

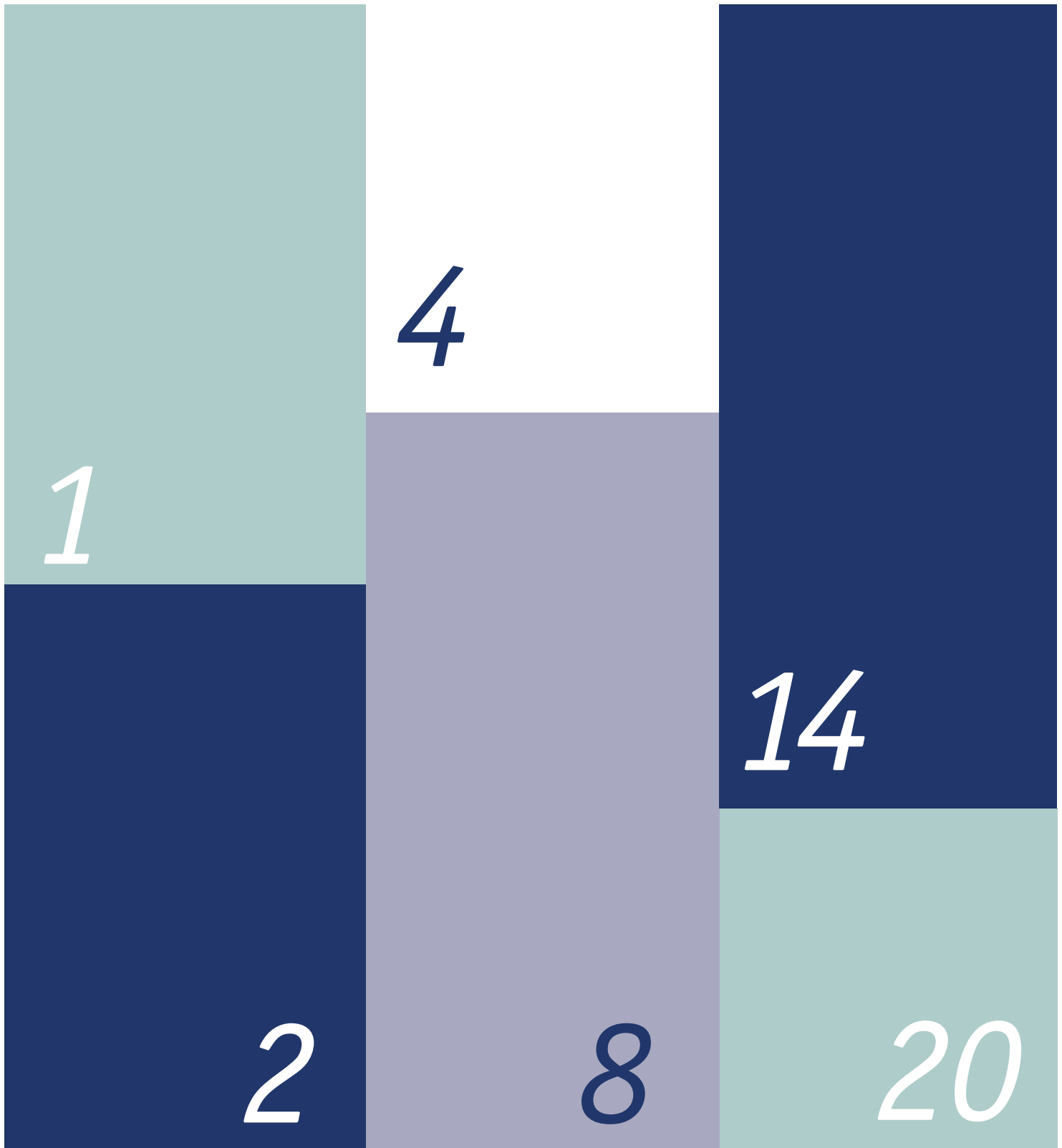
WellBEING



October 2022



INSIDE THIS ISSUE



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 successfully performed the first Talus Allograft ankle surgery in the Eastern Province.



According to Dr. Syed Mohsin Ali, Consultant Orthopedic surgeon, Hassan suffered from severe pain while standing and walking, affecting his daily activities. The pain was due to a possible old injury that damaged his talus cartilage bone.

The decision for surgery was made carefully. “We had lengthy discussions with Hassan and his father before deciding on surgical intervention. We explored all other available options from Autograft, fusion, and replacement,” said Dr. Ali.

Hassan was initially hesitant to undergo surgery. With the support and reassurance of his care team, he found courage. “After knowing about it and how bad it was, I thought my life would go differently. Fortunately, your ambition and passion took me in a different direction by advising me to go through with the allograft ankle surgery.”

The surgery involves replacing the damaged portion of the talus bone and cartilage with a Talus Allograft, tissue from a donor. The recovery period can take three to four months, and an expected full recovery can take up to a year or more. With a success rate of 73 – 100%, this procedure allows patients to resume daily activities otherwise hindered by the pain.

“Now, after almost a year and a half, I’m sending this message full of satisfaction about the results,” Hassan wrote to Dr. Ali, expressing his gratitude. Hassan has happily resumed his daily activities and can now walk for long distances as well as jog, cycle, and swim.

Breast Cancer: Know It, to Beat It



WE
FIGHT
CANCER
TOGETHER

Breast cancer is the most common form of cancer that affects women worldwide. No one knows why some women get breast cancer, but several risk factors exist.

Breast cancer may originate from the glands or the ducts of the breast. If cancer originates from the glands, it is called lobular carcinoma. The lobules are the special milk-producing glands. When cancer happens in the ducts of the breast, it is known as ductal carcinoma.

Cancer is known as "infiltrating" or "invasive" when it moves beyond where it began. Cancer that has not crossed beyond the involved lobule or tubule is minimal. It is called "in-situ" carcinoma.

Breast cancer may involve more than one member of a family. It is usually called familial breast cancer. There may be some hereditary and genetic causes for this type of breast cancer. Women with familial breast cancer can benefit from genetic counseling and testing.

Risks that cannot be changed include:

- Age - the chance of getting breast cancer rises as a woman gets older.
- Genes - some genes, such as BRCA1 and BRCA2, increase the risk. Women who have family members with breast or ovarian cancer may wish to be tested.
- Personal factors - beginning periods before age 12 or going through menopause after age 55.

Other risks include:

- being overweight
- using hormone replacement therapy (also called menopausal hormone therapy),
- taking birth control pills
- drinking alcohol
- not having children
- having your first child after age 35
- having dense breasts.

Signs and Symptoms of breast cancer:

Early cancer of the breast usually has no symptoms. Later, as cancer grows, it may cause a lump that can be felt in the breast. Sometimes the skin overlying a tumor becomes coarse and wrinkled, known as "peau d'orange" in French or "orange skin." Another sign is discharge from the nipple.

How can it be discovered?

Most breast cancer cases are discovered either by a mammogram or clinical breast exam. These are times when your health provider performs a breast examination. Pain in the breasts is extremely uncommon, if ever, as a symptom of breast cancer. Most breast cancers are removed surgically. The operation's extent depends on the tumor's size and whether or not the lymph nodes in the axilla, or armpit, are involved.

Breast Cancer Surgery:

Cancer occurs in approximately 1 in every 8 to 9 women. The below health information will help you better understand the benefits and risks of the different breast operations. When a breast lump is determined to be cancerous, the treatment includes one or a combination of the following:

1. Surgical treatment
2. Radiation therapy
3. Chemotherapy
4. Hormonal therapy
5. Targeted therapy
6. Immunotherapy

Your doctor may recommend surgery as part of your treatment for breast cancer. If your doctor recommends surgery, the decision of whether or not to have breast surgery is also yours.

The two primary goals of breast cancer surgery are:

1. To remove the whole tumor
2. Check the lymph nodes to see if any cancer has spread

Breast surgery is very safe. Risks and complications are infrequent. Knowing about them will help you detect and treat them early if they happen. After surgery, your healthcare provider may recommend one or more types of therapy to help prevent cancer from coming back.

Further resources:

There are beneficial networks of patient support groups with people who have all experienced similar procedures. Breast cancer survivors in support groups and patient networks are glad to share their experiences and support. It is often a positive step toward recovery to join a support group and meet people who can understand your feelings. At Johns Hopkins Aramco Healthcare (JHAH) our [mental health](#) team follows a holistic approach to your treatment that promotes health and wellbeing through the collaboration of groups of experts from various medical disciplines.

Below are two comprehensive booklets on early detection and a journey with breast cancer.

[A Journey with Breast Cancer](#)

[Early Detection Saves Lives](#)

If you or a loved one have cancer or a blood disorder, our oncology teams at JHAH are here to provide you with the best possible service and care. We offer an extensive range of cancer-care services and facilities. These include specialists at our Oncology Institute, adult and pediatric oncology and hematology, radiation oncology, and palliative care. Visit us [here](#) for more information.

Breastfeeding Support at JHAH

By Jacinta Ukah-Ogbonna, DNP, RN, and Senior Director of Women Children Nursing, and Shareefah Darweesh, BSN, RN, and Advance Nurse Clinician Lactation Nurse

World Breastfeeding Week is celebrated every year on August 1-7 to encourage breastfeeding and improve the health of babies and mothers. This year in Saudi Arabia, the Ministry of Health (MOH) mandated that healthcare institutions support breastfeeding by aligning with the World Health Organization's Theme of Step Up for Breastfeeding-Educate and Support and use the four pillars of Inform, Anchor, Engage and Galvanize.

At JHAH we actively support breastfeeding and provide pregnancy wellness education, outpatient breastfeeding clinics and inpatient lactation support after delivery. During the upcoming MOH Breastfeeding Awareness Campaign in October, JHAH Women and Children's Clinic staff will conduct breastfeeding awareness campaigns using JHAH social media and digital platforms and hold community events at local malls in the Eastern Province on October 13.

Breastfeeding offers babies a great start for a healthy life and also supports the health and wellbeing of their mothers. The benefits of breastfeeding are not limited to health. It also has social, psychological and economic benefits for families and the society.

For a baby to achieve optimal growth, development and health, the American Academy of Pediatrics and World Health Organization recommends that babies be breastfed exclusively for the first six months. After that, nutritious, pureed foods should be introduced while the mother continues breastfeeding the child up to the age of two years or beyond.

The Benefits of Breastfeeding for Babies

- Breastmilk nutritionally is the best food for babies to start life as it meets all the requirements to support their physical and mental growth and development.
- Breastmilk is safe, promotes the baby's immune system and provides them with many antibodies that help protect against many common childhood illnesses including the following:
 - Asthma
 - Obesity
 - Type 1 diabetes
 - Severe lower respiratory disease
 - Childhood leukemia (cancer)
 - Acute otitis media (ear infections)
 - Sudden infant death syndrome (SIDS)
 - Gastrointestinal infections (diarrhea/vomiting)



Tests have shown that breastfed children perform better on intelligence tests, and breastfeeding supports the psychological health of a child due to the close interaction with the mother during skin-to-skin contact.

The Benefits of Breastfeeding for Mothers

- Breastfeeding enhances their emotional and psychological health due to physical bonding between the baby and mother during breastfeeding.
- Breastfeeding promotes emotional bonding between a mother and child.
- Breastfeeding helps the uterus return to its normal size.
- Breastfeeding supports weight loss so the mother can return to her pre-pregnancy weight.
- Breastfeeding helps to reduce the risk of developing the following:
 - High blood pressure
 - Type 2 diabetes
 - Breast cancer
 - Ovarian cancer
 - Endometrial cancer

Breastfeeding provides economic benefits as breast milk does not cost money and is always available at the right temperature. Moreover, feeding bottles and cleaning equipment are not necessary.

The JHAH Mother and Baby Department begins breastfeeding education in its Antenatal Clinic and supports postpartum mothers in its Breastfeeding Clinic

in person, by telephone and via text message through JHAH MyChart. JHAH also offers Pregnancy Wellness classes every Monday in English and Arabic. Mothers can register through the JHAH Website under Health and Wellbeing.

After birth, JHAH encourages mothers to room in with their babies in the Postpartum Ward to promote easy and

early breastfeeding and bonding between the mother and baby. We also encourage mothers of premature babies in the Neonatal Intensive Care Unit to provide breastmilk to support and promote the premature infant's health and to decrease the risk of necrotizing enterocolitis, which is the most common and serious intestinal disease in premature babies.

While human milk provides the most complete form of nutrition for infants, including premature and sick newborns, there are rare

exceptions when human milk or breastfeeding is not recommended. JHAH also provides support and nutritional care to mothers and babies with this condition.

Breastfeeding Is an Investment in Health, Not Just a Lifestyle Decision (CDC, 2022)

References

- Amitay E.F., Keinan-Boker, L., 2015. Breastfeeding and Childhood Leukemia Incidence: A Meta-analysis and Systematic Review. *JAMA Pediatr.* 2015 Jun;169(6):e151025. doi:10.1001/jamapediatrics.2015.1025. Epub 2015 Jun
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- Su, Q, Sun, X., et al, 2021. Breastfeeding and the risk of childhood cancer: a systematic review and dose-response meta-analysis. *BMC Med.* 2021 Apr 13;19(1):90. doi: 10.1186/s12916-021-01950-5.
- World Health Organization. Breastfeeding (who.int), 2022.

Join us at JHAH's Breastfeeding Awareness Campaign

JHAH is pleased to invite you to join our Breastfeeding Awareness Campaign event, visit our booth:

Date: Thursday, October 13, 2022

Time: 6 - 9 p.m.

Location: Al Nakheel Mall, Dammam, Gate 1

From Our Experts in Al-Hasa

How Can I Help My Infant Achieve Milestones?

By: Malak H Almusallam, Physical Therapist, Rehabilitation Services Unit

Milestones are the skills that most children can do in certain age.

Learning new skills starts as early as 1 month of age.

Here are some tips to help your child learn skills in the first six months of their lives:

- Supervised tummy time
- Under the play gym
- shoulder carry
- supported sitting while playing
- Bringing hands to face
- Rolling over exercises using toys for encouragement

References:

- What a child will be depends on you and me: A resource kit for a child's first five years. Toronto (ON): Invest in Kids Foundation
- CDC's developmental milestones
- National Center on Birth Defects and Developmental Disabilities, Centers for Disease Control and Prevention

What is Tip-Toeing and In-Toeing and When to Seek Medical Care?



Tip-toe walking is pattern walking on the tips of toes. It's considered acceptable for children to experiment with different walking patterns. A child will be identified as a tip-toe walker if the child persists in tip-toe walking after age three. If a child continues after three years of age, seek medical care.

Tips to help your child with tip-toe walking:

- Playing in a squat position
- Wearing proper footwear
- Walking uphill
- Stretching calf muscles

In-toeing is a walking pattern with the toes pointing inward. Possible causes of in-toeing during walking:

- The inward twisted thigh bone
- The inward twisted shin bone
- The inward curved foot

In most cases, a child will grow out of it throughout the years. If a child continues to walk in-toe and has problems walking, falls a lot, or complains of pain, seek guidance from a physician. Otherwise, no treatment is necessary if the child has no trouble walking and does not complain of pain.



Source

Engelbert R, Gorter JW, Uiterwaal C, van de Putte E, Helders P. Idiopathic toe-walking in children, adolescents and young adults: a matter of local or generalized stiffness?. BMC Musculoskelet Disord. 2011;12:61. Published 2011 Mar 21. doi:10.1186/1471-2474-12-61

World Alzheimer's Day

What is Alzheimer's disease?

Alzheimer's causes memory, thinking, and behavior problems. Worldwide, 55 million people are living with Alzheimer's and other dementias.

Alzheimer's disease was named after the German physician Alois Alzheimer who first described the illness in 1906. Dr. Alzheimer presented the case of "Frau Auguste D.," a 51-year-old woman brought to see him in 1901 by her family because of memory-related problems.

Alzheimer's is not a normal part of aging. The most significant known risk factor is increasing age; most people with Alzheimer's are 65 and older. Alzheimer's worsens over time. Alzheimer's is a progressive disease where dementia symptoms gradually worsen over several years.

Ten symptoms

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

If you notice any of these symptoms, do not ignore them. Schedule an appointment with your doctor.

Causes and risk factors

- Age
- Family history
- Genetics (heredity)

Other risk factors (Head injury, heart disease, diabetes, stroke, high blood pressure, and high cholesterol)

With early detection, you can explore treatments that may relieve some symptoms and help you maintain a level of independence longer, as well as increase your chances of participating in clinical drug trials that



help advance research and our understanding of the disease.

The U.S. Food and Drug Administration (FDA) has approved medications that fall into two categories:

1. Drugs that may change disease progression in people living with Alzheimer's and
2. Drugs that temporarily might mitigate some symptoms of Alzheimer's.

Can Alzheimer's disease be prevented?

Researchers around the globe are exploring how to prevent Alzheimer's. While Alzheimer's prevention has no definitive answers, research has shown that we can take action to reduce our risk of developing it.

Caregiver stress

Alzheimer's caregivers frequently report experiencing high levels of stress. Taking care of a loved one with Alzheimer's or other dementia can be overwhelming, but too much pressure can harm both of you.

If you have Alzheimer's disease

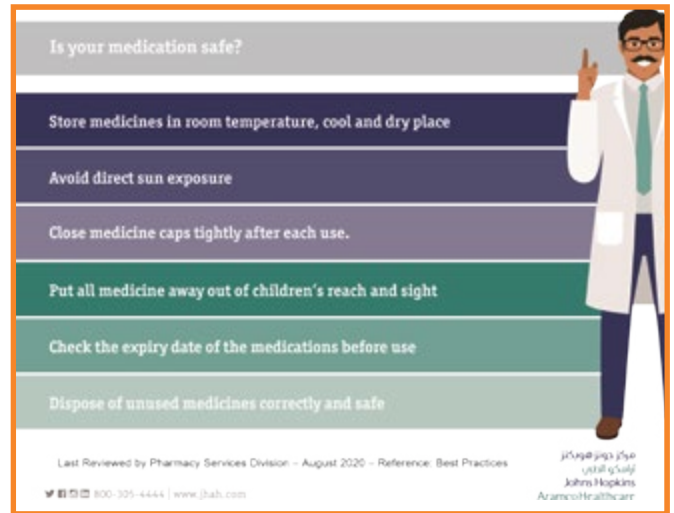
You can live a meaningful and productive life by taking care of your physical and emotional health, engaging in activities you enjoy, and spending time with family and friends.

Caring for your physical health can improve the quality of your life for years to come. Get regular checkups, take your medication, eat healthy food, exercise daily, rest when tired, and avoid drinking and smoking.

17th Annual JHAH Patient Safety Day

Medication Safety

As this year's JHAH's Patient Safety day theme was Medication Safety, Public Relations Unit has distributed informative safe medication infographic magnets to patients, as part of the awareness on safe use for medications. In support for the JHAH's patient safety Day and Medication Safety, below are tips and common mistakes to avoid while taking medication.



Medication Safety Tips For Patients

*By: Savera Arain, and Hoor Alhazza
Pharmacy Services Department, Johns Hopkins Aramco healthcare*

Medications are an important aspect of health care. For some people, taking medications is a part of their daily routine. They are prescribed by physicians to treat various health conditions and to alleviate symptoms. For example, they are taken to lower blood pressure, cure infections and relieve pain. However, medications do sometimes cause serious harm if used inappropriately. No matter what type of medicine your doctor prescribes, it's always important to be safe and follow medication safety measures:

1. Keep a Record of your Medications:

Make a list of medications you take and bring it with you to every doctor's appointment.

The list should also include the following information about specific drugs:

- Name and strength of the medication
- Dosage instructions
- What you are taking it for
- When did you start taking it
- Over-the-counter medicines, herbal preparations and supplements that you take regularly or on occasion.

2. Take your Medications Exactly as Prescribed:

- One of the most important things about taking medication safely is to read and follow the directions on the label properly. It may seem like a lot of information, but reading it will ensure that you take the medication correctly.



- If you don't understand the directions on the label ask your doctor, nurse or pharmacist to explain it to you. Take the medication exactly as directed, at the right time, and for the full length of time prescribed by the doctor.
- It is important to read the expiration date of the medication on the label in a well-lit area to avoid mistakes.
- A common error observed with liquid medication is taking the wrong dose. To avoid this always use the dosing device that comes with the medicine, such as a syringe or a dosing cup. Household measuring

devices such as kitchen spoons etc. should never be used for liquid medications. They are inaccurate and may deliver more or less than prescribed.

- Never take someone else's medication. You don't know if it will interact with your medications, the dose may be wrong for you, or you may be allergic to it, or you may simply not need it.

3. **Keep your Medications Safe:**

- You can find the instructions for medication storage on the labels since different medications have varying storage requirements. For most medications the best way is to store them up and away in a cool, dry place in a higher shelf or storage box.
- Keep your medications out of direct sunlight and heat. Avoid storing them in bathroom cabinets because the heat and moisture may cause them damage.
- Keep medications in their original containers and never remove the label from the medication container. Many pills look alike, so by keeping them in their original containers, you will know which medication it is and how to take it.
- Always keep medications in their original bottles and make sure the medication container is always sealed and out of the reach of children. Children are especially at risk of accidental poisoning and may take a medicine because it looks like candy. It is always good to keep the number of poison control ready just in case. If you call (937) your call may be transferred to the poison control center or call (19999).
- Don't store your medications with other family member medicines.

4. **Dispose Your Old and Expired Medications Safely:**

- The best way to dispose of your expired, unwanted, or unused medicines is through a drug take back program. Check with your hospital or pharmacy if they offer a drug take back option. These take back locations may offer on-site medication drop off boxes such as the enviro-green initiative at all JHAH pharmacy locations, in which expired or unused medications are disposed of in an environmental friendly manner.
- If the take back program is not available, you can dispose of the medications at home depending on their type by either flushing them down the sink or toilet or by throwing them in a household trash.
- To find out if the medication you are on can be flushed, either check the label or the patient

information leaflet of your medication or consult the U.S. Food and Drug Administration's list of medicines recommended for disposal by flushing. The link for the list is <https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-fdas-flush-list-certain-medicines#FlushList>.

- If you don't have drug take back program available and your medication is not on the flush list, you can dispose of them in a household trash by first sealing them in a plastic bag before throwing them in the trash.
- Place all needles and other sharps in a sharp disposal container immediately after they have been used. This will reduce the risk of needle sticks, cuts, and punctures from loose sharps. Sharps disposal containers should be kept out of the reach of children and pets.
- Remove all personal identification, including the prescription number from prescription bottles by covering it with a marker or scratching it off before disposing of it.

Other Tips and Useful Information:

- Know your medication allergies and side effects, and report unusual side effects to a healthcare provider immediately.
- Inform your doctor if you are pregnant, or if you are nursing a baby.
- Know how your medications interact with each other and any nonprescription medications or herbals you may take, including cold remedies and vitamins.
- Renew your medications in advance so you don't run out, and know what to do if you miss a dose.
- If you get a rash, start itching, vomiting, or have trouble breathing after starting a medication, get emergency medical care by calling 997 number immediately. Breathing difficulty, breaking out in hives, or suddenly developing swelling of the tongue, lips, face, or other body parts may be signs of a severe allergic reaction.
- **REMEMBER:** The more information you have about how to use your medications safely, the better able you are to prevent medication errors and to take care of yourself.
- For medication related inquiries you may contact Johns Hopkins Aramco Healthcare call center by selecting pharmacy services extension and requesting a video call with the pharmacist. Detailed instructions on your medication are also accessible via the patient portal Mychart app.

23 Common Mistakes to Avoid While Taking Medications

By: Habib S. Nemr



Here are some common mistakes to avoid while taking medications to stay safe

1. Not understanding the risks associated with herbal medicine use
 - Always keep in mind that herbal remedies are medicines. As with any other medication, they have the potential to cause side effects and therefore should be used with care. Herbal remedies can interact with other medicines resulting in reduced or enhanced effects or side-effects. When consulting your doctor or pharmacist, always inform them about any herbal medicines you are taking.
 - In the growing trend of resorting to alternative and presumably “safer” therapies, keep in mind that “natural” does not mean “safe”. Many plants can be poisonous to humans. Unlicensed or non-agency regulated herbal products may be produced in non-regulated facilities, contaminated with toxins or undeclared chemical ingredients.
2. Taking higher doses

Taking higher doses puts you at a higher risk of developing serious side effects, including but not limited to kidney failure, dizziness or bleeding. If you do not feel any improvement after taking your prescribed doses, consult with your clinician and pharmacist. They might

recommend a change of dose or therapy, or advise you to be patient as some therapies require a certain time to produce an effect.

3. Taking lower doses

If you take lower than the prescribed doses, you also put your health at risk. For example, insufficient doses of a blood thinning medication may put you at risk of developing a blood clot, and insufficient doses of an anti-diabetic medication may put you at risk of high blood sugar level.

4. Taking certain over the counter medications too often or for extended periods

If you tend to take certain medications habitually, or too often, you may be putting your health at risk. For example, taking over the counter non-steroidal pain killers too often or for extended periods of time can lead to serious side effects including harm to your kidney and heart functions.

5. Taking your medications less frequently, or stopping a medication too soon

Even if your symptoms improve, you cannot stop your medication before the prescribed period. Stopping a medication too soon can lead to severe consequences. Steroid medications cannot be suddenly stopped, but rather need to be tapered down slowly to allow

your adrenal glands to resume normal functions.

Antidepressants and other related medications require prolonged periods to maintain their effectiveness and stopping them too soon may lead to failure of therapy. Stopping antibiotics too soon may lead to re-occurrence and worsening of infections.

6. Taking your medications with or without food (or with food)
 - Read your label instructions and check with your pharmacist if you should take your medication with or without food. Certain medications need to be taken with food to avoid stomach irritation, while others should be taken on an empty stomach to ensure that they are fully absorbed by your body.
7. Not telling your doctor and pharmacist about over the counter medications that you routinely use
 - Informing your clinician about all over the counter medications that you routinely use will ensure that he/she will prescribe the most appropriate treatments and avoid any potential drug interactions or duplication of therapy.
8. Not understanding the dangers of certain food and medication combinations
 - Read your label instructions and check with your pharmacist if you should avoid certain types of food while taking your medications. Certain antibiotics should not be taken with dairy products or other foods rich in calcium as this may lead to deactivation of the antibiotic effect. Cholesterol lowering medications can interact with the enzymes in grapefruit juice leading to a potential increase in their side effects.
9. Not using a medication schedule
 - Make sure to develop a personalized medication schedule or treatment plan to track medications, doses, and time. This will ensure that you're taking your medications consistently and on time. Share it with your clinician as this will help him/her in understanding the current treatment plan and in taking future prescribing decisions.
10. Not understanding the label instructions

Prescription labels may be hard to understand due to complicated or "non-patient friendly" wording. Some labels carry technical terms like "TID" instead of three times a day. Sometimes common terms can be

misinterpreted, for example "twice a day" or "twice daily" means take the prescribed dose once in the morning and once in the evening, but can be confused for taking 2 tablets per day. Read your label carefully and clarify all instructions with your pharmacist.

11. Driving or operating machinery while using certain medications

Many medications can cause drowsiness. Others may affect your balance and increase the risk of falls. Avoid driving or operating heavy machinery if the medication label indicates so.

12. Not sharing your allergy information or special treatment needs with your clinician and pharmacist

Sharing your allergy information or special treatment needs is essential in preventing prescribing errors and providing you with the treatment you need.

13. Not knowing what your medication is indicated for

Knowing the exact indication for each of your medications gives you control over the care you get and in many cases it can prevent prescribing or dispensing errors.

14. Obtaining information about your medications from inaccurate sources

The accuracy of online medical advice cannot be confirmed considering the large number of websites, apps, and blogs. In many cases, online resources may provide inaccurate, biased, incomplete, or even false information. Your first option should be to visit your clinician to make a full clinical diagnosis. When in doubt, discuss your concerns and information with your clinician or seek a second opinion.

15. Not knowing the name(s) of your medication(s)

Knowing the names of your medications will ensure safer prescribing and give you more control over the care you get. In many cases it can prevent prescribing or dispensing errors especially when you are seeking a second opinion or a different healthcare provider.

16. Not using a tablet organizer

If you use medications for chronic conditions, such as hypertension and diabetes, tablet organizers can keep your pills in place and ensure that you take your all doses on time. They also help prevent consuming the wrong tablets due to similar looking boxes or losing medications that are stored in different places.

17. Shopping for medications online or overseas

Ever been tempted to buy your medications from an online pharmacy or website? The FDA offers the below safety tips:

“There are many rogue online pharmacies that claim to sell prescription medicines at discounted prices, often without requiring a valid prescription. These Internet-based stores often sell unapproved or fake medicines outside the safeguards followed by licensed pharmacies”. “Protect yourself and your family by using caution when buying medicine online. There are many pharmacy websites that operate legally and offer convenience, privacy, and safeguards for purchasing medicines”. More FDA tips can be found at <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm048396.htm>

18. Taking other people’s medications

Just because a medicine is safe and effective for others does not mean it is suitable for you to use. In most cases, medication prescriptions are individually tailored according to the patient’s diagnosis, labs, age, weight, tolerance to the medicine, and several other factors. Sharing medications, can lead to harm, or even death in some cases.

19. Keeping medicines under improper conditions

All medications require specific storage conditions to maintain their effectiveness. Some medications may require storage in the refrigerator, protection from light, or protection from humidity. Do not store your medications in bathroom counters to avoid exposure to excessive humidity. Avoid leaving your medications inside your car or in any storage location with excessive heat or sunlight exposure.

20. Unsafe storage of your medications

Unused or expired medications stockpiled at home may accidentally be used by other family members. If stored in easy access locations, they may be accidentally ingested by infants or pets. Each year in the US, over 71,000 children are seen in ER’s for unintentional medication overdoses.

Pain killers and other prescription medications may be abused if they become easily accessible to others. Among young people ages 12-17, prescription medications have become the second most abused drug.

21. Not reporting side effects to your doctor and pharmacist

It is important that you tell your doctor and pharmacist if you have experienced a side effect after using a medicine. They will advise on whether you need any medical care. They will also consider if you need a different treatment.

22. Not “measuring” the dose correctly

One common mistake with liquid medications involves taking the wrong dose. For example, liquid medications can be dosed in milliliters (mL), but we use common household items for measurements (teaspoons or tablespoons). This can lead to consuming too much or too little of the medicine. Always use the dosing device that comes with the medicine, such as a syringe or a dosing cup. If a dosing device does not come with the product, ask a pharmacist to recommend one.

23. Not knowing the rules for medication packing during traveling




In US airports, the Transportation Security Administration (TSA) allows passengers to bring prescription drugs with them on the airplane. You may place medications in 100 milliliter/3.4 ounce or smaller containers in a zip top plastic bag. If your prescription medications come in larger containers or bottles, you will need to pack them separately in your carry-on bag. International airports may have different packing rules for medications. Make sure to check prior to travelling.



Saving Some Time Can Save a Life! **Save emergency numbers on your phone**



Emergency Numbers

<p>Inside Saudi Aramco</p>  <p>Landline</p> <p>911</p>	<p>Inside Saudi Aramco</p>  <p>Mobile</p> <p>013-872-0911</p>	<p>Outside Saudi Aramco</p>  <p>Landline or Mobile</p> <p>911</p>
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Visit our [Emergency Care page](#) on [JHAH.com](#) for more information

Total-Knee Replacement in the Kingdom – Misconceptions and Misinformation Over a Globally Adopted and Life-Changing Surgery



The prevalence of osteoarthritis in adults over the age of 65 in Saudi Arabia is nearly 60 percent and is considered one of the leading causes of disability among this age group¹. Medication and a change in lifestyle are the recommendations most people are comfortable with; however, Total-Knee Replacement surgery (TKR) is often the most effective option for people with severe pain in their knee joints, functional disabilities or who have not responded to nonoperative treatment.

Unfortunately, TKR does not have a high adoption rate in the region. A cross-sectional study conducted in Saudi Arabia in 2017 to assess attitudes towards TKR surgery found that only one third had knowledge of TKR even though factors such as age, income and a positive history of TKR or knowing someone who underwent the surgery had a positive impact on attitudes².

“In the early 2000s, patients were worried about not being able to walk, pray or sleep, but to avoid surgery, they were reluctant to admit that they were suffering. People preferred to rely on pain medication,” explains Dr. Mojiab Manzary, JHAH Consultant Orthopedic and Reconstructive Surgeon. “Now, patients are more open to the idea of TKR because they hear and see success stories from people they know.

“With overall improvement in health care in the Kingdom, people are living longer and want to have a better quality of life. Walking is essential to that; therefore, greater demand for TKR is expected. Some of our patients have been misinformed regarding TKR and its implications. They think they are too old to have the procedure or that their symptoms are not severe enough. This is not true,” continued Dr. Manzary.

“Results of a study conducted in Jeddah showed that patients 80 years and older had quality of life outcomes similar to patients in their 50s and 60s.²

“The benefits of the procedure, improvement in quality of life, pain relief and restoration of daily physical activity, are well established in the medical literature and across medical registries.”

Why consider Total Knee Replacement (TKR) or Total Hip Replacement (THR) at JHAH?

JHAH has established an enviable reputation as a world-class healthcare provider that uses leading technologies and treatments to enhance the lives of families across the Kingdom of Saudi Arabia. JHAH’s joint replacement team provides advanced, comprehensive care to help improve quality of life, range of motion and mobility.

At the center of JHAH's joint replacement program is a team of subspecialized orthopedic joint replacement surgeons who have been trained at leading institutions in the U.S., Canada and the U.K. The JHAH joint replacement team are fully trained and qualified to screen, test, diagnose and provide treatment for hip and knee problems, including joint-replacement surgery when necessary. The entire joint replacement journey is conducted in a multidisciplinary fashion that includes experts in nutrition, anesthesia, pain management and endocrinology.

A critical factor for any joint replacement surgery is perioperative rehabilitation. At JHAH, rehabilitation is handled by a highly trained and skilled team of physiotherapists who use world-class equipment and techniques. A unique feature in JHAH's approach is prehabilitation, a concept that offers patients a rehabilitation care and preoperative optimization plans before surgery. This plan is developed by a team of JHAH physiotherapists in partnership with the patient.

JHAH provides a customized solution that is tailored to individual patient needs so each patient can return to pre-surgical fitness as quickly as possible. To [Read more about knee-replacement surgery on JHAH's Health Encyclopedia.](#)

Joint replacement for network registered (MDF) patients

Did you know that Saudi Aramco employees and their dependents who are registered with a JHAH network provider (MDF) can request to have their joint replacement surgery performed at JHAH? They can. Want to know more? Request a call-back from our team, and we will walk you through the process and eligibility criteria located [here](#).



Dr. Mojieb Manzary, M.D., CCT, FRCSC

Head of Orthopedics, Consultant Adult Joint Reconstruction and Arthroplasty Surgeon

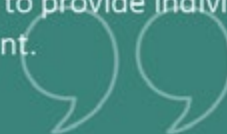
Johns Hopkins Aramco Healthcare

Adjunct Assistant Professor of Orthopedic Surgery, Johns Hopkins Medicine



The Orthopedic Joint Replacement team at JHAH is dedicated to relieving your pain and getting you back to the activities you love.

Our joint replacement surgeries' long-term success stems from having an exceedingly skilled team supported by the latest innovative technology and a highly trained physical therapists to provide individualized care for each patient.



Citations:

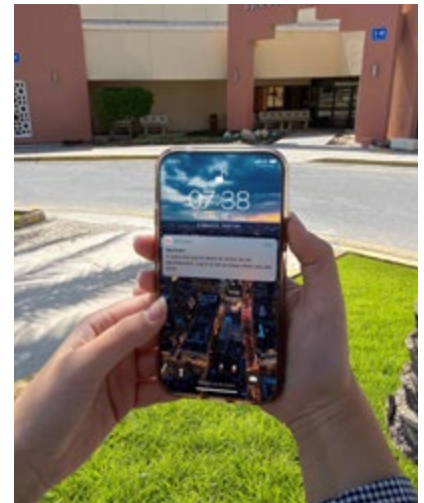
1. (Osteoarthritis Cartilage. 2013 Sep; 21(9):1145-53).
2. Al-Mohrej, O.A., Alshammari, F.O., Aljuraiis, A.M. et al. International Orthopaedics (SICOT) (2018) 42: 819. <https://doi.org/10.1007/s00264-017-3743-4>

Technologies at JHAH: enhancing the patient experience

MyChart

MyChart is an online portal that provides personalized and secure access to manage healthcare, reach medical files and easily connect with healthcare providers. It enables requesting medication refills, viewing lab test results, and scheduling appointments with an option of getting notifications when earlier openings become available. It gives you control over your medical records, allowing you to view a summary of your clinic visits, including diagnosis and advice, and browse your medication history. MyChart enables you to take care of your children and other family members by requesting access to your child’s records or granting another adult access to yours. And to minimize the waiting time, you can view live updates on average emergency medical services (EMS) wait times, and skip the line at reception and use Hello Patient to check in for your appointment using your smartphone.

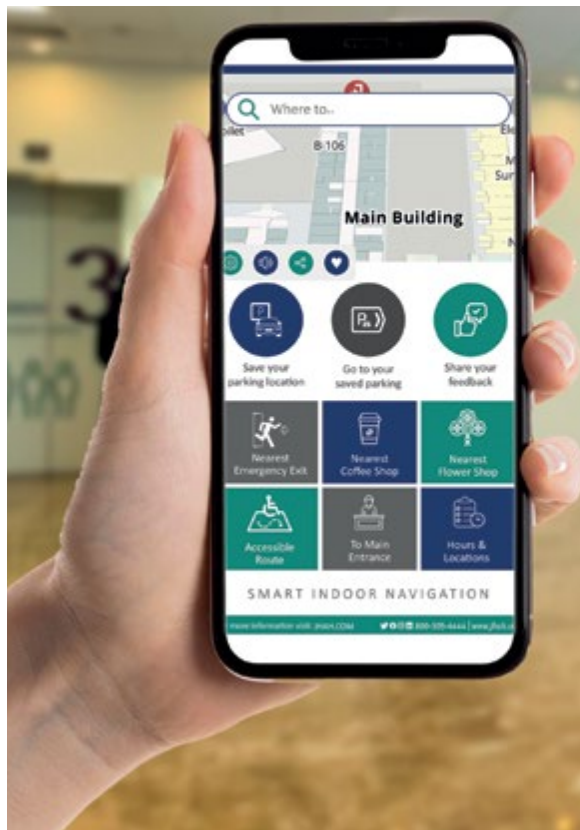
To get the most out of your MyChart experience, download our JHAH MyChart app and explore our MyChart how-to guides .



Tareeqi

Tareeqi is a navigation application aiming to ensure a smooth visit to JHAH. The new wayfinding technology allows you to check the location of a clinic or service in advance. Once you arrive at JHAH, a live ‘blue dot’ will help you navigate to your destination guided by either voice prompts or text directions. Following JHAH’s efforts to provide a safe and inclusive environment to all patients, the app offers the option to find a wheelchair-accessible route or the nearest emergency exit.

Find your way from your car to your clinic in just a few steps, download Tareeqi from the Apple App Store or Google Play now.





Visiting us and not sure how to get to your appointment?

Download the Tareeqi application today for an optimal wayfinding experience

Our wayfinding technology is here to ensure your visit to JHAH Dhahran runs smoothly. The enhanced JHAH navigation application is now available on the Apple App Store and Google Play.

Download Now



JHAH's Blood Bank Recertification

JHAH continues to guarantee the quality and safety of blood bank services. The Saudi Food & Drug Authority (SFDA) re-certified JHAH Blood Bank Services for complying with good manufacturing practices (GMP). This certificate reflects the Clinical laboratory department Blood Bank team commitment and dedication to excellence and quality maintenance.



الهيئة العامة للغذاء والدواء
Saudi Food & Drug Authority

**JHAH's Blood Bank was Re-certified
by the SFDA for Good Manufacturing
Practices (GMP)**

مركز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

Believe it or Not...Chocolate Can Be Healthy!



When you think of healthy food, I bet chocolate isn't the first thing that comes to mind... You'd be surprised to know that chocolate can be healthy and a good source of nutrients when it's in pure form and eaten in moderation.

Dark chocolate is rich with various good minerals such as: Magnesium, Zinc, Iron, Phosphorus, and Copper. Furthermore, it has a variety of polyphenolic compounds like antioxidants and flavonoids. These compounds help boost your immune and cardiovascular health.

The antioxidants in dark chocolate help to lower bad cholesterol levels and prevent plaque on artery walls, while the flavanols in chocolate are good for lowering blood pressure, improving blood flow, and helping protect the skin from sun damage. Note that the bioactive compounds in cocoa can improve blood flow in the arteries and ease lower inflammation in the body. This increase in blood flow, may improve brain function.

Research shows a reduction in heart disease risk among those who consume a moderate amount of chocolate. Also because chocolate generally is high

in calories, enjoying it in moderation is a beneficial practice. You can have about 1 ounce of dark chocolate no more than three times a week.

Bottom Line:

Dark chocolate and cocoa are rich with good and significant health benefits, being especially protective against heart disease.

Note: this doesn't mean you should go overboard and consume lots of chocolate every day. Be careful, be moderate – it is still filled with calories and easy to overeat.

It is recommended to eat dark chocolate no more than three times a week. Perhaps have a square or two after dinner and try to savor them. If you want the benefits of cocoa without the calories in chocolate, consider making hot cocoa without any cream or sugar.

Also, note that a lot of the chocolate on the market is not nutritious. Choose quality. You want to look out for dark chocolate with 70% or higher cocoa content.

Stay Healthy to Stay Productive

Healthy food

- Nourishes our bodies and brains.
- Provides us with all the nutrients necessary to function and meet the physical and mental demands of our work.
- Provides the brain and muscles with glucose that helps us avoid exhaustion.
- As a first step, you should ensure your medical checkup is current and assesses your risk for diabetes, hypertension, stroke, and heart disease. Maintaining your blood sugar, blood pressure, lipids and body weight within the normal range is a priority for your health, quality of life, work productivity, and efficiency.

Below are some wise eating strategies to help you perform your work better:

- Do NOT skip meals.
- Start your day with a healthy breakfast.
- Breakfast is the most important meal of the day and should include food that helps regulate your blood sugar level.
- The healthiest breakfast consists of whole grain bread or unsweetened cereals to provide fiber; fresh fruit; low fat cheese, labneh, or non-fried eggs; and a cup of low fat or nonfat milk.
- Sugar at breakfast can make the blood sugar level fluctuate.
- Take short breaks to reduce work stress.
- Consume a light lunch.
- A healthy lunch includes a small cup of grain or vegetable soup; a small portion of steamed rice, pasta or a baked potato; a small green salad; a fresh fruit; and a portion of grilled, steamed, or baked lean meat, skinless poultry, or fish (A portion is about the size of a deck of cards).
- Consume a healthy, small snack in the afternoon to maintain energy and brain function.
- Consume brightly colored fruits and vegetables, healthy oils such as olive or canola, salmon, tuna, and unsalted almonds and walnuts.
- Drink water. To function mentally and physically, your body needs adequate fluids. The best fluid is water. Other fluids, such as unsweetened fruit juices, vegetable juices, low fat or nonfat milk, and low fat soup, are recommended.
- Limit your consumption of caffeine containing beverages such as coffee, tea, and cola. Caffeine is a diuretic and depletes your body of water and may lead to dehydration.
- Avoid smoking (active or passive) and alcohol.
- Keep active and exercise regularly.
- Do moderate exercises daily or at least five days a week for 30-45 minutes. Exercise strengthens your body, brain, and immunity, and reduces your risk for many non-communicable diseases.
- Keep dinner simple and light. Include soup, baked potatoes, yoghurt, baked chicken or grilled fish.
- The body slows down its functions at night, so wait about 3 hours between your last meal and bed time.
- Prevent overeating at night by not restricting during the day.



Children's Dental Health



Oral health care is a critical matter for children that affects their overall health and quality of life. Maintaining good oral health is essential for the development of healthy primary and permanent teeth.

Oral care should start when the child's first tooth breaks through the gum. Parents should brush their child's teeth twice daily. For children under the age of three, use no more than a smear or rice-size amount of fluoridated toothpaste. For children aged three to six, use a pea-size amount of fluoridated toothpaste.

Initially, oral hygiene is the responsibility of the parent; however, as the child ages, dental care should be done jointly by parent and child until the child demonstrates the understanding and ability to perform personal hygiene by his or herself.

An early dental visit is important as it establishes a "dental home" and provides the foundation on which a

lifetime of preventive education and oral health care can be built. It is best that that first dental visit take place when the first tooth appears and definitely happen before the children reaches 12 months old.

The First Visit

The first dental visit will include a clinical examination; x-rays, when necessary; oral hygiene instructions; and dietary counseling. With the parent, the dentist will determine the future visit schedule, i.e., at three, six or twelve months. Preventive measures to decrease the risk of cavities will be conducted at each visit. These include professionally applied topical fluoride treatment to prevent, control and reduce cavities and education on what to do to maintain dental health.

Early introduction of oral health care and the establishment of a dental home is essential for ensuring good dental health for your children.

"As a pediatric dentist, Dr. Abulhamayel believes that treating children is one of the most rewarding yet challenging careers that requires tremendous patience and understanding. Dr. Abulhamayel is adept at communicating with children at a level they understand and establishing a trusting relationship.

The years of experience Dr. Abulhamayel has gained from being part of the Pediatric Dentistry Service at JHAH have provided a wealth of knowledge and skills in treating and managing children during dental treatment.

Dr. Abulhamayel believes that as a healthcare professional, being able to provide a positive experience for children and educate them on the importance of good oral hygiene habits that will set them up for a lifetime of healthy smiles is the greatest reward."



Dr. Rewa Abulhamayel
Pediatric Dentist



Diabetes Prevention

Every year on November 14, World Diabetes day is observed. Created by the World Health Organization (WHO) and the World Diabetes Federation, World Diabetes Day aims to raise awareness about diabetes and how to prevent it and manage it.

Diabetes is a disease that makes it difficult for the cells of the body to get the glucose they need to make energy. There are two ways in which diabetes can make it difficult for the cells of the body to receive adequate amounts of glucose. First, insulin may not be made by the pancreas. Because insulin is needed to "unlock the receptors," glucose cannot enter the cells. Therefore, glucose levels increase in the blood. This is known as Type 1 diabetes. Type 2 diabetes occurs when insulin is present in enough quantities, but there is a decrease in the number of receptors on the cells to allow glucose to enter. Even though insulin is present, it cannot be used effectively, a situation called "Insulin Resistance" and results in high levels of glucose in the blood. Type 2 diabetes is more common than Type 1.

Signs and Symptoms of Diabetes

Diabetes is detected when your health care provider or nurse finds a high level of sugar in your blood or urine. The best time to test your blood sugar level is after you have gone for 8 hours without eating or drinking. This is known as a fasting blood sugar. A range for a normal fasting blood sugar is between 3.3 and 5.5 mmol/l (60 and 99 mg/dL). Levels between 5.6 to 6.9 mmol/l (100 and 125 mg/dL) are considered pre-diabetic.

Common signs and symptoms of diabetes include:

Excessive thirst, frequent urination,



excessive hunger, weight loss, fatigue, changes in vision, slow-healing cuts or infections, persistent itching of the skin.

Treatment Options

Diabetes cannot be cured. It can, however, be controlled by keeping the level of glucose in the blood within its normal range.

The treatment and management of diabetes varies from patient to patient. Your health care provider and diabetic care team will decide what form of treatment is best for you.

The success of your treatment depends largely on you. When you learn AND practice how to control your glucose level, you will enjoy a healthier life.

Controlling Diabetes

You can control diabetes by: Eating right, exercising, monitoring your blood glucose level, taking prescribed medications, and learning about diabetes. Your dietitian or diabetes educator will explain to you how you can plan your meals and answer any questions you may have.

A healthy diet may include changing what you eat, how much you eat, and how often you eat. However, you may be surprised by how many healthy and tasty food options you have.

Exercise helps people with diabetes in many ways. It lowers glucose levels, helps weight-loss, and maintains a healthy heart and circulation. In addition, exercising helps relieve stress and strengthens muscles.

Your health care team will discuss your exercise plan with you. Always check with your health care team before starting a new exercise program.

Blood glucose testing is important to find out if your blood glucose level is where it should be. If your blood glucose is too low or too high, you may need a change in your diabetes medication, diet, or exercise plan. If a change is needed, your health care provider or diabetic care team will give you instructions on what you should do.

In cases of very high blood glucose levels that do not respond to diet and exercise plans, medications may be needed. Your health care provider will tell you if you need medications or insulin. If insulin is needed, it can

only be injected. Insulin is needed for all patients with Type 1 diabetes and some patients with Type 2 diabetes.

Hyperglycemia (High Blood Sugar)

When controlling your diabetes, your blood glucose can become too high or too low. These conditions should be taken seriously. Fortunately, you can regain control of your blood glucose.

When too much sugar is in your blood, this condition is called hyperglycemia. Signs of high blood sugar, or hyperglycemia, include: Dry mouth, thirst, frequent urination, blurry vision, fatigue or drowsiness, weight loss.

When you have high blood glucose, drink water or other sugar-free liquids. Check your blood glucose and stick to your diet plan. If your blood glucose remains high call your health care team. Your health care team will tell you what is considered high for you. If it is too high, you may need to go to the hospital.

Hypoglycemia (Low Blood Sugar)

Hypoglycemia occurs when too little glucose is present in your blood. Signs of low blood sugar, or hypoglycemia, include: Sweating, shaking, nervousness, hunger, dizziness, faintness, pounding heart, personality change, confused thinking, impatience, crankiness, numbness of lips and tongue, headache, blurred vision, and slurred or slowed speech.

If not treated, low blood sugar can lead to fainting or seizures. A low blood sugar can happen quickly and be life threatening.

If you have low blood glucose, immediately eat or drink something containing fast-acting glucose. Examples include any of the following: 3-4 glucose tablets, half a cup of fruit juice, 1/2 can of regular soda pop, 1-2 hard candies, or 2 teaspoons of sugar or honey.

If your symptoms do not disappear in 15 minutes or your blood glucose remains less than 4.4 mmol/l (80mg/dL), take another dose of fast-acting sugar. Repeat every 10 to 15 minutes until the blood glucose is greater than 4.4 mmol/l (80 mg/dL).

If it is less than 30 minutes until your next meal, eat that meal. If it is more than 30 minutes, eat a snack such as half a sandwich or 3 small cookies. Eat the meal or snack after you have taken a dose of fast-acting sugar. Do not subtract the snack from your next meal plan.

Do not drive or operate equipment if you feel your blood glucose is low.

You should inform your family members and friends that you have diabetes and if they ever find you unconscious or not making sense, they should take you to a hospital immediately or call Your Medical Emergency number.

Complications of Diabetes

When you control the level of glucose in your blood, the signs of diabetes become less frequent. You will feel better and have more energy. If you do not follow your diet, exercise, and perform blood glucose tests, serious complications can arise.

Complications of diabetes include damage to the nerves and blood vessels of the body.

Nerve damage is known as diabetic neuropathy. It usually involves the nerves going to the legs and feet. The feet or legs could feel numb or unusually cold. Non traumatic lower limb amputations can occur in people with uncontrolled diabetes.

People with diabetes who have poor sensation in their feet must be very careful to avoid damaging their feet with ill-fitting shoes, hot water, or other forms of injury.

Check your feet every day for cuts, sores, redness, or swelling. Use a mirror if needed. When visiting the clinic, ask your health care provider to check your feet.

Adults with diabetes have heart disease death rates 2 to 4 times higher than adults without diabetes. The risk of stroke is 2 to 4 times higher among people with diabetes.

High blood glucose can cause damage to large and small blood vessels. Fat in the blood is deposited on the walls of blood vessels. This causes hardening of the arteries or arteriosclerosis.

Hardening of the arteries can occur in arteries leaving or entering the heart. It can also occur in the legs. Your diet plan is designed to lower the level of fat and cholesterol in the blood.

The thickening of small blood vessels is most noticeable in the kidney and in the back of the eye. Diabetes is the leading cause of new cases of blindness among adults

Diabetes may stop the kidneys from cleaning waste out of the blood.

Gum disease is more common in people with diabetes. Among young adults, those with diabetes have about twice the risk of gum disease as those without diabetes.

If you have diabetes and smoke, talk to your health care provider about smoking cessation support.

All health care providers feel that controlling your diabetes will help prevent damage to blood vessels and nerves. Proper control of diabetes is a combination of diet plan, medication, exercise, blood glucose monitoring, and good hygiene.

Heart Disease: Risks and Prevention

Did you know that heart disease is one of the leading causes of death worldwide? World Heart Day is observed annually on September 29. The World Health Federation chose this day to raise awareness about the global mortality rates of heart disease and to educate people on how to prevent their chances of suffering from heart disease through controlling risk factors and leading healthier lifestyles.

People with certain risk factors are more likely than others to develop coronary artery disease. Having one or more risk factors does not mean that a person will get coronary artery disease. It is also possible to develop the condition without any risk factors. Your health care provider will talk to you about your personal risk factors.

Some risk factors for heart disease cannot be controlled. Age is a risk factor. Men age 45 or older and women age 55 or older have a higher risk for heart disease.

Family history is also a risk factor for heart disease that cannot be controlled. Your risk of heart disease is higher if you have:

- A father or brother who developed heart disease before age 55.
- A mother or sister who developed heart disease before age 65.

There are many risk factors that you can control that contribute to the narrowing of the coronary arteries. The major risk factors for atherosclerosis include: Unhealthy cholesterol levels, poor diet, high blood pressure, smoking, lack of exercise, stress, being overweight or obese, and diabetes.

Eating Healthy

Eating certain foods can increase your risk for heart disease, while eating other foods can decrease your risk. Eating right is an important step to lower your risk of coronary artery disease.

You can help keep your heart healthy by eating more nutrient-rich foods, and less refined, processed and fast foods.



Vegetables and fruit are good sources of vitamins and minerals. They are also low in calories and rich in dietary fiber. Eating more vegetables may fill you up so you eat less of other less healthy foods and reduce your risk for heart disease.

Eating the right types of fat can help you prevent heart disease. Getting the right balance of omega 3 and omega 6 fatty acids is important. Healthy sources of fat include: Avocados, olive oil, salmon and other fatty fish, and raw nuts and seeds.

Nuts and legumes, such as beans, peas and lentils are good sources of protein. Lean animal products, such as skim milk, low-fat cheese and lean meats and poultry are also good sources of protein. Limit foods with saturated fat, such as egg yolk, full-fat dairy products, full-fat cheese and red meat.

Avoiding certain foods can help you prevent heart disease. Foods to avoid include:

- Fried foods.
- Processed foods, such as chips and baked goods.
- Anything that contains trans fat.

Tran fat is found in many man-made products, such as baked goods, margarine, coffee creamer and fried foods. Food labels may list 0 grams of trans fat, but if the ingredient list contains the words "partially hydrogenated," it does contain some trans fat. Any amount of trans fat is dangerous.

Controlling Blood Pressure

High blood pressure, also called hypertension, contributes to the narrowing of the blood vessels of the heart, brain and kidneys. It can lead to heart attacks, strokes and kidney failure.

Hypertension may not have any symptoms. It is important to have your blood pressure checked often.

Salt can increase blood pressure, so limit the amount of sodium you eat.

Quitting Smoking

Smoking is a major risk factor for heart disease, lung cancer, emphysema, and strokes.

Quitting smoking can be hard. But many programs have been developed to help people stop smoking. Talk to your health care provider about a plan to help you quit.

Exercising

Exercise can help you control your weight and decrease stress levels. This can help lower your cholesterol levels and your blood pressure.

Talk to your health care provider before starting an exercise program. Your health care provider can help you plan an exercise routine that is right for you.

If you haven't been active for a while, start slowly and build up the intensity gradually. Ask your health care provider what kind of exercise goals you can safely set for yourself.

Weight Management

Being overweight or obese can increase your risk for heart disease, as well as diabetes and

hypertension. A well-balanced diet and regular exercise can help you control your weight. Lose weight slowly. Losing weight over a longer period of time may help you keep it off. Your health care provider or nutritionist can help you achieve your goal weight. The key to successful weight loss is a commitment to making permanent changes in your diet and exercise habits.

Managing Stress

Heart attacks are more common in people who do not cope well with stress. Though you cannot always control things that cause stress, you can learn how to manage stress. This can help reduce your risk of heart disease. To manage stress, be aware of the situations that cause it. Once you identify the situations that cause you stress, you have several options for coping.

Stress has many causes. You may feel stressed by:

- Your routine. This includes stress caused by work, family and other daily responsibilities.
- Sudden life changes, such as job loss, divorce or illness.

Avoiding stressful situations can sometimes help prevent stress. If traffic jams upset you, try to avoid driving during rush hour.

Sometimes it is not possible to avoid situations that cause stress. Instead, practice making a stressful situation positive. For example, listen to your favorite music during rush hour traffic.

Breathing techniques are simple and effective ways of controlling stress. Consciously breathing more slowly and deeply while focusing on the positive can help a person relax.

Learning other ways to relax can help manage stress. Many people benefit from daily practice of stress reduction techniques, such as mindfulness, Tai chi or yoga, or meditation.

Exercising regularly can help reduce stress. Getting enough sleep may also reduce stress caused by tiredness.

Seeking support and help from family and friends can also help prevent stress.

Knowing Your Other Risk Factors

Other risk factors can also contribute to heart disease. A family history of heart disease increases the chance of having heart problems.

A high level of LDL cholesterol in the blood or a low level of HDL cholesterol is another risk factor for heart disease.

People with diabetes have a higher risk of developing heart disease. Diabetes is a disease where the body is unable to handle digested food normally. This causes a rise in blood glucose, also called blood sugar.

If diagnosed early, diabetes may be prevented or controlled through diet, medication exercise, and weight management.

Visit the Heart and Vascular page to learn more about our heart and blood vessel treatments, services, and procedures and to view profiles of our Heart and Vascular physician experts.

Want to Thank a Nurse at JHAH?

Honor the compassion and care nurses provide their patients everyday

NOMINATE A NURSE FOR THE DAISY AWARD!

The DAISY Award for Extraordinary Nurses was created in memory of J. Patrick Barnes who died at 33 of ITP, an auto-immune disease. The Barnes Family was awestruck by the clinical skills, caring and compassion of the nurses who cared for Patrick, so they created this international award to say thank you to nurses everywhere.



*Scan to
nominate*



**The DAISY
Award®**

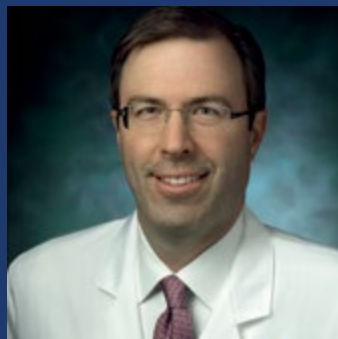
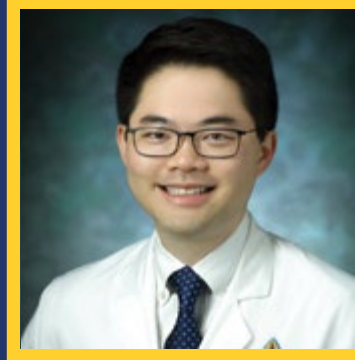
FOR EXTRAORDINARY NURSES
HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES



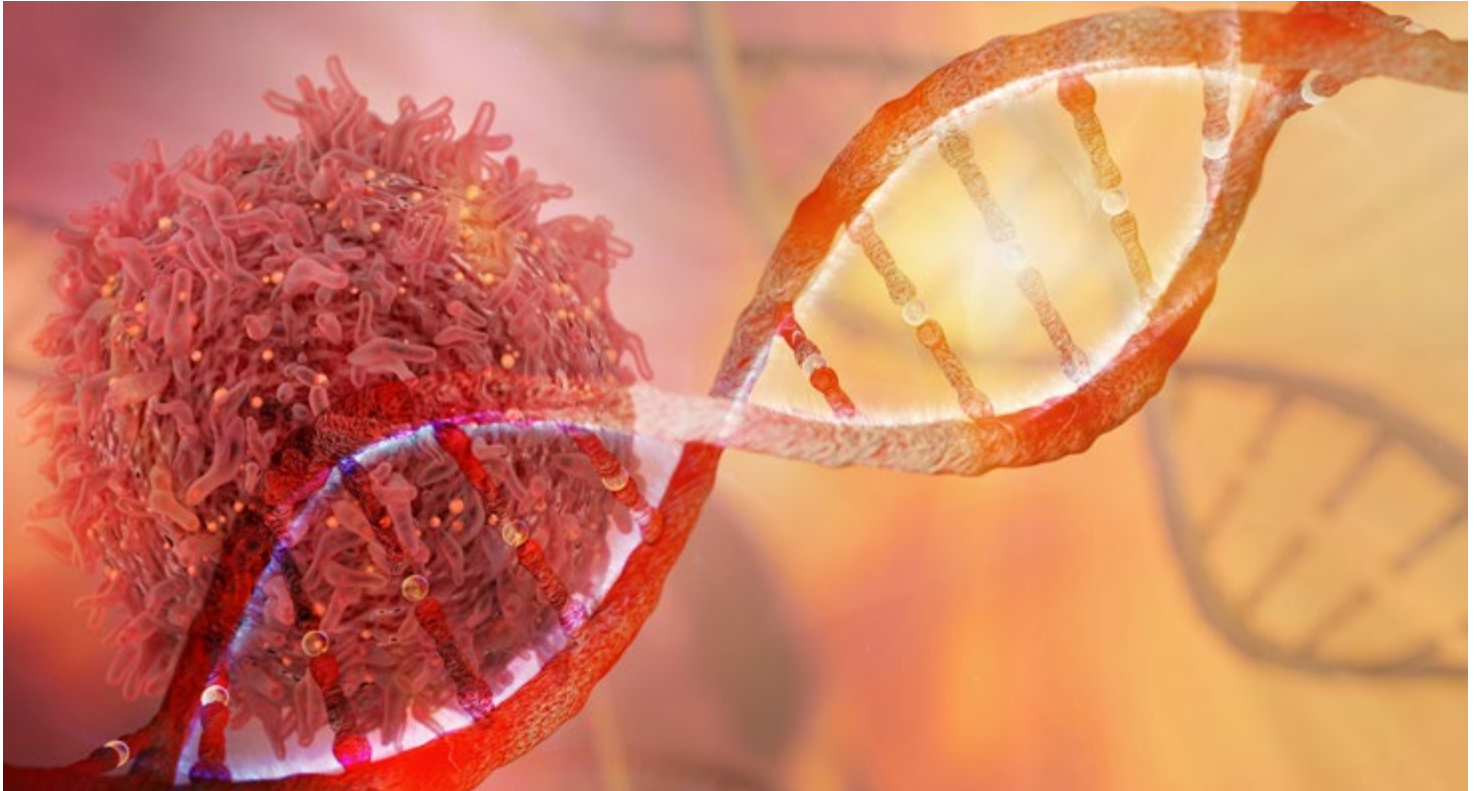


Find out more

The Johns Hopkins Medicine (JHM) On-site Program has expert physicians from a wide range of specialties share with us their expertise at JHAH



Intralesional Bleomycin to Treat Vascular Malformation



JHAH is happy to announce that Intralesional Bleomycin was used to successfully treat vascular malformation for the first time at the organization, following the recent launch of the Vascular Anomalies Clinic. The Vascular Anomalies Clinic falls under the Oncology Department, chaired by Dr. Nafisah Faris.

The multi-disciplinary collaboration involved patient care coordination across different departments and specializations, including Oncology, Interventional Radiology, Vascular Surgery, Pharmacy, Nursing, and IT. It will allow patients to be treated at JHAH, who otherwise would have been referred to other hospitals, according to Dr. JJ Degorter, Chief of Staff.

A vascular malformation is an abnormal development of blood vessels that can occur in veins, lymph vessels, veins, and lymph vessels, or arteries and veins. Many types of vascular malformations can be treated using Bleomycin; an antibiotic medicine injected directly into the growth guided by ultrasound and X-ray. It works by reducing the size and growth of the malformation by destroying its blood vessel walls.

About JHAH's Oncology Institute

JHAH's Oncology Institute prides itself on its academic research and specialized education, its clinical services, and how they can help patients. JHAH offers an extensive range of cancer-care services and facilities – including a Radiation Therapy Unit and a Blood Disorders Center.

With the first tumor registry in the Middle East and North Africa (MENA) region, JHAH supports academic research, and its team includes internationally recognized speakers. In addition, JHAH is an approved Kingdom of Saudi Arabia Ministry of Health (KSA MOH) Fellowship Program site in oncology and hematology and the first oncology center developed in the Eastern Province of Saudi Arabia.

JHAH achieves Epic Gold Stars Level 9 For the Second Year in a Row

JHAH is proud to announce that we have achieved Epic Gold Stars Level 9 for the second year in a row, continuing to place us among the top Epic organizations worldwide as only 14% of organizations achieve Gold Stars Level 9 or above and making us the only non-US Epic organization to reach this level.

“I am incredibly proud of the significant effort and work completed by our Epic, IT, and Informatics teams in collaboration with our Clinical Staff and Non-Clinical Operational Staff across all of JHAH in achieving Gold Stars Level 9 for the second time in two years. This realization is reflective of our push and supports our goal of being on the cutting-edge of adopting the latest features available in our Epic system at JHAH as based on best-practices and international benchmarks.” commented Daniel Bregaglio, Clinical Applications Support Department Senior Director.

Epic’s Gold Stars program helps JHAH identify features that can be used to improve clinical and financial outcomes and patient satisfaction. Our Epic JHAH team collaborated with informatics and operational staff in reviewing our Gold Stars at JHAH to better understand the current feature adoption and develop a plan to implement additional tools and functionalities to achieve the highest level of adoption of these features.

The gold stars Tiers represent different levels of feature complexity and impact with the first four tiers representing core components and fundamental functionality. Features in tiers 5-7 represent the optimized use of Epic, and the last three tiers represent the cutting-edge and leading practices in Electronic Medical Record use.

Gold Star level 9 ranges from 85% to 93% points. This year’s accomplishment with 91% of Gold Stars completed increased a full 5% points above last year’s official review of 86% completion.



Saqib Chaudhry, JHAH Chief Information Officer commended the efforts of JHAH’s Epic, IT and Informatics teams saying:

“This award is a testament of JHAH's relentless commitment toward providing premier healthcare services for its patients and the broader community. I would like to congratulate our EPIC, IT and Informatics teams for their pursuit of excellence and for continuously raising the bar. I would also like to thank our clinical and non-clinical operational staff for their valuable support in this endeavor. It is indeed a proud moment for JHAH to be recognized as the only healthcare organization outside of the United States to achieve EPIC's Gold Star Level 9 twice in a row.”

Antibiotics



Antibiotics are powerful medicines that fight bacterial infections. Used properly, antibiotics can save lives by either killing bacteria or preventing them from reproducing. Your body's natural defenses can usually take it from there.

Antibiotics do NOT fight infections caused by viruses, such as:

- Colds
- Flu
- Most coughs and bronchitis
- Sore throats, unless caused by strep

If a virus is making you sick, taking antibiotics may do more harm than good. You increase the

chance that bacteria in your body will be able to resist antibiotics each time you take them. Later, you could get or spread an infection that those antibiotics cannot cure.

When you take antibiotics, follow the directions carefully. It is important to finish your medicine, even if you feel better.

Do NOT save antibiotics for later or use someone else's prescription. These steps can help you prevent antibiotic resistance. This content is for informational purposes and is not intended to be a substitute for the advice of a healthcare professional. It is important that you rely on the advice of a healthcare professional for your specific condition.

Meet Our People

MEET



Saleh Alali, M.D.

*Consultant Otolaryngologist
Rhinologist and anterior skull base surgeon
Johns Hopkins Aramco Healthcare*

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The Otolaryngology department at Johns Hopkins Aramco Healthcare is a hub for excellence as we bring forth six excellent North American-trained surgeons in one place. It is an honor working with such talented and highly motivated physicians. The Rhinology and Skull base unit occasionally deals with referred complex cases. In many cases, we collaborate with our neurosurgeon colleagues to ensure that we provide our patients with the best care through a broad range of specialized talents and experienced staff.

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Meet one of our JHAH Heroes, Dr. Saleh Alali, Consultant Otolaryngologist, Rhinologist, and anterior skull base surgeon.

Learn about the otolaryngology services provided to our patients and those registered with a JHAH network provider by visiting <https://bit.ly/3xrASJ8>

Meet one of our JHAH Heroes, Dr. Saad Hasaniah, Cardiologist/Electrophysiologist and Chief of Cardiology.

Learn about our cardiology services and surgeries provided to our registered patients and those registered with a JHAH network provider by visiting <https://bit.ly/3xYt4Pm>

MEET



Dr. Saad Hasaniah

*Cardiologist/Electrophysiologist
Chief of Cardiology
Johns Hopkins Aramco Healthcare*

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Over the last few years, we advanced our cardiology services to treat various kinds of arrhythmia with state-of-the-art equipment and well-trained staff. In many cases, we use a combination of medications and procedures to treat different patients according to their medical condition, like atrial fibrillation patients. We also aim to reduce the risk of stroke with risk stratification by using medication or devices for selected patients

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Bringing World-Class Care, Close to Home

Southern Area Update

Saudi Aramco Management visit to Al-Hasa Health Center on June 9, 2022

Southern Area Oil Production and Abqaiq Management visit Al-Hasa Health Center to learn more about JHAH Southern Area Services.



Keratoconus Screening Research Program at JHAH



This research screen program is designed to diagnose this disease early and manage it accordingly. If the screening project shows a high prevalence of the disease, JHAH can recommend/develop a screening tool for all adolescents at the school/college level for early detection of the disease with the aim to improve the quality of life by preserving good vision.

Screening Program Eligibility Criteria:

To be eligible to participate in the screening program research for this eye condition, you must be:

- Saudi Aramco or Johns Hopkins Aramco Healthcare employee or dependent
- Be between the ages of 13 and 23 years

Screening Program Time and Location:

JHAH is offering screening tests at the Eye clinic in Dhahran Health Center starting May 15, 2022, onwards.

Testing Process:

After your initial registration, you will be contacted for an appointment for the test. The test is very simple that includes taking an

image of the eye. The testing requires only 2-5 minutes, is non-invasive, and does not touch the eye.

Appointments Needed:

Only one appointment is required unless there is Keratoconus diagnosed, in which case further treatment will be offered with the Cornea consultant.

Treatment:

Cross-linking of the Cornea will be offered to the patient at JHAH Dhahran by one of the Cornea consultants at JHAH Dhahran Eye clinic.

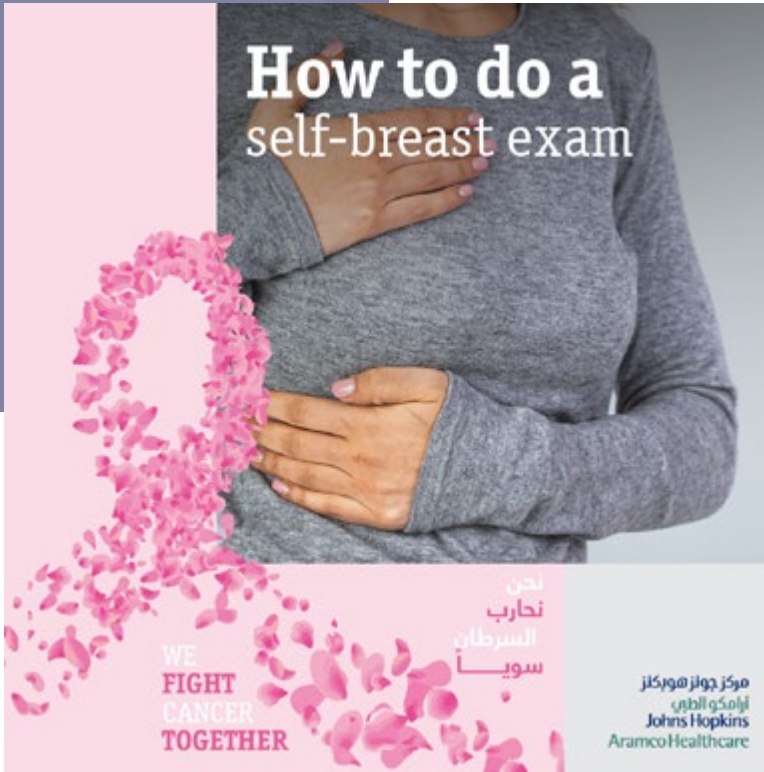
[Learn more about the ophthalmology center of excellence](#)

About Keratoconus

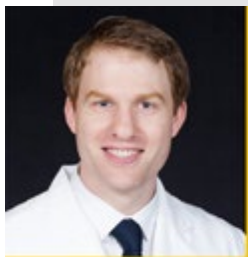
Keratoconus occurs when the cornea — the clear, dome-shaped front surface of the eye — thins and gradually bulges outward into a cone shape. A cone-shaped cornea causes blurred vision and may cause sensitivity to light and glare. Get to know the symptoms, causes, risk factors, and complications associated with Keratoconus. [Learn more](#)

Social Media Highlights

What you might have missed



While breast cancer is one of the most commonly diagnosed types of cancer in women, if detected early, those diagnosed can have a long and healthy life. For prevention, self-examinations need to start when a woman reaches 20 years of age. Learn how to detect and prevent breast cancer today <https://bit.ly/3e6hJWy>



Oct. 2-6
Christopher Mecoli, M.D., M.H.S.
 Director of Research Operations and Physician Lead for the Myositis Precision Center of Excellence
 Dr. Mecoli's visit is allotted for pre-scheduled complex cases and procedures for JHAH patients.



Oct. 16-20
Richard Redett, M.D.
 Director, Plastic and Reconstructive Surgery
 Professor of Plastic and Reconstructive Surgery

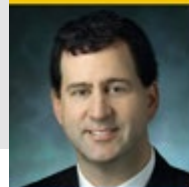


Dr. Redett's visit is allotted for pre-scheduled complex cases and procedures for JHAH patients.

Oct. 9-13
Edward James Wright, M.D.
 Director, Division of Reconstructive and Neurological Urology
 Chief of Urology at Johns Hopkins Bayview Medical Center
 Associate Professor of Urology
 Dr. Wright's visit is allotted for pre-scheduled complex cases and procedures for JHAH patients.



Oct. 16-20
Karen Chiu Wang, M.D.
 Fellowship Director, AAGL Fellowship in Minimally Invasive Gynecologic Surgery
 Assistant Professor of Gynecology and Obstetrics
 Dr. Wang's visit is allotted for pre-scheduled complex cases and procedures for JHAH patients.



Oct. 23-27
Michael Allen Schweitzer, M.D.
 Director, Johns Hopkins Center for Bariatric Surgery
 Associate Professor of Surgery
 To register to attend the Information session, please speak with your Primary care physician by October 20 by calling 800-305-4444 or log in to MyChart.



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Learn about our visiting JHM On-site physicians in October and stay updated on the upcoming visits for the JHM On-site @HopkinsMedicine experts to #JHAH by visiting us at this [link](#)

Social Media Highlights

What you might have missed

JHAH now offers COVID-19 booster vaccinations to eligible dependents aged 12-16 years who received their second dose at least three months ago. Book their appointment through MyChart. Learn more about COVID-19 vaccination and booster dose appointments at <https://bit.ly/3DTSfWZ>



JHAH Social Media Follower? Join Us

Stay Connected & Up to Date



Twitter

@JHAHNews



Facebook

*Johns Hopkins
Aramco
Healthcare*



LinkedIn

*Johns Hopkins
Aramco
Healthcare
(JHAH)*



Instagram JHAHNews



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.)

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

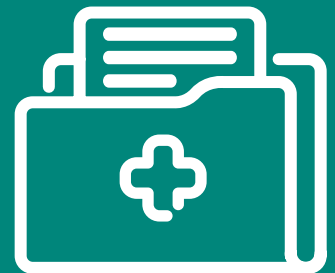
Abqaiq Health Center

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



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.

Visit *JHAH.com*

Visit our website

JHAH.com

- Find a Doctor
- Our Care Services
- Hours of Service and Contact Information



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