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# WellBEING

June 2017



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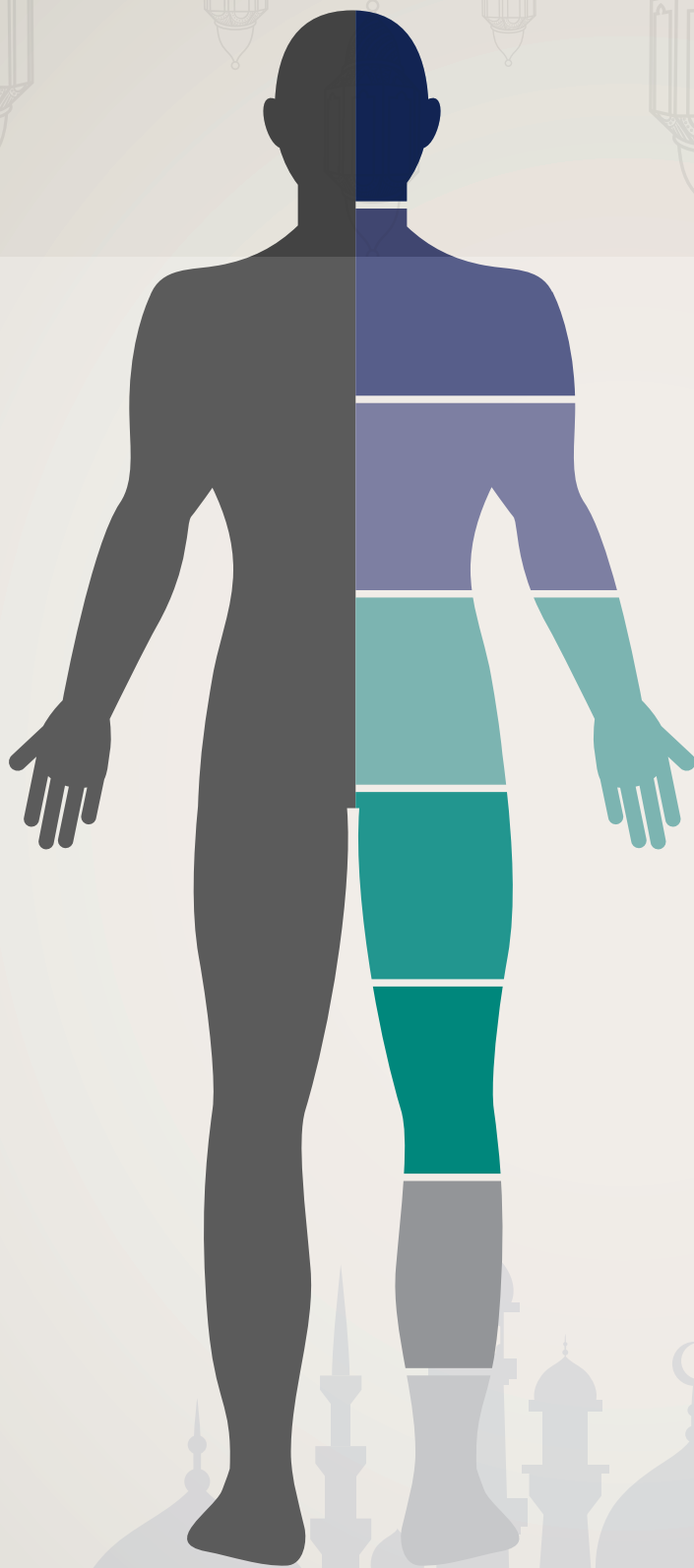
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# Health Benefits of Fasting



Improves focus, concentration, brain functions, and heart health as it lowers the cholesterol level and blood pressure.



When fasting, water levels decrease in the blood, which reduces the secretion of various glands in the body, including the amount of fluid within the eye.



Reduces the amount of blood pumped by the heart. It also reduces blood cholesterol and therefore lessens the risk of atherosclerosis, high blood pressure, and blood clots in the arteries.



Empowers smokers to quit smoking.



Supports adopting healthy eating habits as the reduction in food consumed throughout fasting causes the stomach to gradually shrink, meaning eating less and feeling full faster.



Lack of water intake during the day reduces fluids in the body, providing a respite for the kidneys to eliminate wastes.



Fasting reduces the proportion of fat in the body, including liver fat, which activates the liver cells and helps to remove toxins from the body.



Lowers blood sugar and reduces the risks of diabetes.



Supports detoxification and cleansing of the digestive system by not eating or drinking throughout the day. Improves absorption of nutrients from the intestines.

# *Two Families, Two Children, One Very Serious Disease*

By: Bradley Wilkinson



One person's illness impacts many. That is particularly true when that person is a child and the illness is life threatening. That could not be truer than for two Saudi families whose stories have a happy ending but whose journey covered many years and was a test of faith, strength and love.

"As a father I knew something was seriously wrong with my daughter Shrooq's health about seven years ago," said Dr. Awadh Al-Otaibi, JHAH epidemiologist. "As a doctor, when I heard the diagnosis of aplastic anemia, my fears were confirmed. What kept everyone in the family going throughout was Shrooq's strength and determination to fight the disease."

"The same was true for my family when my son Ahmed, who is now 12, was diagnosed with aplastic anemia at about the same time as Shrooq," said Fawzi al-Khalifah, Shop Coordinator, Aramco Mechanical Services. "Ahmed was little

when we got the diagnosis, but he remained strong even though he was seriously ill and often in pain, so we as a family stayed strong too."

Aplastic anemia is a rare blood disorder that prevents the body from producing red blood cells, meaning oxygen can't delivered throughout the body; white blood cells, meaning your body cannot fight infection; and platelets, meaning if you start bleeding, it will be difficult to stop.

"I explain aplastic anemia to my patients like this," said Dr. Kenneth Cooke, Pediatric Hematologist-Oncologist, Johns Hopkins Medicine (JHM), and the physician who performed the lifesaving procedure on both Shrooq and Ahmed. "The bone marrow is the body's factory for producing cells of the blood and immune systems. The blood stem cells inside the marrow are the factory workers. With aplastic anemia, the workers simply stop working."

Both children were diagnosed at about the same time, both underwent years of suppression drugs, blood transfusions and other treatments and both relapsed at about the same time. And finally both went to the JHM Sidney Kimmel Comprehensive Cancer Center and had the same treatment.

Happily, both have also been completely cured.

The breakthrough came in 2014. "I was at Johns Hopkins Medicine for the first Quality Improvement Fellowship Program being conducted for JHAH," said Dr. Nafeesa Faris, JHAH Oncology Institute Chair. "I had heard about the success of its haploIdentical bone marrow transplants for sickle cell anemia patients." On returning to Dhahran, Dr. Faris informed the team about this new technique pioneered at JHM for this type of transplant with less complications.

Unfortunately, at about that time Shrooq and Ahmed relapsed. "Both children started not responding to what was basically the last treatment option we had, and I was considering a referral to the States and hadn't thought of a haploIdentical transplant to treat aplastic anemia because of its historically high risk potential," said Dr. Basel Abushaillaih, JHAH Hematologist-Oncologist and the physician treating both Ahmed and Shrooq. "We approached Dr. Allen Chen at the JHM cancer center to seek a referral for Shrooq and Ahmed. Although this treatment had been

published for sickle cell, it hadn't been published yet for aplastic anemia; however, Dr. Chen told them that JHM treated similar patients with this procedure and with a good outcome, so he accepted the referral.

"I talked to the patients and families, and they were very interested. Due to the partnership with JHM under the joint venture, the referral process and clinical hand off went smoothly," said Dr. Abushaillaih.

This type of transplant allows for bone marrow to be taken from a donor who has only a 50% match with the patient and has results as good as a 100% match. In both children, this allowed bone marrow from a parent to be used. Both fathers readily agreed. "I didn't hesitate for a second," said al-Khalifah. "I believe any parent would do the same."

With preparation, procedure and recovery, the families were in the States for nearly a year. "It was very difficult being away from home, studying to keep up with our schoolwork and not feeling well much of the time," said Shrooq. "But we both knew what our dad's had done and what our mom's and families were going through, so we never gave up."

That was two years ago. In May 2017, Dr. Cooke visited JHAH and met with Shrooq and Ahmed. Both are well and receiving follow up care at the JHAH Oncology Institute.

# *A letter of Appreciation*

Dear medical staff at JHAH and JHM,

My daughter and family have just gone through years of pain and stress. Although protocol requires 24 months of post-transplant checkups before it can be made official, I thank Allah and the oncology teams here at JHAH and at Johns Hopkins Medicine Baltimore, my daughter has been cured.

I extend my deepest thanks and appreciation to the Pediatric Oncology team, particularly Dr. Nafeesah Al Faris, Dr. Basel Abushaillaih, the inpatient and outpatient nursing teams, the medical assistant staff and the entire team.

I want to send a special thanks to Dr. Chen for accepting the referral and for his excellent care. I'd also like to thank his team at Johns Hopkins Medicine for their role in treating my daughter and for the open communications we received throughout her treatment. Words cannot express my appreciation.

There is one person in particular I want to say a word to—my daughter Shrooq. I am very proud of you. Throughout all the pain and uncertainty, you remained the center of your treatment decisions, kept up with your medical plans and followed the doctors' advice. Also, Allah bless you for remaining strong. You are an inspiration to us all. You are a real fighter.

Special thanks to my beloved wife who stayed with our daughter during all of her hospitalizations and medical visits both in Saudi and in the US. She was by her bed giving her the support and care she needed. May Allah bless you for all you have done. I will also never forget the rest of my family for their support and prayers.

Thanks be to Allah and to everyone who cared for my daughter.

*Regards,  
Awadh M. Otaibi  
Father of Shrooq*

# Readiness at JHAH

By: Kristen Pinheiro



Health care providers across the Johns Hopkins Aramco Healthcare system are responsible for the well-being of about 55,000 Saudi Aramco employees who work in the high-hazard oil and gas industry. Developing quick and comprehensive emergency medical support is critically important.

“This is crucial work. It is an oil company, which presents multiple threats—all of which have the potential for disaster every day. We have to be ready,” says Hany Ebeid, JHAH emergency medical services physician and disaster preparedness workstream champion.

Keeping consistent with Saudi Aramco’s culture of safety, JHAH and JHM are focused on disaster preparedness to ensure staff and facilities are ready to respond to emergencies in all areas of operation.

As part of the Emergency Medical Services and Disaster Management Partners Contribution Agreement, JHAH and Johns Hopkins Medicine (JHM) work together to review and implement emergency response and recovery plans to protect staff, patients, assets, environment and other

health care business interests. Their improvements focus on emergency management leadership, hazard vulnerability, incident command structure, disaster operations, and disaster training and education.

As part of this collaboration, four JHM experts recently conducted a disaster drill at JHAH’s district health center in Al-Hasa. JHAH staff responded in real time to a scenario in which 12 people were injured in a helicopter crash, requiring emergency medicine teams to triage victims, conduct pre-hospital care, evacuate casualties and respond to each victim’s treatment needs.

“During the drill we saw areas of response that were done very well, for which we commend the staff at Al-Hasa,” says Ebeid. “And there are areas where we can do better. The function of disaster drills is to identify gaps so we can work on them and resolve them.”

He adds, “We won’t let this work fail because the consequences could be very, very serious.”



# Tawazon

## Diabetics Prevention Program

by: Sara Bader  
Health promotion program  
coordinator, Population Health



The Arabic word Tawazon means a balanced lifestyle. Launched at the Johns Hopkins Aramco Healthcare Abqaiq Health Center on May 11, 2017, Tawazon is the first diabetic prevention program in the Kingdom and is designed to serve as a model to be rolled out Kingdom-wide.

The goal of Tawazon is to identify patients at risk of developing diabetes with the aim to prevent diabetes and its complications by focusing on participants losing 5-7% of their original weight and adopting a moderate physical activity program. The program involves lifestyle behavior modifications including diet, exercise and establishing a

supportive environment provided by a variety of subject matter experts including health coaches, nutritionists, case managers, primary care physicians and fitness coaches.

For information about the program contact one of the following:

Manal Mahrouq – [manal.mahrouq@JHAH.com](mailto:manal.mahrouq@JHAH.com)

Mr. Fawaz Alsharief - [Fawaz.alsharif.1@JHAH.com](mailto:Fawaz.alsharif.1@JHAH.com)

Dr. Ali Mollah – [ali.mollah@jhah.com](mailto:ali.mollah@jhah.com)

# Community Outreach Lecture

## Distinguished Faculty Visit

*Dr. Kenneth  
Cooke,  
Community  
Outreach  
Lecture*



During the month of May, JHAH hosted distinguished faculty Dr. Kenneth Cooke from Johns Hopkins Medicine (JHM). Dr. Cooke presented a grand round and a Community Outreach Lecture during his visit. JHAH Community Outreach Lectures are designed to enhance the health and wellbeing of the community and enrich the medical knowledge of health care professionals at JHAH and throughout the Kingdom.

Dr. Kenneth Cooke is the Herman and Walter Samuelson Professor of Pediatric Oncology and a Professor of Pediatric Oncology and the Sidney Kimmel Comprehensive Cancer Center at the Johns Hopkins University School of Medicine. Since 2013, Dr. Cooke has been the Director of the Pediatric Blood and Marrow Transplantation Program at Johns Hopkins Hospital. Before joining the staff at Johns Hopkins Hospital, Dr. Cooke was a Director of the

Multi-disciplinary Program in Graft-versus Host Disease at the Ireland Cancer Center in Cleveland Ohio.

On the morning of May 15, Dr. Cooke delivered a grand round titled "Optimizing Outcomes Following Pediatric Blood Stem Cell Transplantation: Hopes and Challenges to Raising the Standard of Care" to over 250 JHAH medical staff in the Dhahran Auditorium. Later that



morning, he presented a COL titled "Advances in Pediatric Blood Stem Cell Transplants: Towards Raising the Standard of Care," to over 50 attendees from the Aramco and JHAH communities.

During his visit, Dr. Cooke met with the families of two JHAH pediatric patients he had performed lifesaving bone marrow transplants on.\* The young patients, who had been referred to him by JHAH Cancercare, received a form

of transplant that has been developed by JHM involving a parent (in both cases the father) donate the bone marrow even though it is only a 50% match, which historically led to serious consequences including death. The blood results of the two young patients, one boy 12 years old, the other a girl of 21, who received their transplants in 2016 are completely normal.

Dr. Cooke also met with Drs. Alsaghier, Sheikh, Amoudi, Faris and Abushullaih to discuss the autologous transplant

experience at JHAH and visit the lab for the stem cell collection experience. He also had the opportunity to visit King Fahad Hospital in Dammam to meet with the Tumor Board, the Pediatric Tumor Board and participate in the King Fahad Fellows Conference with JHAH physicians. On May 16, he delivered a grand round to the King FAHAD Hospital Faculty before returning to JHAH to discuss research projects on Translational Clinical Trials with JHAH physicians.

*\* Read more on page 4*

## PARTNERS IN EXCELLENCE

In keeping with the promise of continuous education, Johns Hopkins Aramco Healthcare began a quality elevation program focused on sharing knowledge and experience in order to build a dynamic, autonomous, health care organization. The Partners in Excellence concept blends the pre-existing decades' long tradition of quality medical care provided by SAMSO with the renowned educational and clinical strengths of Johns Hopkins Medicine. To date, Partners in Excellence activities have involved more than 300 members of Johns Hopkins Medicine faculty and staff on-site at JHAH.



# *Fasting: The Good, The Bad, and The Healthy*

## *How to lose weight during Ramadan?*

By: Layla Gafashat



The Holy Month of Ramadan can provide a very good opportunity to lose weight, if one can exercise self-control and not overeat when breaking the fast. However, like everything else, too much of anything can turn against you. What does this suggest?

### **The Good**

Although fasting starts at dawn, the body actually enters a state of fasting eight hours after the last meal. By that time, the body has already finished absorbing nutrients from the food consumed earlier. Now the fun part starts: the body starts to burn glucose to create energy and when that runs out, it starts to burn fat. This is how we begin to lose weight.

### **The Bad**

Do not extend your fast longer than necessary in the hopes of burning more fat, because if you fast for too long, your body will actually start to breakdown muscle protein for energy. The more times that you unnecessarily extend your fast, the more protein that will be burned in order to fuel your body. Essentially, you will be starving yourself. No one typically reaches the starvation stage during the Holy Month of Ramadan since the fast is broken at sunset every

day, but you can do more harm than good by fasting for longer periods or by not eating enough after the fasting time (daylight hours) is complete.

### **The Healthy**

- Remember that you will not lose weight and then keep the weight off simply by fasting. You will have to tie that together with establishing health habits, such as:
- Meat should be lean and if poultry, should be skinless.
- Vegetable soups/grain soups are recommended rather than cream soups in order to reduce the intake of fat, cholesterol and calories. Vegetable soups/grain soups are rich in fiber, antioxidants and low in calories and fat.
- Dates should be consumed in moderation. Three individual pieces are equivalent to one serving of fresh fruit or 1/2 cup of unsweetened fruit juice.
- Milk products are recommended to be low fat or non-fat in order to reduce the intake of fat, cholesterol and calories.
- Eat raw or cooked vegetables, in addition to fresh fruits. These are rich in fiber, minerals, vitamins and antioxidants and low in salt, fat and cholesterol.
- Limit consumption of creamy and sweetened desserts and sugary drinks. Fresh fruits are recommended instead.
- Carbohydrates should be consumed as per your prescribed diet plan. Carbohydrates should be complex, as these are rich in fiber, in addition to their reduced impact on blood sugar. One cup of cooked Hareese (crushed wheat) may replace one cup of cooked rice. The recommended daily allowance of lean meat or skinless chicken may be cooked with the Hareese.
- Baked Samboosa is better than fried. Three pieces of Samboosa may replace the combined servings of lean meat and bread.
- Avoid keeping food at or above room temperature for more than 2 hours.
- Consult your dietitian to discuss your plans for meals during the Holy Month of Ramadan.

# Food in Ramadan

## What Can Help or Harm You

By: Layla Gafashat



As with any kind of food, a balanced diet during Ramadan is key. Another key is self-control. It is so tempting to keep on reaching for all that delicious food, so beautifully displayed. Without a balanced diet and self-control, almost all foods have the potential to harm you.

The first thing you need to consider is to ensure that your Ramadan food contains portions from all the essential food groups:

- Vegetables
- Fruit
- Grains (cereals), mostly wholegrains and/or high fiber cereal varieties
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds
- Dairy products like milk, yoghurt and/or alternatives (preferably reduced fat)

### Food that Helps

Complex carbohydrates are found in barley, wheat, oats, millet, semolina, beans, etc. This type of food releases energy slowly during the long hours of fasting. Food rich in fiber is also digested slowly. You can find these fibers in bran, cereals, whole wheat, grains, seeds, potatoes (with the skin on), vegetables and almost all fruit.

### Food that Harms

Deep-fried, fat-rich, and sugary dishes are the biggest culprits in health issues that directly result from food. Anything that needs an excessive use of oil to cook should be avoided.

Try to avoid consuming a big Sahoor, and make sure that it includes slow digestive foods.

### Cooking tips

- Avoid frying and deep frying
- Shallow-fry (the difference in taste is minimal)
- Grill or bake

### Final thoughts

Food is a pleasure. It becomes even more of a pleasure during Ramadan. But too much food can turn into a silent killer. Always keep your weight (short-term impact) and your arteries (long-term impact) in mind while buying, cooking, and consuming food.

# *EXERCISE PLAN DURING RAMADAN*

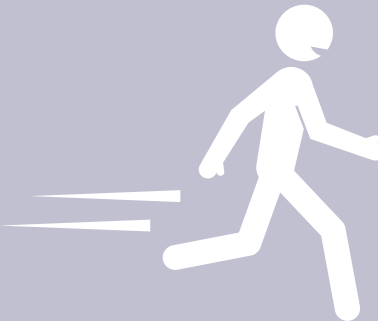


Fasting during Ramadan is not an excuse for not practicing regular exercise. It is important to continue exercising during Ramadan to keep the metabolic rate, fitness level, and body systems functioning well.

## **Activities while Fasting**



## **Activities after Breaking your Fast**



Practice brisk walking or jogging or swimming for 30-45 minutes a day.

Stretch your arms and legs before and after Taraweeh.

Limit fried foods or consuming large Iftar meals, as these will make you feel sleepy, fatigued and unable to do your exercise.

Divide your meals into small and frequent ones. Consume light and low fat meals and increase your intake of fruits and vegetables.



Hydrate your body and drink adequate amounts of water. Limit your intake of caffeine-containing drinks, such as coffee, tea and cola, as these will deplete your body of water.

Set simple exercise goals, such as walking to Mosque instead of using the car and park your car at enough distance to your office or supermarket.

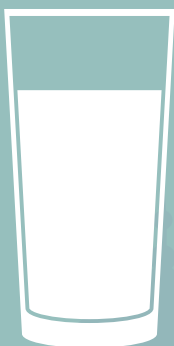


Avoid strenuous exercise during fasting hours, such as running or weight lifting. These will lead to dehydration, fatigue, low blood sugar and muscle breakdown.



Stretch your muscles several times during the day.

Wait for two hours after your Iftar meal or before Sahoor meal to give your body the chance to digest the food.



# Tips to Avoid Food Wastage in Ramadan



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



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



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



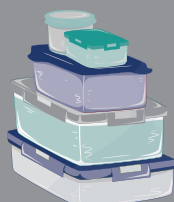
Store purchased food properly, while avoiding excessively overstocking your freezer or refrigerator to fill it up with food.



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



Use smaller plates and cups, thus serving smaller portions; this avoids excess foods as family and guest can help themselves to one more portion if they are still hungry; smaller is also suitable for children and diabetics.



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

# Top Tips for a Healthy Ramadan

by: Sara Bader  
Health promotion program  
coordinator, Population Health



The holy month of Ramadan is just around the corner, and families have already started stocking up on all the essential food items. While fasting can improve one's health, it is essential to follow proper nutrition guidelines to avoid causing harm to one's health. Eating healthy can sometimes be a challenge. Follow our top tips to make the best out of this Ramadan.

## Break your fast with nutritious fruits or dates

Follow that with soup and salad followed by the main meal. If you feel full after the salad, you can take a break and continue your meal later. Overeating can cause stomach pain and bloating, which is a common problem that people face during Ramadan.

## Stay hydrated and watch out for salty foods

This year Ramadan will be in summer when temperatures are extremely high. You have to make sure that you drink enough water after you break your fast so you do not risk dehydration the following day. Avoid salty foods as they increase your thirst.

## Ensure that your meal includes all food groups

Your meals should include grains, proteins, vegetables, fruits and healthy oils. Make sure to choose whole grains, lean meat, such as chicken breast, fish, olive oil (in moderation) and whole fruits instead of fruit juices. Try to ensure you have something from each food group on every meal.

## Divide your meals

Having your three main meals is still important in Ramadan. Iftar, a light evening snack, and Suhour (the meal before you begin fasting) help you avoid continuous snacking throughout the non-fasting hours. Make sure to divide your main meal with one quarter of the plate filled with complex carbohydrates, one quarter with lean meat or meat alternatives, and the other half with vegetables. This ensures that you have a healthy, balanced meal.

## Exercise

You should maintain your exercise routine by exercising just before Iftar or an hour or two after you break your fast. Make sure to hydrate immediately after your session and eat slowly to replace your fluid and nutrients.

# 'Id Working Hours

## *'Id al-Fitr Holiday Urgent Care Unit (UCU) Operating Hours*

During the 'Id holiday, the UCU operating hours will be as follows:

**Abqaiq** — available 24 hours a day through Emergency Medical Services (EMS).

**Al-Hasa** — available 24 hours a day through EMS.

**Dhahran** — daily 7:30 a.m. 11- p.m. through Primary Care. EMS is open 24 hours a day.

**Ras Tanura** — available 24 hours a day through EMS.

**'Udhailiyah** — available 24 hours a day through EMS.

**Medical Designated Facilities** — network-wide emergency rooms will operate 24 hours a day to handle serious and acute cases on a triage basis.

**Contact EMS for emergencies out of operating hours.**

## *Dhahran Primary Care Clinic Extended Hours*

### **Clinic Opening Hours (Extended)**

**Includes:** Primary Care Pharmacy, Laboratory, Radiology, and General Pediatrics

For more information on Primary Care, go to: [www.JHAH.com](http://www.JHAH.com) > Patient Care > Clinics & Services > Primary Care, and select the area relevant to you.

# Benefits of Quitting Smoking



## Within 20 minutes

Body starts to heal. The heart rate and blood pressure drops back to normal levels. Temperature of the hands and feet return to normal.



## Within 12 hours

Nicotine is reduced by two thirds and Carbon Monoxide levels in the blood are reduced by 75%. Circulation improves.



## Within 48 hours

After the last cigarette, sense of taste and smell return to normal.



## Within 2 weeks to 3 months

Circulation and lung function improves. Risk of having heart attack drops.

## Within 2 weeks to 3 months

Lung function improves.

## Within 9 months

Shortness of breath decreases and the cilia of the lung regrows.



## After 1 year

Risk of coronary heart disease and heart attack is reduced to half that of a smoker.



## After 1 year

The risk of stroke is assessed as half of that a smoker.

## After 10 years

Risk of lung cancer is reduced by 30-50% for smokers.

The risk of death from lung cancer is reduced by half.

## After 15 years

Risk of coronary heart disease and heart attack is similar to that of people who have never smoked.

## After 5-15 years

The risk of having a stroke is the same as that of a nonsmoker.

# *The Holy Month, Smoke-Free*

by: Sara Bader  
*Health promotion program  
coordinator, Population Health*



As JHAH and Saudi Aramco employees observe for the holy month of Ramadhan, the Smoking Cessation team from the Health Promotion Unit are busy reminding smokers that the fasting month is the perfect opportunity to quit smoking.

On May 25-21, the team conducted a Smoke Free Ramadan campaign at the Dhahran, Ras Tanura and Al-Hasa health centers. The campaign goals were to provide people with strategies to alleviate nicotine dependence and to cope with withdrawal symptoms, as well as to provide encouragement and let them know they are not alone. Many of the visitors shared their inspiring stories about kicking the habit and others left determined to give it a try.

Acknowledging that it is difficult for many smokers to quit, JHAH's tobacco dependence treatment specialists encouraged smokers to prepare before the beginning of the month, seek professional help, obtain support from family and friends, and to consider using cessation aids to help them to quit smoking permanently.

Quitting smoking has multiple health benefits, especially for individuals with chronic conditions such as diabetes, hypertension, pulmonary obstructive disorder and cardiovascular disease. It results in improved blood sugar levels, blood circulation and oxygenation, increased insulin reception, decreased cholesterol, decreased blood pressure and an overall increase in health and energy.

For those who smoke, the first days of the holy month can be tough, but no one can question the positive effect fasting has on spiritual, mental, emotional, social, and physical wellbeing. The month of Ramadan is an excellent opportunity for making healthier life style choices including quitting smoking.

**For more information on the JHAH Smoking Cessation Program, email [SmokingCessation@JHAH.com](mailto:SmokingCessation@JHAH.com)**

# *Fasting & Blood Pressure*

by: Sara Bader

*Health promotion program  
coordinator, Population Health*



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

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

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

- Stay properly hydrated by drinking plenty of fluids from Iftar until Suhoor to prevent dehydration and other associated complications throughout the fasting day.
- Make fruits and vegetables an essential part of your Ramadan meals as they are an important source of potassium that help control high blood pressure.
- Stay away from high sodium foods such as salted nuts,

pickles, and fried foods that can elevate your blood pressure.

- Avoid processed meats and cheese such as sausages and mortadella as they contain high amounts of sodium.
- Continue exercising during Ramadan as it helps regulate blood pressure.
- Eat grilled fish at least twice a week as fish contains a healthy fat called Omega-3, which helps regulate blood pressure and prevent cardiovascular disease.
- Patients with hypertension should consider Ramadan an opportunity to quit smoking as smoking raises the systolic pressure and significantly increases the risk of heart attack and stroke.
- Reduce salt consumption in general.

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

# Heart Friendly JHAH Healthy Recipes

## Stuffed Cabbage Rolls

By: JHAH Clinical Nutrition & Food Services



Stuffed Cabbage Rolls are popular in the Middle East and are known for their unique taste and flavor. They are rich in fiber, antioxidants and many vitamins and minerals.

### Ingredients (9 Servings, 2 stuffed cabbage rolls per person)

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

### Preparation

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

### Fat and Calories

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

### Health Profile:

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

# Rice Pudding with Dates



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

## Ingredients 9 Servings

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

## Preparation

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

## Fat and Calories

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

### Health Profile:

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

### Nutritional Values of Dates

Dates are tasty, nutritional and rich in sugar. Muslims begin their Iftar meal with dates (three pieces preferable) to rapidly increase blood sugar. Dates are rich in iron, Vitamin B, fiber, Vitamin K, antioxidants, calcium and folic acid. Dates should be eaten in moderation. One serving (three pieces) equals about 60 calories. Adding an almond to a date increases nutritional value.

# Pear and Pomegranate Fruit Salad



Pear and Pomegranate Fruit Salad is a favored combination of antioxidant rich fruits that supports mental and heart health and immunity. It is rich in fiber and suitable to be served with a selection of low fat cheeses and unsalted nuts.

## Ingredients per six servings

- 4 fresh and ripe pears (peeled, cored and sliced into thin sections)
- 2 medium size pomegranates (skin and membrane removed)
- 2 tablespoons honey
- 2 tablespoons lemon juice
- 1 teaspoon cinnamon (ground)
- ½ teaspoon nutmeg (ground)
- 3 tablespoons of almonds or walnuts (chopped)
- 6 springs of mint leaves

## Preparation

- In a bowl mix the slices of pears with the seeds of the pomegranate
- Toss the mixture with lemon juice
- Add the honey, cinnamon and nutmeg to the mixture and mix them well
- Keep it in refrigerator for 1 hour to have a combination of flavors
- Serve it on plates and top it with chopped almonds or walnuts and garnish with mint leaves. It is recommended to serve the pears and pomegranate fruit salad with slices of low fat cheese.

## Health Profile:

Pears and Pomegranate Fruit Salad is appropriate for big children, adults, pregnant and lactating women, and people with heart disease. Diabetic people should consult their dietitians on the appropriate portions for them as one serving includes 20 grams carbohydrates. The salad is not appropriate for small babies as they may choke.

## Fat and Calories

- Calories per serving: 125
- Fat per serving: 2 grams

# Apple Milkshake



Apple Milkshake is a refreshing drink rich in flavor, taste and aroma. It supports mental and heart health and immunity. It is rich in fiber, antioxidants, calcium and vitamin D and suitable to be served as a snack between meals

## Ingredients (6 servings)

- 4 cups of low fat milk (1%)
- ½ cup ice cubes
- 2 fresh and ripe apples (peeled, cored, sliced and chopped)
- 2 tablespoons honey
- 1 teaspoon cinnamon (powdered)
- 2 tablespoons of almonds or walnuts (chopped or flaked)

## Preparation

- Blend the sections of apples with low fat milk and honey until the texture becomes smooth
- Serve it in glass cups with 2 cubes of ice each and top it with cinnamon powder and chopped almonds or walnuts as a garnish.

## Health Profile:

Apple Milkshake is appropriate for children, adults, pregnant and lactating women, seniors and people with heart disease. Diabetic people should consult their dietitians on the appropriate portions for them as one serving includes 18 grams carbohydrates.

## Fat and Calories

- Calories per serving: 125
- Fat per serving: 3 grams

## Za'atar Manakeesh



### Ingredients (6 servings)

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

### Preparation

- In a bowl, mix yeast with 1 tablespoon flour and 1/2 cup warm water and let stand for 10 minutes until the yeast mixture develops a creamy foam.
- Add the remaining flour to the yeast mixture then add 1 cup warm water and knead for 10 minutes.
- Form the dough into six balls then sprinkle them with flour. Cover and let the dough rise in a warm place for one hour.
- Mix the ground thyme, sumac and sesame seeds and add the olive oil to form a paste.
- On a floured surface, shape each ball into a flat circle.
- Top the flattened bread with the olive oil, thyme, sesame seeds and sumac mixture.
- Bake the dough in a greased pan at 350° F for five minutes or until the dough becomes crispy and golden.

### Fat and Calories

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

# Chicken Oat Soup



A filling, tasty and rich in fiber soup that is heart friendly.

## Ingredients (6 servings)

- 1 skinless whole chicken or skinless chicken pieces
- ½ cup dried oatmeal
- 2 tablespoons lemon juice
- Black pepper to taste
- 7 cups water
- Add the oatmeal to the chicken broth and heat at medium temperature for 15 minutes until the oatmeal is cooked well.
- Add the chicken pieces to the soup, and then add black pepper and lemon juice. Cook together for 5 more minutes at medium temperature.

## Preparation

- Boil the chicken at low heat for 1 hour, until well cooked and then drain it. Save the chicken broth!
- Cut the boiled chicken into small pieces.
- Serve with whole-wheat bread, fresh coriander, lemon, salad and non-fat or low-fat yogurt or laban for a more balanced and nutritious soup.

## Health Profile:

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

## Fat and Calories

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

# Endovascular Surgery Update



Ultimately, he was happy he had the pain. It had led to a surgery that may have saved his life. Specifically it led to an abdominal aortic aneurysm repair, where a stent graft was inserted into the aortic artery to minimize the chance of it rupturing.

This lifesaving procedure and another known as a peripheral angioplasty were performed recently on six JHAH patients. "All of the procedures went as planned," said Dr. Wadie Binseddiq, Surgical Department, Chair "Those whose surgeries were done minimally invasive were discharged the next day so they could recover in the comfort of their own homes. The one patient whose surgery was done as a hybrid technique, which uses both minimally invasive and open surgery, was released on schedule three days after the procedure."

Minimally invasive surgery allows for surgeons to use imaging technologies to guide them while they repair damage or insert devices through a small incision. This reduces recovery time, risk of infection and pain. The JHAH endovascular surgery teams have been trained by Dr. James H. Black, III, the Chief of the Division of Vascular Surgery

and Endovascular Therapy and Associate Professor of Surgery, Johns Hopkins Medicine (JHM), and his team.

Dr. Black and his JHM surgical team first came to JHAH in 2015 as part of the Surgical Partnership Contribution Agreement designed to transfer knowledge and expertise from JHM to JHAH surgical teams. On that first visit, Dr. Black and his team conducted the first minimally invasive endovascular procedures conducted at JHAH while the JHAH team observed. In his recent visit May 2-4, 2017, Dr. Black observed while Dr. BinSeddiq and his team conducted the procedures.

"The JHAH vascular team has made great progress through its impressive teamwork and dedication to develop an endovascular program and a fully capable non-invasive vascular lab," said Dr. Black. "The facilities, particularly the state of the art cardiac cath lab and its expert technologists, are an ideal place to continue expansion of the program."

Currently the JHAM endovascular team are performing select cases independently and collecting challenging cases to do when the JHM team conducts its quarterly visits.

# Caring Profile



## Ahlan Sarhan

Nurse Manager for Outpatient Case Manager and Diabetic Educator

### Education & Training

- Bachelor's Degree in Nursing, Jordan College of Nursing, Dec. (1991).

### Work history:

- Nursing Supervisor at Johns Hopkins Aramco Healthcare, March 2014- Present.
- Nursing Senior Supervisor at Medical Organization, Feb.2014- March 2014
- Nursing Supervisor Medical Organization July 2009-Feb 2014
- Charge Nurse at Medical Organization, May 2008- June 2009
- Senior Staff Nurse at Medical Organization, Oct. 1998- April 2008
- Staff Nurse at Medical Organization, Feb. 1992- Sept. 1998

### Quote

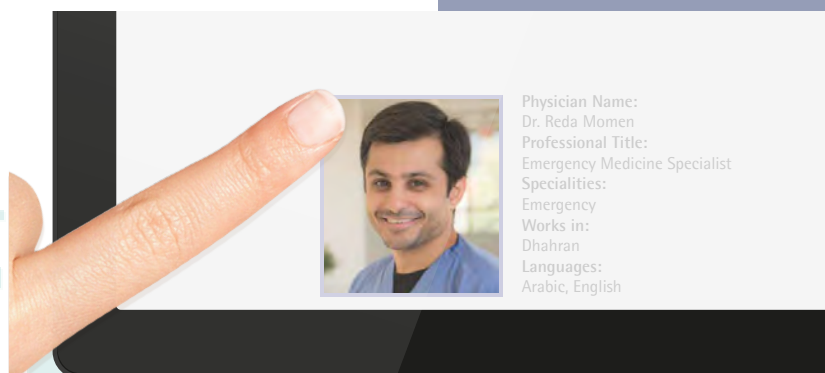
"I realized early in life that I wanted to be a nurse. It was just in my blood. I am fortunate to be a nurse, and I am doubly fortunate to combine nursing with my other passion-education. Me and the other 21 JHAH diabetic educators work and I with patients with diabetes to understand prevention and treatment. We not only work with patients and their families, we are activity doing community outreach to share diabetic education with as many families as possible."

## Get to Know Your JHAH Physician

### Get to know your doctor on the Physician Directory

At Johns Hopkins Aramco Healthcare, we believe that building rapport with your physician is part of an excellent patient and family experience. That is why we created the JHAH Physician Directory, featuring our physicians, specialists and dentists.

Visit the Physician Directory to learn about your clinician's education and experience, explore their clinical specializations, and discover what language options are available. We encourage you to visit the "Physician Directory" feature on [www.JHAH.com](http://www.JHAH.com) before your next appointment if you are a JHAH registered patient.



# Connect with JHAH



More than  
**2,754**  
followers

@JHAHNEWS



More than  
**1,148**  
likes

Johns Hopkins Aramco Healthcare



More than  
**1,294**  
followers

@JHAH\_NEWS



More than  
**45,903**  
followers

Johns Hopkins Aramco Healthcare  
(JHAH)



**249**  
subscribers  
**17,873**  
views

Johns Hopkins Aramco  
Healthcare (JHAH)

**Do you need help  
with a health care  
service/issue?**

Email Patient Relations  
[PatientRelations@  
JHAH.com](mailto:PatientRelations@JHAH.com)

## How to Contact

### Johns Hopkins Aramco Healthcare

If you are a registered patient trying to make medical or dental appointments and to access multiple medical services, please contact the Centralized Contact Center (CCC) by calling:

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

This automated service is available 24 hours a day 7 days a week. If you prefer to speak to an agent, please call the CCC during working hours (7 a.m. - 4 p.m.), Sunday-Thursday.

For more information, please visit the "Contact Us" page on our website <http://www.JHAH.com>

## Broaden your horizons with a career at Johns Hopkins Aramco Healthcare.

Johns Hopkins Aramco Healthcare is pleased to announce the availability of job slots for qualified Saudi nationals.

To apply, visit [www.JHAH.com/careers](http://www.JHAH.com/careers)

## The Nurse Care Line



JHAH has become one of the first hospitals in the kingdom to make specially trained, experienced nursing staff available for a call-in service to offering healthcare advice. The Nurse Care Line provides consultation and assistance to patients and their families, regarding healthcare information, home care and navigation of the JHAH health care system.

- The Nurse Care Line is staffed by Arabic and English speaking nurses
- Available 7.30 a.m. to 3 p.m. Sunday through Thursday
- Call 800-305-4444, and out-of-kingdom at +966-13-877-3888 and follow the prompts.

# JHAH Bulletin Board

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

- **Dhahran and all areas:** From a landline inside Saudi Aramco dial 110 for security for ambulance or fire. From outside Saudi Aramco, dial 997 for ambulance and 998 for fire.
- **Abqaiq:** From your mobile phone inside Abqaiq, dial +966-13-572-0110.
- **al-Hasa:** Dial 997 for ambulance and 998 for fire.
- **Ras Tanura:** From your mobile phone inside Ras Tanura, dial +966-13-673-0110.
- **'Udhailiyah:** From your mobile phone inside 'Udhailiyah, dial +966-13-576-7110.
- **Help with your health care:** Contact Patient Relations at PatientRelations@JHAH.com or call 800-305-4444 In Kingdom or +966-13-877-3888 out of Kingdom.
- **Urgent health care access helpline for MDF patients** dial +966-55-600-0468 (after 4 p.m.).

**If you have an immediate medical concern, make an appointment with your Primary Care physician. In the event of a medical emergency, go to the Emergency Room at the nearest hospital.**

- **Appointments:** To make medical or dental appointments and to access multiple medical services, call:
  - Centralized Contact Center 800-305-4444
  - Out of Kingdom +966-13-877-3888

- **Feeling Stressed?** Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-877-8400.
- **Quit Smoking:** JHAH help for employees, dependents, contractors and retirees to quit smoking, email SmokingCessation@JHAH.com.
- **Become a volunteer:** To volunteer, email VOLUNTEER.HEALTHCARE@JHAH.COM. You must be in good health, at least 18 years old and have a good understanding of English.
- **Pregnant?** Attend the Pregnancy Wellness Program in Arabic or English. Email registration: MedicalPregnancyWellness@exchange.aramco.com.sa You must be 12 weeks or more into a pregnancy.
- **Register for the Mother and Baby Unit** Pregnancy Tour in Arabic or English. The tour starts at 1 p.m. on the 1st and 3rd Tuesday of the month. To register, email Eman.Mutairi@JHAH.com. You must be 30 weeks or more into your pregnancy.
- **SMS Reminder:** Never miss a medical/dental appointment. Register for the SMS reminder service. Update your mobile number on the Corporate Portal at <http://myhome > myInformation > Medical > Maintain SMS Reminder Details>.
- **Dependents** call 800-305-4444 to activate or deactivate the SMS reminder service and update a mobile number. SMS reminders are sent 48 hours prior to an appointment to all patients who

are registered for the service and have booked their appointment at least 48 hours prior to the appointment.

- **Employee Online Access to** Medical Services myhome Corporate Portal: <http://myhome > myInformation > Medical>.
- **Community Counseling Clinic:** Call +966-13 877- 8400, +966-13 877-3256, +966-13 877-8306
- **Patient Relations:** PatientRelations@JHAH.com
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- **Al-Midra Wellness Center** offers consultations, lifestyle wellness coaching and health screenings (Mon to Wed 1-3:30 p.m.) Pharmacy (Sun to Thurs 12-4 p.m.).

# Ramadan Working Hours

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

## Abqaiq

### Collection Laboratory:

7 a.m. – 4 p.m.

### Dental Clinic:

7 a.m. – 4 p.m.: June 1, 18, 19, 21, 22  
9 a.m. – 3 p.m.: May 28, 29; June 4 – 15, 20

To request or cancel a dental appointment call 800-305-4444, 24 hours.

**Patient Relations:** to contact us with your healthcare related concerns email [patientrelations@JHAH.com](mailto:patientrelations@JHAH.com), phone 800-305-4444 or drop in to our office in Abqaiq 10 a.m. to 4 p.m.

**Pharmacy:** 7 a.m. – 12 midnight daily.

**Primary Care:** 7 a.m. – 4 p.m.

Emergency Medical Services (EMS) for out of operating hours emergencies.

## Al Hasa

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

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

**Patient Relations:** to contact us with your healthcare related concerns email [patientrelations@JHAH.com](mailto:patientrelations@JHAH.com), phone 800-305-4444 or drop in to our office in Al Hasa, 7 a.m. to 3.30 p.m.

**Pharmacy:** 24 hours

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

## Al Midra Wellness Center

**Blood Donation:** (Closed)

**Pharmacy:** 11 a.m. – 3 p.m.

## Ar-Rakah Clinic

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

**Pharmacy:** phone 800-305-4444, 24 hours.

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

## Dhahran

**Blood Bank:** is open for donations 8 p.m. – 1 a.m. To register phone 877-6770/6638 during regular working hours (7 a.m. – 4 p.m.).

### Collection Laboratory:

Primary Care Clinic: 7 a.m. – 4 p.m. and evening 7:30 – 1:30 a.m.

cancercare 7 a.m. – 2:30 p.m.

Specialty Clinic lab 7 a.m. – 4 p.m.

**Dental:** 7 a.m. – 12 noon and 1 – 4 p.m. To request or cancel a dental appointment call 800-305-4444, 24 hours.

### 'Mother and Baby Unit' (3H) tour operating hours during Ramadan

You may be referred by your physician during Ramadan.

**Patient Relations:** – to contact us with your healthcare related concerns email [patientrelations@JHAH.com](mailto:patientrelations@JHAH.com), phone 800-305-4444 or drop in to our offices 7 a.m. to 4 p.m.

### Pharmacy:

- Al Midra: 11 a.m. – 3 p.m.
- cancercare: 7 a.m. – 4 p.m.
- EMS: 3 p.m. – 7 a.m., daily.
- Tower Building TN-178: 8 – 11 a.m.
- Primary Care: 7 a.m. – 5 p.m. then 7:30 p.m. – 1:30 a.m.
- Specialty Clinic: 7 a.m. – 4 p.m.

### Primary Care:

- Clinic appointments: 7 a.m. – 4 p.m.

- Walk in Care: 7.30 – 1:30 a.m.

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

**Visiting hours:** 1 – 9 p.m. daily.

## Ras Tanura

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

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

**Patient Relations:** to contact us with your healthcare related concerns email [patientrelations@JHAH.com](mailto:patientrelations@JHAH.com), phone **800-305-4444** or drop in to our offices in Ras Tanura, 7 a.m. to 4 p.m. until June 10, then 9 a.m. – 3 p.m. June 11 to 22.

**Pharmacy:** 7 a.m. – 12 midnight, daily.

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

## 'Udhailiyah

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

**Dental:** Closed during Ramadan except for the following days:

7 a.m. – 3:30 p.m.: May 28, 29; June 20  
8:30 a.m. – 2:30 p.m.: June 5, 12  
pediatric dentistry and dental therapy only

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

**Patient Relations:** to contact us with your healthcare related concerns email [patientrelations@JHAH.com](mailto:patientrelations@JHAH.com) or phone 800-305-4444.

**Pharmacy:** 7 a.m. – 3:45 p.m.

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