

Wellbeing

August

2016

Do you need help with
a health care service issue?

Email Patient Relations
PatientRelations@JHAH.com

Diabetes, Hajj and
Health

Travel Safe ... Travel Healthy



Promoting Health and Wellbeing

August 2016

Welcome to JHAH News, where we share the latest health and wellbeing news and current and upcoming events.

If you have any questions, suggestions, contributions or topics you would like to read about, please email them to the editor:

Salam.Jishi@JHAH.com

All health and health-related information contained in this Johns Hopkins Aramco Healthcare Company material is intended to be general in nature and should not be used as a substitute for a visit with a health care professional. The advice is intended to offer only a general basis for individuals to discuss their health and medical conditions with their health care provider. Your health care provider should be consulted regarding matters concerning the medical condition, treatment and needs of you and your family.

JHAH News Home Delivery

Register the personal email addresses of all your family members, and they too will receive the latest JHAH health and wellness news.

Email: Health.Information@JHAH.com



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Johns Hopkins Aramco Healthcare Highlights

Inpatient Ward Renovations on pace, three wards completed renovation

Eighteen single bed rooms are now available for patients as a result of the renovation of intermediate care wards 3A and 3B. If needed, the wards can handle up to twenty-two beds. The Medical Intensive Care Unit 5C was opened on July 5. Ward 5C comprises eight, single bed ICU rooms. Each room contains negative pressure equipment that allows all eight to be used as isolation rooms should they be needed as part of our infection control response. Renovations continue throughout JHAH to enhance quality and convenience of care as well as patient safety.

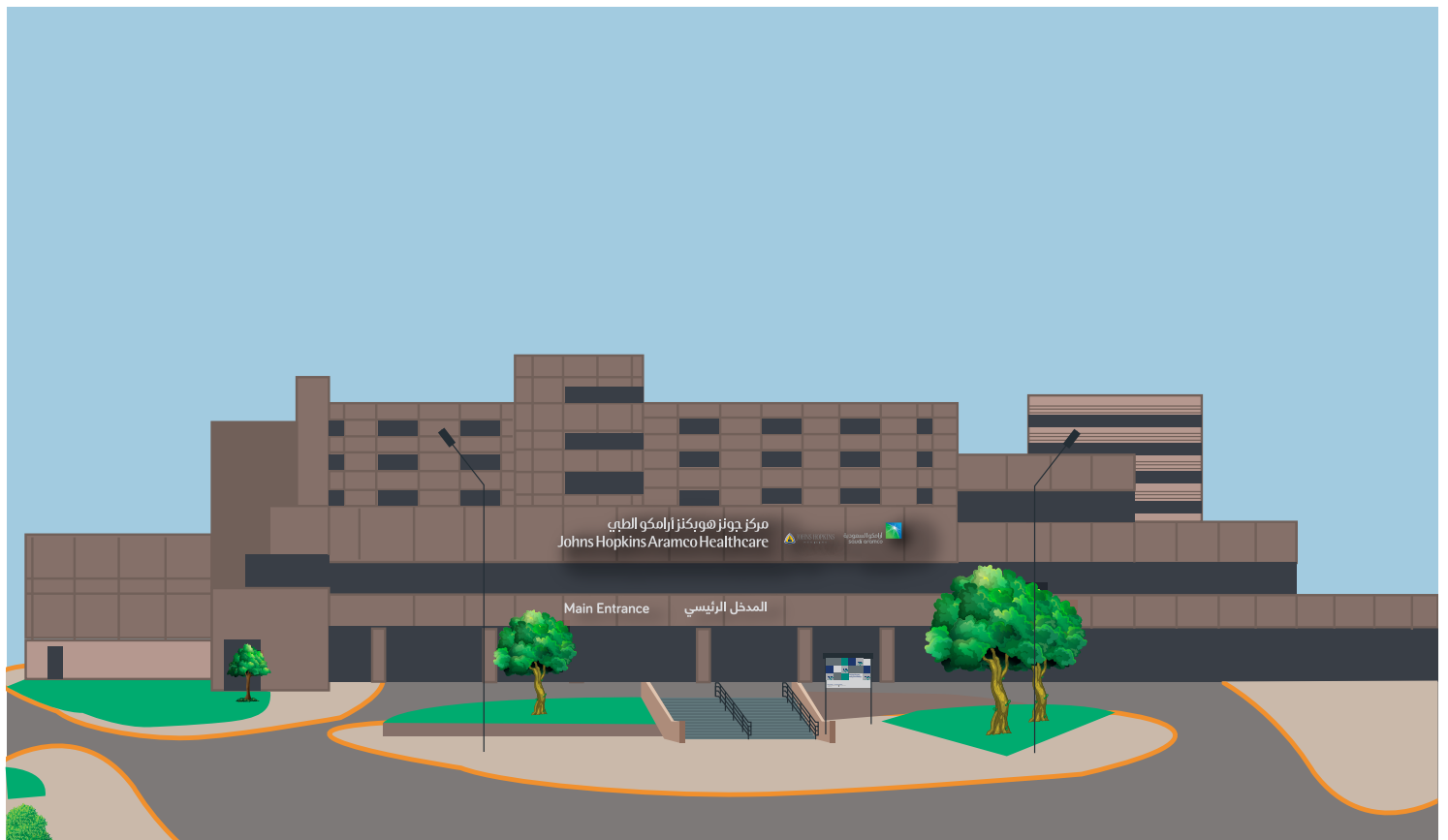
Pharmacy Wait Time Reduction Update

Nearly 80% of patients were served in less than 15 minutes at JHAH pharmacies during May and June. In addition, both inpatient and outpatients were able to spend more time with pharmacists discussing clinical interventions, proper ways to take medication and medication safety. Pharmacy continues to look at ways to improve the services it provides JHAH patients.

Radiology Wait Time Reduction Update

Wait time for radiology services has gone down significantly. An MRI appointment, which used to take months, has been reduced to days, and in some cases an MRI can be done on the same day as the clinic appointment. Wait times for CT and Ultrasound were also down in July with an average wait time of 3 day. In addition, Ultrasound assisted Mammography by conducting mammograms, which brought the Mammography wait time down to 2 days.

Moreover, results were also coming back faster. Nearly 80% of routine outpatient and inpatient radiology reports were read within 3 days, meaning patients not only were able to get timely radiology appointments, they were also able to receive the results quickly.



Travel Safe ... Travel Healthy



Say the word vacation, and people imagine traveling, meeting new people, seeing new places and trying different food. To help you and your family enjoy your vacation, Johns Hopkins Aramco Healthcare's Clinical Nutrition and Food Services Unit offers you a few food and beverage travel tips.

First and foremost, if you have a medical condition keep a copy of your medical report and list of all of your medications handy in case you have an emergency or illness while you are away from home. If you wear eyeglasses, you might want to pack an extra pair. If you suffer from diabetes or hypertension, make sure to keep your blood sugar and blood pressure well controlled.

Picture this, you are walking down the street. It has been a long fun-filled day and you spot a food cart. It smells wonderful and looks really good. Plus, it is ready to eat. As tempting as it looks and as convenient as it is, avoid all street foods.

Food that has been left at room temperature (in the case of food carts, outside temperature) for more than one hour or that have been exposed to heat, dust or insects can cause diarrhea or other illnesses. Report to the nearest emergency center if you or a loved one gets diarrhea.

If you are going to eat at a restaurant, be observant. Make sure food is being properly handled and stored. Look to see if the cutlery and plates are clean and sanitized. If not, it is better to leave than to eat something that could ruin your vacation.

Thoroughly cooked food is usually safe but should be served hot and not have been left at room temperature. Hot tea and coffee are safe if served hot. It is alright to let them cool before drinking; however, avoid adding fresh cream or slices of fruit.

If you are thinking of having raw fruit for dessert, make sure it is thoroughly washed. Before and after eating or food handling, wash your hands for a minimum of 20 seconds with soap and water and if clean water is not available use antibacterial hand wipes or gel. Make it a general rule to avoid touching your mouth, nose or face if you have not washed your hands as your fingers may be contaminated.

We at Johns Hopkins Aramco Healthcare wish you and your family a safe, fun-filled and healthy vacation



- It's smart to plan ahead and take all necessary safety precautions. This may include doing some research on your destination to read reviews on where to eat. Food and beverages from reliable, known sources are fine.



- **Avoid** ice cubes as they may have been made from contaminated water. Avoid drinking "local" water unless you know it is absolutely safe. Bottled water is usually safe, just be sure to check the seal to make sure it has not been tampered with.



- **Avoid** fresh squeezed fruit juices, ice cream and dairy. Consume only pasteurized, prepackaged and properly labeled products.



- **Avoid** undercooked or raw food, including eggs, meat and seafood.



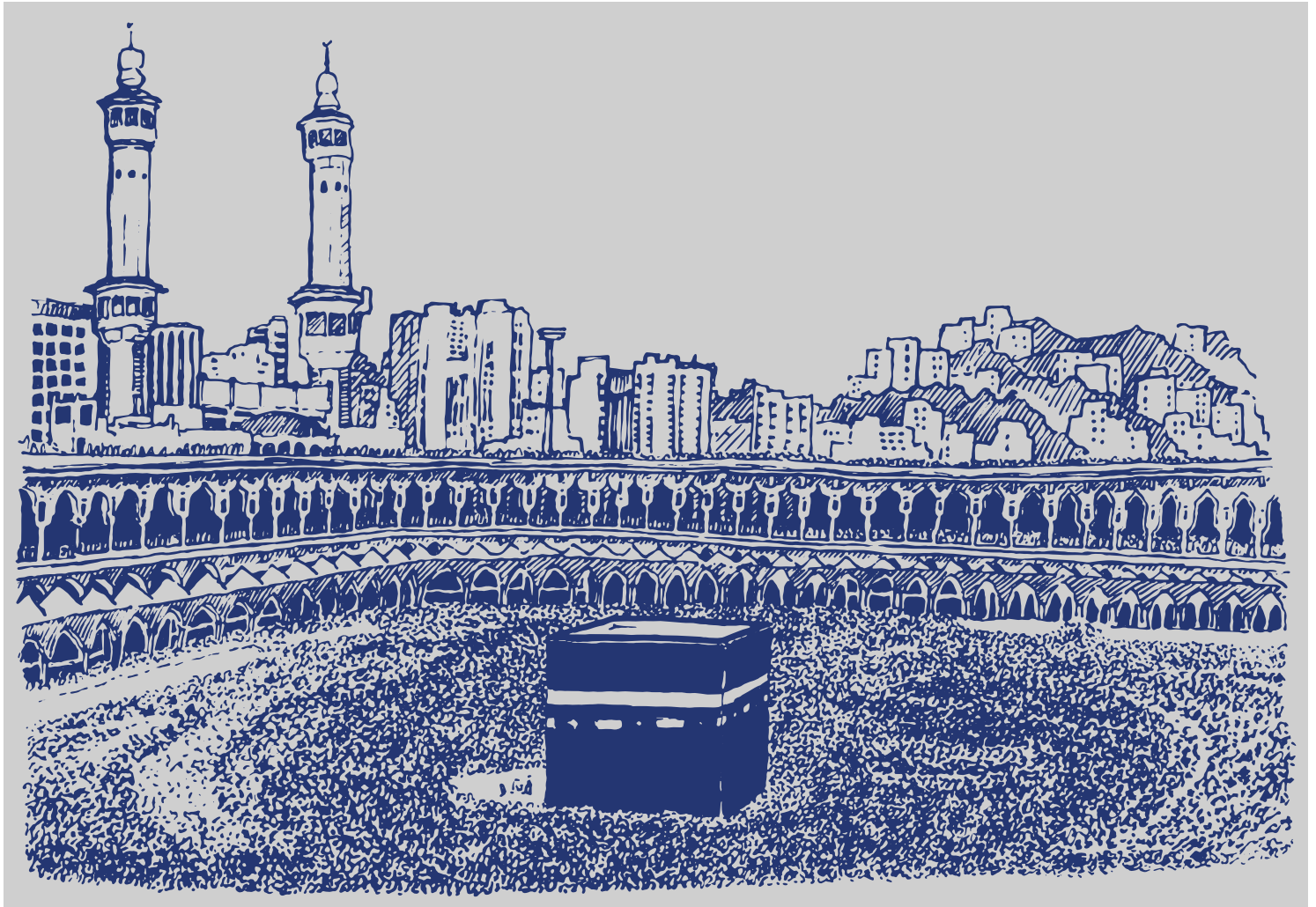
- **Avoid** food and beverages that are not in properly labeled or not sealed packages, cans or bottles.



- **Avoid** salads unless from a reliable restaurant or store as they may not have been properly washed.

Diabetes, Hajj and Health

Hajj is an extraordinary event. It is a once in a lifetime requirement for Muslims who are both physically and financially capable of making the trip. It is also demanding, particularly for those suffering from diabetes or some other chronic illnesses because you are away from and totally outside your daily routine. These can cause problems in medication timings, food control, hydration and other areas of health.



To assist those with chronic illnesses such as diabetes to perform hajj, Johns Hopkins Aramco Healthcare provides the following safety and health advice:

- Consult your physician and other health care providers in advance to ensure you maintain normal blood sugar, blood pressure and lipid levels and aren't suffering from any acute illness that could become aggravated and prevent you from completing your Hajj.
- Meningitis is a required vaccination; however you should also receive a flu vaccination if you haven't already done so.
- Discuss with the dietitian your nutrition plan and what kind of food and drinks to consume during Hajj. Discuss your foot care program and medications safety with the diabetes educator. It is important you learn how to care about your feet to avoid injuries. If you do injure your foot go to the nearest medical center. Remember to always keep your feet clean and dry.
- Inform the group organizers and your companions that you have diabetes and explain to them the symptoms and signs of low blood sugar and what to do.

Hajj travel bag:

Prepare your travel bag ahead of time and make sure you take with you all the necessary items to monitor your blood sugar, keep it controlled and maintain your health and safety.

- Your diabetes identification card, which should include your personal information where you get your treatment and who to contact in case of emergency. Blood sugar monitoring device and other tools including lancets, strips, alcohol swabs and band aids.
- Take a sufficient quantity of medications, mainly oral medications and insulin. Always keep your insulin safe and away from heat or sunlight. And avoid shaking it.
- Carry a copy of your medical record in case you need medical care.
- Carry sugary foods and drinks such as fruit juice, candy, sugar cubes, etc. to use in case of a low blood sugar reading.
- Wear comfortable, properly fitted shoes and cotton socks. Avoid wearing open toe sandals or slippers to protect your feet from injuries.
- Take an umbrella to protect you from the sun.
- Carry a mask to use in crowded places to prevent airborne infections.
- Carry hand sanitizer to use after handling anything and before eating if clean water and soap are not readily available.
- Carry an extra set of eyeglasses if you use them.

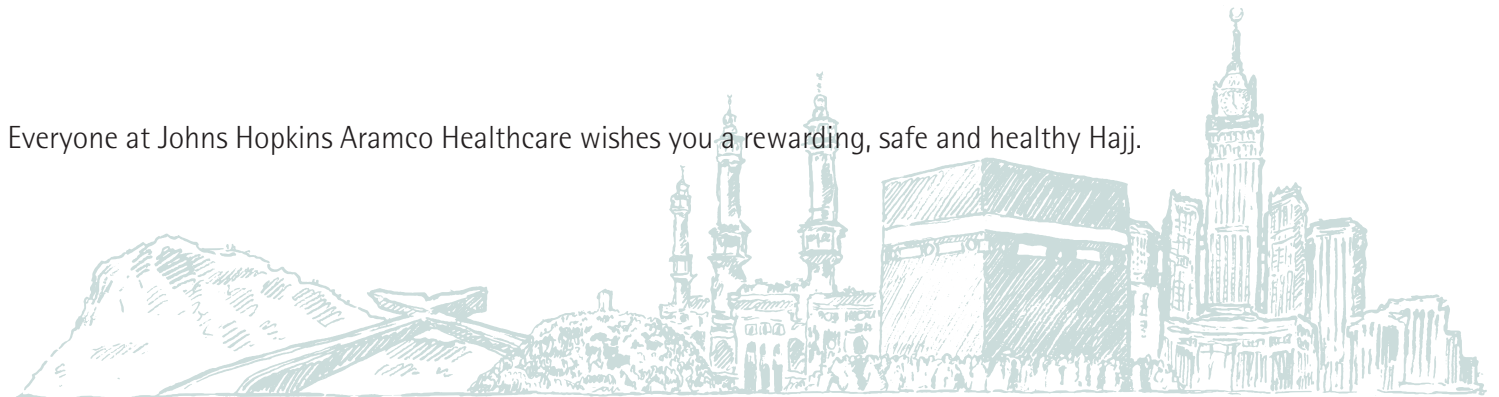
Tips to low blood sugar during Hajj:

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

Other important health and safety tips:

- Consume only safe food and drinks to avoid food poisoning or diarrhea.
- Drink adequate amounts of fluids, mainly water (a minimum of 8 cups a day) to avoid dehydration.
- Wash your hands with soap and water often to reduce the risk of infection.
- Do not share with others your personal hygiene items such as razor blades or scissors.

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



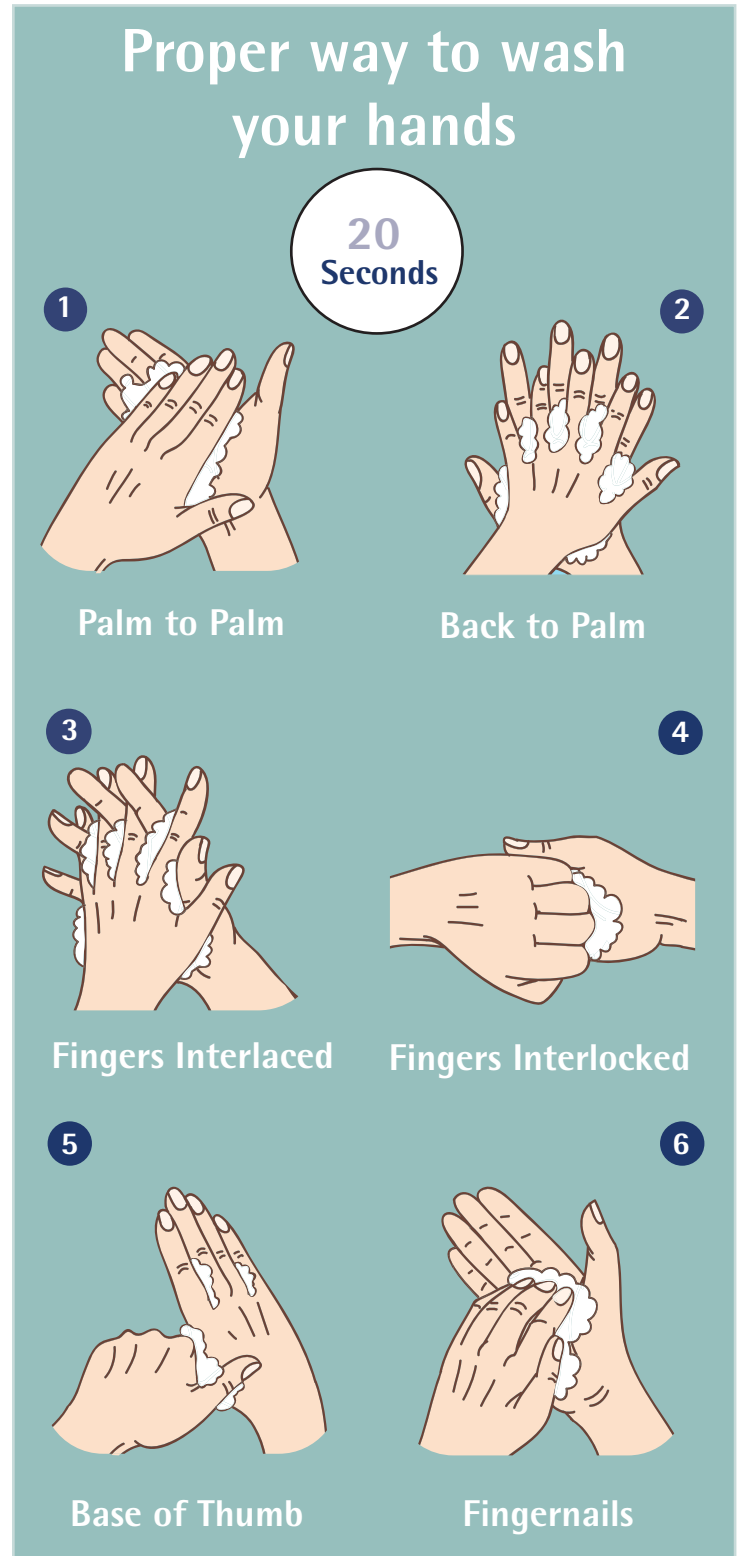
Your Health is in Your Hands

Hand washing is the single most effective way to prevent the spread of infection. Hand washing with soap removes germs from hands. The following is some important information related to the importance of hand washing:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick.
- Germs from unwashed hands can get into food and drink while people prepare and consume them. Germs can multiply in some types of food or drinks under certain conditions and make people sick.
- Germs from unwashed hands can be transferred to other objects, such as handrails, table tops or toys, and then transferred to another person's hands.
- Removing germs through hand washing helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Teaching people about hand washing helps individuals and communities stay healthy. Hand washing education in the community:

- Reduces the number of people who get sick with diarrhea by 31%. Reduces diarrhea in people with weakened immune systems by 58%.
- Reduces respiratory illnesses, such as colds, in the general population by 21%.
- Hand washing with soap could protect about one out of every three young children who get sick with diarrhea and one out of six young children with respiratory infections such as pneumonia.



Phase II Cardiac Care Leads to a New Phase of Life



About five months ago, cardiac patients at Johns Hopkins Aramco Healthcare (JHAH) took a healthy step forward (pun intended) to an active, healthy life when JHAH opened its Outpatient Cardiac Rehabilitation Program (Phase II) facility.

Recently one of the first graduates delivered flowers to show the gratitude he felt. "I am pretty sure I would never have changed my life for the better if I had simply had my heart procedure and then went home to resume my life," says Nasser Al-Dossari, Loss Prevention Consultant. "Now, with the terrific support of all the staff in cardio rehabilitation, I feel great and have the knowledge, skills and motivation I need to continue on my new, healthy lifestyle."

At the Outpatient Cardiac Rehabilitation facility, patients recovering from cardiovascular disease, whether it is a heart attack, coronary heart disease or who have had open heart surgery, undergo a medically supervised cardiac rehabilitation program that typically comprises 24-36 sessions conducted 2-3 times per week over a period of 2-4 months.

At each session, the patient's heart rate, rhythm and blood pressure is monitored while they exercise on a range of aerobic equipment that allows for both upper and lower extremity training. "It is more than just exercise," said Reem

Ekhwan, Senior Physical Therapy Therapist/Clinical Exercise Physiologist and the Cardiac Rehabilitation Program lead. "Our program is designed to help patients gradually recondition their heart and improve their physical fitness as well as make healthy lifestyle choices to stabilize, slow or even reverse the underlying causes of their heart problems.

"In this short period we managed to enroll more than 100 patients to our program, out of which nearly 15% are females," said Arun Dakshinamurthy, senior physical therapist. "The majority of the patients did not understand the value of an active, healthy lifestyle, and many had never exercised before. Through the program, they have been amazed at their newfound capabilities and energy."

The goal is that when patients leave the program, they have developed an exercise program that works for them so they can continue on their own following a healthy lifestyle that will not only prevent them from having another cardiac event but more importantly lead to healthy, productive lives. In Al-Dossari's case, it appears he is doing that and for sure his health care team at JHAH is proud of and very happy for him.

Meet Dr. Robert Higgins, M.D.

Director of Surgery, Johns Hopkins Medicine



Renowned cardiothoracic and heart-lung transplant surgeon Robert S.D. Higgins, M.D., M.S.H.A., is the new surgeon-in-chief of Johns Hopkins Medicine and director of the Department of Surgery at the Johns Hopkins University School of Medicine.

Higgins comes to Johns Hopkins from The Ohio State University, where he is professor and chairman of the Department of Surgery, as well as surgeon-in-chief and director of the Comprehensive Transplant Center at Wexner Medical Center.

Higgins is a leading authority in the field of heart and lung transplantation, minimally invasive cardiac surgery, and mechanical circulatory support. His scientific interests are broad and far-ranging, including the mechanisms of cell injury in failing hearts, health economics and policy, racial disparities in post transplant outcomes, access to care, and improving outcomes among heart failure and cardiac surgery patients.

Higgins describes his new position at Johns Hopkins as a historic leadership opportunity to provide energy, resources and direction for colleagues, fellow faculty and trainees. He says he always knew he wanted to be a surgeon. But as a medical student at Yale, and later as a surgeon-in-training, he became enamored with heart and lung transplantation, a fascination that sealed his career choice and put him on track to become a leader in cardiopulmonary transplantation

Career Highlights

- **1992 – 1993:** Chief Resident Cardiothoracic Surgery, Yale.
- **1993 – 1999:** Senior Staff Surgeon and Surgical Director Thoracic Organ Transplantation, Henry Ford Hospital, Detroit, Michigan
- **1998 – 1999:** Senior Staff Surgeon Director Pediatric Cardiac Transplantation Children's Hospital of Michigan, Detroit, Michigan
- **1999 – 2003:** Chairman Division of Cardiothoracic Surgery, Medical College of Virginia, Virginia Commonwealth University, Richmond, VA
- **2003 – 2010:** Chairman Department of Cardiovascular-Thoracic Surgery, Rush University Medical Center, Chicago, IL
- **2010 – present:** Professor and Chief, Division of Cardiac Surgery Executive Director, Comprehensive Transplant Center Surgical Director, The Ross Heart Hospital, John H. and Mildred C. Lumley Medical Research Chair, The Ohio State University, Columbus, OH
- **2013 – 2015:** Professor and Chair, Department of Surgery, Executive Director, Comprehensive Transplant Center, Surgeon-in-Chief, Wexner Medical Center, John H. and Mildred C. Lumley Medical Research Chair, Wexner Medical Center, The Ohio State University, Columbus, OH
- **2015 – present:** Professor and Chair, Department of Surgery William Stewart Halsted Professor, Department of Surgery, Surgeon-in-Chief, Johns Hopkins University, Johns Hopkins University School of Medicine, Baltimore, MD
- **2016 – present:** Director, CardioVascular Residency Program, Department of Cardiac Surgery, Johns Hopkins University School of Medicine.



JOHNS HOPKINS
M E D I C I N E

Location R&D Technical Exchange Center

Time 5 – 6 p.m.

**You are invited to attend the
JHAH Community Outreach Lecture:
“Building Surgical Networks for Success -
The Hopkins Experience”**

Monday, August 29, 2016

To register email Inquiries@JHAH.com



Presented by:

Dr. Robert S.D. Higgins

William Stewart Halsted Professor of Surgery and
Director of the Department of Surgery

Johns Hopkins University
School of Medicine

Bus transportation is available to and from the center at the following times & locations:

- Al-Jabal Coffee Shop (next to JHAH Dhahran Primary Care Clinic) at 4:30 p.m. and returns at 6:30 p.m.
- King's Road Parking Lot (near Ballfield) at 4:30 p.m. and returning at 6:30 p.m.

Johns Hopkins Aramco Healthcare (JHAH) Community Outreach Lecture Series

A JHAH initiative designed as an ongoing series to enhance the wellbeing of the community and raise health awareness through distinguished Johns Hopkins Medicine faculty presentations.

For more information email Inquiries@JHAH.com

The Importance of Having a Primary Care Provider



Primary care providers (PCPs) are the frontline providers that treat a wide range of medical conditions. Managing very simple to complex cases, PCPs are the gatekeepers to any medical system. JHAH's PCPs, located in the Primary Care Department (Building 50), are made up of Family Practice Physicians, Internists, Pediatricians, Geriatricians, General Practitioners and Nurse Practitioners.

Primary care is important to both individual and community health. Research shows that a strong primary care system reduces infant mortality rates (through immunizations), complications from chronic diseases such as diabetes and hypertension, some cancers such as breast, prostate and colon, as well as increases life expectancy (Shi, 2012). Primary care includes health promotion, disease prevention, health maintenance, counseling, patient education and the diagnosis and treatment of acute and chronic illnesses by a variety of providers (Macinko, Starfield, & Shi, 2007).

Five Reasons to see your Primary Care Provider:

- 1. Expert Medical Care:** PCPs are educated and board-certified in different specialties (family, pediatric, geriatric,

internal medicine) and provide high-quality healthcare for you and your family. PCPs are skilled to treat minor medical complaints as well as complex conditions such as diabetes, arthritis, heart disease and respiratory illnesses.

- 2. Gatekeeper to Health Care System:** PCPs evaluate patient needs for procedures such as x-rays, ultrasounds, injections, mammograms, colonoscopies and PAP smears as well as preventative immunizations. Another vital role of the PCP is referring patients to specialty care (neurology, gastroenterology, orthopedic, endocrinology, etc.) when appropriate for further evaluation. In most cases, in order to see a specialist, you will need to be evaluated by your PCP first. Your PCP is your health advocate and can assist you in navigating the complicated health care system.
- 3. Continuity of Care:** Selecting one PCP and seeing that provider consistently will improve your health. Your PCP will get to know you and your health conditions. Less time is spent "retelling your story" to different providers and more time is spent on valuable preventative and

curative care. A healthy relationship with one PCP will result in the best application of healthcare for you and your family.

- 4. Preventative Care:** PCPs are experts in preventative medicine. These providers are able to provide preventative care for your entire life including childhood immunizations, well woman exams, mammograms, colonoscopies, as well as nutrition and health education.
- 5. Time Savings:** Specialty care is often difficult to access with long appointment wait times. Many health concerns that patients self-refer to specialty care can be managed in a primary care environment. You will save time by first seeing your PCP for evaluation and treatment. If your treatment requires specialty care, your PCP can refer you and help you reach the appropriate specialist usually in a more efficient manner.



Angela Wilkins-Basset

Academic Background

- Tulane University: **BS in Cellular and Molecular Biology**
- Tulane University School of Public Health: **MPH in International Health**
- Johns Hopkins University School of Nursing: **MSN Family Nurse Practitioner**
- Johns Hopkins University School of Nursing: **Doctor of Nursing Practice (in progress)**

Professional Background

- **2015-current** – Johns Hopkins Aramco Healthcare
- **2011-2013** – Unity Health Care - Deputy Health Center Director,
- **2009-2011** – King Fahad Hospital (Dammam, KSA)
- **2006-2009** – Unity Health Care

My professional interests include Primary Care with a focus on women's and international health care. In Mali, West Africa, I worked with local midwives and community health workers providing prenatal care, HIV education and prevention, and primary health care to local villagers. Partnering with WHO and UNICEF in Malawi, East Africa, I worked with a team to prevent and treat cholera (cholera camps) during the epidemic season. In Washington, D.C., I provided primary care, including well child and women's care, infectious disease screening and management (TB, HIV, HCV), and developed quality improvement interventions to reduce the impact of chronic diseases such as diabetes.

Children, Elderly, Heat and Dehydration: A Dangerous Mix



The heat in the summer months in Saudi Arabia is not only uncomfortable, it can be dangerous to health. Excessive heat exposure can lead to heat exhaustion, dehydration and sunstroke.

This is particularly true for vulnerable populations such as young children and elderly adults. Following are a few tips to ensure that caregivers ensure they remain properly hydrated.

- Provide snacks and beverages that provide fluids that contribute to hydration. These include the following:
 - Most fresh fruits
 - Watermelon/Watermelon juice
 - Cucumbers
 - Celery
 - Lettuce
 - Tomatoes
 - Fat free/Skim milk
 - Healthy juices (such as apple, orange, mixed fruit, unsalted vegetable juices). Unsweetened fruit juices are better options than sweetened juices or soft drinks for body hydration.
 - Smoothies/Milkshakes
 - Soups
 - Water
- Provide them with healthy snacks and beverages throughout the day. If you know someone will have a busy, active day, make sure to provide her/him with a healthy breakfast that includes fruit juice and water.
- Always offer water; do not wait to be asked. Thirst can mean the body is already in an early stage of dehydration.
- Ensure they remain hydrated throughout the day.
- Keep beverages and snacks cool and out of the heat and sun.
- Provide unsweetened juices throughout the day and encourage them to drink healthy, nutritious beverages that provide the necessary nutrients.
- Ensure they avoid direct sun exposure as much as possible, especially during peak hours when the outdoor temperature is at its highest (between 10:00 a.m. and 2:00 p.m.).
- When they are going to be outdoors, be sure they wear sunscreen and keep it applied throughout the day. Be sure to cover their heads with hats and have them wear sunglasses to protect their heads and eyes from excessive heat and from harmful ultraviolet rays. It's advisable to encourage children and elders to carry small bottles of water when going outdoors. Recreation areas should be either indoor or provide shade.
- Moderating the amount of salt in food helps reduce the body's water requirement. Limit the consumption of highly salted foods such as pickles, olives, chips, crackers, dressings and sauces.
- Make sure they wear light colored clothes and avoid tight or dark clothes as they don't allow the body to sweat freely. Sweat is the body's natural cooling mechanism.
- Go easy on drinks that contain a lot of caffeine such as coffee, dark tea and cola as excessive caffeine intake depletes the body of water and can contribute to dehydration.
- It's recommended during summer to have light meals including healthy snacks in place of large meals. Fatty and fried food require more water for digestion and absorption.
- Children and elders with diabetes should always keep their blood sugar levels controlled as hyperglycemia can lead to dehydration and loss of body fluids.



Falafel Pita Sandwiches

Falafel sandwiches are tasty and full of flavor and aroma. It is filled with crispy falafel, sesame paste (Tahini) and raw vegetables. They make an excellent snack and meal and are rich in fiber, some vitamins and minerals and suitable for vegetarians.

Ingredients (6 Servings):

- 18 pieces baked falafel
- 3 tablespoons tahini (sesame sauce)
- 3 whole wheat pita breads
- 2 tomatoes, chopped
- 1 onion, sliced
- ¼ cup fresh parsley, finely chopped

Preparation:

- Prepare baked falafels that are made from chickpeas or use ready-made falafel mix. Baked falafel is healthier than fried and provides less calories and fat.
- Heat pita bread in the oven or in the microwave and divide each into 2 halves.

- Stuff each half of pita bread with 3 pieces of falafel and vegetables and drizzle with tahini sauce.
- Serve with salad, nonfat or low fat yogurt or laban to make your falafel more balanced and nutritious. Tahini paste can be replaced with low fat or nonfat yogurt.

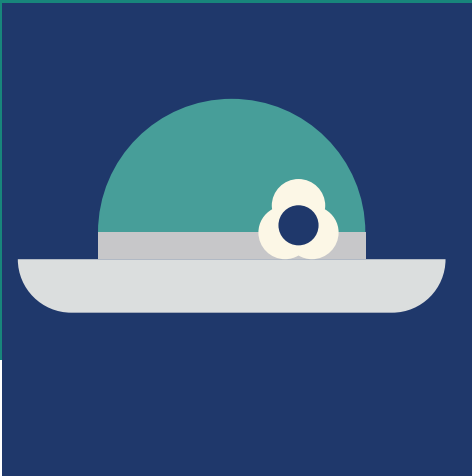
Fat and Calorie Contents (per serving):

- **Calorie:** 230
- **Fat:** 4 grams

Health Profile:

Baked falafel pita sandwich is appropriate for people with heart disease when prepared with only little salt. It is also appropriate for children, pregnant and lactating women and seniors. Diabetics can consume it, considering that (30 grams of bread and 3 pieces of falafel = 2 servings carbohydrate). It is not recommended for babies under one year of age, people with chewing or swallowing difficulties or for those with a gluten allergy. Tahini paste should be kept refrigerated.

Sun Protection Tips



Wear a broad-rimmed hat



Wear sunglasses



Wear protective clothing



**Avoid sun between 11:00 a.m.
And 3:00 p.m.**



Wear sunscreen



Keep hydrated



Use cosmetics with UV protection



Seek shade



Avoid direct sunlight

New Mobile Medications and Health Dashboard



To all Saudi Aramco Employees,

Johns Hopkins Aramco Healthcare in coordination with Saudi Aramco Information Technology is pleased to announce the Go-live of the following mobile medical applications.



Process Refills in pharmacy

To view and submit a refill request for you or your dependents to pharmacy



Request Prescription Renewal

To submit medication renewal request to physician.



Check Request Status

To check your refill and renew status.



Drug Information

To check your requested medication information.



Health Dashboard

To view your health test results, such as blood pressure and BMI.

Access it today at <http://mobile.aramco.com>

For business device users, please click on the myhome Mobile Portal icon located on the device.

For non-business device users, type the following URL <http://mobile.aramco.com>.

If you do not have access to myhome on the internet, please submit a CRM request as follows:

Go to: Service Catalog -> IT Services -> Email & Internet/Intranet Services -> myhome Corporate Portal Access.

For assistance, please contact: [IT Help Desk](#)

JHAH Welcomes New Employees

36 Employees Join JHAH in July

Name	Department
Samer Ayed Alghamdi	Supply Chain
Nidaa Alghanim	Medical and Technical Support Services
Athari A. Almusabhi	Nursing
Afnan Ghazalah	Medical and Technical Support Services
Rabab Bajahmom	QI and Patient Safety
Merfat A. Alkhalifah	Medical and Technical Support Services
Sahar A. Alklib	Medical and Technical Support Services
Weam O. Aljassim	Pharmacy
Fawaz M. Habeeb	Anesthesia - Physician
Abdulaziz Alnasser	Anesthesia
Sarah Alsaleh	Clinical Affairs - Physician
Eman Alkhalifah	Medical and Technical Support Services
Amal Buhazza	Supply Chain
Amani Al-Tai	Medical - Physician
Lovely Rose Villamor	Cardiology
Ruth C. Monet	Pharmacy
Jennifer L. Hilaga	Nursing
Ann Laven Ferraz	Dental
Dollie Camposano	Nursing
Jane Sangalia	Nursing
Angela Mcfeely	Nursing - Medical Secretary
Katrina Rodriguez	Cardiology
Jordan P. Peachey	Nursing - EMT-P

Name	Department
Hatim Kheir	Medical - Physician
Cherry Rose Villamor	Cardiology
Asim Safdar	Medical - Physician
Caryl J. Roudette	Medical - Secretary
Fiona Black	Medical - Secretary
Abdul Mohammed	Medical - Physician
Charisse Anne Non	Nursing
Julie Ann Guevarra	Nursing
Samantha Jane O'Shea	Psychiatric
Nadia Al Shammari	Medical and Technical Support Services
Kenneth Gomes	Finance
Manoj Manikkoth	IT
Safia Raza	Medical - Physician



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Johns Hopkins Aramco
Healthcare



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Johns Hopkins Aramco
Healthcare (JHAH)



We have more than
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15,000 views on
our channel.
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Healthcare (JHAH)

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(JHAH)

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**ARE YOU
ONE
OF THEM?**



Ask the Expert: Timothy Wang, M.D.

How can I best protect my skin during the summertime?



How can I best protect my skin during the summertime?

The following are some basic rules from the American Academy of Dermatology:

- Apply broad-spectrum, water-resistant sunscreen. Look for sunscreens with a Sun Protection Factor (SPF) of 30 or more for all exposed skin when spending time outside, even if it's cloudy. Reapply sunscreen after a few hours and after activities where it may wash off your skin, such as swimming.
- Wear protective clothing. Long sleeves, sunglasses and a hat help protect you from the sun's rays—and clothing labeled with an Ultraviolet Protection Factor (UPF) is most effective.
- Stay out of the sun during peak hours if at all possible. The sun's rays are strongest between 10 a.m.

and 2 p.m., so avoid being in direct sunlight whenever possible.

- Be careful, especially at the beach. Water and sand can reflect and intensify the sun's rays, so be extra cautious to avoid sunburn.

What type of sunscreen should I use, and what should I know about SPF ratings?

The sun's wavelengths that strike Earth include ultraviolet (UV) and visible light. UV light that pertains to sunburn, skin aging and skin cancer is classified as either UV-A (penetrates the skin deeply and is more responsible for aging the skin and tanning) and UV-B (more responsible for skin reddening and sunburn). Sunscreens were originally developed to protect against sunburn. Thus, SPF describes a sunscreen's protection against UV-B only.

The SPF is a multiplier of protection against skin reddening and sunburn. For example, if your skin reddens after you are in the sun for five minutes when wearing an SPF 10 sunscreen, it would take 10 times longer for you to burn (i.e., 50 minutes). To denote sunscreens that offer protection against UV-A as well, the US Federal Drug Administration (FDA) mandates that those sunscreens be labeled as 'Broad Spectrum'. 'Water resistant' refers to how much time a user can expect to receive the specified SPF level of protection while swimming or sweating. Two times are permitted on labels: 40 minutes or 80 minutes.

So when you're looking for a sunscreen, look for one labeled as SPF 30 or more, Broad Spectrum and Water Resistant. Apply sunscreen liberally and reapply it about every two hours or if you sweat or swim.

If I do get a bad sunburn, what are the most effective ways to care for my skin?

1. First, you cannot reverse the damage caused by a sunburn. It is much better to prevent a sunburn than to treat it. But if you do get a sunburn, here's how to try and alleviate the symptoms.
2. Get out of the sun.
3. Put a cool, damp towel on your skin. Take a cool bath or shower. After you get out of the shower, pat yourself dry and use a moisturizer. This will help ease the dryness.
4. Anti-inflammatory medications such as ibuprofen can help. Take only as directed.
5. Drink a lot of water to help replenish fluids that may be lost through your skin. If you develop blisters, do not pop them. If you feel sick, seek medical attention because this may indicate a severe burn.



Timothy Soong-Hua Wang, M.D.
Director, Mohs Surgery Program
Associate Professor of Dermatology
Johns Hopkins University

Dr. Timothy Soong-Hua Wang is an associate professor of dermatology at the Johns Hopkins University School of Medicine. His areas of clinical expertise include dermatology, melanoma, Mohs surgery and skin cancer.

Dr. Wang serves as director of the Mohs Surgery Program, director of the Cutaneous Skin Oncology Program, and the medical director of dermatologic surgery in the Department of Dermatology at the Johns Hopkins School of Medicine.



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We have partnered with Health.Links / Press Ganey, the leading company in evaluating hospital services, to help us improve. We ask your cooperation in answering the survey you may receive (via phone or SMS) to evaluate your visit. Your participation in the survey is optional. All information will be kept confidential, and your responses will not be shared with caregivers.



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Caring Profile: Dr. Khalid Siddiqui Consultant Neurosurgeon

Educational Qualifications:

- MBBch from King AbdulAziz University, Jeddah, 1986
- Neurosurgical training and fellowship in Edmonton, Alberta, CA., 1989 to 1995
- Certified in 1995
- American board certification in neurosurgery, 2001
- American board re-certification in neurosurgery, 2011

Current Job:

Consultant Neurosurgeon at Johns Hopkins Aramco Healthcare since June 2016

Work History:

- Consultant Neurosurgeon in New Jeddah Clinic Hospital, 2001-1995
- Consultant Neurosurgeon in King Faisal Specialist

Hospital and Research Center, Jeddah, 2003-2001

- Consultant Neurosurgeon and Deputy CMO Saad Specialist Hospital, Khobar, 2012-2003
- Consultant Neurosurgeon and Assistant Medical Director, Arrayan Hospital, Dr Sulaiman Habib Group, Riyadh 2016-2012



Quote:

"I enjoy seeing patients and my best moments are when I see my patient or family members satisfied with the care and surgery I provide."

Emergency Numbers: SAVE THESE NUMBERS TO YOUR MOBILE PHONE

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

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

- Appointments: To make medical or dental appointments and to access multiple medical services, call:
 - Centralized 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@aramco.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 Saudi Aramco 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: <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.) and 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>.



Do you need help with a health care service issue?

Email Patient Relations
PatientRelations@JHAH.com



مرکز جونز هوبکنز أرامکو الطبي Johns Hopkins Aramco Healthcare

'Id Adha Mubarak

'Id Holiday Urgent Care Unit (UCU) Operating Hours

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

- **Abqaiq** – available 24 hours through Emergency Medical Services (EMS).
- **Ar-Rakah** – no change to current service.
- **Al-Hasa** – available 24 hours through EMS.
- **Dhahran** – daily 7:30 a.m.-10:30 p.m.
- **Ras Tanura** – available 24 hours through EMS.
- **'Udhailiyah** – available 24 hours through EMS.
- **Medical Designated Facilities** – network-wide emergency rooms will operate on a triage basis 24 hours for serious and acute cases.

Contact EMS for emergencies out of operating hours.

Johns Hopkins Aramco Healthcare (JHAH) wishes you and your family good health.

Hajj Meningococcal Immunization Campaign

To support Hajj pilgrims, JHAH is pleased to offer Meningococcal Immunizations from Sunday, August 15, through Thursday, September 1, 2016.

The vaccine will be available from 8 a.m. to 2 p.m., Sunday to Thursday, no appointment necessary, at the following Health Centers:

- **Abqaiq:** Primary Care Immunization Room P2-01
- **Al Hasa:** Primary Care Immunization Room
- **Ar-Rakah Clinic:** Wednesday mornings only from 8 to 11.30 a.m.
- **Dhahran:** Primary Care UCU Room 204-6B
- **Ras Tanura:** Primary Care Treatment Room 59
- **'Udhailiyah:** Primary Care Treatment Room

Employees and dependents registered with a Medical Designated Facility should contact their designated health care provider or any MOH center.

Details about Hajj health requirements and related issues can be found in English on the Saudi Arabian Ministry of Health website:

<http://www.moh.gov.sa/> > Hajj and Umrah.

You may also call the Epidemiology Services Unit at 050-119-0654 or 055-050-4699, or email Epidemiology Services.

For information about all JHAH campaigns visit:

<http://jhah> > Health Education > Campaigns.

Make sure you print your (immunization record) if you are performing Hajj.