick walk; incorporate the 20-20-20 method into your routine where you shift your eyes from the screen for 20 seconds to focus on an object at a 20m distance every 20 minutes. This will help decrease strain and stress while reducing fatigue. It is essential to add buffers between the virtual meetings. For employees in management positions, daily virtual meetings are a reality. Instead of scheduling back-to-back meetings, create buffers that allow staff to recharge their energies before joining the next meeting. Such brain breaks that include stretching sessions or reading emails will enable the brain to rest before re-focusing on scheduled meetings (Wiederhold, 2020).

Similarly, it is advised to limit virtual meetings to a maximum of 30 minutes. Research by Microsoft suggests that high levels of sustained concentration through virtual meetings result in fatigue beyond the 30–40-minute mark (Teevan et al., 2021). Therefore, if you want undivided attention, keep the virtual meetings as brief as possible.

4. Allocate time for screen detoxing

Screen detoxing means avoiding screens of all forms for a specific amount of time on a daily/weekly basis. Actively maintaining work-life balance while working remotely can blur the line between work and personal responsibilities, and time allocated to each. Allow yourself to be present, live the moment, and enjoy your surroundings, including people and the environment.

5. Lights out, screens out

According to Palisoc (2020), blue light suppresses melatonin secretion which adversely affects the sleep-wake cycle. Reducing

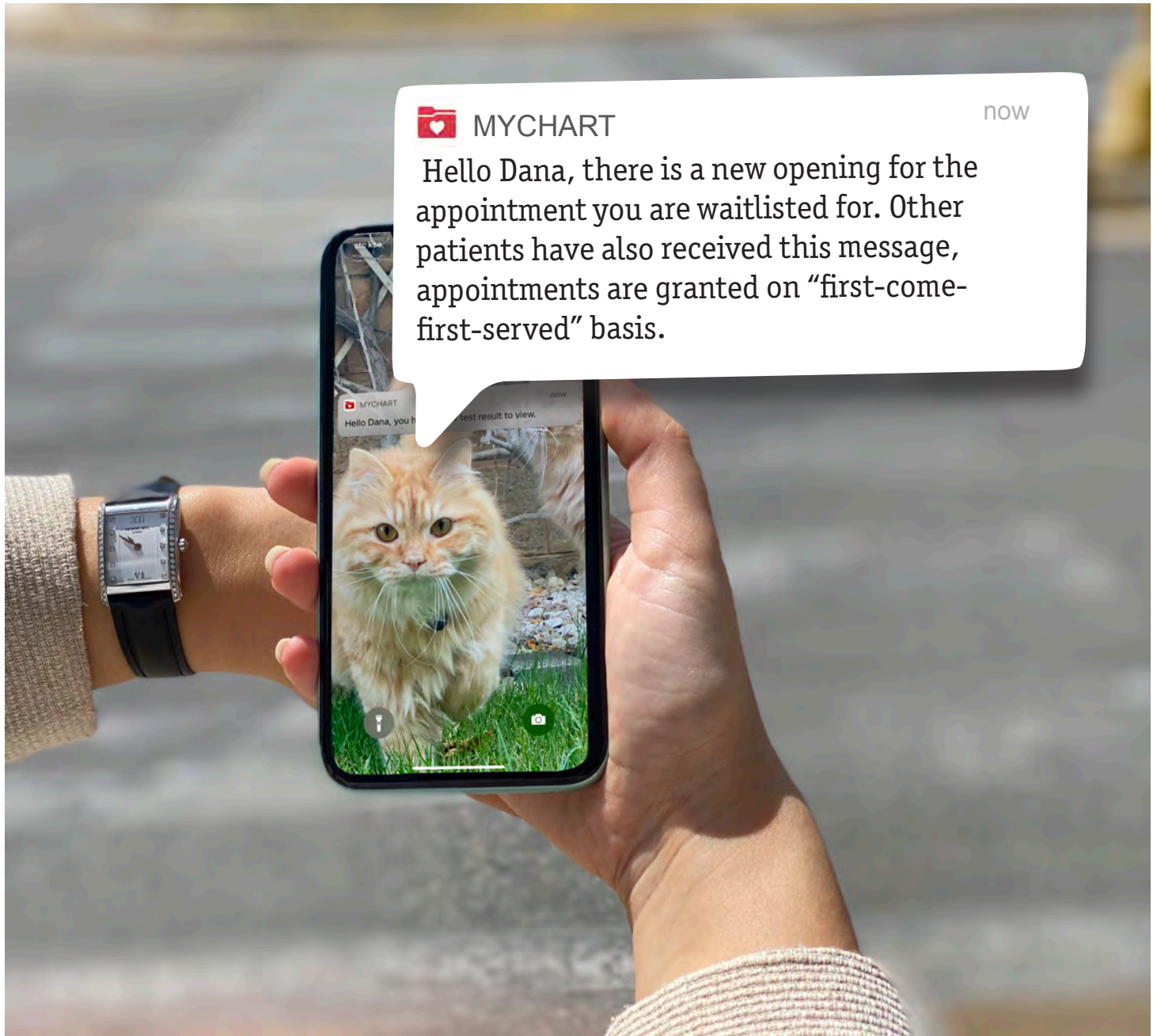
screen time starting an hour before bed, improves sleep hygiene which increases energy levels the next day and decreases stress that causes fatigue (Palisoc, 2020).

In sum, Virtual Meeting Fatigue is a phenomenon that needs to be recognized and addressed. It is a reminder that solving one problem can often create a novel situation or exacerbate another existing problem. It is much better to proactively address the symptoms with effective strategies. We can adapt, not only to survive but to thrive. Look after your physical and mental health and wellbeing. Stay positive, stay healthy, get vaccinated, and adhere to basic preventive measures to end this pandemic.

References

- Bauer, B. A. (2020). *Melatonin side effects: What are the risks?* Retrieved from <https://www.mayoclinic.org/Healthy-Lifestyle/Adult-Health/Expert-Answers/Melatonin-Side>
- Epstein, H. B. (2020). *Virtual meeting fatigue*. *Journal of Hospital Librarianship*, 20(4), 356-360. doi:10.1080/15323269.2020.1819758
- Palisoc, J. (2020). *Why am I so tired after virtual meetings?* Retrieved from <https://health.sunnybrook.ca/mental-health/why-am-i-so-tired-after-virtual-meetings/-Effects/Faq-20057874?p=1>
- Teevan, J, Hecht, B & Jaffe, S. (2021). *The New Future of Work: Research from Microsoft on the Impact of the Pandemic on Work Practices*. Microsoft. Retrieved from <https://aka.ms/newfutureofwork>.
- Wiederhold, B. K. (2020). *Connecting through technology during the coronavirus disease 2019 pandemic: Avoiding "zoom fatigue"*. *Cyberpsychology, Behavior, and Social Networking*, 23(7), 437-438. doi:10.1089/cyber.2020.29188.bkw

MyChart Fast Pass



MyChart **Fast Pass**

Fast Pass is a digital waitlist tool on MyChart that offers you earlier access to appointments by alerting you when new openings with our clinicians become available.

How does Fast Pass work?

Once you are signed up for MyChart Fast Pass, you will be sent a MyChart push notification to your mobile, or email when an earlier appointment becomes available. Fast Pass appointment offers are on a 'first-come-first-served' basis. The first patient to accept the appointment gets the new appointment and it will be marked as 'expired' for other patients.

Fast Pass appointment offers remain valid for three hours, or until they are accepted by a patient. If no one accepts the appointment the slot will be offered to the next batch of eligible waiting patients

How do I sign up for MyChart Fast Pass?

Scan the QR code for step-by-step instructions on how to sign up for MyChart Fast Pass.



Am I eligible?

All MyChart users are eligible to use Fast Pass.

MyChart HelpDesk

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

Phone: 800-305-4444, and follow the prompts, or +966-13-870-3888, and follow the prompts (during working hours)

If you have a customer service concern, please contact Patient Relations by emailing PatientRelations@JHAH.com or calling 800-305-4444, and follow the prompts (during working hours).



Johns Hopkins Aramco Healthcare Extends its Care

By: Rehab Ashri



JHAH has extended hours of service for Dental Services and many Specialty Clinics in Dhahran to enhance and expand access to care. The initiative was started by JHAH earlier this year to introduce extended clinic hours for selected specialty clinics and embedding certain high-volume specialties in Primary Care to provide one-stop care for our patients in a convenient and timely manner.

Dental Services Extended Hours of Care

Effective June 1, 2021, Dhahran Dental Services' hours of operation will be 7 a.m. to 9 p.m. from Sunday to Wednesday and 7 a.m. to 4 p.m. on Thursday and Saturday.

Dental Care in Dhahran provides a comprehensive range of treatment options, ensuring our patients find the proper dental care to meet their needs. To better serve our patients and to reduce the waiting times caused by COVID-19 restrictions, Dhahran Dental Clinic has extended hours of service.

"All Dental Care Services will be available during the extended hours of service, and scheduling appointments for specialist's consultation does not require a referral from a general dentist. We aspire to the highest standards of excellence to meet the needs of our patients in a timely manner." - Hanadi Al-Dossary, Senior Director of Dental Operations

Specialty Services Clinics Extended Hours of Service

One of JHAH's strategic initiatives is to enhance access to care. We introduced the extended hours of service to provide both timely and flexible access to care for our patients. Specialty Clinics' current working hours are 07:00 a.m. to 4 p.m. The new hours of service extend from 07:00 a.m. to 6:00 p.m. The number of specialty clinics operating during this phase is 31 specialty clinics in Dhahran, with an average number of 1900 appointments per month during the extended hours of service. This will provide better access to care and more flexibility for our patients to schedule appointments outside their working hours.

"The extended hours of service is yet another example of our commitment to offering timely access to our patients. We are constantly looking at ways to meet our patients' needs." -Dr. Fahd AlGurashi, Chief of Staff.

For more information about booking or cancellation appointments and the complete list of the specialty clinics with extended hours, please scan the QR code below.



JHAH Healthy Recipe

Fattoush Salad



appropriate for people with heart disease, diabetes, children and lactating and pregnant women and seniors. It is not recommended to be served to infants under one year of age or to people with chewing or swallowing difficulties, or to people with dairy or gluten allergies.

Fattoush salad is a staple at the Iftar table, as it is rich in fiber, antioxidants and vitamins.

Ingredients (6 Servings-1 Cup Each):

- 3 cups toasted whole-wheat pita bread, cut in pieces
- 1 cup tomato, diced
- 1 cucumber, diced
- ¼ cup parsley, chopped
- ¼ cup green onions, chopped
- ¼ cup green pepper, diced
- 2 cups lettuce, chopped
- 3 cloves garlic, crushed
- ½ cup lemon juice
- 2 tablespoons olive oil
- ¼ cup fresh mint, chopped
- 1 teaspoon sumac
- Black pepper to taste

Preparation:

- **Bread pieces:** Pre-heat oven to 300°F (150°C). Place whole-wheat bread pieces on a large baking tray and bake until the bread is golden and crisp.
- **Salad:** In a large bowl, combine lettuce, bread, cucumber, tomatoes, green peppers, onions, and parsley together. Toss gently.

- **Dressing:** In a small bowl, combine garlic, olive oil, lemon juice, mint, and Sumac; mix well. Pour dressing over salad and serve.

Serve with whole-wheat bread, fresh fruits, low-fat or non-fat yogurt or Laban for a more balanced and nutritious salad.

Fat and calories per serving:

- Calories: 75 calories
- Fat: 2.5 grams

Thank you

Letters of Appreciation

To: JHAH Patient Relations

Dear Sir, Madam,

Late last year I had elective surgery at JHAH which was conducted by Dr Syed Ali.

The purpose of this note is to provide my feedback on the professionalism and care of Dr Ali. Dr Ali demonstrated the highest possible excellence in all which he did; from the assessment of my symptoms, to the explanation of options, to the surgery itself, and then the post-operative care. Dr Ali is clearly highly experienced and offered a level of care, which in my view means he is a great asset to JHAH and Aramcons.

I wish to place on record my appreciation and gratefulness of Dr Ali and all of those other team members with whom he worked during my surgery.

Please do not hesitate to contact me if I can be of further assistance.

Regards,

On behalf of Saudi Cancer Foundation (SCF) I'm pleased to express my sincere thanks and appreciation to JHAH for its support in its annual awareness campaigns and workshops on cancer prevention in the local community. The collaboration between JHAH and SCF on this Nobel goal has started many years ago to reduce the risk of cancer, and this year the collaboration was with more focus on enhancing the role of proper nutrition in reducing breast cancer risks.

In this reference, SCF would like to thank the nutrition experts of JHAH for their contribution to SCF educational programs in particular Dr Basem Futa and Dr Ghada Al Habib for their previous years' efforts in which thousands of citizens in the Eastern Province in specific and in the kingdom in general have benefited. We appreciate their collaboration and knowledge sharing, and look forward to continue this partnership with JHAH on health and nutrition, we also would like to invite them to visit SCF in Dammam City to receive their awards and certificates of appreciation.

Best regards,

Yasmeen Al Azman
Executive Manager
Saudi Cancer Foundation

In response to the above appreciation letter from Ms. Yasmeen. A Letter of Appreciation from Mr N.A. Al-Jama, Senior Vice President, Human Resources & Corporate Services, Saudi Aramco was sent back. image to the right.



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 +966-13-870-3888 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 +966-13-870-3888

- **Feeling Stressed?** Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-870-8400
- **Quit Smoking:** JHAH help for employees, dependents, contractors and retirees to quit smoking, email SmokingCessation@JHAH.com
- **Pregnant?** Attend the Pregnancy Wellness Program in Arabic or English. To register, go to jhah.com/pregnancy-wellness. 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.)

Register for MyChart today

Visit www.JHAH.com/en/about-mychart

- Find FAQs
- How-To Guides

If you need help signing up for MyChart, or would like to ask a question, call: 800-305-4444 (013-870-3888 from out-of-Kingdom) and select Option 8 (hours of service 7 a.m. to 4 p.m.)

Community Counseling Clinic: Call +966-13 870- 8400, +966-13 870-8306

- **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.)

Tips for Making Healthier Sweets

By: Ghada Al Habib, Manager of Clinical Nutrition Services
and Basem Futa, PhD, Senior Dietary Specialist



Many commercial sweets use white flour, syrup, sugar, butter or ghee, chocolate, and whole milk. These ingredients are rich in saturated fats and calories but lack nutritional value due to their low fiber, antioxidants, vitamins, and minerals.

The high levels of fat cause indigestion and heartburn and increase body weight if consumed excessively and frequently. Fatty and sugary sweets cause an increase in blood sugar and lipids levels and stimulate feelings of hunger with cravings to consume more sweetened desserts.

The following tips are recommended by Clinical Nutrition Services of JHAH to make sweets healthier, lighter, nutritious and lower in calories and fats:

- Replace sweets with fresh or dried fruits.
- Consume sweets in small portions and less frequently.

- Reduce the amount of the fat added by 50% and replace the remainder with apple or banana sauce for a soft texture.
- Use healthy oils instead of butter or ghee.
- Replace full cream dairy products including milk and cheese with low-fat or non-fat dairy products.
- Limit frying as a method of preparation; try baking, steaming or grilling. Instead of sugar, add cinnamon powder as a substitute.
- Use whole wheat flour or other grains in place of refined flours.
- Garnish desserts with fresh or dried fruits or unsalted nuts rather than topping them with cream, coconut or chocolate.

The tips make reduce calories and fats while making desserts rich in antioxidants, fiber, vitamins, and minerals.

Stay Young with an Anti-Aging Diet



By: Ghada Al Habib, Manager of Clinical Nutrition Services and Basem Futa, PhD, Senior Dietary Specialist

- **Orange:** includes carrots, oranges, apricots, pumpkins, saffron and sweet potatoes.
- **White:** food items such as low-fat or non-fat yogurt and laban as well as radish, garlic, onions, sesame seeds, almonds, and white nuts.
- **Blue/Purple:** includes blueberries, beetroot, plums, and grapes.
- **Brown (light and dark):** food items such as nuts; preferably unsalted ones, beans, hummus, lentils, dark chocolate, coffee, dates, fish, mushrooms and oatmeal.

Other anti-aging health tips

- Avoid smoking and alcoholic beverages
- Keep your blood sugar, blood pressure and lipids within normal range
- Stay hydrated
- Stay fit and active by performing regular physical activity
- Avoid the risks of obesity by maintaining your body weight
- Manage stress
- Get adequate sleep
- Limit the intake of saturated and trans-fats, sugars, sweets, junk foods and processed foods
- Replace deep-frying with grilling, baking or steaming
- Replace full-cream dairy products with low-fat or non-fat products
- Increase the intake of fiber rich foods, such as whole grains, cereals, legumes, fruits, and vegetables
- Choose lean meats and skinless poultry, and limit excessive intake of red meat.
- Limit your exposure to pollution

A well balanced and healthy diet can help fight aging and keep the body young with strong immunity. This diet slows down the aging process, and is fresh and rich in vitamins, minerals, anti-inflammatory nutrients, phytonutrients and antioxidants.

Eat in color (rainbow on your plate)

The anti-aging diet that is rich fruits and vegetables that help fight aging with bright colors. It is vital to color your meals with fruits, vegetables and other food items. These items are not only good for the skin, but they support the health of the bones, brain, immunity, heart, digestive system and reduce the risk of cancer.

The colors are:

- **Green:** includes all green foods including broccoli, spinach, cucumbers, green tea, coriander, avocados, green beans, okra and olives.
- **Red:** food items such as tomatoes, pomegranates, watermelon, red bell peppers, raspberries, red apples, red chilies and cranberries.
- **Yellow:** bright foods including bananas, pineapples, yellow bell peppers, lemon, and limes.

Managing Stress with Proper Nutrition



Stress can directly and indirectly affect organs and cause short and long term health problems. Additionally, there are many harmful medical, social, psychological and physiological burdens of chronic stress. However, consuming healthy foods can help neutralize and minimize the negative effects of stress on the body.

People under stress tend to consume unhealthy foods and beverages that can worsen stress levels, and cause other health problems. They may experience less energy, poor focus and attention, low work productivity, lower immunity and increased sickness; these can eventually lead to poor quality of life.

Following proper nutrition tips for a healthier lifestyle can reduce the negative effects of stress, improve heart and brain health, strengthen the immune system, stabilize moods, and help in controlling blood sugar and pressure.

Here are some tips:

- Eat regularly and divide consumption into 3 main meals and 2-3 snacks. This regulates appetite, and maintains blood sugar and blood pressure. Skipping meals causes hunger and stress by secreting the hormones such as cortisol and adrenaline.

- Consume healthy snacks to regulate blood sugar, reduce stress hormones, and limit fatigue and mood swings. The best options include fresh or dried fruits, vegetables, unsalted nuts and seeds.
- Stay hydrated by consuming water, unsweetened juices, low-fat milk or butter milk as dehydration induces stress.
- Avoid excessive intake of caffeinated beverages as caffeine reduces the body's water levels and affects sleep patterns. The recommended time to drink unsweetened caffeinated beverages is in the morning. Getting adequate sleep is a vital component of stress management strategies.

It is important to consume these nutrients for stress-reduction:

- **Vitamin C:** helps reduce stress, boosts the immune system and controls blood pressure in stressful situations. The best sources are tomatoes, red bell peppers and citrus fruits.
- **Complex carbohydrates:** induces secretion of serotonin thereby reducing stress and stabilizing blood pressure. Incorporate whole grains, fresh and dried fruits, legumes and vegetables into your diet.
- **Magnesium:** improves sleep and reduces fatigue. Salmon, soybean, spinach and leafy green vegetables are all rich sources of magnesium.
- **Omega-3 Fatty Acids:** helps manage depression and control stress hormones. They are beneficial for immunity, heart and brain health. Fatty fish, nuts and seeds are rich in Omega-3 Fatty Acids.

Selecting Proper Foods

The following foods help manage stress and high levels of anxiety, boost the secretion of good hormones such as serotonin and dopamine, improve cognitive function and stimulate feelings of calmness:

- Dark Chocolate (60% cacao or greater)
- Decaffeinated tea (especially black, green, and chamomile)
- Fruits (bananas, berries, oranges)
- Nuts and seeds
- Avocados
- Green leafy vegetables
- Olive oil
- Whole grains (brown rice, whole-grain pasta, barley, oats)
- Fatty fish (salmon, tuna, mackerel and sardines)
- Fat-free or low-fat milk and yogurt
- Sweet potatoes
- Red bell peppers



The following food items can increase stress:

- Refined carbohydrates such as sugar, sweetened beverages, regular sodas, cookies, crackers and chips. These can lead to elevation of blood sugar, secretion of stress hormones, inflammation, depression, and stress.
- Excessive caffeine intake, especially in the evening.
- Alcohol

Healthy Lifestyle Tips

- Exercise regularly to reduce stress, enhance mood, promote good sleep and reduce levels of stress hormones. Perform moderate and regular exercises to stay active.
- Try deep breathing; rapid heart rate and shortness of breath are the most common physiological responses to anxiety. Deep breathing is a powerful way to control stress and anxiety.
- Adopt stress-relieving habits, such as praying, meditating, listening to soft music, avoiding contamination and noise, spending time outdoors and leisure traveling to alleviate anxiety.

Top 10 Ways to Detox Your Body Through Adoption of Healthy Lifestyle and Proper Nutrition



The accumulated free radicals and waste in the body causes various health problems for the brain and organs. This buildup reduces the energy levels in the body and results in poor activity, slow metabolism, laziness, weight gain and interrupted sleep cycles. However, these symptoms can be reduced or relived through a healthy lifestyle and proper nutrition; these changes naturally cleanse and detoxify the body.

Summary of the Top 10 Ways to Detox Your Body

1. Limit the sources of toxins in the body

Toxins include unhealthy and processed foods, contaminated air and water, taking medications or supplements without a physician's approval, environmental pollution, and exposure to chemicals, pesticides and building materials. The accumulation of these chemicals in the body causes severe health problems including poor immunity, dementia, inflammation, metabolic disorders, obesity, heart disease, stroke, oxidative stress and cancer.

2. Get adequate sleep

Adequate sleep helps the brain and body to detox and reset. This reduces the levels of cortisol, stress, and improves overall physiological health, while insufficient sleep causes a buildup of toxins, leading to many health problems. It's healthier to get out of bed earlier and start the day with a refreshed mindset.

3. Stay hydrated

Flushing out bodily toxins can be accomplished by drinking adequate amounts of water and other healthy fluids; start the morning by drinking water mixed with lemon juice, mint or ginger before breakfast. This improves the digestion process and relieves the body of toxins.

4. Consume healthy meals and snacks regularly

- Don't miss your breakfast: it's important to eat a healthy breakfast that is not greasy or processed. The best breakfast includes low-fat or non-fat dairy products, whole grains cereals such as oat,

non-fried eggs, unsalted nuts, and a serving of fruit. This fuels the body, boosts metabolism, and supports the body's detox process.

- Eat the right foods: to make the meals healthy and well balanced, follow the 'My Plate' model, and consume whole grains, dried or fresh fruits, vegetables, lean proteins, low-fat or non-fat dairy products, and healthy oils. For snacks, eat vegetables, fruits, healthy drinks such as green tea, and unsalted nuts or seeds.

5. Limit the intake of unhealthy food items

Avoid saturated and trans-fats, processed foods, sugar, refined carbohydrates, sweetened drinks, highly salted foods, sweets and deep-fried foods. Try making healthier sweets, and replace deep-frying with steaming, grilling (not charcoal) and baking.

6. Avoid alcohol and smoking (active & passive)

Both alcohol and tobacco are toxins that affect the lungs and liver's abilities to carry out their functions and remove toxins. They also cause multiple health problems.

7. Perform exercise regularly

Exercise for a minimum 150 minutes per week to improve cardiac output and blood circulation, boost immunity, burns calories, and strengthen the muscles

and metabolism. The empowered blood flow enhances detoxification, and supplies the body organs with oxygen and nutrients that will improve their functions.

8. Support your gut and consume foods rich in prebiotics

This nourishes the good bacteria (Probiotics) that are found in the gut. Prebiotics are the nutrients required by the good bacteria in the gut to function and support the immunity by getting rid of the toxins through the digestive system. The foods that nourish them include fermented yogurt, cheese, labnah, bananas, oats, tomatoes, garlic, seeds, nuts and fiber rich foods. Fiber with fluids makes the digestion smooth and flushes out toxins from the body.

9. Fasting

Adopt fasting techniques such as fasting during the Holy Month of Ramadan and intermittent fasting. This helps the body get rid of toxins and provides tremendous health benefits to the brain and organs.

10. Consume safe foods

Always consume foods that are not contaminated; make sure food that is uncooked or undercooked is made with sanitary and hygienic techniques. Practice regular hand-washing with soap and water to eliminate the risk of contamination and infection.

JHAH Social Media Followers! Join Us

Stay Connected & Up to Date



Twitter @JHAHNews



Facebook

Johns Hopkins
Aramco
Healthcare



LinkedIn Johns Hopkins
Aramco
Healthcare
(JHAH)



Instagram JHAHNews



Patient Relations



Our multilingual Patient Relations team is here to talk with you about:

- Any concerns you may have with your care at JHAH
- Choosing or changing your Primary Care Physician
- Talk with you about a staff member who has “gone the extra mile” in caring for you or something you feel we could have done better

Visit the Patient Relations office

Our offices are open Sunday to Thursday, 7 a.m. - 4 p.m. For urgent requests, while you are in the hospital, ask the nearest charge nurse.

Dhahran:

- Emergency Services
- Surgicare, behind reception
- Gastrointestinal clinic area
- Building 61, in front of OB /GYN clinic
- Primary Care

Al-Hasa Health Center:

Outpatient Clinics reception area

Abqaiq Health Center

Administration Office

Ras Tanura Health Center

building 2, ground floor

Medical Liaison Office



Our Medical Liaison Office team is here to assist you with:

- Requests for medical reports/summaries
- Copies of medical records, diagnostic imaging and lab reports
- Issuing off-duty certificates
- Issuing escort certificates, Hospital Attendance, and disabled parking stickers

Visit the Medical Liaison Office

Our offices are open Sunday to Thursday, 7 a.m. - 4 p.m. For urgent requests, while you are in the hospital, ask the nearest charge nurse.

Dhahran Main Hospital

Building 60, main lobby

Dhahran Primary Care

Al-Hasa Health Center

Outpatient Clinics reception area

Abqaiq Health Center

near the Primary Care waiting area

Ras Tanura Health Center

Near the Emergency room reception