

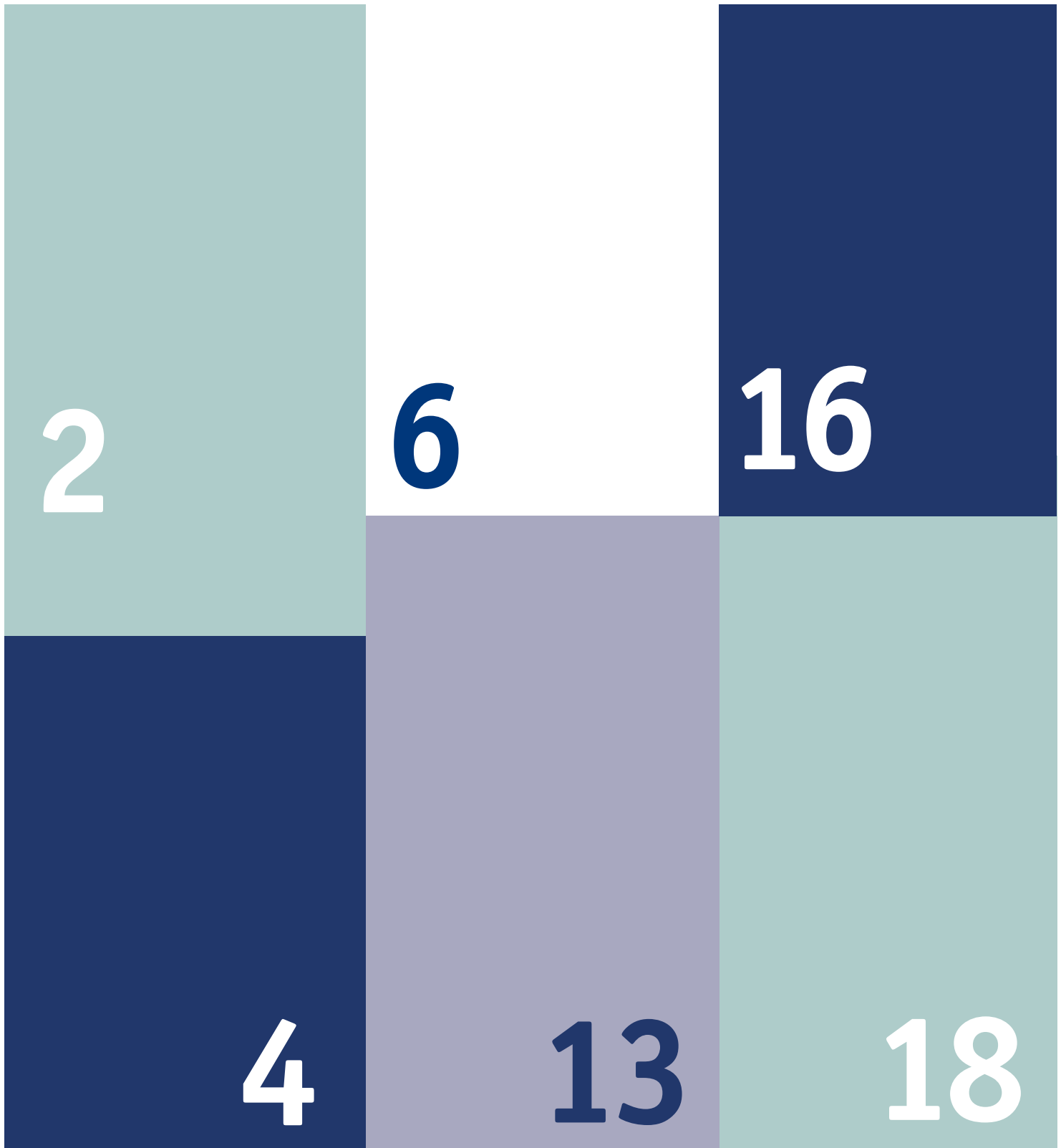
WellBEING

July 2023

أضحتي مبرك



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.

Health Tips for a Safe Hajj



Consume

only safe food and drinks to avoid food poisoning or diarrhea.

Stay Hydrated

by drinking adequate amounts of fluids, mainly water (a minimum of 8 cups a day) to avoid dehydration.

Wash

your hands with soap and water often to reduce the risk of infection.

Avoid

sharing your personal hygiene items such as razor blades or scissors with others.

Johns Hopkins Aramco Healthcare wishes you a rewarding, safe and healthy Hajj

Manage Your Diabetes During Hajj

Because Hajj is an extraordinary event, and a once in a lifetime requirement for Muslims who are physically and financially capable, it is also demanding for those who particularly have diabetes because you are away and outside your daily routine, which can cause problems in medication timings, hydration, food control, and other areas. Johns Hopkins Aramco Healthcare provides the following health advice tips to manage your diabetes and have a safe Hajj:

Consult your physician and other health care providers in advance to ensure you maintain normal blood sugar, blood pressure and lipid levels and aren't suffering from any acute illness that could become aggravated and prevent you from completing your Hajj.

Meningitis is a required vaccination; however, you should also receive a flu vaccination if you haven't already done so.

Discuss with the dietitian your nutrition plan and what kind of food and drinks to consume during Hajj. Discuss your foot care program and medications safety with the diabetes educator. It is important you learn how to care about your feet to avoid injuries. If you do injure your foot go to the nearest medical center. Remember to always keep your feet clean and dry.

Inform the group organizers and your companions that you have diabetes and explain to them the symptoms and signs of low blood sugar and what to do.

Managing Low Blood Sugar During Hajj

- Consume your meals and snacks regularly and do not skip any.
- Take your diabetes medications as advised by your physician.
- Regularly monitor your blood sugar to ensure it remains within a normal level.
- If you experience low blood sugar more often than usual, visit the nearest emergency center to adjust your medication. Always be ready to treat your low blood sugar by consuming a half cup of fruit juice, regular soft drink (not diet) or a portion of jam or honey. If it is high, remain calm and measure it again in 15 minutes. If it is still low, repeat your intake of juice or sugar. You should then be able to consume a healthy snack or sandwich and resume your Hajj rites.
- Inform your Hajj companions not to feed you any food or drink if you are in a coma due to severe low blood sugar. If you take insulin as part of your diabetes treatment, carry a Glucagon kit so you can receive an injection.



Seasonal Allergies

Seasonal allergies are allergies that develop during certain times of the year. Some people may have seasonal allergy symptoms year-round. Allergic inflammation of the nasal airway is known as allergic rhinitis. Allergic rhinitis causes cold-like symptoms. Seasonal allergies are a form of allergic rhinitis.

Seasonal allergies are usually allergic reactions to pollen produced by certain plants. Mold spores can also cause an allergic reaction. Seasonal allergies can reduce your quality of life. The irritating symptoms may interfere with daily life, such as work and recreational activities.

The good news is that you don't have to live with seasonal allergies. By avoiding the things that trigger an allergic reaction and getting the right kind of treatment, you can feel normal again, no matter what season it is.

Symptoms

It starts immediately after being exposed to a specific allergen. Not everyone will experience the same symptoms:

- Coughing and Itching of the nose
- Nasal congestion and Sinusitis
- Runny nose and Sneezing
- Decreased sense of smell or taste
- Sinus pressure
- Itchy, puffy, red, and watery eyes
- Ear infections

Sometimes seasonal allergies can cause more severe allergic reactions. Asthma and eczema are examples of serious allergic reactions that may require medical treatment.

The symptoms may begin or get worse during certain times of the year. Symptoms may be triggered by plants that bloom at different times of the year.

Allergy symptoms can begin at any age. They are most likely to develop during childhood or early adulthood. The severity of symptoms may change over the years. For many people, seasonal allergies slowly get better.

A number of people will get used to their seasonal allergies and not seek treatment. However, getting the right kind of treatment can make seasonal allergies more manageable. Treatment is especially important if symptoms include serious allergic reactions like asthma or eczema.

Treatment

The best way to prevent seasonal allergies is to avoid the allergens that cause a reaction. When it is impossible to avoid an allergen, treatment options are available.

For less severe symptoms, over-the-counter medications may help. For more severe symptoms, prescription medication may be needed.

Many people experience the greatest relief by taking a combination of allergy medications. It may take some time to figure out which medications work best for you. Be sure to read the medication label or talk to a pharmacist about recommended dosage and safety concerns.

In some cases, your healthcare provider may recommend immunotherapy. The goal of immunotherapy is to get your body used to the allergens so that they stop causing symptoms. Immunotherapy involves a series of shots given over a period of three to five years. Each shot contains a small amount of an allergen. The symptoms will stop once your body gets used to the allergens.

Talk to your healthcare provider about these and other medications used to treat seasonal allergies. By working together, you and your healthcare provider can figure out which medications work best to treat your allergy symptoms.

Foodborne Illness

Foodborne illness happens when a person gets sick from eating or drinking contaminated foods or beverages. It is sometimes called “food poisoning.”

More than 250 different foodborne diseases are known. Most of these diseases are infections. Healthcare providers do not always know that a disease is foodborne. Foodborne illness is common. But, it can be prevented. Cooking and handling food safely can prevent many foodborne illnesses.

Causes

Most foodborne illnesses are caused by harmful bacteria. These bacteria can cause infections of the stomach and intestines. Other causes include viruses and parasites. Foodborne illnesses may even be caused by certain chemicals.

Some harmful bacteria may already be in foods when they are purchased. Bacteria can contaminate food at any time during: Growth and Storing or Harvesting or slaughter.

Raw foods often contain bacteria that can cause foodborne illnesses. Some examples are:

- Eggs and Fish and shellfish.
- Fresh fruits and vegetables, Meat or poultry.
- Unpasteurized milk and dairy products.

Viruses can pass from person-to-person. They may be found in the stool or vomit of infected people. People who are infected with a virus can contaminate foods and drinks. This can be prevented if they wash their hands thoroughly after they use the bathroom.

People may also become infected with a virus if they eat:

- Fruits or vegetables that have been exposed to contaminated water.
- Shellfish from contaminated water.

Symptoms

Symptoms of foodborne illnesses can vary. This depends on the cause of the illness. Common symptoms of many foodborne illnesses are:

- Abdominal pain, Diarrhea that may be bloody.
- Fever and Vomiting.

Certain types of bacteria and chemicals can affect the nervous system. This can cause other symptoms, such as:

- Blurred vision, Dizziness and Weakness.
- Headache, Paralysis.
- Tingling or numbness of the skin.

Symptoms can range from mild to serious. Symptoms can also last from a few hours to several days. Sometimes foodborne illness can lead to a loss of too much water from the body. This is called dehydration. Babies, children, and older adults have the greatest risk of becoming dehydrated. People with weak immune systems are also at risk.

Treatment

The only treatment needed for most foodborne illnesses is replacing lost fluids and electrolytes. This helps to prevent dehydration. Over-the-counter medicines may help stop diarrhea in adults. But people with bloody diarrhea should not use these medicines.

Bloody diarrhea is a sign of a bacterial or parasitic infection. Over-the-counter medicines may make the problem worse in these cases.

Medicines to treat diarrhea in adults can be dangerous for babies and children. Do not give these medicines to your child unless a health care provider has told you to.

If the specific cause of the foodborne illness is diagnosed, a health care provider may prescribe medicines to treat the illness. For example, a bacterial foodborne illness may be treated with antibiotics.

Eating Disorders

Eating disorders are serious behavior problems. They can include severe overeating or not consuming enough food to stay healthy. They also involve extreme concern about your shape or weight.

Types of eating disorders include:

- Anorexia nervosa.
- Bulimia nervosa.
- Binge-eating.

Women are more likely than men to have eating disorders. Eating disorders usually start in the teenage years and often happen along with depression, anxiety disorders and substance abuse. Eating disorders can lead to heart and kidney problems and even death. Getting help early is important. Treatment involves monitoring, talk therapy, nutritional counseling and sometimes medicines.

Anorexia Nervosa

Anorexia nervosa is often just called anorexia. People with anorexia nervosa see themselves as overweight, even when they are clearly underweight. Eating, food and weight control become obsessions.

People with anorexia nervosa typically weigh themselves repeatedly, portion food carefully, and eat very small quantities of only certain foods.

Some people with anorexia nervosa may also engage in binge-eating followed by extreme dieting, excessive exercise, self-induced vomiting or misuse of drugs that aid in weight loss.

Bulimia Nervosa

Bulimia nervosa is when a person has repeated and frequent episodes of eating large amounts of food and feels a lack of control over these episodes. This binge-eating is followed by forced vomiting, excessive use of laxatives or diuretics, fasting, excessive exercise or a combination of these behaviors.



Unlike anorexia nervosa, people with bulimia nervosa usually keep a healthy or normal weight, while some are slightly overweight. But like people with anorexia nervosa, they often fear gaining weight, want desperately to lose weight, and are intensely unhappy with their body size and shape.

Binge-Eating Disorder

People with binge-eating disorder often eat an unusually large amount of food. They commonly feel out of control during these binges. Binge-eaters are often overweight or obese.

Unlike bulimia or anorexia, binge-eaters don't throw up their food and don't exercise a lot.

Treatment

Treatment for eating disorders usually involves a team of nutritionists, therapists and other health care providers. They will help the person to:

- Cope with stress and feelings.
- Learn healthy eating patterns.

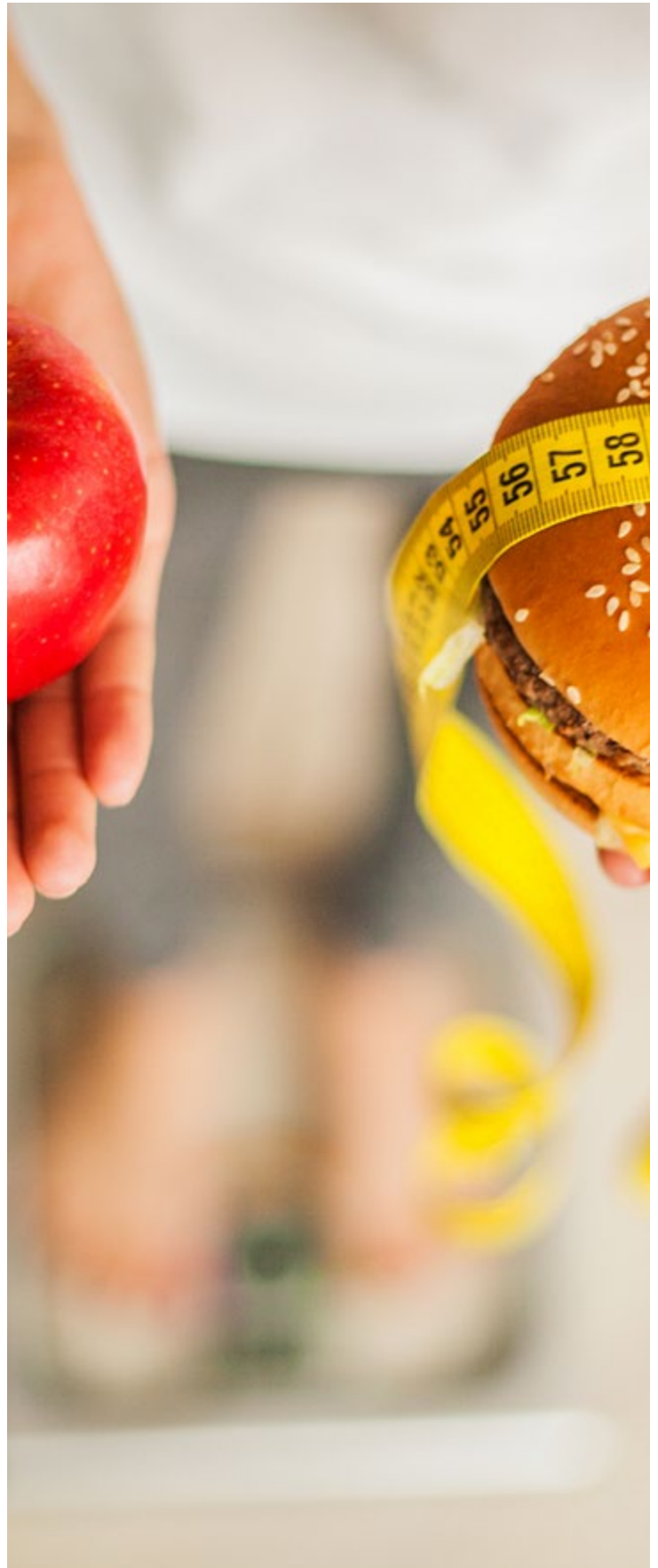
One goal of treatment is to help bring the person back to a normal weight. Another goal is to treat any psychological issues related to or causing the eating disorder. This is to prevent relapse, or getting sick again.

Treatment for eating disorders usually involves medicines and psychotherapy.

Medicines may include antidepressants, antipsychotics or mood stabilizers to treat anorexia. Medications that either stimulate or reduce the appetite may be used depending on the eating disorder.

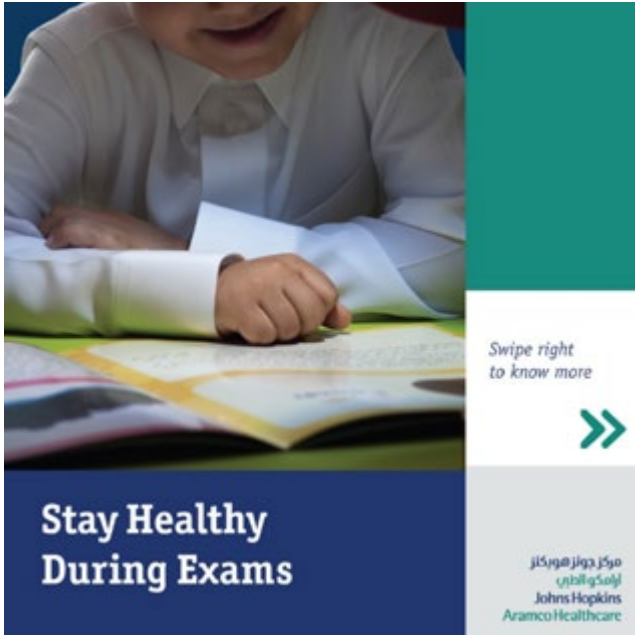
There are many different kinds of therapy available to treat eating disorders. Therapy may be done in groups, one-on-one or even as a family.

Nutritional advice is also a part of treating eating disorders. Knowing how to eat healthy is important in maintaining a healthy body weight and image.



Social Media Highlights

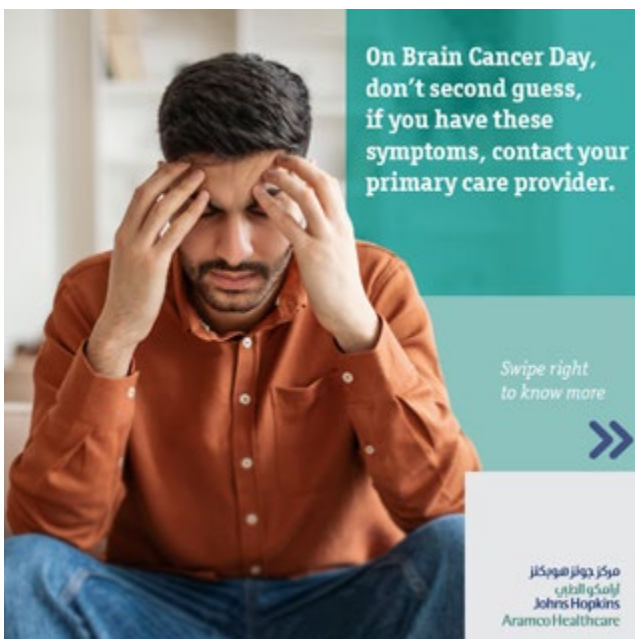
What you might have missed



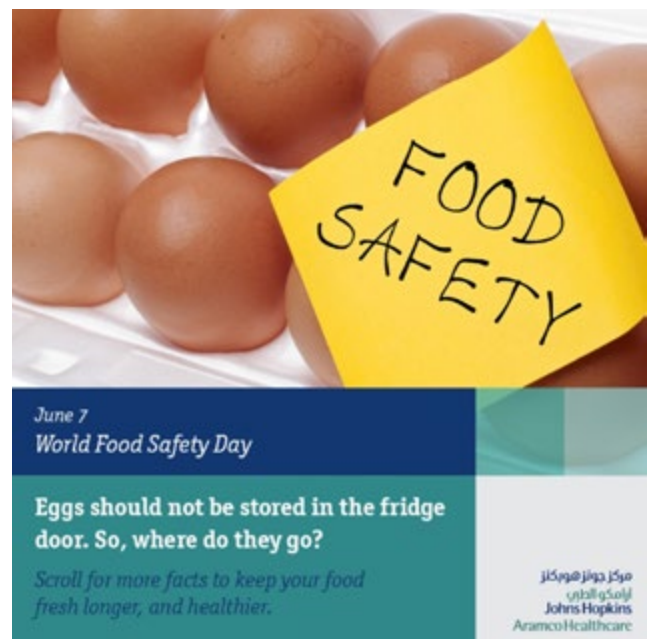
During Exams, you need to feel your best to do your best. If you feel your child may be experiencing unhealthy stress, our primary care providers are here to help.



If you need to refill your medication, you can do so effortlessly through #MyChart and get it delivered to wherever you are.



At #JHAH, we are dedicated to offering the best possible treatment and care for those suffering from Brain Cancer, assisted by specialists at our Oncology Institute.



Bacteria and viruses can cause foodborne illness. According to WHO, nearly one in ten people worldwide fall ill after eating contaminated food. Read to learn more about the Four Cs of Food Safety.



How to save a life

Learn Cardiopulmonary Resuscitation (CPR)

1

Check the scene
for safety



2

Check
responsiveness



3

Call emergency
services



4

Check for pulse
and breathing



5

If there is no pulse,
start CPR and perform
30 chest compression



6

Administer two
rescue breaths



Continue performing sets of 30 chest compressions and two rescue breaths until an ambulance arrives or an AED is available

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

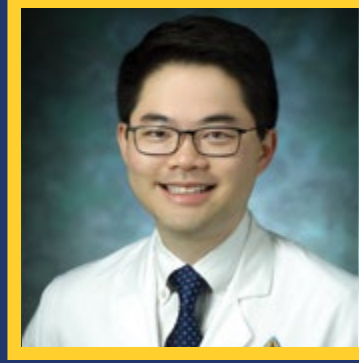
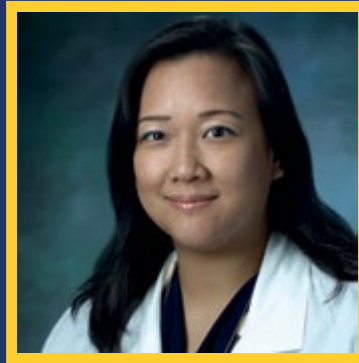
**HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES**





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



14 Creative Ways to Get Your Children to Eat More Fruits and Vegetables

Prepared by: Ghada Al-Habib
Manager of Clinical Nutrition Services

Fruits and vegetables are important foods for all of us, including children. They provide our bodies with fiber, vitamins, minerals, antioxidants and other nutrients. Fruits and vegetables are fat-free and cholesterol-free, support the health of our hearts and reduce the risks of some types of cancer and stroke. Despite all these benefits, many parents report that their children don't eat their recommended allowance of five servings of fruits and vegetables per day. **Below are some helpful tips to encourage children to consume their required servings of fruits and vegetables:**

- Introduce fruits and vegetables early in your children's lives. Serve them in different textures, shapes and sizes. Use cookie cutters to transform fruits and vegetables into fun shapes and sizes.
- Be creative in selecting fruits and vegetables with bright colors and arrange them on



- plates in an assortment of rainbow colors.
- Prepare sandwiches with vegetables and add them to soups, rice or pasta dishes, and pizza. Mix cut fresh fruits or chopped dry fruits with breakfast cereal and add them to desserts.
- Blend and puree fruits and vegetables with other foods to create a variety of healthy options.
- Prepare milkshakes and smoothies made with low-fat milk or low-fat yoghurt mixed with fruits.
- Don't omit fruits and vegetables from children's meals if they initially don't accept them. Continue serving them and encourage your children to try them slowly.
- Talk to your children about the benefits of consuming healthful meals, in particular fruits and vegetables. Parents should always have

fruits and vegetables served at the dining table and readily available at home.

- Include fruits and vegetables in your children's school snack boxes.
- Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals. They can choose their favorite fruits and vegetables with bright colors and textures.
- Keep trying. For some foods, it may take multiple attempts before a child acquires a taste for it.
- Encourage friends or relatives to offer vegetables and fruits to your children.
- Engage your children in shopping for fruits and vegetables and in preparing various dishes at home with fruits and vegetables. Children love eating the food they participate in preparing.
- Limit serving junk food to children and ensure the availability of healthful foods, including fruits and vegetables at home.
- Be a role model and consume fruits and vegetables as your meals and snacks. Children usually follow the same dietary habits as their parents.

JHAH Healthy Recipes

Cinnamon-Nuts Cake

Hearty and healthy Cinnamon Nuts Cake is a delicious, tasty and a nutritious dessert. It is full of flavor and aroma and rich in protein, vitamins, minerals and antioxidants, and easy to make.

Ingredients:

- 125 ml of sunflower oil or corn oil or canola oil (1/2 cup)
- 125 gm of sugar (1/2 cup). 50 grams Splenda can be used in place of sugar as desired.
- 3 whole eggs or 6 egg whites
- 200 gm of all-purpose flour or whole wheat flour (one cup)
- 1 teaspoon baking powder
- 3 tablespoons walnut, chopped
- ¾ cup of nonfat milk
- 2 1/2 teaspoons cinnamon, grounded

Preparation:

- Mix sugar, baking powder, cinnamon, baking powder and flour in a bowl.
- Beat the eggs with milk and oil for 3 minutes with a wooden spoon, then add them to the above powdered mixture and mix well with a spoon for 2-3 minutes or with an electrical mixer for 1 minute.
- Add the walnuts and mix them gently.
- Place the mixture in a greased 20 cm round cake tin and bake it in a preheat oven to 180 C for one hour until risen and browned or until a toothpick inserted in center comes out clean.
- Remove from oven and allow to cool down, then cut into 12 slices.
- Yield: 15 slices
- Service: Serve with fruit salad to enrich it with fiber, vitamins, minerals and antioxidants and make it more nourishing.

Fat and Calories Contents:

- Calories per serving: 180 calories in case sugar is used and 150 in case Splenda is used
- Fat per serving: 10 grams of healthy fat



Dehydration

Dehydration usually means a person has lost enough fluid so that the body begins to lose its ability to function normally. This causes the symptoms related to fluid loss.

Dehydration can lead to serious complications, including:

- Hypovolemic shock.
- Kidney failure, Seizures.
- Swelling of the brain.

When not treated promptly and appropriately, severe dehydration can be fatal.

Causes

Severe, acute diarrhea is diarrhea that comes on suddenly and strongly. It can cause a severe loss of water and electrolytes in a short amount of time. If you have vomiting along with diarrhea, you lose even more fluids and minerals.

You lose water when you sweat. If you are active and you do not replace fluids, you can become dehydrated. Hot, humid weather increases the amount you sweat and the amount of fluid you lose. But you can also become dehydrated in winter if you do not replace lost fluids.

Fever can also cause dehydration. The higher your fever, the more dehydrated you may become. If you have a fever in addition to diarrhea and vomiting, you lose even more fluids.

Increased urination is most often the result of undiagnosed or uncontrolled diabetes, a disease that affects the way your body uses blood sugar. Diabetes often causes increased thirst and more frequent urination.



Dehydration can also be caused by:

- Alcohol.
- Certain medicines, such as diuretics, antihistamines, blood pressure medicines and some psychiatric drugs.

Treatment

The only effective treatment for dehydration is to replace lost fluids and electrolytes. The best approach to dehydration treatment depends on age, the severity of dehydration and its cause.

If you are a healthy adult, you can usually treat mild to moderate dehydration by drinking more fluids.

It is best to drink water or a sports drink.

To treat dehydration in children, use an oral rehydration solution, such as Pedialyte®. In an emergency situation where a pre-formulated solution is unavailable, you can make your own oral rehydration solution by mixing 1/2 teaspoon salt, 6 level teaspoons of sugar and 1 liter of safe drinking water.

Keep giving liquids slowly until your child's urine becomes clear in color. If your child is vomiting, try giving small amounts of solution at frequent intervals. Give one teaspoon every 1 to 5 minutes. If your child continues to throw up, wait 30 to 60 minutes and try again. Room temperature fluids are best.

Do not stop breastfeeding when your baby is sick, but give your baby an oral rehydration solution in a bottle as well. If you give your baby formula, try switching to one that is lactose-free.

Tips for a Healthier Lifestyle for Your Children



You can have a major impact on your child's health by making some small changes. Here are ten tips for promoting healthy eating habits at home.

1. Avoid convenient foods. Cookies, potato chips, and prepared meals are high in fat and sugar. Instead, keep healthy snacks around the house. Fruits and vegetables make excellent snacks.
2. Do not use food as a reward or a punishment. It sends the wrong message about the purpose of food. Teach your child that healthy food is something the body needs. It is the fuel that keeps your child's engine running.
3. Limit the amount of sweetened drinks in your house. Sugary beverages like soda pop and fruit juice provide very little nutritional value and they are high in calories. A child who fills up on these drinks may not be hungry for healthier foods later in the day.
4. Turn off the TV or computer and sit down to eat as a family during mealtime. Eating in front of the TV makes people more likely to eat too much.
5. Limit the amount of food you eat outside of the home. This includes the number of times you eat at restaurants. The menu items at restaurants and fast food chains are often high in fat and calories.
6. Encourage the child to be physically active and play sports or do chores. Any physical activity counts. This will burn the extra fat and build strong muscles and bones.
7. Limit the amount of recreational screen time children 2 and older get to no more than 2 hours each day. This includes TV, movies, videogames, Internet surfing, and social networking sites. Also limit the amount of time your child gets to use the phone.
8. Do not allow your child to eat while he or she is engaged in activities that are not physically demanding. If you allow your child to have snacks while playing videogames or watching TV, your child will be unaware of how much he or she is eating.
9. Do not force your child into a structured exercise program. The goal is for your child to want to be physically active, so activities have to be fun. Games like tag, hide-and-seek, or jump-rope are great ways to burn calories, improve fitness, and have fun.
10. Take part in fun family activities. This prevents exercise from looking like a punishment or a chore. If you're excited about an activity, your child will be too.

Childhood Obesity

Obesity in children is a serious medical condition. A child is considered obese when he or she is above the normal weight for his or her age and height. Childhood obesity puts children at risk for health problems like high cholesterol, high blood pressure, and diabetes. These problems were once limited to adults.

Today, children have easy access to unhealthy foods. Fast food, candy, and soda pop are readily available to children. Children also engage in more low-level activities than children of the past, like watching TV or playing video games. Choosing these activities over activities that are more physically demanding, such as sports, puts children at risk for serious health problems.

Symptoms

Typically, a child with a BMI between the 85th and 94th percentiles is considered overweight.



A child with a BMI at or above the 95th percentile is considered obese. BMI does not consider things like being muscular. It does not account for larger than average body frames or growth patterns that may vary among children. Your child's healthcare provider will consider these factors when determining whether your child's weight is a cause for concern.

Causes

There are several possible causes of childhood obesity, which include:

- Genetic causes
- Hormonal causes
- Lifestyle issues

Certain genetic diseases and hormonal disorders can cause childhood obesity. Prader-Willi syndrome and Cushing's syndrome are two diseases that are linked to childhood obesity. However, these conditions are not common.

More often than not, childhood obesity is related to lifestyle issues. Eating too much and exercising too little are the major causes of obesity in children.

Diagnosis

In addition to evaluating your child's BMI, the healthcare provider will evaluate your family history of obesity and weight-related problems.

The healthcare provider will also evaluate your child's:

- Activity level
- Diet and eating habits
- Preexisting health conditions



During this time, the healthcare provider will also review your child's physical development and check his or her heart, lungs, blood pressure, and other vital signs.

If the healthcare provider believes your child is obese, he or she may order blood tests.

Treatment

Treatment for childhood obesity depends on your child's age and if he or she has other medical conditions. Treatment often includes lifestyle changes. This may include changes to your child's diet and level of physical activity.

Sometimes obesity in children will be treated with medications or weight-loss surgery. However, this is not common. Treatment for children under age 6 usually involves weight maintenance, not

weight loss. This allows the child to maintain his or her current weight while adding inches in height. Over time, this causes the child's BMI to drop into a healthier range. If there are health concerns, the doctor may recommend weight loss.

For children 6 years of age or older, weight loss may be recommended. Weight loss should be slow and steady. Recommended weight loss is 1 to 2 pounds per week or per month depending on the child's age and health conditions.

Sometimes obesity is treated with weight-loss medication. Some children over the age of 12 may be prescribed medication that prevents fat from being absorbed in the intestines. However, prescription weight-loss medication is usually not recommended for children.

Weight-loss surgery is sometimes an option for obese children of a certain age. Surgery of any kind comes with potential risks and complications. Your child's healthcare provider may choose to treat obesity with surgery if your child's weight poses a larger threat than the risks of surgery.

Medication and surgery can provide relief from symptoms and conditions related to obesity. However, there is no replacement for healthy eating and being physically active. Encouraging healthy habits at home is essential to your child's well-being.

Medication Safety Tips



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

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.



Take your medication exactly as prescribed

One of the most important things about taking medication safely is correctly reading and following the directions on the label. 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 them 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 vital to read the medication's expiration date 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 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, you may be allergic to it, or you may not need it.



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 on 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 and how to take them.
- Always keep medications in their original bottles and ensure the medication container is always sealed and out of the reach of children. Children are especially at risk of accidental poisoning and may take medicine because it looks like candy. It is always good to keep the number of poison control ready, just in case.
- Don't store your medications with other family members' medicines.



Dispose of your old and expired medications safely

The best way to dispose of 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, where expired or unused medications are disposed of in an environmentally friendly manner.

If the take-back program is unavailable, you can dispose of the medications at home, depending on their type, by flushing them down the sink or toilet or throwing them in household trash.

To find out if the medication you are on can be flushed, check the label or the patient information leaflet of your prescription or consult the U.S. Food and Drug Administration's list of medicines recommended for disposal by flushing.

If you don't have a medication take-back program available and your medication is not on the flush list, you can dispose of them in with the 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 using them. This will reduce the risk of needle sticks, cuts, and punctures from loose sharps. Sharp 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 them.

- number of poison control ready, just in case.
- Don't store your medications with other family members' medicines.

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How Your Pharmacist Can Help You Manage Your Medication

By: Abdul Haseeb Tumkur Sattar, Syed Iqbal Mohiuddin, Hoor AL- Hazza

Keeping to the medication routine set by your physician, also known as medication adherence, is incredibly important. About 50% of patients don't take their medications as prescribed, including proper dosage, timing, and frequency, not realizing the huge impact this can have on their health outcomes.

We understand it is often a very complex issue, and there are numerous reasons for a patient to be non-compliant with their medication regimen, including:

- Forgetfulness due to aging or dementia
- Multiple medications with confusing or contra-indicatory directions
- Treatments that temporarily make the patient feel worse
- Medications that have side effects that patients do not tolerate well
- Expensive treatments that are difficult or impossible for the patient to afford
- Patients are not fully educated on their medications.
- Due to a lack of transportation, patients cannot get medicines from the pharmacy regularly.

But, to ensure you achieve optimal clinical benefits from the medications prescribed, it is essential to follow your medication routine, and that is where pharmacists can help by explaining how best to take medications and support you in compliance with your prescribed practice.

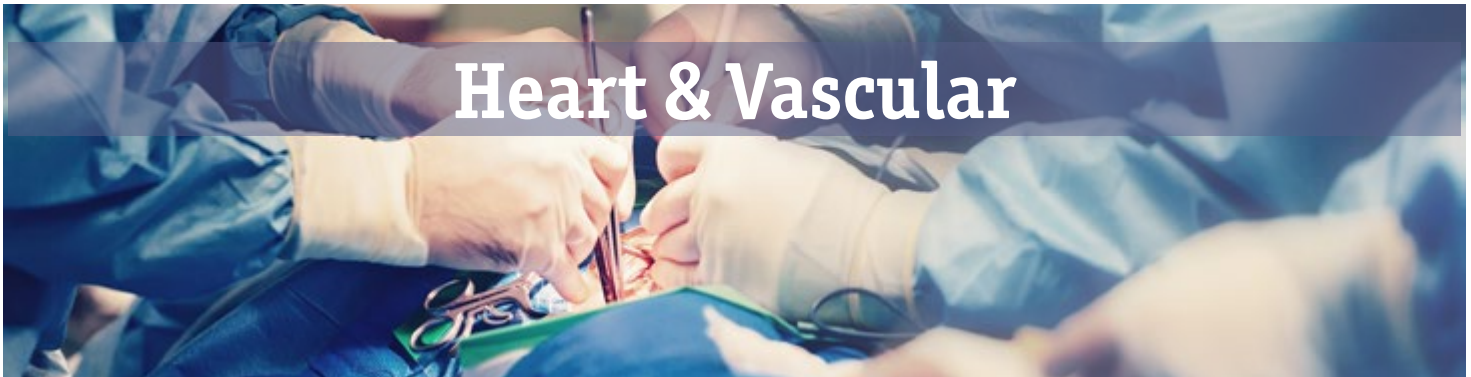


Pharmacists are the best administrators of medication adherence programs. They may better understand a patient's overall medication profile than a prescribing physician, especially if the patient was seen in an emergency or urgent care setting and did not disclose their complete medical history or medication list at the time of treatment.

Pharmacists can detect potential drug interactions or other significant contraindications based on their understanding of the patient.

Patients typically trust pharmacists to make recommendations and give advice on medication dosing.

JHAH Specialty Care



What are our cardiology, thoracic and vascular services?

At Johns Hopkins Aramco Healthcare (JHAH), our heart and vascular experts provide comprehensive care if you or a loved one have cardiac, thoracic (chest), or blood vessel concerns. We provide both inpatient and outpatient treatment, and are available 24 hours a day to offer emergency care, surgery and rehabilitation services.

Cardiology services 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 heart surgery performed at JHAH?

Do you want to know more? You can request a call-back from our team and we will walk you through the process and eligibility criteria.

Heart and blood vessel treatments, services and procedures

Cardiothoracic surgery: Our highly trained and experienced heart, chest and lung surgery team is here to help if you are dealing with a disease that could affect your quality of life and life expectancy. High blood pressure, cholesterol, obesity, diabetes and smoking can all lead to a narrowing or complete blockage of the coronary arteries. Cardiothoracic surgery can help alleviate this problem. Our surgeons also treat a wide range of thoracic diseases and tumors.



Cardiology Services: Our cardiology team provides comprehensive treatment if you are living with heart problems. This includes coronary artery disease, valvular heart disease,

various arrhythmias, cardiomyopathy and congenital heart disease. In addition to treating a wide range of heart conditions, we offer a comprehensive cardiac rehabilitation program.



Vascular Surgery: deals with blood-vessel conditions. Our surgeons treat a number of artery and vein diseases, from aneurysm or dissection of the aorta, to the narrowing or occlusion of

vessels such as the carotid or the lower-extremity arteries. We also provide diabetic foot care, limb-salvage procedures, and consultations if you are suffering from renal failure. Find out more about our hemodialysis services.

What to expect

Before treatment: Our Cardiology and Vascular Clinics are not self-referral services. Your Primary Care physician will make a referral for you if they believe you need a specialist to evaluate your condition. When arranging an appointment, we will make sure that you see one of our experienced consultants. Our dedicated team will look after you every step of the way – from advice at your first consultation, through to ongoing support after your treatment. You will be invited to a clinic, usually two to four weeks after your referral from Primary Care.

During treatment: When you arrive at the clinic, you will be checked in, and within five minutes our nursing team will carry out an initial clinical screening. Wait times are usually around 15-20 minutes, and your appointment will usually last 20-30 minutes.

Post-treatment: Following your care, and depending on your specific treatment, you will have follow-up appointments.

JHAH Specialty Care

Bariatric Surgery



What is bariatric surgery?

We know that carrying excess weight can have a negative impact on your wellbeing, potentially leading to low self-esteem and long-term illness. At Johns Hopkins Aramco Healthcare (JHAH), we are pleased to offer a number of effective measures that can help you reduce your body mass index (BMI), and live a more confident and fulfilling life. These include a dedicated Weight Management Program and bariatric surgery.

Our bariatric surgical team offers two types of procedure to help reduce your weight – gastric bypass and vertical sleeve gastrectomy. Both procedures are performed under general anesthetic and use minimally invasive laparoscopic (keyhole) surgery. Please note that while bariatric surgery is highly effective in helping to tackle obesity and reduce weight, it is not intended as a substitute for a balanced diet and physical exercise. Instead, it is a way of empowering you to adopt a healthier long-term lifestyle. To help you achieve this, our surgical procedures are complemented by expert guidance on managing your weight after surgery.

Bariatric surgery 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 bariatric surgery performed at JHAH?

Do you want to know more? You can request a call-back from our team and we will walk you through the process and eligibility criteria.

Treatments, services and procedures



Gastric bypass: During this procedure – which typically takes between two and three hours – we will use surgical staples to ensure that the food you eat bypasses part of your digestive system, effectively reducing the size of your stomach. As a result, you will absorb fewer

calories and be less able to digest sugary foods. If you have type 2 diabetes, a gastric bypass can improve or even eliminate the condition.



Vertical sleeve gastrectomy: Taking between one and two hours to complete, this procedure will involve the surgical removal of a large portion of your stomach, to restrict the volume of food you are able to eat. Unlike a gastric bypass, a vertical sleeve gastrectomy does not require rearrangement of the intestine. The benefits are similar, however, with evidence that health conditions such as diabetes and high blood pressure can go into remission.

What to expect from bariatric treatment

Bariatric treatment at JHAH does not begin and end with surgery. To give you the best possible chance of long-term maintenance of a healthy BMI, we will formulate a personalized plan for you, and ensure you receive expert care and guidance to manage every stage of your weight-loss.

You will first meet with the bariatric team, who will talk you through your personalized plan. Our team of doctors, nurses, nutritionists and psychologists will help and encourage you to implement your plan in readiness for your surgery. During this time, we will ensure that you understand the benefits and risks associated with your procedure. We take care to ensure that our procedures are as minimally invasive as possible. With 99 percent of our procedures performed via laparoscopic or keyhole surgery, you can expect to return to work or other activities within seven to 14 days.

You will continue to receive consultations with our team after your surgery. Please note that during this time, it is vital that you adhere to a diet, and adopt a pattern of exercise, that will help to maintain your weight loss and support the benefits of surgery.

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



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

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.

Visit JHAH.com

Visit our website

JHAH.com

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




 800-305-4444 | www.jhah.com