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Aramco Healthcare

# WellBEING

January  
2022

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# *Cold Weather Nutrition & Health Tips*



Cold weather challenges many to maintain a healthy body weight and perform regular exercise as many of us want to stay indoors and consume comfort foods and sweetened, hot beverages.

It is, however, important in the winter to maintain the healthy lifestyle and well balanced eating habits you adopted in the summer. In addition to that, here are a few food tips specifically for the cold weather.

- Consume an adequate amount of fruits and vegetables (minimum 5 servings a day) to provide your body with the required nutrients to support your immunity to fight infection in winter, in particular vitamin C and beta-carotene.
- Include foods rich in probiotics (good flora found in intestines) such as fermented dairy products (low-fat yogurt, labneh or Actimel, as these also support the body's ability to fight infection.
- Nuts are good for your brain and body but consume them unsalted and in moderation (30 gms/ 1oz per day) due to their high caloric content. Baked chestnuts are a healthy winter treat that have less calories (100 gms of baked chestnuts have around 130 calories).
- Keep active indoors and consider outdoor exercises when possible as sunlight enhances the secretion of Serotonin, which reduces the body's urge for sweets and sugary drinks in addition to benefitting your body organs.
- Avoid dehydration in winter by drinking an adequate amount of fluids per day (8 cups to keep body organs hydrated and functioning well).



# *A New Year, A New You*

## **No Better Time Than *Now* to Quit Smoking**



Smoking just one cigarette can increase heart rate and blood pressure, decrease blood flow and oxygen absorption in the lungs, and cause a drop in the skin temperature of the fingers and toes. These are just a few of the instant negative effects smoking inflicts on the human body.

The Kingdom has an estimated 6 million smokers. That is six million people who deliberately put their health and the health of those who are around them when they smoke at risk, according to Naqaa, Saudi Arabia's Anti-Smoking Society. Of those six million, seventy-

two die every day. Do that math, that is around 26,000 people who die each year from smoking.

According to the World Health Organization (WHO), smoking is the leading cause of PREVENTABLE DEATH worldwide. There is NO Better Time than NOW to Quit Smoking.

Wafa Alazmi, Tobacco Dependence Treatment Specialist & Smoking Cessation Program Team Leader in the JHAH Environmental Compliance

Unit, shares with us the effects of smoking, and how you can quit and stay smoke free.

### **What are the short and long term effects of smoking?**

The short term effects of smoking include staining of the teeth and fingernails, an increase in susceptibility to gum disease, diminished sense of smell and taste, bad breath, and odors on your clothes, hair and hands.

The long term effects include an increased risk of developing cancer of

the lungs, mouth, larynx, esophagus, kidney, bladder, or pancreas. Smoking also causes lung damage, heart disease, and hypertension.

### What happens when you quit smoking?

Within 20 minutes of not smoking, your blood pressure and pulse rate drop to the levels they were before you smoked. After eight hours, the level of carbon monoxide and oxygen in your blood return to normal. Within 72 hours of being smoke-free, your lung capacity increases. After three to five years of not smoking, your risk of heart attack drops to that of a nonsmoker. After a decade, your risk of dying from lung cancer drops to that of a nonsmoker.

### What steps can I take if I want to quit smoking?

1. Set a date to quit smoking. This date needs to be realistic, for example at least 1 month from today but not more than 3 months.
2. Detect your triggers: Make a list of what makes you smoke.
3. Define your contingencies: Ask yourself what can I do instead of smoking when faced with these triggers? If you can't think of options, remember the word DARE and think of alternatives starting with the letters D, A, R or E. When faced with a trigger, practice DARE:
  - "Ds": The urge to smoke lasts for 20 minutes. Try to delay smoking by drinking water, doing something else, discussing your urge with a friend, and/or doing deep breathing exercise.
  - "As": Avoid smoking triggers. Alter your routine so you do not think of smoking.
  - "Rs": Remember your reasons for quitting i.e., children, parents, spouses etc. Relax, and reward yourself for every day that you do not smoke.
  - "Es": Eat light snacks to keep your hands and mouth busy, and exercise on a regular basis.
4. Develop new habits. When you quit smoking, you are breaking an old habit. The best way break an old habit is by developing new and healthy ones.
5. Cut down gradually on the amount of tobacco you consume until you reach your quit day.
6. On your quit day, throw away all your tobacco products and accessories and start your life as a nonsmoker.
7. If you face withdrawal symptoms, ask a health care specialist about Nicotine Replacement Therapy (NRT). NRT is available in different forms such as the patch, gum or lozenges. NRT gives you low doses of nicotine to sooth your withdrawal symptoms
8. Avoid situations that will tempt you.
9. Whenever you get an urge, promise yourself that you won't smoke before you do at least three things on your plan (drink water, do something else, chew gum, etc.). Remember the urge to smoke lasts for about 20 minutes.



## *Johns Hopkins Aramco Healthcare (JHAH) maintains “Gold” Status in Mowaamah Certification for Persons with Disabilities Inclusive Work Environment*



JHAH has been re-accredited and maintained Mowaamah “Gold” standing with a high score of 99%.

Mowaamah is an accreditation by the Ministry of Labor and Social Development designed for organizations who wish to enhance their work environments to be comprehensive and more supportive of persons with disabilities. Organizations awarded “Gold” certifications have a 70 - 100 percent compliance level, JHAH is 99% percent compliant.

JHAH’s COO, Salem Al Shehry announced the organization’s continuous commitment to providing an inclusive and adaptive environment for everyone, including patients,

family members, visitors and employees. “In harmony with Saudi Vision 2030, JHAH endeavors to enable everyone, including persons with disabilities, to be integrated, independent and to feel respected. We are determined to provide an accessible, inclusive environment at JHAH, where education, job opportunities, and staff retention are conducted without discrimination.”

The Persons with Disabilities sub-committee continued its commitment to facilitate person-centeredness at our organization and make it sustainable. “For us, the certification is a mean to an end, our focus is the patient journey, creating the right

changes in our environment for better support and accessibility” said Tatiana Mezerhane, Chairperson, PwD Sub-Committee.

At JHAH, the sub-committee for PwD provides oversight to the JHAH Disability Supportive Improvement Plan (DSIP) to ensure that JHAH’s governance, recruitment policies, premises, products, services, equipment and training programs are inclusive for persons with disabilities.

JHAH is among the few healthcare organizations kingdom-wide that chose to pursue the MOL’s initiative and to reflect its standard in its policies, processes and day-to-day procedures to create a sustainable culture.

### *Several projects were implemented over the last three years including:*

- JHAH acquired a small handheld device called VictorReader Stream that allows users to convert text to audio which is useful for persons with visual impairment or low-vision.
- All clinic receptions have been renovated to have a lower desk to accommodate persons with physical disabilities who are using wheelchairs.
- JHAH acquired a large braille printer that converts text files into braille in both Arabic and English. Important frequently used documents such as consent and admission forms will be made available as needed.
- New renovated accessible waiting areas, washrooms, and corridors with rails were added to JHAH facilities.
- Increased parking for persons with disabilities throughout the organization were added.
- Executed MyWay navigation app voice prompts and accessible routes option. MyWay is JHAH's navigation technology through the Dhahran Health Center.
- Continued training programs for front-line staff at JHAH.
- Introduced Microsoft Narrator, an assistive technology to make the JHAH workplace more accessible.
- Added auto-generated subtitles to the recordings of virtual all staff internal meeting.
- Continued the commitment for barrier-free recruitment process.
- Included persons with disabilities in our Person-Centered Care Committee and Patient and Family Advisory Councils.



# *JHAH and Saudi Aramco Community Celebrates Hardworking JHAH Housekeeping Unit*



This week, Johns Hopkins Aramco Healthcare (JHAH) and the Saudi Aramco community and Dhahran Women's Group (DWG) celebrate JHAH's Housekeeping Department.

On December 19, JHAH Chief Executive (CE) Dr. Michael Walsh and JHAH's executive management hosted the fifth celebratory event for the center's housekeeping in Dhahran.

Also present at the event were high-contributing Saudi Aramco community members: Leading community philanthropist Mrs. Munirah

Al Ashgar, Andrea Matza, Vice-Principal of SAES Dhahran Middle School, accompanied by members of the Junior Honors Society; Basma Hamad, President of Dhahran Women's Group; members of the Dhahran Women's Group (DWG), and representatives of other community groups including the Boy Scouts. Alison Hooker of the DWG coordinated the appreciation project.

JHAH CE, Dr. Walsh shared his admiration and appreciation to the unit's staff, declaring that

*"All of you are an important part of our work here at JHAH, the hygiene and safety of our patients, visitors, and staff is at your hands."*

JHAH's Chief Nursing Officer, Hani Ayyad, portrayed the integral role that housekeeping and custodial staff play in the day-to-day provision of care by saying,

*"I'd like to thank all of you on behalf of all JHAH Nurses, we*



*cannot take care of our patients without you, our unsung heroes who deserve the praise. Your hard work and dedication in the cleanliness of our hospital is among the highest scores in the JHAH patient Satisfaction surveys."*

Also acknowledging the invaluable contribution of the Housekeeping and custodial team at JHAH, Alison Hooker, a longtime active member of the DWG, addressed the team by stating that *"You may often feel invisible, but we know the essential work you continue to perform quietly in the background day by day,"* Adding that *"As a community, we want to honor your work and the sacrifices you have made as you helped keep our hospital and community safe."*

Mrs. Hooker also passed on a message from Mrs. Amin Nasser, who was unable to attend. She wished to greet and thank all involved in making today's appreciation

event possible and show her appreciation for all the hard work done by the Housekeeping staff at JHAH.

No celebration could be complete without a show of appreciation. So 545 personalized gifts provided by Dhahran Middle School the staff, pupils and their families as well as families from the Saudi Aramco Dhahran and Ar-Rabiah communities were gifted to the Dhahran team and will also be distributed to the JHAH Housekeeping units in Ras Tanura, Abqaiq, 'Udhailiya, and Al-Hasa.

Dr. Walsh closed the event by reinforcing the importance of combining our efforts for the greater good "Thank you to all the various community groups," he stated,

*"we are all a community working together in these difficult times of fighting a global pandemic."*

With this celebration, the heroes in the background who keep us safe and protected can shine, feel seen, and appreciated.



# *Should I take a collagen supplement?*



Collagen supplements are popular right now, which makes us wonder what even is collagen and what does it do?

## ***What is collagen?***

Collagen is a group of proteins. They make up about one-third of the protein in your body and provide the structure for tissues like cartilage, skin and tendons. The body produces collagen from the amino acids you take in through food. To make collagen or any protein in the body, the body combines various amino acids

together. Of all of the amino acids that exist, there are nine essential amino acids. This means our bodies can't make them on their own, so we have to consume them through food. However, our bodies have been utilizing amino acids from food, and creating them on their own long before supplements came around, so it's important to remember that.

Our bodies naturally make collagen on their own, however, this ability starts

to decline as we age. Also, collagen production drops most quickly due to excess sun exposure, smoking, excess alcohol, and lack of sleep and exercise.

## ***What are collagen supplements?***

Despite its abundance in our bodies, collagen has become a top-selling supplement that improves hair, skin, and nails. However, collagen cannot be absorbed unless it's broken down into smaller amino acids. So, collagen

supplements are not actually collagen but rather components of collagen that are already broken down into an absorbable form. Collagen supplements come in pill or powder form.

### ***Is collagen good for you?***

Taking a collagen supplement probably won't hurt you, but it may not help you either. Your body makes collagen and other proteins by combining various amino acids. Whether or not you take a collagen supplement, you must eat a healthy diet that includes all the amino acids for your body to do this. Taking collagen may give you extra amounts of some amino acids, but not all. Remember, there is no reason to believe that supplements work better than healthy eating.

### ***The importance of picking collagen rich foods.***

Many of the vitamins found in natural foods may help with our collagen supplies. Some collagen-rich foods are bone broth, fish, chicken, egg white, citrus fruit, berries, tropical fruit, garlic, leafy greens, cashews, peppers, broccoli, coriander, orange juice and green tea. In addition,

there are a range of different vegetables high in collagen-producing ingredients. These include spinach, kale, swiss chard, potatoes and Brussels sprouts.

### ***Are collagen supplements safe?***

A limited number of studies have been conducted to support the safety and efficacy of collagen supplements. Also, most have been funded by the supplement industry, creating bias concerns. This makes it difficult to determine how effective collagen supplements are and if they are worth their often hefty price. As with all supplements, collagen is not regulated by the Food and Drug Administration. So, the purity of their active ingredient is not standardized.

### ***What can you do to boost your collagen naturally?***

Lifestyle factors play a role in how much collagen you produce and how well collagen works in your body. Eating a well-balanced, protein-rich diet can help ensure that your body produces enough collagen. Other healthy lifestyle choices include

protecting your skin against UV rays, quitting smoking if you smoke, increasing physical activity, controlling stress, maintaining a healthy diet low in added sugar, and getting adequate sleep.

### ***Anything else you need to know about collagen?***

The body needs amino acids to build the protein collagen. Collagen supplements may provide these nutrients, but there is limited evidence that they are particularly effective. At this time, non-industry-funded research on collagen supplements is lacking. Natural collagen production is supported through a healthy and balanced diet by eating enough protein foods, whole grains, fruits, and vegetables and reducing lifestyle risk factors.

*By: Savera Arain*



# Introduce Fruits and Vegetables into Your *Children's Meals and Snacks*



Fruits and vegetables are important to everyone, including small babies and children. They provide essential nutrients such as vitamins, minerals, antioxidants and fiber. They support heart health and they help strengthen the immune system and reduce the risk for many types of cancers.

Parents are advised to introduce fruits and vegetables early in a child's

life so it simply becomes the food they eat. They can be introduced as pureed or cooked at the age of five months and chopped, seedless and skinless fruits can be introduced at the age of 10 months.

The Johns Hopkins Aramco Healthcare Clinical Nutrition and Food Services Division provides the following tips to help children eat more fruits and vegetables.

- Parents, lead by example and consume fruits and vegetables in front of your children.
- Encourage your children to eat fruits and vegetables at a young age.
- Include your children when grocery shopping and encourage them to select fruits and vegetables and other healthy options.



- Explain the health benefits of eating fruits and vegetables and avoiding unhealthy food options.
- Slice fruits and vegetables in fun and interesting shapes and children-sized portions.
- Serve a variety of brightly colored fruits and vegetables.
- Keep fruits and vegetables washed and ready in the refrigerator as convenient snacks.
- Serve milk or yogurt as blended smoothies. Do NOT add sugar.
- Add fruit to their breakfast plate or to desserts.
- Add vegetable slices to sandwiches, rice or pasta dishes and soup.
- Include washed and cut fruits and vegetables in your children's school snacks.



# Pregnancy and gestational diabetes

Gestational diabetes can be dangerous for both the mother and baby. Getting diagnosed and treated can help prevent complications. Over one-half of women with gestational diabetes will develop type 2 diabetes later in life. For many women, this risk can be reduced with regular exercise and weight management.

Gestational diabetes happens about 20 to 28 weeks into a woman's pregnancy. It usually goes away after the pregnancy is over. Like other forms of diabetes, gestational diabetes happens when the body does not use sugars correctly. Gestational diabetes happens when the mother has high blood glucose levels during pregnancy. A mother's glucose levels can affect the fetus' glucose levels. Too much glucose in the baby's blood can cause problems with the pregnancy. The baby's pancreas also makes insulin. The insulin changes glucose to fat. If the mother has high glucose levels, the baby will be born with more body fat than normal.

## Risk factors

Health care providers may not be able to predict who will get gestational diabetes



and who will not. Although, they do know factors that can increase a woman's chances of getting it. These are known as risk factors. Some risk factors you can control, others you cannot. Women without any risk factors can also have gestational diabetes. Pregnant women who are older than

25 years old are more likely to have gestational diabetes. Also, women who are overweight are at an increased risk of having gestational diabetes.

Once a woman has had gestational diabetes, she is more likely to have it again in future pregnancies. Women who previously had a baby weighing more than 8 pounds and 13 ounces are at an increased risk for gestational

diabetes. A woman may develop gestational diabetes without having any risk factors.

If you are 24 to 28 weeks pregnant you may be tested for gestational diabetes. Your health care provider may also recommend that you be tested earlier if you are at high risk of developing gestational diabetes.

## Effects during and After Pregnancy

There are many consequences of having gestational diabetes — both during and after pregnancy. Some of these effects may be avoided if you follow your health care provider's treatment plan.



High blood glucose levels increase the chances of having a large baby. This increases the likelihood of delivering the baby by C-section. Gestational hypertension and preeclampsia are more common in women with gestational diabetes. Both can cause life-threatening complications for the mother and baby during the pregnancy and delivery.

If your blood sugar levels are not well controlled during pregnancy, the baby may have low blood sugar and breathing problems shortly after birth. Severely low blood sugar may cause seizures.

Women who have had gestational diabetes should be screened regularly for diabetes. You should be screened 6 to 12 weeks after delivery and at regular checkups.

Women who have had gestational diabetes and had a normal glucose level after delivery should have their glucose level checked at least once every 3 years.

### Managing gestational diabetes

To manage your gestational diabetes, you will need to:

- Follow a special diet.
- Exercise.
- Check your blood glucose levels.

Your health care provider may refer you to a nutritionist or dietitian. They will help you learn what foods to eat. Following your diet carefully is important. Regular exercise will help keep your blood sugar levels normal. You may be asked to check your blood sugar every day. Your health care provider may refer you to a diabetes educator to teach you how to check your blood sugar. You should record all blood sugar levels in the log provided to you. If diet and exercise do not control your blood sugar, then oral medications or insulin may be needed throughout your pregnancy. Most women — 80% to 90%— with gestational diabetes can treat it successfully with diet and exercise.



# Strengthening Children's Muscles.

Most adult exercise programs aim to increase the trainee's muscle size with the notion that the bigger the muscle, the stronger it will be.

Yet, muscle size is not the only element that plays a role in its strength. While Neurological adaptation increases muscles abilities during the first two weeks of adult exercise programs, this adaptation is the main reason for the increase in a child's strength throughout childhood. Hence the aim of children's exercise programs is to optimize their neurological system to make their muscles stronger rather than merely bigger. Neurological adaptation improves through:

## 1 Muscle Learning

The skeletal muscle contracts by receiving signals from nerves that are connected to it on one side and to the spinal cord at the other end of the nerve.

The grouping of the nerve and the muscle fibers connected to it is called Motor Nerves or Motor Unit; hence muscle contraction is actually a recruitment of motor units. Therefore, the heavier the weight needed to be moved, the more motor units needed to be recruited.

When a muscle is used recurrently, movement becomes ingrained in the nervous system and thus becomes able to contract by playback reflex. This reflex eliminates the need to receive orders from the brain. As signals start going through the motor unit faster, the rate of muscle contraction becomes higher producing a higher outcome.

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The phenomenon of an increase in muscle strength without or before an increase in muscle size is known as muscle learning.

## 2 Stretch Reflex Mechanism.

In untrained muscles, a specific mechanism known as a stretch reflex is found to protect the muscles from injury. This mechanism causes the nervous system to react slowly when muscles repeatedly contract, such as during jumping, throwing or kicking. As muscles get trained, they become stronger and require less reflex protection. A proprioceptor present within the muscles learns to adjust automatically to differences happening to the muscle length without receiving messages from the brain. Again, this means a higher rate of muscle contraction and thus higher outcomes.

Additionally, the reaction occurring from stretching muscles is like when you stretch a rubber band.

The potential energy stored in the stretched muscles can add more strength to the next movement if the muscle contracts fast enough. Conversely, if the movement is delayed after the stretch, the energy produced from it will get lost as heat.

## 3 Skills

From the aspect of sports, skill is the ability to orchestrate the movement of skeletal muscles along with the movement of the involved joints while having the right body position all channeled towards performing a specific motion. Skill allows little to none of the exerted power to get "wasted" away from the goal.

Skills need time and perseverance of recurrent right practice to learn and develop, keeping in mind that a child who was highly skilled in a sport a month ago can suddenly look less skillful. This happens as the nervous system was programmed to perform the



task within the weight and the height of the child, but the rapid growth happening to children's bodies can confuse their nervous systems. However, this should not be a problem as, after a period of adjustment, the neural system "catches up" with the physical growth and continues to improve.

There is a limitation to how far we can increase strength through neural adaptation (muscle learning, stretch reflex and skills). A fatty sheet surrounds the nerve, known as myelin, which helps transmit nerve impulses faster. This sheet does not get fully developed until after puberty, with the effect of training being constrained by the level of myelination.

## 4 Muscle Size

Muscles get bigger by having the amino acid (which is supposed to be readily available in the blood) pushed into the muscle. This happens by putting tension on the muscle through heavy lifting. Also needed for muscles to grow bigger are high levels of hormones like the growth hormone testosterone.

However, children can have fragile bones and undeveloped body systems, which makes them unable to handle considerable weight and the hormonal system starts to be effective only when children enter adolescence.

For these two reasons, children might exhibit minimal to no increase in muscle size above what is expected in the normal growth chart. So, instead, to help children develop optimal muscle strength:

1. Provide them with suitable well-balanced nutrition with an emphasis on protein intake.
2. Avoid overtraining through extended exercise sessions or relatively high weightlifting.
3. Provide enough recovery period between sessions. Equally important, allow for enough rest time during the same session.

*By Naheel AlBareshi*

# JHAH Social Media Followers! Join Us

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# Anxiety Disorders

In today's busy life, people worldwide are finding anxiety, or the sense of uneasiness, affecting their lives more than ever. It is difficult to define, and there are many ways to describe it. It can be a loss of control of nerves and is often tied to fear and regret. It crosses all regions of the world and age groups, from the very young to the elderly. This can be seen in young children being separated from their parents to adults dealing with the effects of the COVID-19 pandemic. To assist people in dealing with such problems, Johns Hopkins Aramco Healthcare delivered a special program, "Diagnosis and Treatment of Anxiety Disorders." The well-attended program was conducted by Dr. Jay Salpekar, the director of Neuropsychiatry in Epilepsy Program at the Kennedy Krieger Institute, and is an Associate Professor of Psychiatry and Neurology at Johns Hopkins University Medical School. He delivered a presentation and took questions from the audience that proved to be both very helpful and insightful for attendees such as Fahrin Mithak, who stated,

*"Having access to a leading Neurologist from Johns Hopkins Medicine in the USA was amazing, as he shared information that was easy to comprehend, gave practical tips like focusing on good sleep hygiene, exercise and how these can affect the brain."*

Throughout the presentation, Dr. Salpekar provided the audience with



a deeper understanding of how the brain works to allow those attending to better comprehend and identify issues. He went on to add that,

*"Anxiety symptoms are one of those things that can be mild or severe. If they're mild, sometimes you can manage them with minor interventions. But if they're severe, to the point where they compromise your function with your family, work or at school, then it's important to address them because often, they get worse before they get better."*

An individual will want to address anxiety because they will not want to tolerate sacrificing the best function they can have for different aspects of their life.

*"Some people have problems and aren't aware of it like they can't sleep and if we just ignore it and don't deal with it, said Kevin Parikh, "that problem could develop further."*

Today, there are many things that a person can do to address anxiety symptoms. One of the effects of experiencing anxiety is that it can cause a rush of adrenaline in response to a situation. If this happens, a person can learn ways to relax and be calmer through lifestyle changes which play an essential role in managing the anxiety in their life. One of the things to be aware of is the importance of good sleep hygiene, as circadian rhythm is critical to good health. This requires developing a structure where a

person has a regular bedtime and wake-up time.

To accomplish this requires discipline from the person or a child's parents because there are many distractions in people's lives, especially with the technology all around us. It is also important to have sleep time for devices like mobile phones and other technology items because glowing screens can trick the brain. It can affect the pineal gland and other types of visual receptors, making it difficult to fall asleep. It is a good idea to have regular exercise or recess for children, so that the individual is active and then teach the body and brain to relax to avoid the buildup of stress.

*"I learned the importance of relaxing, and that if children are stressed, it can affect their brain development"* said Ahmed Al Jajassim,

*"I will work to keep my children from stressful situations as best as possible."*

If a person is always busy and stimulated with distractions, their body will not recognize that it's time to rest. To have a good night's rest, a person needs to include active exercise throughout their day that brings everything up so that they can bring it down at the time to sleep.

*"Anxiety and depression are very prevalent in societies today. I came here and learned a lot about the ways to deal with it and that they can be reduced through simple lifestyle changes"*

- Saba Itri.

If anxiety affects a person's sleep time by not allowing them to fall asleep where they are constantly looking at the clock and realizing that they will have to get up in just a few hours, it can cause even more stress and worsen. If this happens and lasts longer than thirty minutes, Dr. Salpekar says it is better to give up, get out of bed, turn on a light and do something else for thirty minutes. This is because if you're already awake, it's very unlikely you're going to fall asleep anytime soon, and staying in bed can make it worse.

Diet also plays a role in a person's ability to gain a good night's sleep. Caffeine and sugar can affect a person's ability to sleep and should be minimized or avoided, especially close to bedtime. Foods high in calcium, vitamin D, and other multivitamins or types of things will help the brain and the body function better.

It is also essential to allow the brain to relax during the day. For example, if a person has a very difficult job with many disruptions and demands, it is important to take a five-minute break and allow the brain to rest. Taking just a few minutes to stop and rest to do nothing is all it takes and your brain will thank you for it.

Some people with a demanding lifestyle experience uncontrolled stress or chronic stress that is uninterrupted which prevents brain growth. In order to relieve this, consider building in breaks throughout your day such as meditation, yoga, taking long slow breaths and mindfulness training which are good relaxing techniques. It can also be good to have conversations with friends to mitigate anxiety.



If anxiety becomes a more difficult problem in a person's life, it is time to seek the advice of their doctor, who can provide them with the direction to find solutions. A skilled clinician can provide a lot of information to address anxiety symptoms and help a person function optimally. It is important to know that anxiety is very common and to remember that it is normal. In many ways, it is only abnormal if it significantly compromises an individual's function. If that occurs, it is time to seek help and some treatment intervention with the proper support of your doctor.

## Tips for dealing with Anxiety

- ✓ • Take brain breaks
- ✓ • Eat a healthy diet
- ✓ • Practice good sleep hygiene
- ✓ • Exercise
- ✓ • Reduce screen time

By: Melbourne Scott

## Warm Winter

*JHAH Healthy Recipe**By: JHAH Clinical Nutrition & Food Services***Curried Pumpkin and Carrot Soup****Health Profile:**

Curried Pumpkin and Carrot Soup is appropriate for children, pregnant and nursing mothers and seniors without the pepper. It is suitable for people with diabetes considering that one cup equals one serving of carbohydrates. It is appropriate for people with heart disease. People with kidney disease should consult their dietitian about the potassium content before eating it.



Curried Pumpkin and Carrot Soup is popular, delicious and full of flavor and aroma. It is also a wonderfully warming winter soup that is nutritious, healthy and rich in fiber and antioxidants.

**Ingredients (6 Servings, 1 serving per cup)**

- 6 cups of fat free chicken broth
- ½ cup whole basil leaves
- 1 tablespoon canola oil
- 2 cloves garlic, minced
- 2 medium onions, chopped (one cup)
- 1 Tablespoon curry powder
- 3 cups pumpkins, peeled and cut into small cubes
- 1 cup carrots, peeled and cut into small cubes

- 1 Tablespoon ginger, crushed
- ½ Tablespoon peppercorns, cracked
- 6 wedges fresh lemon
- 1 ½ cup whole wheat roasted croutons
- ¼ cup parsley, chopped

**Preparation**

- In a medium size saucepan heat the oil, add the chopped onions, garlic, ginger, cracked pepper and curry powder. Sauté lightly on medium heat for 3 minutes.
- Add the cut pumpkins, carrots and basil leaves, then add the chicken broth and bring the soup to boil.
- Reduce heat to medium-

low, cover and simmer for 25 minutes.

- Remove from the heat and blend until smooth, then put it back on the heat and bring back to boil.
- Pour into six serving bowls.
- Garnish with the roasted croutons and chopped parsley.
- Serve hot with the lemon wedges.
- For a richer taste, add a tablespoon of light cream on top of each serving.

**Fat and Calories**

- **Calories per serving:** 100
- **Fat per serving:** 3 grams



# *JHAH Eye Bank Introduces Autologous Serum Eye Drops using the Patient's Own Blood*

If you suffer from dry eye syndrome, you may already be familiar with the frustration of trying to manage the symptom of a shortage of tears. The Eye Bank at Johns Hopkins Aramco Healthcare (JHAH) has introduced the Autologous Serum Eye Drops, a therapeutic solution for patients experiencing severely dry eyes that are not responsive to usual treatments or those with a non-healing cornea. JHAH ophthalmologist Dr. Ashbala Khattak shed light on the procedure:



## **What are dry eyes?**

Our tears are made of four main components; water, oils, mucus, and antibodies, which keep the eyes moist and maintain our vision and comfort. Dry eyes happen when the tear system does not produce a good quality or enough tears to keep the eyes moist. This tear instability leads to inflammation and damage of the eye's surface.

## **What is autologous serum eye drops?**

Our plasma contains nutrients and growth factors that promote ocular surface healing, normally found in healthy tears. The autologous serum eye drops are made from the patient's own blood by separating the cells from the plasma and. After blood is collected, we place it in a machine that separates

all the cells from the clear plasma/serum. The serum is then diluted to a certain concentration as dictated by the patient's need through a sterile technique. The blood sample is then cultured for any bacterial contamination before dispensing to the patient. These eye drops need to be placed at a cold temperature.

## **What is the difference between autologous serum eye drops and over-the-counter medication for dry eye?**

Over-the-counter lubricating eye drops lack the autologous serum eye drops' growth and healing factors. These drops are very potent and only used in patients with severe dry eye or non-healing cornea abrasion who other alternative treatments did not solve their dry eye issue.

## **Who needs it?**

These eye drops are very effective for patients who have severely dry eyes or non-healing cornea (e.g., in diabetic patients, neurotrophic cornea, etc.). However, they should have tried regular lubricating eye drops and other treatments needed for their problem before serum drops were prescribed for them.

## **How effective are autologous serum eye drops?**

Autologous serum eye drops are very effective and very soothing to the eye. The majority of patients that are not responsive to regular treatment usually respond to this treatment very effectively.

*By: Rehab Ashri*

# JHAH Highlights

## Recognition Certifications to JHAH from Saudi Diabetes & Endocrine Association



The JHAH Clinical Nutrition Unit, represented by Dr. Basem Futa, worked closely with the Saudi Diabetes and Endocrine Association (SDEA) on a knowledge-sharing program. The JHAH Clinical Nutrition Unit extended its expertise and awareness material to support the nutritional awareness provided by the SDEA. During the past year, the Clinical Nutrition Unit:

- Participated in more than 15 local, regional and international symposiums on diabetes and its chronic complications.
- Developed 20 educational materials for them about diabetes nutrition, magazines, various leaflets, and healthy recipes, etc., and enhanced the contents of their website.
- Created a diabetic kitchen for the patients.
- Supported establishing of a club for diabetic children called Sweet Smiles Club.
- Established for their weight management and diabetes control competition programs that were shared with his Royal Highness Prince Saud bin Nayef.
- Supported them in creating international educational materials on “Diabetes and Fasting” in Ramadan and “Diabetes and Performing Pilgrimage”.
- Supported projects with the Ministry of Education for diabetic students, their parents, and teachers.
- Created nutrition and healthy lifestyle tips for their patients to support their brain health, heart health, kidneys health, and immunity.
- Supported them in establishing prediabetes and diabetes prevention programs.
- Conducted dozens of training sessions for the community and their volunteers on proper nutrition.

On November 17, Dr. Basem Futa received a certificate of appreciation from the Saudi Diabetes and Endocrine Association (SDEA). Dr. Basem Futa’s efforts were recognized by senior management in a small celebration event.







# Eithar Society's gratitude for JHAH

Dear Dr. De Gorter,

I hope this email finds you well.

As we approach the end of the year 2021, I would like to convey Eithar Society's gratitude for JHAH's support throughout the year.

We managed to achieve 20,000 blood units collected over the period of 2020-2021 in collaboration with the MOH Regional Blood Bank of Dammam.

Your support means a lot to us, and we look forward to continuing this constructive collaboration between our entities.

Attached herewith are 2 appreciation certificates for JHAH and Dr. Futa.

**Cordially,**

Shady Anis

Technical Services Advisor, Eithar Society



**Dr. Basem Futa**  
Senior Dietary Specialist



# The 6th Annual JHAH and Johns Hopkins Medicine International (JHI) Multidisciplinary Conference

## *A Journey of Healthcare Transformation during the COVID-19 Pandemic*

The 6th Annual Johns Hopkins Aramco Healthcare (JHAH) and Johns Hopkins Medicine International (JHI) Multidisciplinary Conference titled as “A Journey of Healthcare Transformation during the COVID- 19 Pandemic” was conducted last week for three days 1st, 2nd, and 3rd of December, 2021. This is the first virtual conference conducted at JHAH led by Dr. Kawthar Al Hussain and Ms. Baneen Al Sawad.

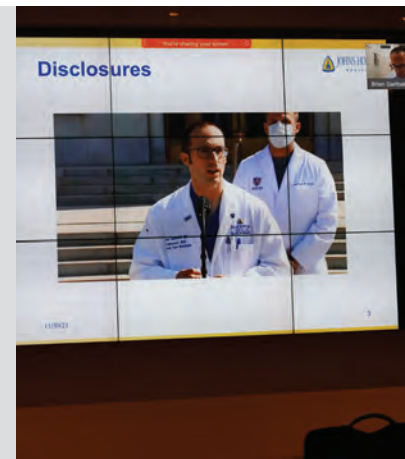
It was an honor for us to have National, JHI, and JHAH speakers for this conference. This conference identified possible strategies to mitigate the impact of the COVID- 19 pandemic on healthcare workers, created practice environments that support collaboration, shared decision-making, and innovation among healthcare professionals, and assessed research and evidence-based practices during the COVID-19 pandemic.

Topics that have been discussed are as follow;  
Global Pandemic Preparedness, KSA Pandemic Preparedness, JHAH Pandemic Preparedness, Multidisciplinary Team Collaboration Overview, Ethical Dilemmas & Coping

during Pandemic, Future of Healthcare Systems post Pandemic, Update on Infection & Vaccination Concerns, and Education & Research during and post Pandemic.

The Conference was thoroughly enlightening and informative to all participants. There were over 1500 attendees to this conference from JHAH, JHI, Private and MOH Hospitals, the evaluations for all delivered sessions indicated positive rating and the verbal feedback received was exceedingly cherished by everyone.

Here at JHAH, we believe that the shared knowledge and expertise will help immensely in improving the scientific overview of pandemic preparedness and management.





# *JHAH flag flies in the land of Lawrence of Arabia*



In October, the plains of the Wadi Rum desert glisten in white-hot temperatures of more than 30 degrees Celsius and for five consecutive days, the Jordan Ultra X race participants daringly race across 250 km of its shimmering plains, adjoining sand dunes and rocky jebels.

Jordan Ultra X is a part of a World Series of 10 Ultra Marathons each year held in different parts of the globe over a 2 year's cycle culminating with the top finishers and top world ranked athletes being invited to compete in the Ultra X World Championships .

Covering a distance of five regular marathons, the course takes participants across vast desert landscapes, through rocky canyon valleys and over almost non-ending soft sand dunes and this year's event saw a JHAH flag carried from start to finish.

**Andrzej Szeffler**, a primary care physician with Johns Hopkins Aramco Healthcare in Dhahran, joined over 100 athletes from 18 countries in this year's event as a way of celebrating his 60th birthday.



The marathon is a race with five stages and includes a grueling 72 km non-stop section on day three when people have to finish the entire stage within a time limit or face disqualification.

Szefler displayed a JHAH flag on the side of his pack and completed the course by winning his age-group category and qualifying for the 2022 World Championship in Slovenia.



Keeping his mind focused on the 72 km stretch was the biggest challenge for Szefler, but also one of the greatest highlights.

***“The temperatures are cool when walking in the dark over the dunes and it is magnificent to see the night-sky stars”.***

Szefler said living in Saudi Arabia was a good preparatory environment for the marathon’s heat and sand conditions.

***“I started my training for the Jordan Ultra X race in May this year by walking the course perimeter of the Saudi Aramco Rolling Hills Golf Club. In June I then took my training a step further by traversing the sand and hilly areas around the Dhahran camp.”***

Szefler started running while he was finishing medical school in Poland and since then he has completed 15 marathons across the globe, including Poland, Italy, the United States and Canada.

He has also completed 2 Ultra Races already; the famous Marathon Des Sables in Morocco in 2018 and the Jungle Ultramarathon in Amazon in Peru in 2019. However, this year’s event in Jordan was the toughest of them all. Relentless heat and never ending soft sand and sand dunes were the biggest challenges and the main reason for many competitors not being able to cross the finish line.

Following a foot injury, in 2008 he swapped his running shoes for speed-walking footwear and describes the sport as an “exciting way to keep in shape.”

He encourages people who enjoy extreme adventure sports with a challenge to consider the Jordan Ultra X or other ultramarathons from the X series providing they prepare themselves both physically and mentally.



# MyChart's Happy Together

the new MyChart “Happy Together” function for all your health information in one place



## How does “Happy Together” work?

If you have been seen at more than one healthcare organization, you likely have multiple medical records. Using MyChart’s “Happy Together,” you can pull your medical records from other Epic organizations together and view them all in one place. A merged view of your medical records makes it easier for your physician to see your complete health history.

When you have connected your accounts, your health information from those other Epic organizations appears in your MyChart, including:

- Medications
- Immunizations
- Care Team Members
- Allergies
- Health Issues

If you have an active MyChart account at another organization, you can also see test results, messages, and appointments in a combined view and take follow-up actions, such as sending a message, without having to log in to a different account.

## Questions about “Happy Together”

- Instructions on how to use “Happy Together” can be found [here](#).
- For “Happy Together” support, call the MyChart Help Desk at 800-305-4444 and follow the prompts



**Start using *Happy Together* today! Scan the QR code**

# Leadership Excellence for Women Awards

## Johns Hopkins Aramco Healthcare's Dr. Rania AlGhamdi Share's Insights on the 'Future of Work' at the Leadership Excellence for Women Awards & Symposium (LEWAS)

November 2021 – Johns Hopkins Aramco Healthcare's (JHAH) Dr. Rania AlGhamdi shared her insights as a panelist at the 2021 virtual Leadership Excellence for Women Awards & Symposium (LEWAS). The panel discussion, 'The Future of Work; Forever Changed', focused on how leaders can reskill and upskill their workforce to 'future-proof' their organizations in a post-pandemic 'remote working' era.

Over the last two years, due to a global pandemic, 'remote working' has become an industry norm. 'Remote working', once considered unthinkable, is now challenging organizations to rethink its policies. "The main challenges in healthcare are business continuity and maximizing the contribution of the healthcare workforce and the healthcare system," shared Dr. Ghamdi. "To ensure that we have a responsive, structured, and resilient system, the future of work and the future of healthcare must be shaped by all the stakeholders involved in the

process – patients, employees, and all leaders," she continued. The panelists also discussed the greatest impact of the pandemic on the future of work and the importance of resiliency as a post-pandemic skill.

In 2020, JHAH celebrated a double win at the LEWAS virtual symposium – JHAH was awarded the Corporate Excellence Award and JHAH's Dr. Salwa Sheikh was presented with the Woman of Achievements Award. The LEWAS Corporate Excellence award recognizes organizations that have excelled in initiatives to encourage, advance, hire and retain women through inclusive hiring and development practices. JHAH is committed to diversity and inclusion and has a workforce that comprises of 56% women – 37% of the chief position holders at JHAH are women.

LEWAS is the forerunner in the GCC to honor talented

and influential women, address pressing issues, develop new and better opportunities and create long-lasting collaborations and partnerships. The award program is dedicated to recognizing professional excellence and celebrates those who demonstrate innovation, leadership and talent while advocating for women's empowerment, in both academic and business sectors.



**LEWAS**

Leadership Excellence  
for Women Awards & Symposium



# Blue Mosque Parking

JHAH is pleased to announce the opening of the Blue Mosque parking area starting on Wednesday, December 1, 2021

The new area has shaded parking spots and can accommodate up to 160 cars, ensuring that you will no longer have to go through the trouble of searching for an available spot.

Shuttle busses will be running back and forth from the new parking area to the bus station next to Jabaal Café every 10 minutes, from 6:30 a.m. to 4:30 p.m.. The trip takes only two minutes.

The opening of the Blue Mosque parking area is part of JHAH's efforts to provide convenient and efficient parking solutions to our staff.



***Shaded parking spots***



***Shuttle bus station***



***Parking location on the map***

# National Hospital Pharmacy Competition



Competing with more than 34 teams from different hospitals around the kingdom, the pharmacy division is honored to announce that their champions Bader Alharbi & Zahrah Alomran won the First Place Award in the 2nd National Hospital Pharmacy competition by IHOP 2021 Event in Riyadh.

With all great knowledge, valuable practical experience and self-confidence; they successfully achieved their target and represented JHAH and themselves very well. The competition took place over 3 consecutive days .

*IHOP 2021 is an annual event conducted by General Administration of Pharmaceutical Care in MOH, aiming to improve the knowledge about Hospital Pharmacy Practice from a new aspects.*



# Social Media Highlights

## *What you might have missed*



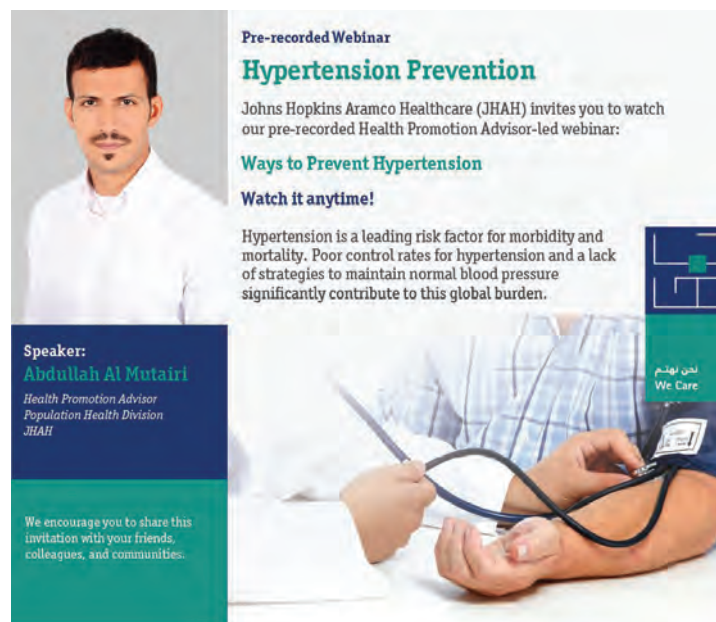
Picky eating is often the norm for toddlers, as they are naturally more sensitive to taste, smell and texture. Until your child's food preferences mature, consider these strategies to avoid power struggles and help the picky eater in your family eat well balanced meals



People with #Diabetes should take extra precautions to avoid injuries to their feet. Learn how to prevent diabetic foot complications by visiting JHAH Health Encyclopedia at <https://bit.ly/3EJVJJC>



Check our latest #COVID-19 temporary visitor, escort and companion guidelines update at [jhah.com](https://www.jhah.com)



Learn how to prevent, manage and control #Hypertension by watching JHAH webinar "Ways to Prevent Hypertension" presented by our Health Promotion Advisor Abdullah Al Mutairi. Watch the #Webinar at <https://www.jhah.com/en/news-events/events/virtual-events>



# Social Media Highlights

## What you might have missed

November 21

### WORLD TELEVISION DAY

Fill two needs with one deed



مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

"Applying sunscreen is just as important during winter as it is during summer. In the winter, we tend to spend more time outdoors. Make sunscreen part of your daily skincare to decrease your risk of skin pigmentation, wrinkles, collagen depletes, and skin cancer. We also advise avoiding direct and prolonged exposure to the sun."

Keep in mind that the cold air can leave your skin dry, itchy, red, and irritated. To avoid that, we recommend frequently moisturizing your skin."

**Dr. Abdulaziz Alkhateeb**

Consultant Dermatologist

Johns Hopkins Aramco Healthcare



مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

800-305-4444 | www.jhah.com

Sitting to watch television for hours without moving may increase your risk of diabetes, hypertension and obesity. Invest in your time and burn some calories while watching TV and fill two needs with one deed.

LEARN HOW TO RECOGNIZE

## STROKE



**BALANCE**

Loss of balance, headache, or dizziness



**EYES**

Blurred vision



**FACE**

One side of the face is drooping



**ARMS**

Arm or leg weakness



**SPEECH**

Speech difficulty



Keep your blood pressure low



Your cholesterol



Eat healthy food



Exercise regularly



Manage your diabetes



Maintain a healthy weight



Stop smoking



Avoid stress

## Skip the line...



مركز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

Check-in online using

**MyChart**  
Hello Patient

800-305-4444 | www.jhah.com





# Demonstrating Excellence in Patient Care



Wael Alomari • 3rd+  
Disability Inclusion Program Lead...  
It is true that the hospital management has made a lot of efforts to provide comprehensive access requirements in many of its facilities and to improve the experience of persons with disabilities when visiting them. Bless you and bless your efforts.  
See original .  
Like · 2 | Reply

Most relevant  
Sami Yousif, MBBS, MSc · 2nd  
Chief Executive Officer at Healthcare Le...  
Thank you for the gracious invitation Johns Hopkins Aramco Healthcare (JHAH). It was my pleasure to participate in such a wonderful event.  
Like · 9 | Reply · 1 Reply  
Dr Tahir Hussain · 2nd  
Chief Strategy & Transformation O...  
Great efforts and great work brother. Best wishes.  
Like · 1 | Reply

Basem Futa  
@basem\_futa

Replying to @JHAHNews and @HopkinsMedicine

The best eyes care is shared for the people with diabetes. The shared information and experience aim to improve the vision of those people and enhance their quality of life. Thanks JHAH for your ongoing efforts to educate the patients and community. Appreciate your care.

بدر الحربي  
@BaderAlsobihi  
#IHOP2021  
ويفضل من الله ثم بدعم من مدير صيدلية مستشفى جونز هوبكنز أرامكو الطبي د. فؤاد الغامدي @JHAHNews حصلنا على المركز الأول في مسابقة صيدلة المستشفيات الوطنية الثانية ، فاللهم لك الحمد كم ينبغي لجلال وجهك وعظيم سلطانك  
Translated from Arabic by Google  
During our participation in this conference #IHOP2021  
And with the grace of God and then with the support of the Director of the Pharmacy of Johns Hopkins Aramco Healthcare, Dr. Fouad Al-Ghamdi @JHAHNews We got first place in the second national hospital pharmacy competition, so God be praised!  
The image shows a trophy and a certificate for the 1st Winner, Johns Hopkins Aramco Healthcare.

Saif Alkhalidi | سيف الخالدي  
@saif\_mt

Replying to @BaderAlsobihi and @JHAHNews

الف مبرووووك د. بدر ، لا غرابة في حصول @JHAHNews على المركز الأول وأنت ممثلهم.  
تستاهل كل خير صديقي العزيز

Translated from Arabic by Google

A thousand congratulations d. Bader, it is no surprise that @JHAHNews took first place and you are their representative.  
All the best my dear friend

Sitah Alzuman  
@SAIzuman  
Replying to @Mmh787 @BaderAlsobihi and 2 others  
اهم شي انهم عيالنا الرزدينت تبع البرامج المشتركة كل التحية لهم ماشاء الله عليهم دايم متميزين جونز هوبكنز  
Sooooo proud of our residents  
Translated from Arabic by Google  
The most important thing is that they are our residents who follow the joint programs All greetings to them, God willing, they are always distinguished, Johns Hopkins  
Sooooo proud of our residents

تركي سعيد الدخيل  
@TDakheel

Replying to @BaderAlsobihi and @JHAHNews

إنجاز مشرف وجائزة غير مسبوقه وجهود تُشكر ومنها للأعلى  
دكتور بدر لك وللأعضاء المشاركين

Translated from Arabic by Google

An honorable achievement, an unprecedented award, and efforts to thank, from which to the top Dr. Badr for you and the participating members



# Demonstrating Excellence in Patient Care



دمت شامخا ياون  
@yousif16370484

@JHAHNews الحمد لله اليوم أخذت الجرعة المعززة في مركزكم في الظهران وقد كانت الجرعة على يد الممرضة حور التي كانت قمه في التعامل وتملك يد ذهبيه وخفيفه في إعطاء الابره فاقدم كل التوصيات لها وودتم

Translated from Arabic by Google

@JHAHNews Alhamdulillah, today I took the booster dose in your center in Dhahran, and it was given by Nurse Hoor, who was a top in dealing and had a golden and light hand in giving the needle, so I offer all the recommendations to her.

1:37 PM · Oct 24, 2021 · Twitter for Android



صلاح حمد الخراغ  
@tameem5555

Replying to @huwaijym @JHAHNews and 2 others

فعلاً الله يجزيكم خير الجزاء دكتور يوسف اخلاص في العمل انسانية روح عالية اتقان رعاية أسال الله لكم الرفعة والثواب

Translated from Arabic by Google

Indeed, may God reward you with the best reward, Dr. Youssef, sincerity in work, humanity, high spirit, mastery, care, and may God grant you elevation and reward.

11:35 PM · Oct 8, 2021 · Twitter for iPhone



سالم باوزير  
@sbawazir30

Replying to @JHAHNews

شهادتي في الدكتور فهد مجروحته لكن اقولها بكل امانه هو انسان راقي بالآداب وصادق قبل ان يكون طبيباً ثاني لم اري مثل هذا صدق ونزاهه ووفاء وحسن تعامل هذا النوعيه ترفع الراس ويشرف المملكه العربيه السعوديه

Translated from Arabic by Google

My testimony in Dr. Fahd is wounded, but I say it with all honesty. He is a man of high morals and honest before he was a second doctor. I have not seen such sincerity, integrity, loyalty and good treatment. This type raises the head and honors the Kingdom of Saudi Arabia.

12:08 AM · Oct 4, 2021 · Twitter for iPhone



MBS\_Turky @Saudi\_Eagle262 · 23h  
@JHAHNews

From deep of my heart,  
Thank you JHAH and together we'll end the pandemic.



Dr. Yousef AlHuwayji | د.يوسف الحويجي  
@huwaijym

اليوم اخذت تطعيم الانفلونزا بمركز جونز هوبكنز ارامكو بالظهران وانا احرص على أخذها سنوياً لأحمي نفسي وعائلتي و مرضاي من الانفلونزا باذن الله @AlSharqiyaCafe @JHAHNews @KSASociety

Translated from Arabic by Google

Today I took the flu vaccination at Johns Hopkins Aramco Center in Dhahran, and I make sure to take it annually to protect myself, my family and my patients from the flu, God willing. @AlSharqiyaCafe @JHAHNews @KSASociety



2:49 PM · Oct 17, 2021 from Dhahran, Kingdom of Saudi Arabia · Twitter for iPhone



صحة الشرقية  
@moh.eastern

أكثر من 600 مستفيد من دورة الاستعداد للطوارئ الكيميائية والإشعاعية بـ #صحة\_الشرقية @JHAHNews بالتعاون مع

Translated from Arabic by Google

More than 600 beneficiaries of the chemical and radiological emergency preparedness course in

#صحة\_الشرقية

In cooperation with @JHAHNews



Dr. AHMED ALJISHI | د. أحمد الجشي  
@alshihmed · Oct 30

تدور مركز جونز هوبكنز في "البيوت العالمية للسكان" الداعية

إشراف و تقديم من قبل نخبة كبيرة من الوطنى

بالمه العربية يهدف إلى

رفع الوعي المجتمعي والسياسية في تحليل حدة الإصابة و شرح جوانب متعددة

من الملاحظات المهمة عالمياً

شكراً @JHAHNews



youtube.com

دقائق قد تنقذ الأرواح اليوم العالمي للسكته الدماغية



Basem Futa @basem\_futa · Oct 16  
Replying to @basem\_futa and @JHAHNews

I personally dressed pink shirt. Other day white shirt with pink tie.



Nawaf عالمي  
@nawaf\_m17

Replying to @Tayst @zahlyah and @JHAHNews

شكرا لكم لتوعية المجتمع بهذا المرض واهمية الكشف المبكر

Translated from Arabic by Google

Thank you for educating the community about this disease and the importance of early detection

# Partners in Excellence

## Distinguished Faculty On-Site Visits

**Johns Hopkins Medicine Rheumatology Expert Dr. Christopher Mecoli visits JHAH as part of the JHAH Distinguished Faculty Visit program.**

JHAH hosted distinguished visiting faculty, Dr. Christopher Mecoli on November 14-16, 2021. Dr. Mecoli is an assistant professor of medicine at the Johns Hopkins University School of Medicine. His area of clinical expertise is rheumatology. A physician-scientist, Dr. Mecoli serves on the faculty of Johns Hopkins Bayview Medical Center and Johns Hopkins Scleroderma Center. His research interests include the relationship between vascular biomarkers and scleroderma outcomes such as pulmonary hypertension.

During his visit, Dr. Mecoli joined the Rheumatology department and spent some time in the Rheumatology clinic seeing patient with consultant Rheumatologist

Dr. Marwan Najjar and Family Medicine Resident Dr. Fatma AlAli, and spent an afternoon teaching internal medicine residents, who are on rotation, rheumatology related issues based on their case presentations.

Dr. Mecoli delivered a virtual Grand Rounds, "Cancer and Myositis" to JHAH medical staff

on Monday, November 15. That evening, Dr. Mecoli delivered the Community Outreach Lecture "Muscle Pain: Common causes, Management strategies and when to see a specialist" to thirty attendees from the Saudi Aramco and JHAH community, as part of the Distinguished Faculty Visit Program, at the Al Maha Hall, Al-Othman Kempinski Hotel, al-Khobar

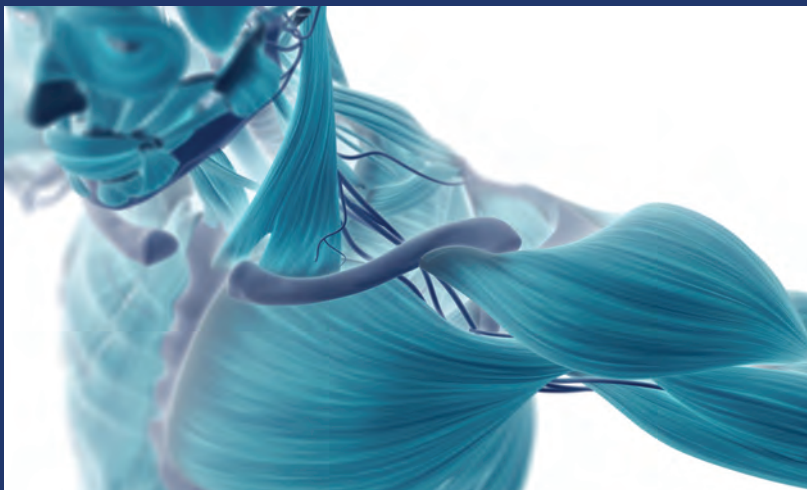
On the last day of his visit, Dr. Mecoli visited the Al-Hasa Health Center with Dr. Najjar and Dr. AlAli, met with the chief of Al-Hasa, and conducted their morning clinic there seeing a total of 23 patients through telephone visits and physically visits.

*Visit [jhah.com/communityoutreach](https://jhah.com/communityoutreach) to stay updated on our upcoming JHAH Community Outreach Lectures.*



**Christopher Anthony Mecoli, M.D., M.H.S.**

*Assistant Professor of Medicine,  
Johns Hopkins Bayview  
Medical Center, Rheumatology.*





# Patient Relations



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

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

## Visit the Patient Relations office

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

## Dhahran:

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

## Al-Hasa Health Center:

Outpatient Clinics reception area

## Abqaiq Health Center

Administration Office

## Ras Tanura Health Center

building 2, ground floor

# Medical Liaison Office



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

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

## Visit the Medical Liaison Office

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

## Dhahran Main Hospital

Building 60, main lobby

## Dhahran Primary Care

## Al-Hasa Health Center

Outpatient Clinics reception area

## Abqaiq Health Center

near the Primary Care waiting area

## Ras Tanura Health Center

Near the Emergency room reception



# Become a patient at Johns Hopkins Aramco Healthcare



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

## How to register

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

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

## Visit *JHAH.com*

Visit our website

**JHAH.com**

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



800-305-4444 | [www.jhah.com](http://www.jhah.com)



# JHAH Bulletin Board

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

- **Dhahran and all areas:** From a landline inside Saudi Aramco or from outside Saudi Aramco, dial 911.
- **Abqaiq:** From your mobile phone inside Abqaiq, dial +966-13-572-0911
- **al-Hasa:** Dial 911
- **Ras Tanura:** From your mobile phone inside Ras Tanura, dial +966-13-673-0911
- **'Udhailiyah:** From your mobile phone inside 'Udhailiyah, dial +966-13-576-7911
- **Help with your healthcare:** Contact Patient Relations at PatientRelations@JHAH.com or call 800-305-4444 In Kingdom or +966-13-870-3888 out of Kingdom
- **Urgent healthcare access helpline for MDF patients** dial +966-55-600-0468 (after 4 p.m.)
- **Feeling Stressed?** Have psychological, emotional or social problems? Call Community Counseling Clinic for an appointment +966-13-870-8400
- **Quit Smoking:** JHAH help for employees, dependents, contractors and retirees to quit smoking, email SmokingCessation@JHAH.com
- **Pregnant?** Attend the Pregnancy Wellness Program in Arabic or English. To register, go to [jhah.com/pregnancy-wellness](http://jhah.com/pregnancy-wellness). You must be 12 weeks or more into a pregnancy.
- **Register for the Mother and Baby Unit** Pregnancy Tour in Arabic or English. The tour starts at 1 p.m. on the first and third Tuesday of the month. To register, email [Eman.Mutairi@JHAH.com](mailto:Eman.Mutairi@JHAH.com) (you must be 30 weeks or more into your pregnancy.)

**If you have an immediate medical concern, make an appointment with your primary care physician. In the event of a medical emergency, go to the emergency room at the nearest hospital.**

- **Appointments:** To make medical or dental appointments and to access multiple medical services, call:
  - Centralized Contact Center 800-305-4444
  - Out of Kingdom +966-13-870-3888

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

- **Patient Relations:** PatientRelations@JHAH.com
- Patient Relations is available to help with issues that you are unable to resolve with specific clinical areas.
- **Al-Midra Wellness Center** offers consultations, lifestyle wellness coaching and health screenings (Mon. to Wed. 1- 3:30 p.m.) Pharmacy (Sun. to Thurs. 12-4 p.m.)

## Register for MyChart today

Visit [www.JHAH.com/en/about-mychart](http://www.JHAH.com/en/about-mychart)

- Find FAQs
- How-To Guides

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

# COVID-19 Booster Vaccine

## Why do I need the COVID-19 booster vaccine?

*Vaccines offer great protection against severe illness. However, their effectiveness decreases over time. Getting your booster dose boosts your immunity and protects you from new COVID-19 variants.*

## How do I book an appointment for the booster dose of the vaccine?

*If you meet the conditions to receive the booster dose of the vaccine, you can book your appointment using MyChart if you are registered for care at JHAH. You can also contact our call center at 800-305-4444 to book an appointment.*

1 month

COVID-19 VACCINE

2 months

3 months

It's Time