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During Ramadan

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with a health care
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Get to Know Your JHAH Physician

Physician Name:
Dr. Reda Momen

Professional Title:
Emergency Medicine Specialist

Specialities:
Emergency

Works in:
Dhahran

Language:
Arabic

صحتك غايتنا
Your Health
Our Commitment

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 before your next appointment if you are a JHAH registered patient.

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Top Tips to Reduce Hunger During Ramadan



To reduce hunger:

- Eat your Iftar at sunset time, as permitted
- Eat three meals during the evening (Iftar, some time in the night, Suhoor)
- Delay your Suhoor to just before Fajir (as close to sunrise as permitted)
- Eat more protein at Sahoor
- Eat slow-digesting food at Sahoor, such as cheese, labnah, yogurt, lentils, beans, oatmeal, peanut butter, dried fruits and lean meat
- Increase your fiber intake at Suhoor by eating whole wheat bread, legumes, salads, vegetables and dried fruit
- Reduce your intake of sweets (such as jello, jam, honey, pudding and sugary drinks)
- Avoid food smells while you fast as they make you feel hungry
- Schedule your daily exercises for after you break your fast

Read more about your health during Ramadan starting page 10



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Years of Experience + the Latest Equipment = A New JHAH Cardiac Surgery Program

By: Bradley Wilkinson

Photo credit: Layla Gafashat



"Cardiac surgery has been proven to extend life expectancy over other forms of treatment. That is the reason that we do it," said Dr. Harry Parissis, JHAH cardiac and thoracic surgeon and JHAH Cardiac Surgery Program head. Dr. Parissis just launched the new JHAH Cardiac Surgery Program, after spending more than a decade conducting more than 5,000 thoracic and cardiac surgeries in the UK. And his team is no less experienced.

On April 17, the program was launched with a coronary artery bypass, which over the next nine days was followed

by six more bypasses and one valve replacement. All the surgeries went smoothly," said Dr. Parissis "On schedule, the second patient was released six days post op, and the first, which was a more complex case, was released day seven. We are very pleased with all the outcomes. Going forward, we have the capacity to conduct 3-5 procedures per week."

Observing the inaugural surgeries were two surgeons from Johns Hopkins Medicine (JHM), Dr. Kenton Zehr, Associate Professor, Department of Surgery, Division of Cardiac Surgery, and Dr. Dan Berkowitz, Professor, Department

of Anesthesiology and Critical Care Medicine, Director Cardiac Anesthesia Division.

"I have started cardiac surgery programs in several countries," said Dr. Zehr.

"During the pre-op debriefing, the technical staff, pharmacy and all the surgical components were spot on and ready to go right out of the gate."

"Cardiac surgery is very much a team effort," said Dr. Berkowitz. "And the team is only as strong as its weakest link. The links in the JHAH program are all strong. The facility is modern with good surgical instruments, and the personnel are enthusiastic, well trained and very importantly have excellent interpersonal communications skills."

"Usually with a new program, you avoid starting with complex cases," said Dr. Parissis. "In our case, thanks to our partnership with Johns Hopkins Medicine, we were confident we could tackle some challenging cases from the start." "We are equally confident and are highly focused on building a robust, high quality program that will benefit JHAH patients for years to come."

JHAH's mission remains to benefit Aramco's employees and their dependents by offering highly sought after services while at the same time contributing to the success of Saudi Vision 2030."

"This is another important step in the transformation of Johns Hopkins Aramco Healthcare" said Dr. Daniele Rigamonti, JHAH CEO.



A Heart in the Hand

Don't take that literally, but you can take it accurately when talking about a specialized healthcare professional known as a perfusionist.

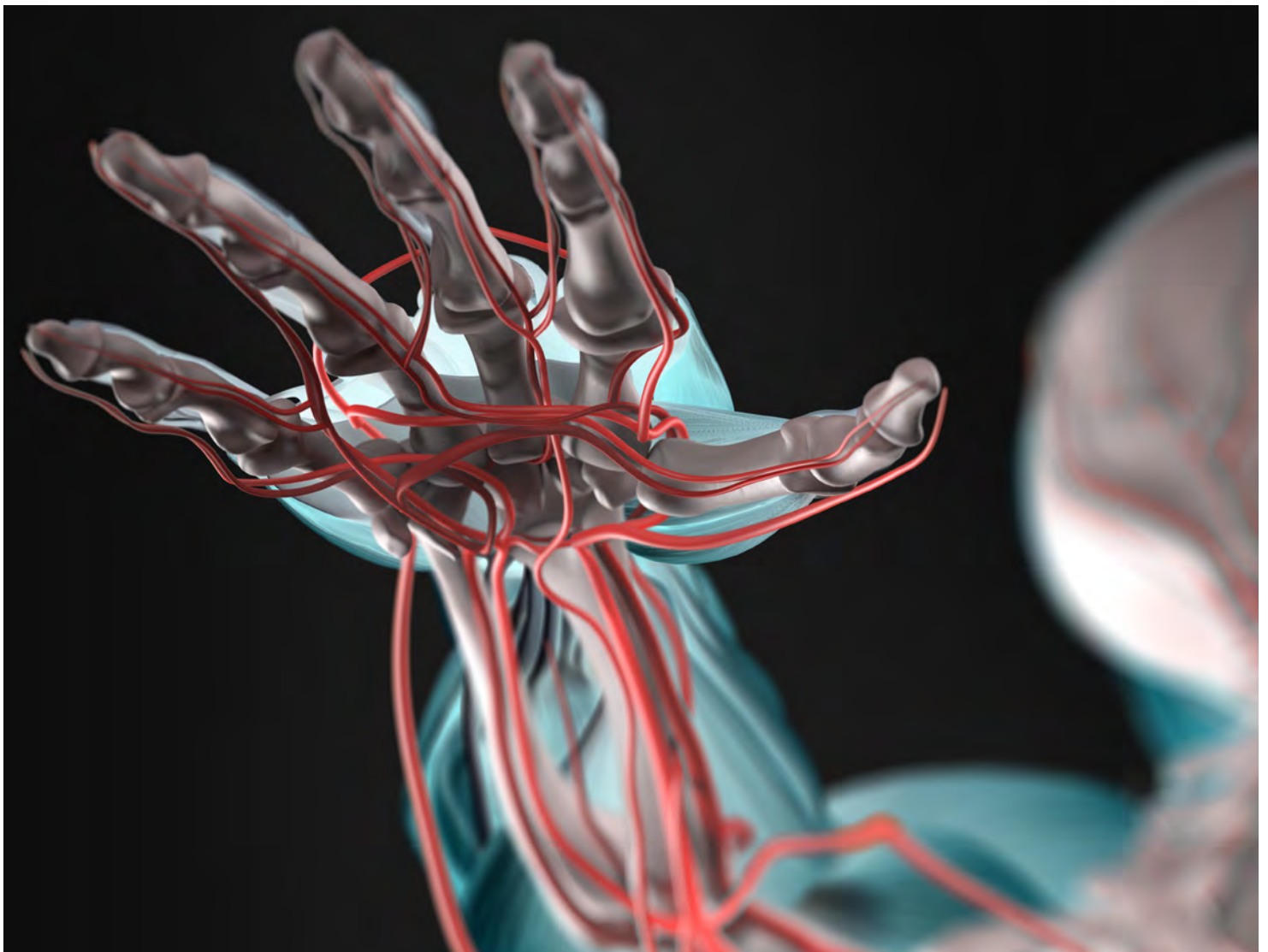
"We are responsible for managing the circulatory and respiratory functions of a patient when they are undergoing cardiac surgery and the heart has stopped pumping," said Ibrahim Al-Qahtani, Senior JHAH Perfusionist, and part of the Cardiac Surgery team. "This allows the surgeon, in this case Dr. Parissis, to focus on the surgery and not concern himself with the patient's life functions."

During a procedure, the patient is connected to a cardiopulmonary bypass pump that keeps the blood oxygenated and flowing. "This is a dynamic process, so throughout the procedure, the team is in constant communications to ensure the patient remains stable," said Al-Qahtani.

JHAH and JHM Develop Region-Leading Vascular Surgery Program

Technological Advances Mean Earlier Diagnoses, Lower Risks and Less Pain for Patients

By Kristen Pinheiro



When James Black was 12, he witnessed his father having a heart attack. Fortunately, the incident had some positive outcomes: Two heart surgeries and nearly four decades later, his father is alive and well. Plus, Black says, “It gave me an early introduction into the life-saving portions of medicine and surgery.”

This trauma-turned-inspiration led Black to The Johns Hopkins Hospital, where he is now director of the Division of Vascular Surgery and Endovascular Therapy. Since the launch of Johns Hopkins Aramco Healthcare (JHAH) in 2014, he and other Johns Hopkins Medicine (JHM) experts have worked together with JHAH colleagues to launch a

technologically advanced vascular surgery program at Dhahran Medical Center.

Early on, experts from both organizations assessed that it was critical to address the tremendous growth in vascular-related disability and deaths in Saudi Arabia, as in many other industrialized nations.

"One of our primary concentration areas is our cardiovascular and endovascular services," said Dr. Daniele Rigamonti, JHAH CEO. "We are investing in new capabilities, facilities and programs because we are focused intensely on enhancing and extending these services to continue to meet our patients' critical health care needs."

And so JHAH and JHM began to develop a more comprehensive vascular care program at JHAH, with a focus on providing a noninvasive vascular imaging laboratory and endovascular therapy—all less invasive treatments for diseases of the arteries and veins.

Dr. Black and Dr. Heitham Hassoun, a leading vascular surgeon and global medical director for Johns Hopkins Medicine International, kicked off program development with an initial assessment in March 2014. That October, Hassoun performed the first endovascular aortic aneurysm repair surgery in Saudi Aramco's healthcare history.

JHM vascular surgeons work very closely with Dr. Wadi Binsaddiq, the head of JHAH's vascular surgery program; Dr. Ghaith Khougeer; and Dr. Abdulmutalib Masloom, who joined the team last year. Black says, "They are experts at performing more traditional operations and have a great level of comfort with managing vascular patients, and they also wanted to add less invasive endovascular and

catheter-based techniques to their skill sets."

Throughout 2015 and 2016, Black provided advanced vascular training at JHAH and worked with clinicians there to evolve the program. Starting with a visit in September 2015, Black also began to participate in clinical rotations, performing minimally invasive endovascular procedures for JHAH patients. He continues to travel to the Kingdom to perform complicated endovascular surgeries.

About his most recent visit, he said "We had great teamwork from the nurses, technologists, cardiologists, interventional radiologists, vascular surgeons, and all of the cases went very well."

The program has garnered the support of other JHM experts, including Dr. Christopher Abularrage, also in the vascular program at The Johns Hopkins Hospital, who was in the Kingdom this past March to participate in his first endovascular rotation, overseeing nine cases.

Milestones and Strengths

An important step in growing JHAH's endovascular program was building a catheterization and noninvasive vascular laboratory to identify patients with vascular disease noninvasively, such as through ultrasound. At the new lab—which launched in October 2016—patients can be diagnosed earlier, and minimally invasive therapies are replacing more complex open vascular procedures.

Abularrage and Diana Call, technical director at JHM's noninvasive vascular lab, have also been working closely with Caroline Barker, an experienced registered vascular technologist JHAH recently hired to help run the noninvasive vascular imaging lab. This lab will provide new services and testing for vascular disease, with the goal of becoming the first vascular lab in the Middle East to earn accreditation from the highly respected Intersocietal Accreditation Commission.

"Having modern labs where endovascular surgeons can leverage current treatments means lower risks for complications, less pain and shorter hospital stays for our patients," Dr. Binsaddiq says. "It's a true testament to the state-of-the-art cardiac and vascular care JHAH is providing."

Other major program milestones include continuing surgical training and building a highly functioning staff spanning interventional radiology, cardiology and vascular surgery to draw upon their shared expertise.

Black believes one of the greatest strengths of JHAH's vascular program is its people. He says, "They are really invested and want to make this the best place in the region for vascular surgery. That's our goal, and we are well on our way to doing that."

A Ray of Hope

Advanced Energy Beam Technology

photo credit: Layla Gafashat



JHAH clinicians use this state-of-art radiotherapy machine to treat cancer anywhere in the body where radiation treatment is indicated, including lung, breast and head and neck.

- It allows for patients to be exposed to the energy beam for a shorter time, reducing possible side effects
- Provides Respiratory Gating, which monitors movement of the tumor due to breathing, allowing for accurate aiming at moving targets

From the left: Dr. Adnan Al Hebshi, Abdul Karim El Hamri, Mohamad Shaaban, Tariq Hajri, Faisal Al- Hajji, Amanda Neikam, Dr. Nafeesa Faris, Dr. Majid Al Othman

One of the world's most advanced linear accelerators, the TrueBeam, was used at Johns Hopkins Aramco Healthcare (JHAH) Cancercare for the first time on April 16.

Cancercare, part of the Oncology Institute, has been using linear accelerators to treat tumors for nearly 20 years. "Our least experienced team member has 15 years of experience

using linear accelerators," said Dr. Majid Al-Othman, Radiation Technology Unit head and Oncology Radiologist. "The pairing of experience and advanced technologies is benefiting our patients tremendously."

Smiles and Laughter

A Worthy Reward

By: Bradley Wilkinson

It is not about finding baby birds. It is not about staying within the lines. Nor is it about successfully finding your way out of a maze. It is about having fun. It is about adding color to your world. It is about taking your mind off your troubles for just a moment. It is a children's game book.

A group of students at Imam Abdulrahman bin Faisal University (IABFU), headed by Leena Saeed Dakhaikh, student and project coordinator, have given the young patients and families visiting the Johns Hopkins Aramco Healthcare Oncology Institute those chances. They have created a children's game book with a couple of twists. The images themselves come from the young JHAH patients and the story the images are woven into is about hope.

"After having spent a day volunteering in the pediatric cancer ward, a group of us asked ourselves what more could we do," said Dakhaikh. "During that day, the young angels produced some wonderful paintings. So we decided to take those images, which captured the unbreakable spirit of these children, and put them in the form of an adventure story that children could have fun with."

Thus, the storybook "Adventures, Are you Brave Enough" was born. It is a fun book that engages the young and, if we adults could only admit it, the old as well, to participate, to visualize, to imagine, to explore, and to have fun.

"I want to thank everyone who helped make this book a reality, including the students and staff at IABFU and the



people at JHAH. Without them, this would not have been possible," said Dakhaikh. "I know we all agree that the reward comes in the smiles and laughter that come out of this book."

So, next time you are sitting in a JHAH waiting area, look for it. If Adventures, Are You Brave Enough is there, take out a pen, find some fun and forget about life for just a few moments. Your mind and body will be glad you did.

April Community Outreach Lectures

Distinguished Faculty Visit

Dr. Haris Sair



During the month of April, JHAH hosted four distinguished faculty visitors from Johns Hopkins Medicine (JHM). On April 17 and April 24, four grand rounds and Community Outreach Lectures (COL) were given by the visiting physicians. 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. Haris Sair, Assistant Professor of Radiology and Radiological Science, Johns

Hopkins School of Medicine and Director of International Visiting Scholars Program in Neuroradiology, delivered a grand round titled "Advances in Functional MRI for Preoperative Brain Mapping" on April 17 to over 250 JHAH medical staff in the Dhahran Auditorium. Later that morning, he presented a COL titled "What Does the Brain Do? Investigations of Brain Function in the Past, Present and Future," to over 140 attendees from the Aramco and JHAH communities. This is the highest number of attendees in the history of the COL program.

During his visit, Dr. Sair toured Radiology with Dr. Mustafa Fleet, Chief of Radiology, and Hanady Daher, Radiology administrator. Dr. Sair also met with Radiology staff and neurospinal surgeons as well as primary care and EMS physicians.

The following week, JHAH hosted three distinguished faculty visitors from JHM, Dr. Jeremy Walston, Professor of Medicine and Raymond and Anna Lublin Professor of Geriatric Medicine in the Division of Geriatric Medicine and Gerontology; Dr. J. Hunter Young, Associate Professor of Medicine and Assistant Professor

From Left to Right: Dr. Jeremy Walston, Dr. Hunter Young, and Dr. Alain Labrique



of Gynecology and Obstetrics; and Dr. Alain Labrique, Director of Johns Hopkins University Global Health Initiative and Associate Professor, Department of International Health and Department of Epidemiology at the Johns Hopkins University School of Public Health.

On April 24, Dr. Walston presented the grand round “Preventing Frailty: From Clinic to Bench and Back to over 250 medical staff. He then conducted a walkthrough of Primary Care and held meetings with JHAH Primary Care and Population Health teams. Later that afternoon, a lecture on metabolic disease was given by Dr. Young,

which was followed by a presentation by Dr. Labrique titled “Telemedicine Applications in Health Care.”

That same day they presented a COL titled “Heart Disease and Diabetes Prevention, Healthy Aging and the Mobile Revolution” to nearly 100 attendees from the Aramco and JHAH communities at Aramco’s Technical Exchange Center. Attendees learned that all types of physical activity are important. For example, lower extremity strengthening can help in preventing falls and injuries. Other healthy aging tips included the importance of trying new things such as learning a foreign language, studying yoga or writing poetry, all of which can help in preventing cognitive decline.

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.



Tips to Lose Weight During Ramadan

Seven-Day Meal Plan

By: Fatima Al Muzain and Shaima Al Belushi



Tips to Lose Weight during Ramadan

- Make sure to eat one small light meal in between the two main meals and make sure all three are healthy.
 - Diversify your meals to include vegetables, proteins, carbs and a small amount of healthy oils.
 - Moderate your salt consumption.
 - Drink a sufficient amount of water daily, and every hour during the night. You can also eat watery vegetables and fruits, such as watermelon, cucumber and lettuce.
 - If you like juices, make sure to drink natural, fresh and sugar-free juices.
 - Cook your food in a healthy way, as boiling, grilling, frying (with small amount of oil), or by using the air fryer. Avoid deep frying, and use a small amount of the healthy oils such as olive oil, sunflower oil, and corn oil.
 - Consume slow-digesting foods, which are rich in fibers, especially at Suhoor, because they will keep you full during the day until Iftar time. Foods that are slow digesting are rich in fibers, complex carbs, and they may include: whole cereals, barley, wheat, oat, beans, lentils, whole wheat bread, brown rice, fresh vegetables and fruit (with skin) as peach, figs, and dates.
 - Usually samboosa is one of the most popular dishes during Ramadan. Enjoy eating them using the following healthy stuffings:
 - Skinless chicken with onion, pepper, carrots and cilantro. (coriander)
 - Fat-free meat with onion, pepper, carrots and cilantro.
 - Eggs with pepper and olives.
 - Tuna with onion, pepper, carrots, and cilantro.
 - Lintel or Indian pea with onion, pepper, carrots and cilantro.
 - Haloomi cheese or low-fat feta cheese with olives.
 - Haloomi cheese or low-fat Feta cheese with oregano (Za'tar).
- Innovation and creation are a must when cooking food. Try to amend and diversify your recipes to make them healthier. Consider these tips:
- Replace white wheat with oat or brown wheat in some recipes.
 - Add more non- starchy vegetables such as zucchini to your meat kofta.
 - Replace creamy cheese with another type containing higher protein, low fat haloomi cheese or Kareesh (Egyptian cheese).
 - Replace the ready-to-eat sauces and mayonnaise with yogurt or avocado sauce flavored with natural spices and/or mint.
 - Add a small amount of dates or date molasses to some recipes.

Despite the common idea that Ramadan can cause weight gain, in fact, it can be a golden opportunity to lose weight and clean your body from toxins by following a well-balanced and healthy diet.

We present here a seven day well-balanced diet containing nearly 1,500 calories. Our diet consists of two main meals, Iftar, Suhoor and one small light meal in between. However,

you are free to change the timings of your meals to suit your usual diet, and you can add your favorite food in Ramadan.

Start your Iftar with three dates and a glass of low-fat liquid yogurt daily. If you don't like dates, you can replace them with figs or dried peaches.

Day	Iftar	Light Meal	Suhoor	Beverages
Day 1	Cup of lentil soup Cup of Tabouleh 60 gm of chicken and vegetable Kofta 2 baked Samboosas 1 fruit	Cup of fruit salad + milk or yogurt or labneh	2-egg omelet One brown bread Olives, cucumbers, tomato milk or yogurt or labneh	Karkadeh You can sweeten this drink by adding artificial sweetener
Day 2	Cup of squash soup Cup of Jarjir & beat salad Okra with meat + one cup of cooked rice 1 fruit	Homemade dates balls (3 dates + 7 walnuts or almonds)	Cup of beans (foul) Cup of green salad ½ slice brown bread milk, yogurt or labneh 1 fruit	Ginger
Day 3	Cup of oat & vegetable soup Cup of green salad 60 gm of meat & vegetable Kofta 2 baked Sambosas 1 fruit	Olives, sliced carrots and cucumbers with Hommus	2 grilled chickenburgers 1 slice of brown bread Cup of green salad milk, yogurt or labneh 1 fruit	Natural berry juice
Day 4	Cup of Harrira soup Cup of Fatoush Salad 60 gm of grilled chicken 2 baked Sambosas 1 fruit	Homemade date balls (3 dates + 7 walnuts or almonds) milk, yogurt or labneh	Grilled fish Cup of cooked rice Cup of green salad milk, yogurt or labneh 1 fruit	Lemon juice
Day 5	Cup of oat & vegetable soup Cup of broth-soaked bread (meat or chicken) (Thareed) Cup of tabouleh 1 fruit	Cup of yogurt with nuts & 1 banana	3 pieces of baked burgle & meat Kubba Yogurt & cucumber salad milk, yogurt or labneh 1 fruit	Tamarind juice
Day 6	Cup of broccoli soup Cup of pasta with meat, tomato and vegetable sauce 2 baked Samboosas 1 fruit	Olives, sliced carrots and cucumbers with Hommus	2 eggs with tomato omelet 2 slices of toasted brown bread Cup of green salad milk or yogurt or labneh 1 fruit	Cinnamon tea
Day 7	Cup of Harees with meat soup Sautéed or grilled vegetables 2 baked Samboosas 1 fruit	Cup of fruit salad + milk, yogurt or labneh	Cup of beans cooked in tomato sauce ½ slice of brown bread milk, yogurt or labneh 1 fruit	Mint tea

Can Fasting Hurt Me?

Health Complications Associated with Fasting



Fasting and Diabetes

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

General Guidelines for Diabetic People during Ramadan

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

levels. Patients can exercise (walking) 1 to 2 hours after the Iftar meal for 30 to 45 minutes with a doctor's approval. Patients should always carry their Diabetic ID cards, along with a source of fast acting carbohydrates, such as three dates, to quickly consume in the event of a low blood sugar event (hypoglycemia).

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

Fasting and Gaining Weight

As a result of cultural influences, the Holy Month of Ramadan can significantly contribute to weight gain because fasting Muslims tend to prepare too much oily food and break their fast with a feast. Iftar is not Iftar without LoQaimat and deep-fried Samboosas.

In addition, Vimto has practically become a standard during Ramadan. Unfortunately, all of these give you too many calories.

The solution is to eat moderately, grill rather than fry, avoid artificially sweetened drinks, and ensure that you do not miss the Suhoor meal.

Fasting and Constipation

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

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

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

Fasting and Heartburn

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

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

Fasting and Headaches

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

Tips to Avoid Weight Gain



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

By: Hisham Momattin



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

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

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

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

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

Some helpful questions to ask your health care professional:

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

The Holy Month of Ramadan

FAQ for non-Muslims

What is Ramadan?

Ramadan is the name of the ninth month on the Islamic lunar calendar. The original meaning of the word Ramadan is scorching heat. Muslims abstain from any eating or drinking during all of the daylight hours. The precise start date each year is confirmed in the Kingdom of Saudi Arabia by the sighting of the new moon.

How long do Muslims abstain from eating and drinking?

Muslims abstain from the break of dawn until sunset throughout each day for the entire month. From sunset until the break of dawn of the following day, Muslims can eat and drink.

Why do Muslims go through the hardship of fasting?

Muslims do not see the month as one of hardship, but of opportunity. Ramadan provides an opportunity to connect to one's creator; to feel the hunger pains of the less fortunate who do not have the means to eat on a regular basis; to reconsider one's priorities; to practice discipline and to cleanse one's body of impurities; to draw closer to both family and one's community.

Do children, sick and old people need to fast?

A major condition for fasting is reaching puberty, being healthy and sane. Therefore, children who have not reached puberty and sick people are exempted from fasting. The same goes for the elderly who cannot cope with the rigors of fasting. However, those who are temporarily sick must re-fast for the days that they may have missed after Ramadan.

Who else is exempt from fasting?

Women who are having their menstrual period or who are experiencing post-partum bleeding should refrain from fasting as it could be harmful to them. People who are traveling may also break their fast if they feel that keeping it would harm them. In addition, if pregnant or nursing women feel that fasting can harm them or their infants, they can break their fast. However, all the cases mentioned above must re-fast for the days that they may have missed after Ramadan.

How can non-Muslim co-workers help their fasting colleagues?

They can refrain from eating, drinking or smoking in public during the day. They can dress conservatively and speak softly. When they are at the gym, they should discreetly drink their water. They should put away coffee cups, water bottles, etc., that remind fasting Muslims of food and drink.

Is there a certain greeting for Ramadan?

The traditional greeting during the Holy Month of Ramadan is "Ramadan Mubarak" or "Ramadan Kareem", which means have a Blessed or Generous Ramadan.

What else should we know about Ramadan?

Here in the Kingdom of Saudi Arabia, life changes for one month, not only for the Muslims but for the non-Muslims as well. Work timings and the pace of living changes. Attention is refocused and yes, the energy levels of Muslim colleagues may begin to flag as the month progresses.

What's Eid al-Fitr?

The name Eid al-Fitr means "feast of the fast-breaking". It takes place on the first day of the month that follows Ramadan. The traditional greetings are "Eid Mubarak" or "Eidkum Mubarak", which means "have a blessed Eid day".

The Holy Month of Ramadan

Smoke Free



Did you know that 12 hours after your last smoke

- Your body has removed only a quarter of the carbon monoxide from your blood
- Only two thirds of the nicotine in your blood has been excreted
- Your blood pressure, heart beat rate and the temperature of your extremities are only just returning to normal
- Your nerve endings are only beginning to recover
- Your taste and smell is starting to return to normal



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

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



At Iftar

- Eat a light, balanced iftar followed later by several healthy snacks
- Drink plenty of water and juice
- Have breakfast in a non-smoking place
- Use medical nicotine gum to reduce withdrawal symptoms
- Be active everyday
- Plan your Ramadan nights
- Spend more time around non-smokers
- Avoid food and drink that you associate with smoking such as coffee and sweets
- Get sufficient sleep to help prevent cravings during the day
- Avoid excessive smoking before beginning your fast to prevent fatigue the next day



During Ramadan

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

Need assistance?
Email us on SmokingCessation@JHAH.com

Children's Health During Ramadan

By: Sara Bader

*Health promotion program
coordinator, Population Health*



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

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

Fasting helps teach them self-control and prepares them for

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

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

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

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

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

Tips to Avoid Dehydration During Ramadan

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

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

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

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

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

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

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

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

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

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

Heart Friendly

JHAH Healthy

Recipes

Middle Eastern Lentil Soup

By: JHAH Clinical Nutrition & Food Services

Health Profile:

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



Ingredients (6 Servings, 1 serving per cup)

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

Preparation

- In a large pot sauté the onions, garlic, and ginger in the oil for 5 minutes
- Add the water, lentils, diced tomatoes, carrots, celery, clove, cinnamon, cardamom and cumin - Bring to a boil for five minutes then simmer for one hour until the lentils get soft
- Puree half the soup in a blender and return it to the pot and stir
- Garnish with chopped parsley on top
- Serve it with lemon, pitta bread, tomato and cucumber slices

Fat and Calories

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

Kibbeh with Yogurt (Kibbeh Bel-Laban)



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

Ingredients 9, (2 kibbeh balls each)

- One cup bulgur
- 3 cups plain non-fat yogurt for sauce making
- 3 tablespoons corn flour
- 2 teaspoons chopped garlic
- 2 teaspoons salt
- 500 grams ground lean lamb
- 2 medium onions, chopped
- 1 teaspoon ground cumin
- 2 teaspoons chopped mint
- 1 teaspoon ground cinnamon
- 1 teaspoon white pepper
- 2 tablespoons olive oil
- 1 tablespoon corn oil
- 1 tablespoon pine nuts
- 1 teaspoon chopped garlic, cornflower and 1/2 teaspoon salt and then put it on a low heat and remove it when starts boiling
- In a large bowl, combine 250 gram of lean lamb meat, one chopped onion, white pepper, cumin, chopped mint, olive oil, and 1 teaspoon salt, then add the bulgur and mince it all well in the an electrical mincer and make out of the 18 uniform balls
- For stuffing; sauté one chopped onion, 1 teaspoon chopped garlic, ½ teaspoon salt and cinnamon with 1 tablespoon corn oil. Stir until the onion is golden, then add the remaining 250 ground lean lamb and saute for 15 minutes, then add 1 tablespoon of baked pine nuts and mix all
- Open the balls from middle and

fill each with one tablespoon of stuffing, then close it smoothly from top

- Bake kibbeh at 180 F for 20 minutes until well browned
- Dip kibbeh in the yogurt sauce
- Kibbeh with garlic yogurt is served with steamed rice and can be garnish with more herbs, slices of tomatoes and cucumber, as desired.

Preparation

- Place bulgur in a bowl and soak it with cold water for 15 minutes, then drain well
- To make the yogurt sauce : mix in a bowl the non-fat yogurt,

Fat and Calories

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

Moussakhan



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

Ingredients per six servings

- 6 skinless chicken breasts
- 2 tablespoons of canola oil
- 4 onions, sliced
- 2 tablespoons sumac
- ¼ teaspoon of all-spice
- Black pepper to taste
- 3 Arabic whole-wheat bread (pita bread)
- Add half of the onion over the bread then place the chicken pieces on top.
- Put the remaining onion on the top of chicken then cover the top with bread.
- Bake for 10 minutes at 350 °F.
- Serve with salad, a little almond, non-fat or low-fat yogurt or laban for a more balanced and nutritious dish.

Preparation

- Season chicken pieces with all spice and black pepper.
- In the sauce pan, sauté the seasoned chicken pieces in oil, until golden in color.
- Add Sumac, stir, and remove from the heat.
- Cut the bread into halves and heat it in the oven.

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

Fat and Calories

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

Stuffed Grape Leaves (Warak Enab)



Ingredients (6 servings, 5 pieces per serving)

Grape leave stuffing:

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

Preparation

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

for 3 hours in cold water.

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

Health Profile:

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

Fat and Calories

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

Umm Ali

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



Ingredients (6 Servings, one cup per serving)

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

Health Profile:

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

Preparation

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

Fat and Calories

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

Caring Profile



Nadia Alshammari, MPH

Associate Business Analyst for the Chief Operating Officer Planning & Analysis Team

Education & Training

- Bachelors of Science in Biochemistry & Bachelors of Arts in International Affairs from Northeastern University Boston, MA, 2012
- Master of Public Health (MPH) from Boston University, Boston, MA, 2016

Work history:

Worked for a year with Japan Emergency NGO on Health Promotion Projects at the Zaatari Refugee Camp in Jordan

Quote

"I am proud to be part of an organization that strives for excellence and focuses on improving patient satisfaction and employee motivation. One of my first projects since I started in July 2016 was the JHAH Frontline Improvement Project. My team's aim was to re-engage and motivate non-clinical frontline staff. We worked to train the staff on standards of excellence in customer care and to monitor the quality of their performance over time to offer feedback on strengths and areas of improvement. I take pride in the results we've seen at JHAH Call Center, where call quality improved drastically since the start of the project. Seeing JHAH Call Agents feel valued, engaged at work, and performing at their best lets us know that we've done our job. I hope to be involved in similar projects moving forward and continue to raise the bar for excellence at JHAH."

Customer Service Transforms in the JHAH Centralized Contact Center

>75%

Of callers rate the service as **Excellent**

96%

Reduction in unanswered calls

16 seconds

The average wait until your call is answered

Centralized Contact Center team members are excelling in the redesigned center and use the KPI visual display to maintain quality and efficiency.

The JHAH Frontline Improvement Project used 1:1 coaching, environmental design and new technology to transform the quality of this widely-used service.



Connect with JHAH

When trying to email a Johns Hopkins Aramco Healthcare employee, be sure to use the correct address: NAME@jhah.com. Please note, if the person you are trying to reach is a former Saudi Aramco employee, the NAME@aramco.com email address is no longer active.



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Healthcare (JHAH)

Do you need help
with a health care
service issue?

Email Patient Relations
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>

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 select Option 7

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

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.).
- **Appointments:** To make medical or dental appointments and to access multiple medical services, call:
 - Centralized Call 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. For more information about both programs, visit <http://JHAH > Health Education > Calendar of Health Care Events > Programs>.
- **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>.
- **Campaigns and Programs online:** <http://JHAH > Health Education > Calendar of Health Care Events>.
- **Community Counseling Clinic:** <http://JHAH > A-Z Services > Mental Health website>.
- **Patient Relations:** <http://JHAH > A-Z Services > Patient Relations>.
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- **News from Medical Online:** <http://JHAH > Announcements: What's New in Medical>.
- **Al-Midra Wellness Center** offers consultations, lifestyle wellness coaching and health screenings (Mon to Wed 1-3:30 p.m.) other services including Blood Donations (Mon and Wed 8 a.m. - noon) and Pharmacy (Sun to Thurs 12-4 p.m.). For more information visit <http://JHAH > A-Z Services > Al-Midra Wellness Center>.
- **MDF Patients:** View the MDF list of contacts and website links on <http://JHAH > Hospitals and Clinics Contacts > MDF>.

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.

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.: May 30, 31; 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, 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, 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, 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, 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 5 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 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.