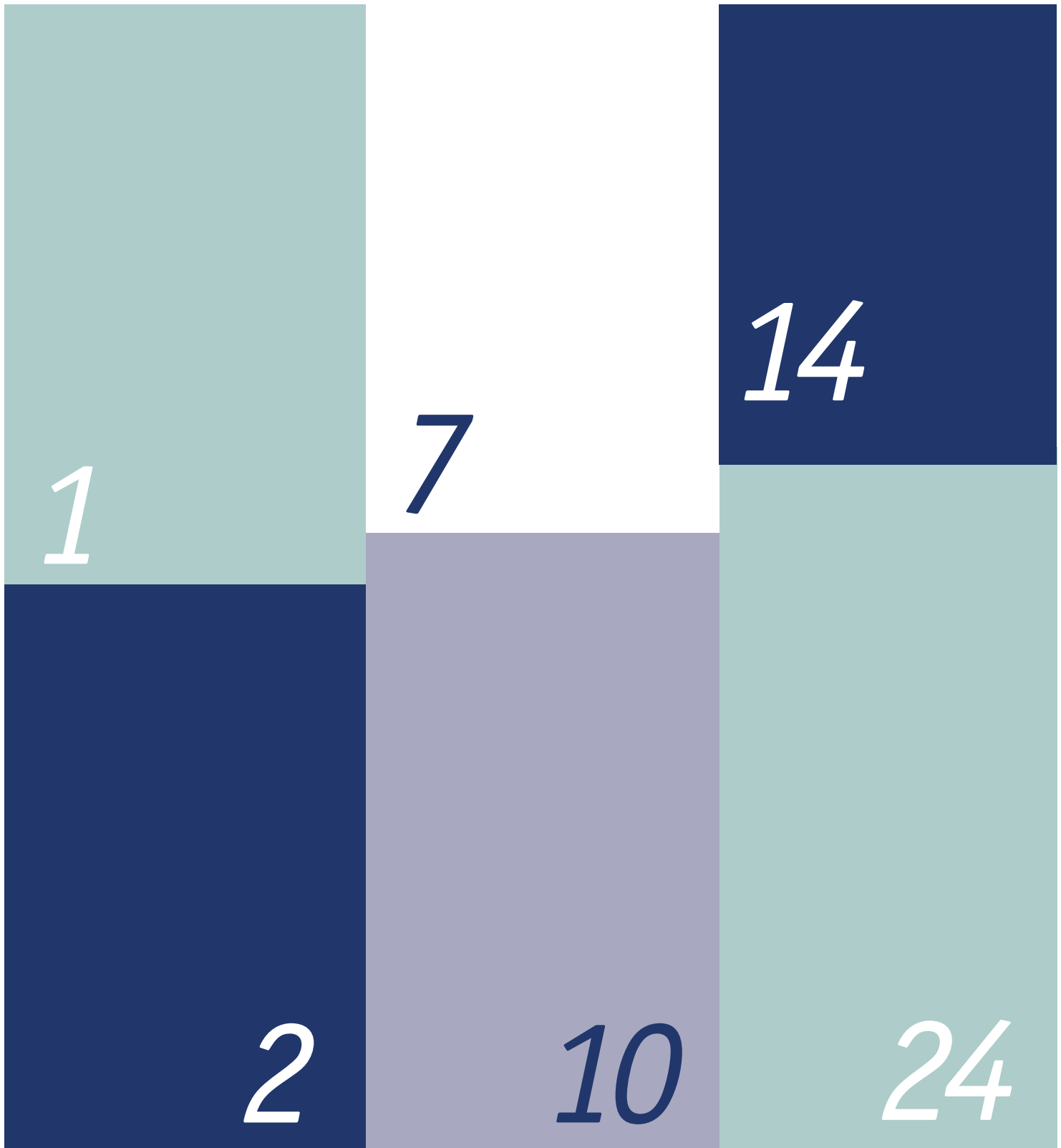


WellBEING

July 2022
Hajj Issue



INSIDE THIS ISSUE



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

How a JHAH Physician Saved a Life

A JHAH Patient Story

More than five years ago, Mr. Sung Lim, a Saudi Aramco employee in Dhahran, suffered from a brain tumor and underwent life-saving surgery at JHAH.

“I remember the day when JHAH’s Dr. Salah Al-Akkad was telling me about the critical decision he had to make while my brain was open,” stated Lim, adding that “I was told that the surgery took much longer than planned, as Dr. Al-Akkad had to wait for the pathology test result to confirm the tumor and had to make a decision as to how aggressive it was.”

The surgery performed by JHAH Neurosurgeon, Dr. Salah Al-Akkad, was successful, and Lim directed his appreciation and gratitude to his surgeon Dr. Al-Akkad, and JHAH’s Radiation Oncologist, Dr. Adnan Al Hebshi, “The decision that Dr. Al-Akkad made allowed me for the past five and a half years to live and work for my family,” shared Lim, “the blessing continued through the follow-up radiology treatment by Dr. Al Hebshi who also had to make another critical decision on the area of radiation.

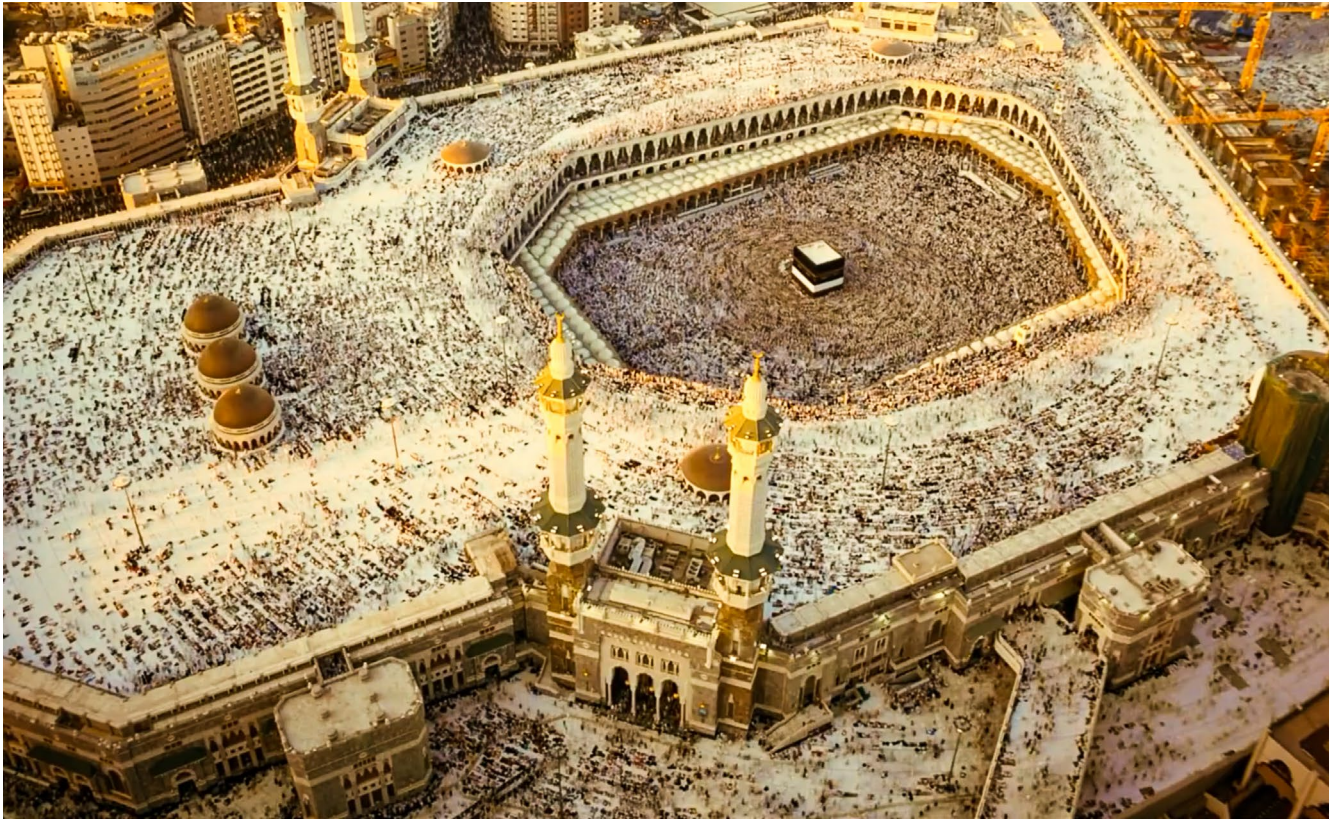
The experience of having one of the worst tumors was a blessing that clarified and confirmed the purpose of my life, and the blessing continued through Dr. Al-Akkad and Dr. Al Hebshi, allowing me to live with that revised purpose of my life.”

Of his feelings of appreciation, Lim expressed “I just don’t know how I can possibly express my gratefulness. I cannot simply thank Dr. Al-Akkad and Dr. Al Hebshi enough for their perfect and sincere cure and care. The past five and a half-year journey was God’s blessing and was given to me by the hands of these physicians.”



“Mr. Lim’s surgery was a dangerous one where I had to go to the main draining vein area to be sure I removed the full tumor,” stated Dr. Al-Akkad, “I had to deal with an extreme situation during the surgery, and I thank God that I made the right decision.” According to Dr. Al-Akkad, the five-year survival rate of Mr. Sung Lim’s disease is only five percent.

We would like to thank Mr. Sung Lim for sharing his inspiring story and his appreciation for the care he received at JHAH. We are proud to have Dr. Al-Akkad as part of our organization, caring for our patients with his expertise and skill. We know our patients are in safe hands.



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.

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

Tips to Avoid Foot Injuries During Hajj



1

Avoid walking barefoot



2



Choose the appropriate size shoe to prevent friction with the skin

3

Avoid standing or walking for long hours



Tips for a Healthy Hajj



How to protect yourself from heat-related illnesses while performing Hajj

Drink an adequate amount of water at least two litres per day

Use an umbrella whenever possible to protect yourself from the sun

Avoid sun exposure whenever possible especially between 10 a.m. and 3 p.m.



Nutrition Tips for Healthy Bones

The Importance of Calcium

Calcium is not only important for building and maintaining strong bones, it is also important to keep the heart, muscles and nerves functioning well.

- The daily requirement of calcium for children (4-8 years) is 1000 mg, for adults (20-70 years) is 1000 mg, and after the age of 70 you should consume 1200 mg.
- Dairy products are the best source of calcium.
- A cup of milk contains about 300 mg, a cup of yogurt contains 400 mg, a cup of pudding contains 300 mg
- A cup of calcium fortified soy milk contains between 250-300 mg
- One ounce (30 grams) of Swiss cheese contains 270 mg, one ounce of cheddar cheese contains 200 mg, one ounce of mozzarella cheese contains 185 mg
- Three ounces (90 grams) of canned salmon with edible bones contains 200 mg, while the same serving of canned sardines with edible bones contains 270 mg. Tuna contains less calcium than either canned sardines or salmon with edible bones.
- In general, the recommended daily milk requirement is as follows:
 - Three cups per day for children, adolescents up to age 20 years, non-pregnant and non-lactating women
 - Four cups for pregnant and lactating women
 - Three cups for anyone over 70
 - Low fat and non-fat dairy products are preferred to limit your intake of saturated fat and cholesterol.

Ways to increase calcium include the following:

- Adding low fat dairy products to meals and snacks
- Adding low fat cheese, yogurt, sardines or salmon to salads
- Preparing low fat cheese or labnah sandwiches
- Making low fat milk pudding or custard topped with nuts
- Consuming a milkshake or fruit yogurt as a snack



- Including fortified cereals with your breakfast.
- The added benefit is that most of these foods are also rich in Vitamin D.
- Excessive consumption of caffeine containing beverages is not good for the bones as caffeine reduces calcium absorption. Moreover, prescription calcium supplements should be taken between meals as calcium can hinder iron absorption if taken with meals.

Importance of Vitamin D

Vitamin D is important to bone health as it helps calcium deposit in the bones. The body produces Vitamin D when sun shines directly on your skin. To enable your body to adequately produce Vitamin D, you need about 20-30 minutes of **Direct** sunlight two to three times per week, without applying sun block. Sun shining in a window does not provide your body with Vitamin D.

Importance of Exercise

Performing regular exercise, especially strength training, benefits the entire body including the bones, heart, brain, muscles, lungs, and kidneys. Strength training includes brisk walking, stair climbing, running, jogging, and weight lifting. Swimming and cycling are excellent for health; however, they are not considered strength training.



Summertime is upon us, and while we excitedly plan fun activities and possible travel trips, we tend to forget that the sun's shine and brightness can be quite harmful.

Follow these tips to stay healthy and cool this summer:

Cool Workouts: Hot temperatures can stress the body, so choose water workouts and make a splash as you get fit and strong or get moving indoors with a fun fitness video or DVD.

Hydrate Healthy: Drink plenty of water before, during and after exercise, and limit your and your children's intake of sugary beverages.

Summer Food: At summer gatherings, watch your portion sizes and incorporate healthy foods. Add color, variety and flavor to your meals with fruits and vegetables. Eating low-calorie starters helps reduce your calories.

Sleep: The longer summer days allow us to stay up late or take a mid-afternoon nap, which can affect sleep. Sleeping adequate hours and at the same time each night helps you boost your immunity, maintain a

healthy weight and reduce your risk for many chronic diseases. Spending time outdoors during the day will help you sleep well at night.

Sunscreen: Wearing sunscreen is one of the best — and easiest — ways to protect your skin's appearance and health at any age. Used regularly, sunscreen helps prevent sunburn, skin cancer and premature aging. For day-to-day use, pick a sunscreen with sun protection factor (SPF) of at least 30. If you spend time outdoors, choose a product with SPF 60 or greater. In reality, most people do not use as much sunscreen as they should, and this higher SPF helps compensate. How much sunscreen do I need? To protect your face, neck, arms and legs, you'll need about 1 ounce of sunscreen. Squeezed into your hand, 1 ounce of sunscreen is enough to completely cover your palm.

Make it a goal to adopt healthy habits this summer and surround yourself with people that support and share your health goals.

To provide our patients with the best treatment experience and help them manage their dental care, Dental Services at Johns Hopkins Aramco Healthcare has introduced Dental Patient Care Coordination as a new role within Dental Services. The Dental Patient Care Coordinator will serve as a navigator, helping patients manage their dental care and the treatment plan designed by their dentist on record and as a point of contact to maintain an open line of communication between patients and their Dental Care providers.

Patients are assigned to the Dental Patient Care Coordinator through their clinician for a smooth dental treatment journey. The patient coordinator's duties include, but are not limited to, the following:

The patient coordinator's duties include, but are not limited to, the following:

- Help patients in completing paperwork related to their treatment.
- Educate patients about their Dental Care options, ensuring the patients understand their treatment plan and the benefits of treatment.
- Manage each patient's case while maintaining confidentiality for staff and patients.
- Maintain open lines of communication between patients, their families, and healthcare providers.
- Monitor patients' progress toward their dental goals and ensure their referrals to specialists.
- Trace patients with lengthy treatment plans throughout their journey to ensure continuity of care.
- Handle Pediatric Dentistry patient bookings for OR cases, pre-admission, cancellation, rebooking and follow up post-Surgery.
- Handle hospital dentistry or inpatient consultations and coordinate booking, cancellation, rebooking and follow up for hospital dentists.



Amal Almasri

Dental Patient Care Coordinator

About JHAH's Dental Patient Care Coordinator

Dental Services is pleased to announce the designation of Mrs. Amal Al Masri as Dental Patient Care Coordinator.

Mrs. Masri has finished her Dental Assisting education program at the Saudi Aramco Training Center. She holds a Bachelor's degree in business administration from King Faisal University and is OSHA certified. Additionally, she has 26 years of professional experience as a Dental Educator.

COVID-19 Second Booster Vaccination update



JHAH now offers COVID-19 second booster vaccinations to JHAH and Saudi Aramco employees and eligible dependents, aged 16 years or older, who received their first booster dose at least four months ago.

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

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

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

If you meet the conditions to receive the second 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.

I want to know more

Learn more about the COVID-19 vaccination and the booster dose appointments at [JHAH.com/CV19-Vax](https://www.jhaah.com/CV19-Vax).



Annually on May 31, World No Tobacco Day is observed. A day created by the World Health Organization, World No Tobacco Day aims to raise awareness about the dangers of tobacco and how people can take control of their health. Considered the leading cause of preventable deaths in the world, smoking tobacco can instantly affect your body negatively just from one cigarette.

There's no way around it. Smoking is bad for your health. Smoking harms nearly every organ of the body. Cigarette smoking causes 87 percent of lung cancer deaths. It is also responsible for many other cancers and health problems. These include lung disease, heart and blood vessel disease, stroke and cataracts. Women who smoke have a greater chance of certain pregnancy problems or having a baby die from sudden infant death syndrome (SIDS). Your smoke is also bad for other people - they breathe in your smoke secondhand and can get many of the same problems as smokers do.

Quitting smoking can reduce your risk of these problems. The earlier you quit, the greater the health benefit.

Cigarette smoke contains thousands of chemical agents; at least 60 of these cause cancer!

When a person decides to stop smoking, the craving for nicotine leads to withdrawal symptoms. These symptoms include:

- Short temper
- Anger
- Aggression
- Negative feelings

When a person smokes, it not only affects the smoker, but also the people who are exposed to the smoke. Anyone nearby when a person is smoking breathes in the smoke that is exhaled from the smoker, as well as the smoke that comes from the cigarette, cigar, or pipe. This is known as secondhand smoke.

To those who already smoke but wish to stop, quitting is difficult, but many successful smoking cessation programs exist.

Some people stop cold turkey. They have one last cigarette and never return to smoking.

Most people who quit successfully stop smoking gradually.

- They prepare for quit day by speaking with their healthcare provider about medications to help them withdraw from nicotine addiction.
- They ask friends and family to help them overcome the habit of smoking.
- And they develop healthy habits, like exercising, to take the place of smoking.

There are many reasons that encourage smokers to take the first step towards quitting smoking.

Most people quit smoking for health reasons. Smoking is responsible for most lung cancer deaths. It is also the main cause of lung diseases such as emphysema, COPD, and bronchitis.

Smoking is also one of the leading causes of heart disease. It can lead to many other health problems, including sexual dysfunction, blindness, strokes, and blood clots.

Smoking causes bad breath, dark stained teeth, and wrinkles in the face. Some people wait until they are diagnosed with a disease to quit smoking. But many people take a pre-emptive strike and stop smoking before they get sick.

When you quit smoking, the body tends to recover and repair some of the damage caused by smoking. It is never too late to quit. Your chance of heart attack is reduced 4 hours after you quit. Within 3 months of quitting, lung function improves by about 30%. In about one year after quitting smoking, the risk of heart problems is half what it would have been if the patient had continued to smoke. After 10 years of smoking cessation, the death rate from lung cancer is nearly cut in half.

The risks of other cancers also go down, and the risk of strokes becomes similar to that of non-smokers.

Some people quit for loved ones. People who are often around tobacco smoke have a much higher risk of developing cancer or lung diseases. This includes children.

Recent studies have proven that residue from tobacco smoke can linger in carpets, upholstered surfaces, and can cause health risks, even if no one is actively smoking in the area. This is known as third hand smoke!

JHAH's Smoking Cessation Program

Giving up smoking is hard, and it can be difficult to stay smoke free. Johns Hopkins Aramco Healthcare's (JHAH) Smoking Cessation Program is run by a team of experts, to help you quit and stay on track. As well as boosting the health of smokers, our program helps to reduce the risks to fellow workers and the community at large.

As a healthcare leader, JHAH has a duty to protect employees, patients, and the public from passive smoke. We are also committed to implementing an evidence-based program to encourage tobacco users to quit.

Eligibility

The program is available to adult JHAH and Saudi Aramco employees and their eligible dependents through a referral from a JHAH Respiratory Therapist.

Read more about our Smoking Cessation Program on <https://www.jhah.com/en/health-wellbeing/health-programs/smoking-cessation-program>

Tobacco Products: Poisoning Our Planet

Tobacco Products: Poisoning Our Planet

Tobacco products pollute the planet and damage the health of all people- smokers and non-smokers alike.



600+ million trees are chopped down every year by the tobacco industry

845,000 tons of cigarette waste ends up as litter worldwide each year, leaching **7,000** different toxic chemicals into our soil, water, and air

It takes up to **10** years for discarded cigarette butts (made mainly of plastic fibers) to decompose

Members of the World Health Organization dedicated World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the death and disease it causes. The following year, the organization passed a resolution dedicating May 31 to celebrate World No Tobacco Day.

The WHO selects a theme to share a unified global message each year. This year, the theme is "Tobacco: Poisoning our Planet," which aims to alert the public not only on the health but on the environmental dangers of using tobacco, the ecologically harmful business practices of tobacco companies, and what individuals around the world can do to claim their right to healthy, smoke-free environments and protect future generations.

Throughout its life cycle, tobacco use adds unnecessary pressure on the planet's limited resources and fragile ecosystems. Growing tobacco, manufacturing, using, and disposing of tobacco products can all pollute water sources, soil, beaches, and streets with

chemicals, toxic waste, and cigarette litter, including micro-plastics and e-cigarette waste.

The tobacco industry is making a profit by destroying the environment, soliciting tobacco farmers, and compromising the health and safety of smokers and non-smokers alike. Tobacco smoke contributes to higher air pollution levels and contains three types of greenhouse gases. Every cigarette smoked or tobacco product used wastes precious resources on which our existence depends. Quit tobacco for your health and the health of our planet.

Read more about the environmental impact of tobacco use on the World Health Organization website (<https://www.who.int>) by visiting Campaigns/World No Tobacco Day.

Learn more about the smoking cessation program offered at JHAH to all eligible medical care recipients on the JHAH website (www.JHAH.com) by visiting Health & Wellbeing/Health Programs Smoking Cessation Program or contacting SmokingCessation@JHAH.com



Quit tobacco to save our planet!
Scan the QR code



Johns Hopkins Aramco Healthcare Achieves Epic's Highest Honor Roll Level 'Summa Cum Laude' for Commitment to Excellence for the Second Year

Johns Hopkins Aramco Healthcare (JHAH) achieved the highest honor roll level 'Summa Cum Laude' in the Version 5 Epic Honor Roll Good Maintenance Grant Program for the second year. Participation in this program allowed JHAH to achieve continuous improvements in patient outcomes, workflow efficiency, and quality of care. In 2021, JHAH was the second organization out of all international Epic customers to have achieved the highest honor roll level and is now the first-ever non-US Epic customer to achieve Honor Roll for a second time. JHAH is also the first organization in the GCC achieve Epic's 'Summa Cum Laude' honor roll level.

The highest honor roll level achievement comes with a financial bonus, the maximum available, which is a grant of SAR 1,400,000. JHAH will also receive an award from Epic and be recognized as a leading organization at the yearly Epic User Group Meeting (UGM) in August 2022.

"This award highlights JHAH's extraordinary dedication towards following all best practices of running Epic as its electronic health record", said Ahmad Shono, Chief Information Officer at JHAH. "Beyond that however, this award is a perfect reflection of the caliber and excellence of the IT professionals working at JHAH. This is first and foremost their achievement and I couldn't be more proud."

JHAH achieved the highest level of Summa Cum Laude after completing all the eligibility requirements and all eight components of the program. This reflects JHAH's collaborative commitment to excellence and highlights the efforts to enhance the health and wellbeing of patients by ensuring the organization optimizes their output through the Epic software. Following best practice helps engage patients in the care process, makes the software easier for clinicians to use, and allows users to maintain pace with the rapid advancements in health technology and medical knowledge.

"I would like to thank all of our Epic@JHAH team and our Clinical Champions that have been involved in completing the arduous Honor Roll checklist required to reach the highest level of Summa Cum Laude", shared Daniel Bregaglio, Senior Direct of Clinical Applications Support Department at JHAH. "This level of commitment and effort from our team is a direct reflection of our pursuit of excellence in implementing the most important tools in the system and in meeting specific thresholds. Ultimately, this will translate into improving clinical efficiency, patient safety and experience, improved data analytics and information exchange, and much more."



Approximately 30% of Epic organizations have achieved at least the minimum level of Honor Roll since the program has been launched. Of the organizations that did achieve Honor Roll, 20% of them achieved the highest level of 'Summa Cum Laude'.

The other international organization that achieved 'Summa Cum Laude' in the 2021 Epic Honor Roll Good Maintenance Grant Program was the American University of Beirut Medical Center in Lebanon.

About Epic

Founded in a basement in 1979 with 1½ employees, Epic develops software to help people get well, help people stay well, and help future generations be healthier. More than 250 million patients have a current electronic record in Epic.

By: Dr. Noor Alnaji, Pediatric Consultant

Drowning is a leading killer worldwide. It is defined as a process of experiencing respiratory impairment from submersion/immersion in a liquid medium. The outcome of drowning varies. It might lead to death, morbidity or no morbidity. Drowning is the 3rd leading cause of unintentional injury death worldwide, accounting for 7% of all injury related deaths. There are approximately 236,000 annual drowning deaths around the globe. In Saudi Arabia, drowning is the second leading cause of accidental deaths in the pediatric population. According to the latest WHO data published in 2020, drowning deaths in Saudi Arabia reached 821 or 0.61% of total deaths. As these statistics show, drowning is a major public health problem in Saudi Arabia and worldwide. Drowning is preventable in many instances. Lives can be saved if we implement drowning prevention interventions.

In April 2021, WHO declared that 25th of July as World Drowning Prevention Day. This day is held annually to highlight the impact of drowning on the population and to advocate prevention solutions. One of the most proven preventive measures is installing barriers controlling the access to water (e.g. fencing swimming pools). Teaching school age children basic swimming and water safety is another approach. Formal swimming lessons can reduce the risk of drowning. A leading risk factor associated with drowning is inadequate supervision. This emphasizes the need to raise community awareness about the harmful negligence of leaving children unsupervised. The American Academy of Pediatrics strongly advises that parents practice "touch supervision" for young children, where they can immediately be reached at all times around or in any body of water. Kids may drown in baths, swimming pools or even in rail filled buckets in the yard. Another preventive strategy that most people can do is to learn the basics of life support and how to perform CPR. Life jackets can also prevent drowning during water activities. The Saudi Centre for Disease Prevention and Control (Weqaya) has issued a preventive guide for safety in swimming pools. The recommendations are established but they need to be implemented in order to save lives.

For every fatal drowning, four non-fatal drowning victims seek medical care. 50% of those patients require hospital admission and intervention.



"As a pediatrician, I cared for many of what we call near drowning victims; those ones who survived the incident with poor neurological outcomes. Some of them stay in the hospital for months and their lives are changed forever. They require lots of medical care and hours of rehabilitation. These patients touch your heart forever. Drowning can happen in seconds and is often silent. Be vigilant and stay safe."

Resources:

<https://www.un.org/ar/observances/drowning-prevention-day>

<https://www.who.int/news-room/fact-sheets/detail/drowning>

<https://www.cdc.gov/drowning/facts/index.html>

<https://nfsp.org.sa/ar/excellencecentre/studies/ChmorKSA/Pages/default.aspx>

<https://www.worldlifeexpectancy.com/saudi-arabia-drownings>

[Prevention of Drowning | Pediatrics | American Academy of Pediatrics \(aap.org\)](#)

Tips to Protect Your Children From the Dust

JHAH's Al-Hasa Pediatric Consultant, Dr. Adnan Zafar, advises parents to follow these tips to protect their children from dust.



Dust & Children

- Limit outdoor activities during high dust days
- Use a mask and sunglasses to protect from dust particles
- Watch for mucus build up or productive cough
- If your child has asthma keep your medication with you at all times
- If your child has difficulty breathing, seek the nearest medical assistance

What do you Know About Drug Interactions?

By : Bushra Al-Qahtani & Raghad Al-Abidi



A common definition of interactions is when the effects of one drug are changed by the presence of another drug, food, herbal medicine. As a consequence, interactions can cause both an enhanced or a reduced effect of a drug, but also, a decreased or an increased risk of side effects, and thereby an increased risk of toxicity.

Drug-Disease Interactions

A drug-disease interaction is an event in which a drug that is intended for therapeutic use causes some harmful effects in a patient because of a disease or condition that the patient has.

Drug-Food Interactions

When a food affects medications in the body, this is called food-drug interaction. Food can prevent medicine from working the way it should and can cause medicinal side effects to become better or worse and/or cause new side effects to occur. Drugs can also change the way the body uses food. Some drugs can work faster, slower, better on an empty stomach. On the other hand, some medicines are easier to handle when taken with food. If you don't take them with food, you may feel nauseous or dizzy. This is often the case with some pain analgesics and antibiotics.

"Should i take this medication with or without food?" the most common question a pharmacist would hear from patients after dispensing. The more appropriate question to ask is **"Which foods should i avoid taking with my medication?"**

Here is a small list of common drugs and how food affects the way they are used in the body :

Grapefruit and Grapefruit juice

alters the way the body absorbs certain medications such as:

- Statins (cholesterol-lowering agent, e.g. Atorvastatin, Rosuvastatin..etc)
- Calcium channel blockers (blood pressure medications, e.g. Amlodipine, Nifedipine.. etc).

Grapefruit juice changes the way this drug breaks down in the body and may cause overly high levels of the drug in the blood, raising the risk of side effects.

Milk, calcium, caffeine and antacids

should not be taken at the same time as iron supplements. You should wait at least 2 hours after having these foods before taking your iron supplements.

Green, leafy vegetables, which are high in vitamin K, can affect how well Warfarin or Aspirin thins the blood. Consuming the same amount of green-leafy vegetables each day will decrease this interaction.

Foods high in Potassium, such as bananas should be avoided if you're taking an ACE inhibitors (Blood pressure medications e.g. Lisinopril, Enalapril..etc).

Dairy products such as milk, yogurt and cheese decrease the absorption of antibiotics. Try to eat meals one to two hours before taking these to avoid this interaction.

Drug - Drug Interaction Examples

Statins/Clarithromycin

Use of Clarithromycin or Erythromycin Antibiotics with Cholesterol medications Simvastatin or Atorvastatin is associated with an increased risk of statins concentration and more side effects.

Beta-Blockers/Rivastigmine

Rivastigmine (for Alzheimer) may enhance the bradycardic (slow heart rate) effect of Beta-Blockers (e.g. Bisoprolol, Atenolol, Carvedilol, Metoprolol and Propranolol).

Quinolones / Iron Preparations

Iron may decrease the concentration of Quinolones Antibiotics (e.g. Ciprofloxacin, Levofloxacin ..etc). Take Quinolones at least 2 hours before or 6 hours after iron intake.

Cefuroxime / Omeprazole

ulcer medications (e.g. Omeprazole, Lansoprazole, Esomeprazole..etc) may decrease the absorption of the Antibiotic Cefuroxime.

Isotretinoin/ Tetracyclines

Tetracyclines Antibiotics (e.g. Doxycycline, Minocycline) may enhance the adverse effect of Isotretinoin causing intracranial hypertension (high pressure in the brain).

ACE inhibitors/ Spironolactone

Spironolactone Diuretics may causes Hyperkalemia (increased potassium levels) when use with ACEI (e.g. Lisinopril, Enalapril ..etc)

There are some diseases that alter the body's ability to metabolize, or break down a drug so that it can have the intended effect. This can be true of both prescription and over-the-counter drugs. When it is known that a patient has such a disease, care must be taken to choose therapeutic drugs accordingly and to adjust the doses when necessary.

Drug-Disease Interactions

There are some diseases that alter the body's ability to metabolize, or break down a drug so that it can have the intended effect. This can be true of both prescription and over-the-counter drugs. When it is known that a patient has such a disease, care must be taken to choose therapeutic drugs accordingly and to adjust the doses when necessary.

Respiratory Disease

Beta blockers are drugs commonly given for heart failure and hypertension, but these must be given with caution to those with Asthma because it also might causes constriction of the airways.

Gout Disease

Taking diuretics can cause the retention of uric acid. Gout is caused by the buildup of uric acid in the joints, so the retention of more uric acid simply worsens the disease.

Chronic Kidney Disease

Any drug that is converted to a metabolite, or water-soluble form, and is then excreted through the kidneys may have delayed excretion in a patient with CKD and may accumulate in the body to toxic levels.

Cardiovascular Disease

Some medications may cause a raise the blood pressure which can be dangerous for a patient whose blood pressure is difficult to control. and other medications like NSAIDS might cause fluid retention in the body.

Liver Disease

Many drugs are metabolized in the liver, so liver diseases, like cirrhosis, cause the drugs to accumulate in the blood, which, may lead to toxicity.

Digestive Disease

Some drugs might have an effect on the stomach acidity. The wall of the intestines might slows the absorption of some drugs.

Important Tips To Follow :

- Read the prescription label on the container. If you don't understand something, ask your doctor or pharmacist.
- Read all directions, warnings, and interaction precautions. Even overthe- counter medicines can cause problems.
- Take all medicine with a full glass of water, unless your doctor tells you otherwise.
- Do not stir medicine into your food or take capsules apart, unless your doctor tells you to. This can change the way the drug works.
- Do not mix medicine into hot drinks. Heat may affects the drug.
- Do not take vitamins at the same time you take other medicine. Vitamins and minerals can cause problems if taken with some drugs

Path to Safety

Always talk to your doctor or your pharmacist before taking a new medicine. He or she can tell you about possible drug interactions.



Contact Your Doctor If :

- You have any questions about drug-food interactions.
- You have side effects when taking a medicine.
- You don't feel better or start to feel worse after starting a new medicine.

What to Ask Your Doctor / Pharmacist :

- Is there a certain time of day I should take my medicine?
- Should I take my medicine with food or on an empty stomach?
- Do I need to avoid certain foods with my medicine?
- What happens if I eat certain foods with my medicine?
- Are there any other substances I need to avoid?

MyChart

MyChart have made it easier for patients to access to medications leaflets and learn more about the medications they are taking Only through signing in to MyChart > Medications > Learn more (under each medicine)

Nutrition Fun Facts

By: Ghadah Al-Habib, Ms. Manger Clinical Nutrition Services



Taking care of our bodies is our choice; we choose and control what we consume and drink. A healthy eating style with proper nutrition is needed for growth and development regardless of age. It can be highly beneficial in managing chronic diseases or reducing their risk. Therefore, taking good care of our nutrition and health is essential.

Here are some vital nutrition facts:

Consuming vegetables is highly beneficial.

They improve your health, as they are rich in vitamins, minerals, fiber, antioxidants, etc. An interesting fact is that some vegetables have protein. For example, one cup of cooked lima beans has 11.6 grams of protein, one cup of cooked green peas has 9.2 grams of protein, and one cup of cooked spinach has 5 grams of protein.

Did you know that frozen and canned fruits and vegetables can be nutritious choices, too?

Like fresh produce, frozen and canned fruits and vegetables can be healthy. Be sure to look for lower sodium products with no added sugars.

Did you know that common sugar types include corn syrup and table sugar?

Added sugars and naturally occurring sugars are **not** the same. Essential nutrients, like vitamins and

minerals, come from sugars like fruit and milk. Added sugars in foods and beverages often contribute to added calories but lack nutrients needed for good health. So even if it improves the taste of processed foods, added sugar is not ideal for your health.

A high intake of trans fats is associated with various chronic diseases, such as abdominal obesity, inflammation, and heart disease. Did you know that not all dietary fats are the same? There are different types of dietary fats. Omega-3 Fats are vital, healthy fats. Saturated and trans fats may increase the risk of heart disease, which is why limiting these types of fat is recommended. You can choose lean cuts of meat, skinless poultry, and low-fat or fat-free dairy products.

People are different and unique. Differences in genetics, weight, height, body type, physical activity, and environment can affect the lifestyle and diet you should follow.

A diet isn't just a change in how you eat; it's a lifestyle. 'Diets' may provide short-term results but are not the best long-term solution. Most people who lose a lot of weight on a diet end up gaining it back whenever they stop the diet. Adopting a different and healthier lifestyle is a better way to reach long-term results. There isn't a single approach that works for everyone; what works for one person may or may not work for someone else.

Heart Friendly *JHAH Healthy* *Recipes*

Summer Fruit Salad



Ingredients (1 cup)

- 1 cup fresh pineapple, peeled, and cubed
- 1 cup fresh strawberries, sliced
- 1 cup blueberries
- 1 cup halved grapes
- 1 cup diced cantaloupe
- 1 cup diced watermelon
- 2 oranges, peeled and segmented
- 2 mangoes, peeled and diced
- 2 kiwis, peeled and sliced
- ½ cup orange juice
- 1 tablespoon lime juice

Preparation

1. Mix all the fruits together in bowl. Pour the orange juice and lime juice on the fruits
2. Refrigerate for up to 2 hours.

Nutrition Facts (Per Serving)

- Calories per serving: 85
- protein 1g
- carbohydrates 15g
- fiber 3g

By: Ghadah Al-Habib, Ms.
Manger Clinical Nutrition Services

Strawberry Smoothie



Ingredients (1 cup)

- 1 cup Strawberries
- 1 Banana, sliced
- 1 tbsp. Greek yogurt or low fat regular yogurt
- ½ cup apple juice
- 3-4 mint leaves

Preparation

1. Mix strawberries, banana, yogurt, apple juice and mint, in the blender . Add little water if it is thick.
2. Pour the smoothie into the glass and garnish with slices of strawberry or mint leaves.

Nutrition Facts (per Serving):

- **Calories per serving:** 130
- Protein: 3g
- Carbohydrate:s 28g
- fiber :2g

By: Ghadah Al-Habib, Ms.
Manger Clinical Nutrition Services

Eczema



Eczema is a term for several different types of skin swelling. Eczema is also called dermatitis. It is not dangerous, but most types cause red, swollen and itchy skin. Factors that can cause eczema include other diseases, irritating substances, allergies and your genetic makeup. Eczema is not contagious.

The most common type of eczema is atopic dermatitis. It is an allergic condition that makes your skin dry and itchy. It is most common in babies and children.

Eczema is a chronic disease. You can prevent some types of eczema by avoiding irritants, stress, and the things you are allergic to.

The most common type of eczema is atopic dermatitis, or AD. It is an allergic condition that makes your skin dry and itchy. "Atopic" refers to a tendency to develop

allergy conditions. "Dermatitis" means inflammation of the skin.

Atopic dermatitis is an ongoing condition. It is associated with the presence of a specific "allergic" antibody. Antibodies are made by the immune system in response to a specific allergen.

Some skin irritants can make AD worse. These include:

- Household chemicals.
- Rough clothing.
- Soap.

Allergy triggers can also make AD worse. Some examples of allergy triggers are dust mites and certain foods.

People who live in cities and dry climates may be more likely to get AD. It is most common in babies and children. Sometimes children outgrow the condition. In other cases, AD may remain a problem into adulthood.

Symptoms

Eczema may affect any area of your skin. Where it appears depends on the type of eczema you have. Eczema tends to affect the: Back of the knees, face, feet, hands, inside of the elbows, and wrists.

Eczema almost always causes itchy skin in the affected area. It also causes a rash. The itching may start before the rash appears.

Areas of skin affected by eczema may appear red and swollen, scaly, thickened, and/or very dry. Eczema may also cause the affected skin to have small, raised bumps.

Since the affected skin is itchy, many people want to scratch the affected area. But this may cause an open wound. Open wounds may allow germs to enter the skin and cause an infection.

Scratching the skin may also cause: Cracking or crusting of the skin, increased redness and swelling, raw, sensitive skin, and “weeping” clear fluid.

The symptoms of eczema tend to “flare” up every so often and then go away. These flare-ups may be caused by coming into contact with an irritant or allergen. Being too hot or too cold may also cause a flare-up in some people.

Causes

The exact cause of eczema is unknown. It may be caused by the immune system’s response to an irritant. It is this overactive response that causes the symptoms of eczema.

Factors that can cause eczema include: Allergies, irritating substances and other diseases.

Eczema is commonly found in families with a history of other allergies or asthma. The cause of eczema could be genetic. Defects in the skin barrier could let moisture out and

let germs in, which may also lead to eczema. Eczema is not contagious. It cannot be spread from one person to another.

Diagnosis and treatment

Your health care provider will first ask about your symptoms and medical history. A physical exam will be performed.

There are no tests that can diagnose eczema. Your health care provider can often diagnose eczema by asking about your symptoms and looking at the affected skin.

Many people with eczema also have allergies. You may be tested for allergies to find possible triggers or irritants that may make your eczema worse.

Treatment for eczema helps relieve symptoms, including itching. Your health care provider can provide you with the appropriate type of treatment based on your case

Treatment may also involve avoiding triggers and irritants that can cause flare ups. You can prevent flare ups by not scratching itchy skin and avoiding scratchy clothing materials, such as wool, avoiding sudden changes in temperature and humidity and using a humidifier at home, avoiding sweating or overheating, using lotions frequently, avoiding harsh soaps, detergents and household chemicals, being aware of foods that may cause an outbreak and avoiding those foods, and reducing stress. This may involve talking with a counselor, relaxation exercises or biofeedback.

While eczema is not dangerous, it is an ongoing disease. The exact cause of eczema is unknown. It may be caused by the immune system’s response to an irritant. Eczema is not contagious. It cannot spread from one person to another.

By: Rehab Ashri



May 2022- Johns Hopkins Aramco Healthcare's (JHAH) Orthopedic team performed a complex surgery that significantly reduced the chronic hip pain of a patient born with a rare case of Arthrogyrosis Multiplex Congenita (AMC). AMC caused an early deterioration of the patient's left hip cartilage. The surgery enabled Wael Al-Omari, a young employee at Saudi Aramco leading disability inclusion, to stand on his feet with no joint pain.

"Yesterday, I went through a Total Hip Replacement surgery after years of planning and consulting with experts. Today I stood up, putting all my weight on the artificial hip with no pain at all!" said Wael after his successful total hip replacement at JHAH.

Wael was born with AMC, a rare medical condition that causes multiple joint contractures or soft tissue stiffness. According to Dr. Mojieb Manzary, head of Orthopedics Services at JHAH, patients with AMC experience a contracture where joints become fixed in a bent and stiff position. This condition leads to the affected joint's complete or partially restricted movement, where patients suffer chronic pain due to muscle stiffness.

"Although there is no absolute cure for AMC, the patient's quality of life could be greatly improved through a variety of treatment options." Said Dr. Manzary. "The team engaged in Wael's treatment adopted a multi-disciplinary approach to treating his case, including medication, physical and occupational therapy initially."

He added, "We tried all nonoperative treatment modalities before we had to resort to the last option, Total Hip Replacement, which we prefer to delay as much as possible in the younger age patient population. However, the surgery would play a significant role in improving Wael's quality of life in terms of relieving the pain and improving his function."

The challenging four-hour operation proceeded smoothly and with great results. ***"The surgery involved soft tissue and muscles release to the point that allowed us to place the artificial hip joint properly in its position, ensuring that we have done releases that will maintain the hip as stable as possible."***

“Our experienced team, combined with the latest joint replacement technological advancements, allowed for the most rapid recovery possible with the best outcomes. All of our total joint replacement patients, like Wael, are up and walking the day of surgery or within 12 hours of their surgery,” Dr. Manzary added.

“The care, dedication and expertise of JHAH’s staff and the quality of interaction were very assuring to me, especially with Dr. Manzary, which made me make the decision,” said Wael. *“My case of Total Hip Replacement (THR) is very rare. The largest single series in the world has reported six cases; there have been other case reports of 1-2 patients. It took me years of consulting with surgeons, physiotherapists, orthopedists, and lots of pain medication to put up with osteoarthritis (deterioration of the cartilage) before making the big decision.”*

In a note of appreciation, Wael commented, *“I am grateful for the treatment, help and guidance I received from Dr. Manzary since I met him in 2017, and the Orthopedic team at JHAH, who worked hard to put my mind at ease throughout the entire process.”*

Joint replacement for network registered (MDF) patients

Did you know that Saudi Aramco employees and their dependents, registered with a JHAH network provider (MDF), can request their joint replacement surgery performed at JHAH?

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

Call-back request

<https://www.jhah.com/en/call-back-form>

JHAH Person-Centered Care Committee and Persons with Disabilities Sub-Committee Initiatives.



JHAH Contributes to Saudi Aramco’s 2022 Disability Inclusion Awareness Campaign

Johns Hopkins Aramco Healthcare’s Dr. Basim Baragaba, Occupational Health Specialist, was recognized by Saudi Aramco Diversity and Inclusion Division for his contribution to the success of the Disability Inclusion Awareness Campaign held by Saudi Aramco Human Resources in February and March 2022. The campaign was a collaboration between Saudi Aramco’s Diversity & Inclusion Division, Business Disability Forum, Personnel Department, and Johns Hopkins Aramco Healthcare.

More than 400 Saudi Aramco employees attended the campaign held on February 28, March 1, and 2.

Dr. Baragaba delivered informative sessions entitled ‘Introduction to Disability: A Brief Introduction and Overview’ to Saudi Aramco’s Diversity & Inclusion Division personnel. Additionally, the campaign also covered the following:

- Aramco’s efforts to include People with Disabilities (PwD), by Wael AlOmari, Disability Inclusion Lead
- PwD Benefits & Compensation; How to Access Them, by Murtadha AlAwami, HR Advisor
- Global Trends in Improving Workplace Accessibility, by Daniel Cadey, Senior Disability Business Partner, Business Disability Forum

Bringing World-Class Care, Close to Home

Southern Area Update

Abqaiq & 'Udhaliyah Dermatology

JHAH Southern Area will provide Dermatology Specialty Clinic at the ABQ and UD campuses.

The clinic will provide initial consultation services for Dermatology with Dr. Abdulaziz Khateeb from the Al Hasa Health Center.

For appointments, please get in touch with the JHAH Call Center screening visit or see your Primary Care Physician for a referral.



Al-Hasa Health Center EMG Services

Neurodiagnostic services, including EMG and EEG, are now available in the Southern Area at the Al Hasa Health Center Campus. Neurodiagnostic services include nerve conduction studies for Carpal Tunnel, Neuropathies, and Brachial Plexus lesions. EMG studies will help diagnose various nerve and muscle disorders with specific neuromuscular junction tests for Myasthenia Gravis. EEG studies include routine and sleep-deprived EEGs to help diagnose and manage patients with Epilepsy and various other neurological disorders.

For more information or to schedule a neurodiagnostic study, contact your primary care or specialist provider for an initial consultation.



From the Doctor

The neurodiagnostic services provide nerve conduction studies testing for peripheral nerve disorders, including Carpal Tunnel Syndrome, Ulnar Neuropathies, Brachial Plexus lesions, and Peripheral Neuropathies. It also provides Electromyography, which helps in diagnosing various nerve and muscle disorders. We also provide single-fiber EMG testing for neuromuscular junction transmission disorders such as Myasthenia Gravis. In addition, EEG services will also be provided soon, including routine and sleep-deprived EEGs to help with the diagnosis and management of patients with Epilepsy and various other neurological disorders.

ABQ Holter Monitoring

JHAH ABQ Campus now offers 24-hour Holter monitoring testing. A Holter monitor is a portable, wearable device that continuously records the heart's rhythm over 24 hours - like a continuous EKG. It is used to detect or determine irregular heartbeats.

To book an appointment, contact the JHAH call center and request a primary care visit, and Holter testing will be applied accordingly. This service is readily available and accessible to our patients in Abqaiq.



ABQ Efada On-Campus

Need to update your Driver's License? JHAH now provides Eye Testing for Drivers License at the ABQ campus. To book an appointment, please contact the JHAH call center and request a primary care visit.

Opening of Ward 4A - Medical Isolation Unit



DHAHRAN - The new JHAH 4A – Medical Isolation Unit opened on Monday, April 4, 2022. The 4A ward is located on the fourth floor of building 61 and replaces the Medical Isolation Unit that was located in the 2A ward.

The Medical Isolation Unit has increased its single room capacity by three to now host 19 single-bedded rooms, creating a healing environment with heightened standard for patient safety and comfort.

Direct phone lines to the 4A – Medical Isolation Unit

870-8187 | 870-8183 | 870-8189 | 870-8194 | 870-8195

JHAH elevators to the 4A – Medical Isolation Unit

Elevators in building 61 that are numbered 613, 614, and 615 lead directly to the 4A Medical Isolation Unit.

JHAH Social Media Follower? Join Us

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Cardiopulmonary Resuscitation (CPR), First Aid, and Automated External Defibrillators (AED) awareness campaign

On June 14-16, Johns Hopkins Aramco Healthcare (JHAH) held a Cardiopulmonary Resuscitation (CPR), First Aid, and Automated External Defibrillators (AED) awareness campaign aiming to raise the community's awareness about lifesaving acts, first-aid practices, and emergency care – including choking, trauma, limb injuries, burns, seizures, CPR, and AED use.

The three-day event, which was held in Dhahran, Ras Tanura, and Abqaiq, was attended by more than 700 participants. The successful campaign involved a collaboration of expertise from JHAH's Emergency Medical Services (EMS), Nursing, Prehospital, Health Promotion, and Public Relations.

JHAH is committed to raising public awareness of life savings acts. You, too, can help save a life. Browse our downloadable and printable awareness materials and learn how to respond to life-threatening conditions by visiting us at JHAH.com



Why learn first aid? Because it can save a life.

A few years ago, two Saudi Aramco employees, Ghizlane Rabii and Abraham Ohanes, saved their colleague's life by knowing first aid. Ghizlane and Abraham work at Saudi Aramco's Aviation Department. One day at the office, their colleague started having a heart attack. Ghizlane and Abraham administered CPR and used a defibrillator. They had learned these lifesaving procedures at JHAH. Ghizlane took JHAH's General Medical Training, and Abraham took both a Heartsaver CPR course and a Heartsaver CPR Instructor course. Find out more about our Heartsaver training programs



Announcing the availability of First Aid, CPR, and AED use posters

Critical conditions can happen anytime and anywhere

Johns Hopkins Aramco Healthcare is pleased to provide downloadable and printable awareness materials in Arabic and English. We developed the materials to raise awareness of how to deal with critical and life-threatening conditions, administer cardiopulmonary resuscitation (CPR), and use an automated external defibrillator (AED).

Critical situations require quick actions; we wanted to provide you with the necessary materials to keep visible at work or home. Print them as posters, display them on digital screens in your work area, or share them digitally with your family and friends.

First Aid Critical Situations




Scan to download or print




How to save a life




Learn Cardiopulmonary Resuscitation (CPR)

- 


Check the scene for safety

1
- 


Check responsiveness

2
- 

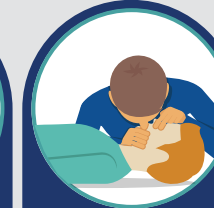
Call emergency services

3
- 

Check for pulse and breathing

4
- 

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

5
- 

Administer two rescue breaths

6



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



Scan to download or print

How to use an Automated External Defibrillator (AED)



- 1 Turn on the AED
- 2 Listen to the instructions
- 3 Attach the pads to the chest
- 4 Remove your hands from the patient before completing the next step
- 5 Press 'shock' only if the AED says 'shock advised'
- 6 Continue chest compressions until an ambulance arrives



Warning:

Make sure you and others stay clear when delivering the 'shock.'

Scan to download or print



Hypertension: The Silent Killer

Hypertension, or high blood pressure, is a common condition that affects 1 out of every 3 adults.

Hypertension is also called the “Silent Killer” because it often has no symptoms.

It is a common condition in which the force of the blood against the artery walls is too high.

Blood pressure varies all the time. It is common for it to differ by 10 to 20 units when it is measured at different times, even minutes apart.

Exercise or emotional stress can increase the blood pressure. The increased blood pressure allows more blood to be pumped to the body to help the body cope with increased activity or stress. The body can tolerate a temporary rise in blood pressure.

Because of these normal variations, health care providers do not diagnose a patient with high blood pressure unless repeated measurements show it to be consistently high.

Your health care provider can diagnose high blood pressure based on two or more in-office readings. A blood pressure reading of 120/80 is ideal. Anything above those numbers is considered high blood pressure.

1. Elevated blood pressure is when your systolic readings are between 120 and 129 AND your diastolic reading is less than 80.
2. Stage 1 hypertension is more serious than elevated blood pressure. It happens when your systolic readings are between 130 and 139 OR your diastolic readings are between 80 and 89.
3. Stage 2 hypertension is more serious than stage 1 and means that your systolic readings are at least 140 OR your diastolic readings are at least 90.
4. Hypertensive crisis is when your systolic readings are over 180 and/or your diastolic readings are over 120. This is very serious. If you have it, you must see your health care provider right away.

If your blood pressure measures high, discuss lifestyle changes with your health care provider. Your health care provider may also prescribe medications.

High blood pressure increases your risk of heart attack, stroke and heart failure.



Causes of Hypertension

The exact causes of hypertension are not known. But certain risk factors are associated with high blood pressure.

Risk factors for high blood pressure include:

- Being overweight.
- Eating a diet that is high in salt and saturated and trans fat.
- Lack of physical activity.
- Smoking tobacco products and drinking alcohol.
- Stress.

Certain health conditions increase the risk of hypertension. These include:

- High cholesterol.
- Heart disease.
- Kidney disease.

Though some people are at a higher risk of developing hypertension, anyone at any age can develop high blood pressure.

People who have a family history of hypertension are more likely to develop the condition.

Aneurysms can bleed and cause death, especially when they are located in the blood vessels of the brain or the aorta. The aorta is the largest blood vessel in the body.

Over time, blood vessels become narrower from the buildup of cholesterol and other debris. The muscles of the arteries can thicken due to high blood pressure, which can cause this narrowing.

Narrow blood vessels restrict and may even block the flow of blood. This lack of blood supply can cause damage to the organs in the body.

The blockage of arteries in the brain can lead to a stroke. Strokes can lead to paralysis, speech problems and death.

Blockage of blood vessels in the kidneys can lead to kidney failure. Kidney failure is the inability of the kidneys to remove poisons from the blood.

Kidney failure can lead to death unless patients receive dialysis treatment. During dialysis, patients are hooked up to a machine 3 to 5 times a week for 4 hours at a time to clean their blood.

Blockage of blood vessels in the eye can lead to vision problems and blindness.

The blockage of an artery that supplies the heart with blood may lead to a heart attack. This weakens the heart and may lead to death.

High blood pressure can cause the heart to get tired from pumping blood at such high pressure. This is known as heart failure. It can result in breathing problems and death.

There is a higher chance of developing complications of high blood pressure if the patient has other medical conditions, such as:

- Diabetes.
- High cholesterol.
- Obesity.
- Previous strokes or heart attacks.

Controlling Hypertension

High blood pressure can be controlled with lifestyle changes and medical treatment.

Controlling hypertension involves a lifelong commitment to healthy eating and lifestyle habits. Medications may also be needed to bring high blood pressure back to normal.

Regular follow-up care with a health care provider is also essential to make sure that hypertension is controlled. A health care provider can also check for signs of complications.

Losing weight, exercising and eating a healthier diet are usually all that patients need to do to bring their

blood pressure levels back to normal.

Eating a diet that is low in salt and saturated and trans fat can help control high blood pressure.

The words salt, sodium, and Na on food labels all mean salt. Your health care provider may recommend a reduced sodium diet. Talk with your health care provider about how much sodium is right for you.

Eating less saturated and trans fat not only helps people lose weight and keep blood pressure levels normal, but it also helps prevent heart attacks and strokes not related to hypertension.

Aerobic exercise also helps people reduce blood pressure as well as lose weight. It helps improve heart performance and decreases the chance of having a heart attack.

Walking, biking and swimming are all examples of aerobic exercise. Check with your health care provider before you begin an exercise program.

Quitting smoking if you smoke and avoiding alcohol can help control your blood pressure. Finding ways to control stress can also help. Stress can be managed through exercise and relaxation techniques such as meditation.

JHAH Nursing Celebrates the First Group of **DAISY Award Recipients!**



Johns Hopkins Aramco Healthcare (JHAH) joined the Daisy Award Foundation this year to ensure that we recognize the fantastic work that our nurses perform selflessly and honorably every day.

The Daisy Award is an international award to recognize and honor nurses for the

extraordinary compassion and care they provide to patients throughout the world.

The award was created in honor of patient, Patrick Barnes, who passed away after a lengthy hospitalization that was marked by highly compassionate and caring nursing interactions that supported the family during those difficult times – hence the creation of the award to celebrate nurses worldwide.

A local JHAH Daisy award task force, led by Dr. Amal Alahmaree, was created at the beginning of this year to start working on the award inauguration, nomination, and selection process, community, staff

awareness, and to organize a ceremony to celebrate the selected staff. The plan is to celebrate 24 nursing staff throughout the year, with two nurses selected each month.

The first celebration ceremony took place on April 14. Hani Ayyad, the Chief Nursing Officer, the daisy award task force members, and the nursing unit leadership made surprise visits to the winners' work units. The winners received an award package that included a recognition certificate, flowers, a 'healer's touch statue', and they were pinned with the Daisy award pin. The winners were immensely touched when they were informed of the reason behind their selection. Thank you letters from patients, managers, and colleagues were also read during the ceremony.

The winners' names and profiles are then added to the Daisy Award Foundation website as international recognition of exemplary nursing care.

"As a nurse, you have the privilege to positively touch patients and families' lives every day; make it a memorable one, make it Daisy Award worthy!" - Hani Ayyad, Chief Nursing Officer

Daisy Award winners' profiles



Fadel Daoud

Bachelors' degree of nursing (1998)

Master's degree in Health Care Management (2019)

Certified Six Sigma Green Belt (2018)

Reason for Selection:

Fadel has been nominated and selected

for this award by his colleagues in the OR. Fadel's colleagues commended him for being very supportive, creative, and an outstanding Team Leader. Fadel is also caring, compassionate, and an excellent problem solver. Fadel's team also praised him for his professionalism, positive attitude towards patients, dedication, and effective communication. Fadel's team has also applauded his ability to engage others and for being a voice of wisdom through the chaos. As per Fadel's unit manager, Fadel is a frequent recipient of many appreciation letters from multiple departments within the hospital commending their appreciation for his assistance, approach and attitude.

In words of his colleague and fellow team lead:

"We can say that we were honored to have such active dynamic staff like Fadel!"



Fatima Abdullah Al Ghafly

Master degree in Business Administration and Human resources Management (MBA) Bahrain/UAE 2021.

Master of Science in Health Care Management (MScHCM) Bahrain 2018.

Bachelor of Science in Nursing at King Faisal University in Dammam 1997

Diploma in Midwifery Bahrain graduated 2003. (The first Saudi midwife)

Diploma as Diabetic Educator at King Saud University, Riyadh 1997

EDGE (Moving & Handling Instructor certified from UK)

Reason for selection:

Fatima has been selected for being a very supportive Charge Nurse to colleagues. Fatima shares knowledge and skills with colleagues and is always willing to help. She is known to be very compassionate in dealing with the patients, as evident by some of the appreciation letters that they have sent.

These are some appreciation letters in the patients' own words:

"I appreciate Nurse Fatima Gaflly for her cooperation and wonderful morals with her during her visit to the clinic."

"I would like to thank Fatima G. on her excellent work and effort. She was great at explaining things to me."

"She is really professional and excellent and we would praise her and acknowledge her professionalism and Putting the patient first."

"I extend my sincere gratitude and appreciation to nurse Fatima Ghafly for her exceptional care that I received during my pregnancy. She always takes the extra mile in alleviating my worries and concerns during my High risk pregnancy."



Zainab Al Monyan,

Bachelor's Degree in Nursing, King Faisal University, Dammam, 2004

Certified chemotherapy and biotherapy nurse. Oncology nursing society, 2010

Zainab's Current role is to educate and explain to the oncology patients and their families the

treatment plan, Chemotherapy regimen, side effects of chemotherapy and their management, supporting them during the treatment journey.

Part of survivor groups teams which was initiated on 2018, for survivor patients by providing lectures and support through workshops and seminars.

Part of the team of Breast cancer health awareness campaigns every year. She Published an educational booklet regarding Chemotherapy through infuser pumps for oncology patients.

Reason for Selection:

Zainab has been selected for this Daisy award as a result of the wonderful support she provides her patients and their families as the oncology patient educator. During an unfortunate cancer diagnosis, the best thing one can provide the patient and their loved ones is time and transparent information about their health and how to navigate their diagnosis/ treatment journey, for which many of her patients are grateful.

Zainab has been praised for her dedication, care, consistency, and compassion. She is known to answer questions and concerns and provide comfort and support in a respectful and considerate manner.

Zainab's patients and families always depend on her to provide them with the proper support needed.



Sini Varghese

Registered Nurse (1996)

Reason for Selection:

Sini has been selected for this award for so many reasons. She is considered to be one of the most

valuable assets of the emergency department due to her vast clinical expertise. Team members (including physicians)

rely on Sini's knowledge and experience in caring for critically ill patients and during codes/traumas. Sini has represented the department very well during JCIA, CBAHI, and MOH rounds, and surveyors are always impressed with her level of competence. Sini is often the first choice to be assigned as a preceptor when we have new staff to train. Sini has precepted numerous students, interns, and new graduate new hires over the years, and many of them still regard her as one of their best preceptors. Sini is always approached by her peers to assist them whenever they doubt in clinical practice. In addition to her clinical expertise at the bedside, Sini's bedside manner with patients is the most admirable. Sini treats her patients and their families with the utmost respect and empathy and tries her best to give them the best care possible, especially the elders and youngest.

Sini's motto has always been to treat the patient as you would like your own family to be treated, and she is known to stick with it. No matter how busy the department gets, Sini handles it with grace and agility.



Muna AlHajri

Bachelor's Degree in Nursing

Work Experience:

Joined JHAH in February 2021 as an associate nurse clinician in 4H surgical/orthopedic unit.

Reason for Selection:

Muna was nominated for this Daisy Award by her supervisor due to her being very committed, enthusiastic and highly valued by her patients, as evidenced by the number of appreciation letters she has received from them. Muna's patients describe her as compassionate, professional, and caring, and she is frequently called an Angel by her patients. Although Muna is one of the most junior amongst 4H staff, she is undoubtedly very advanced when it comes to delivering Person Centered care.



Venus Gimado

Pediatric floor charge nurse

Nursing Experience: 22 years, mostly in pediatric nursing.

Reason for selection:

Venus has been selected for Daisy award for the extraordinary compassionate care that she have given to a COVID-19 Positive Child and her distressed parents.

Venus was perceived to be caring and comforting to the parents. Information received from father indicated that Venus gave person centered care.

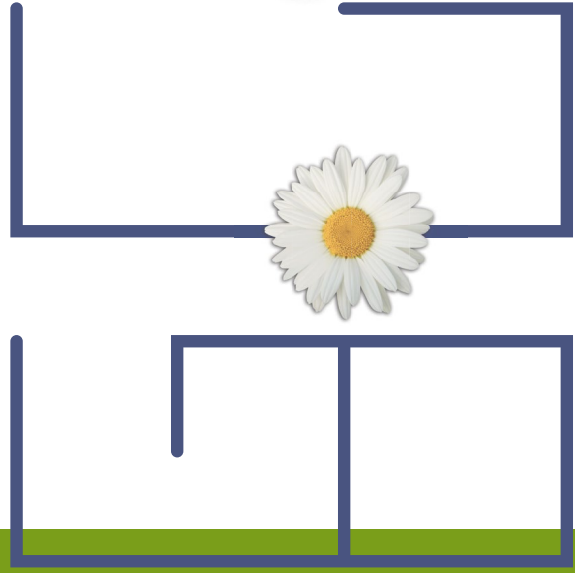
Venus explained the clinical guidelines, provided anticipatory guidance with clear expectations about the Child’s health status and progress.

Venus have provided the tired parents refreshments, coffee and mostly time and communication. Until the baby was discharged.

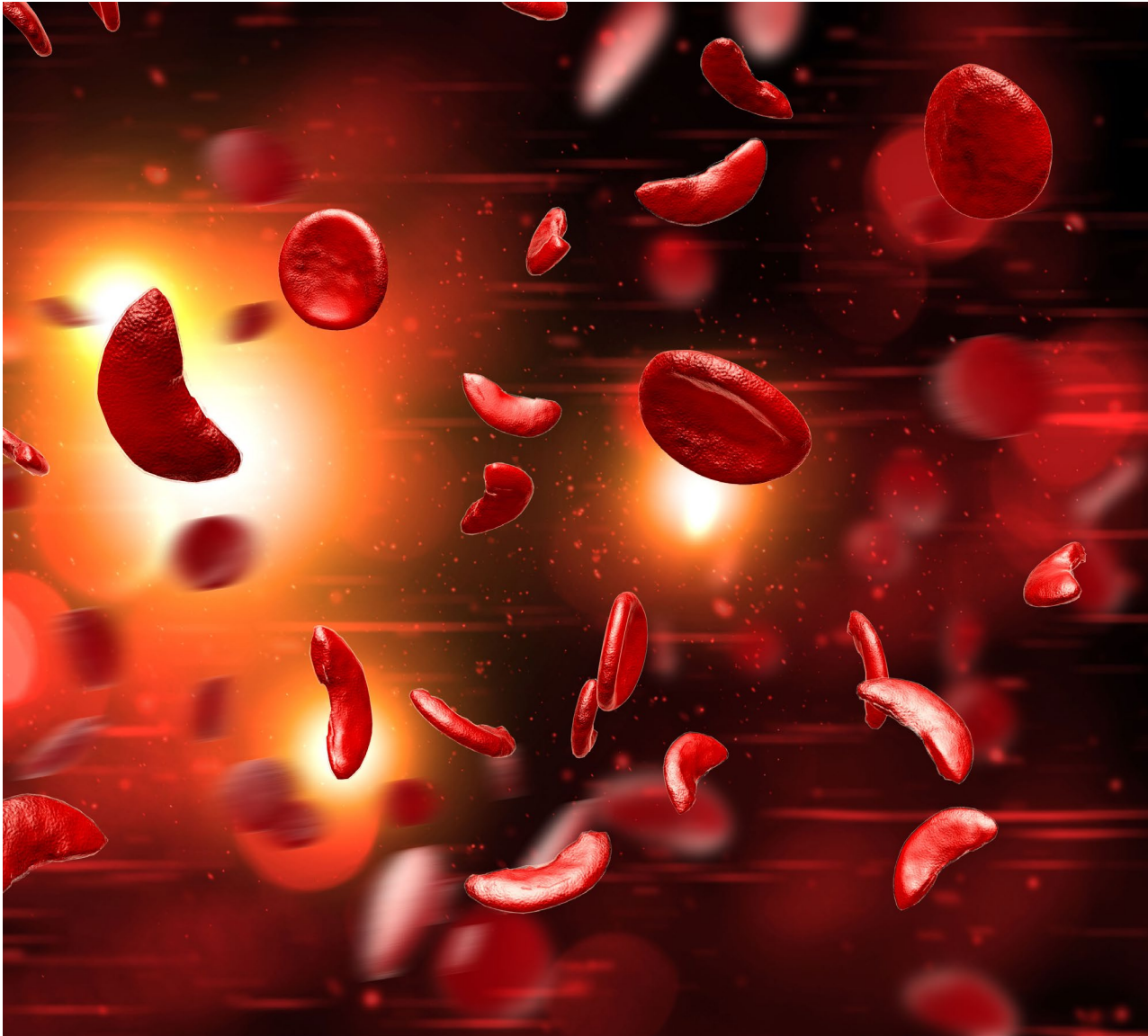
The parents were very happy and appreciated the extraordinary care received from Venus.

Daisy Award @ JHAH Taskforce

Nursing	Dr. Amal Al Ahmaree Zainab Al Mahr Hind Abdulwahid Leina Baghdady Ahlam Sarhan Arwa Al Shuwaikhat Annie George Ghadeer Al Khazaal Aqilah Al Sadah Moath Ashour Eve Pillay
Patient Relations	Areej Al Dakhil
Marketing and Communication	Dalia Basrawi
<i>Photography courtesy of Alaa Hocho, Nursing</i>	



Sickle Cell Anemia



Sickle cell anemia is an inherited blood disorder that causes lifelong anemia and periodic pain and other complications. Hemoglobin is a protein carried by the red blood cells. In healthy individuals, the red blood cells containing hemoglobin A are round and soft. In people with sickle cell anemia, hemoglobin A has been replaced with sickle-shaped hemoglobin or hemoglobin S, which in addition to being abnormally shaped, are hard and rigid. This rigidity and distorted shape make it difficult

for hemoglobin S to pass through small blood vessels, causing blockages that decrease the amount of oxygenated blood reaching tissues and vital body organs, causing not only damage but intense pain. The frequency and amount of pain varies from one patient to another. Pain is the principal symptom of sickle cell anemia in children and adults, alike. Sickle-shaped red blood cells have a short lifespan, which leads to a low level of hemoglobin (anemia).

How common is it?

Sickle cell anemia is found in many parts of Africa, North America, South America, Central America, the West Indies, the Middle East, India, and Mediterranean countries. It is genetically passed on from parents to their children. An individual who inherits a single sickle cell gene from one parent is known as a carrier. A carrier does not have any symptoms of the disease and can lead a normal, healthy life. Individuals with sickle cell anemia have inherited two sickle cell genes, one from each parent. These individuals will have symptoms of the disease.

Are there different kinds of sickle cell anemia?

There are three types: sickle cell anemia, sickle cell hemoglobin C disease, and sickle cell beta thalassemia disease.

What are the symptoms?

People with sickle cell anemia experience periods of pain that affect different parts of the body, particularly the abdomen and joints. Feeling lethargic and suffering from chronic fatigue are also symptoms. Affected people are at risk for malnutrition, stunted growth, frequent infections, bone deformities, and visual impairment.

How is it diagnosed?

To diagnose sickle cell anemia, a simple blood test is carried out. If the test is positive, a second blood test called hemoglobin electrophoresis is performed to determine if the patient has the disease or is a carrier. This test can be done at any age. In Saudi Arabia, it is a routine screening test performed on all newborns.

How can sickle cell anemia be prevented?

The most effective way to prevent sickle cell anemia is to avoid marriage between carriers or between people who have the disease. If a carrier marries another carrier, the couple is at risk of having children with the disease or children who are carriers. To prevent this, carriers are advised to select marriage partners who are not carriers. This is best done through premarital screening and counseling. The goal of premarital screening and counseling is to promote health in families. Having a child with sickle cell anemia is difficult for not only the child but the entire family. Premarital screening for sickle cell anemia is required by the Saudi Ministry of Health. The screening procedure requires a simple blood test from the prospective wife and the prospective husband. If the prospective wife and the prospective husband are both carriers, they will be advised to consult a genetic counselor. The counselor will provide information to enable them to make appropriate decisions about marriage, reproduction, and health management.

What is the treatment?

The treatment for sickle cell anemia focuses on maintaining a normal hemoglobin level and managing the frequency, duration, and severity of pain. Blood transfusions are commonly used to treat anemia. Hydroxyurea treatments (a mild chemotherapy agent) significantly decrease episodes of pain. Drinking plenty of fluids also helps to prevent or minimize pain.

Demonstrating Excellence in Patient Care



3:41 PM · 16/05/2022 · Twitter for iPhone

|| View Tweet activity

2 Retweets 12 Likes



باغياث المستغثين @4TpKdNE2Cf... · 4d ...
Replying to @JHAHNews

ماشاء الله تبارك الله
من أفضل الدكاترة دكتور صلاح العقاد
انا مسوي عمليه عنده عام 2008
الحمد لله نجحت العمليه



د. ثريا ابراهيم العريض #TArrayed · 6d ...
سلمك الله و بوركت دقة أناملك وعينيك د.العقاد.

مركز جونز هوبكنز أرامكو الطبي · 6d
"لقد تمكنت بفضل [الله ثم] القرار الذي اتخذه
د. العقاد أثناء العملية أن أعيش وأعمل من
أجل أسرتي" موظف #أرامكو_السعودية يشكر
طبيبه في مركز جونز هوبكنز أرامكو الطبي
لنجاحه في استئصال ورم في المخ، اقرأ المزيد
على bit.ly/3yBGPoh

#جاها



عبدالرحمن بن فهد المعقل
@e_almeqbel

Replying to @EitherSA @HRSD_SA and 8 others

احسنتم وبارك الله فيكم وفي جهودكم وجميل ما تصنعون.
Translated from Arabic by Google
Well done and may God bless you and your efforts and
the beautiful thing you do.



Comments



hahanan_sb الحمد لله على سلامتكم والله يمتعك بالصحة
والعافية يارب. بارك الله في جهودك دكتور العقاد
1w Reply Message See Translation



saharlutfijad دكتور عقاد يستحق كل الشكر والتقدير
والاحترام لكونه من اكفئ الاطباء بتخصصه بجراحة المخ
والاعصاب.
1w Reply Message See Translation



monashubbar د.عقاد من أفضل استشاريين جراحة
المخ والأعصاب طبيب وانسان رائع.
1w Reply Message See Translation



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1w Reply Message See Translation



farfas2013 د عقاد يستاهل كل خير
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zsil_mx ❤️❤️❤️
1w Reply Message

Demonstrating Excellence in Patient Care



Raed Alsulaiman
@RaedAlsulaiman

الحمد لله كما ينبغي لجلال وجهه الكريم.
اتقدم بالشكر الجزيل الى الأخ العزيز الدكتور
فهد الملحم على مهنيته العاليه واخلاقه
الرفيعة وحسن تعامله وقد اشرف على ولادة
اول حفيده لي . الحمد لله على جزيل نعمه
وعطائه د. فهد الملحم jhah.com/ar/
[find-a-doct...](#)

Translate Tweet



Patient Feedback

My wife had angiogram procedure last week. Thx a lot everyone supported her very well.

Job and treatment and care given very well in outstanding manner. Nurses, doctors, all the job done more than satisfactory and excellence manner we are more than happy

God bless you all and greatly appreciated

#بحدث_الآن
حملة #التبرع_بالدم في جامع الشاب عبدالله السويدان بالدوحة بتنظيم من بنك الدم بمركز جونز هوبكنز أرامكو الطبي وجمعية #إنبار

You and 8 others

2 9 18

عبدالرحمن بن فهد العقيل
@e_almeqbel

Replying to @EitharSA @HRSD_SA and 8 others

احسنتم وبارك الله فيكم وفي جهودكمّ وجميل ما تصنعون.
Translated from Arabic by Google

Well done and may God bless you and your efforts and the beautiful thing you do.

10:26 AM · Apr 22, 2022 · Twitter for iPhone



Special Infectious Agents Unit - BSL3
@siau_sa

الحمد لله
تم نشر ورقة علمية كثرمة لتعاون بحثي وطني بين وحدة
الكائنات المعدية بجامعة المؤسس ومستشفى الملك فيصل
التخصص ومركز جونز هوبكنز الطبي أرامكو الطبي ومجموعة
د. سليمان الحبيب الطبية sciencedirect.com/science/articl

@JHAHNews @KFSHRC @kfmrc_official @kau_media
@EsamAzhar @HMG_care

Translated from Arabic by Google

Praise be to Allah

A scientific paper has been published as the fruit of a national research collaboration between the Infectious Organisms Unit at the Founder University, King Faisal Specialist Hospital, Johns Hopkins Aramco Healthcare, and Dr. Sulaiman Al Habib Medical Center sciencedirect.com/science/articl...

@kau_media @kfmrc_official @KFSHRC @JHAHNews
@HMG_care @EsamAzhar



sciencedirect.com

Active Viral Shedding in a Vaccinated Hospitalized Patient I...
In the era of SARS-CoV-2 variants and COVID-19
vaccination, the duration of infectious viral shedding and ...

JHAH Webinars

World Asthma Day

Pre-recorded Webinar

You can watch JHAH outreach webinars in Arabic and English on the [JHAH YouTube channel](#) from your personal devices but not on JHAH network-connected devices (workstations).



Speaker:

Abdulaziz Al Yami

Respiratory Therapist
Respiratory Care Services Division
JHAH

We encourage you to share this invitation with your friends, colleagues, and communities.



800-305-4444 | www.jhah.com

Pre-recorded Webinar

World Asthma Day – May 5

Johns Hopkins Aramco Healthcare (JHAH) invites you to watch our pre-recorded webinar:

Asthma Disease and Its Management

Watch it anytime!

Asthma is a chronic respiratory disease characterized by periodic attacks of impaired breathing due to inflammation, narrowing, and irritation of the airways. The prevalence of asthma in the Kingdom ranges between 15 and 25%.

In this presentation, we will cover Asthma Epidemiology, Risk factors and management.



Please scan the QR code or click 'here'; this will take you to the JHAH Events page to watch the webinar.



مركز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

Executive Management Safety Review Visit

On Monday, June 6, Johns Hopkins Aramco Healthcare hosted Saudi Aramco senior executives and corporate management members during their Executive Management Safety Review visit (EMSR). This year's EMSR focuses on appraising Wellbeing and Emergency Response. The JHAH tour covered the Emergency Department, Laboratories, and JHAH's inpatient's new floor.

The EMSR tour started with an overview of JHAH's services, statistics, and history. This was followed by a visit to JHAH's Emergency Department with an outline of its emergency response capabilities, including the new state-of-the-art fleet, safety tools, contamination tent, Control & Command Center, and dashboards.

The Lab department tour covered the quality standards at JHAH, accreditations, business continuity plan, COVID-19 response plan, the newly introduced equipment, and new automation lines progress update.

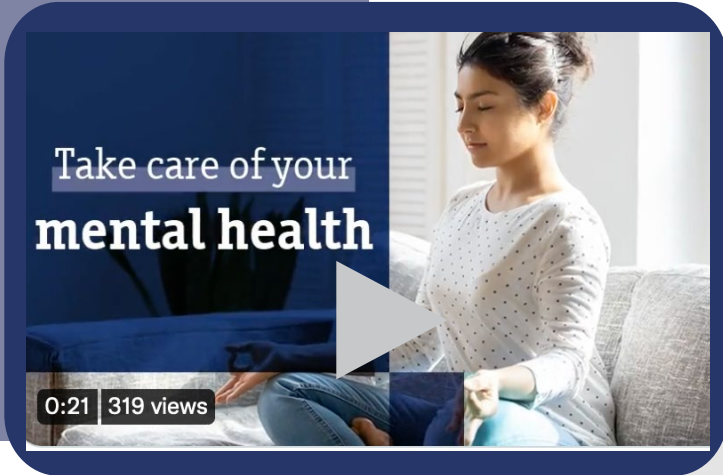
On their last tour stop, the team was introduced to the inpatient's new floor's 19 single bed construction, the latest integrated technology for patient safety. The team also heard about JHAH's additional negative-pressure rooms to prepare for the future and JHAH's infection control standards.

The senior executive and corporate management team provided positive feedback on JHAH's commitment to safety standards and procedures and its pledge to provide diligent assessment and high preventative measures to ensure the safety of both patients and staff.



Social Media Highlights

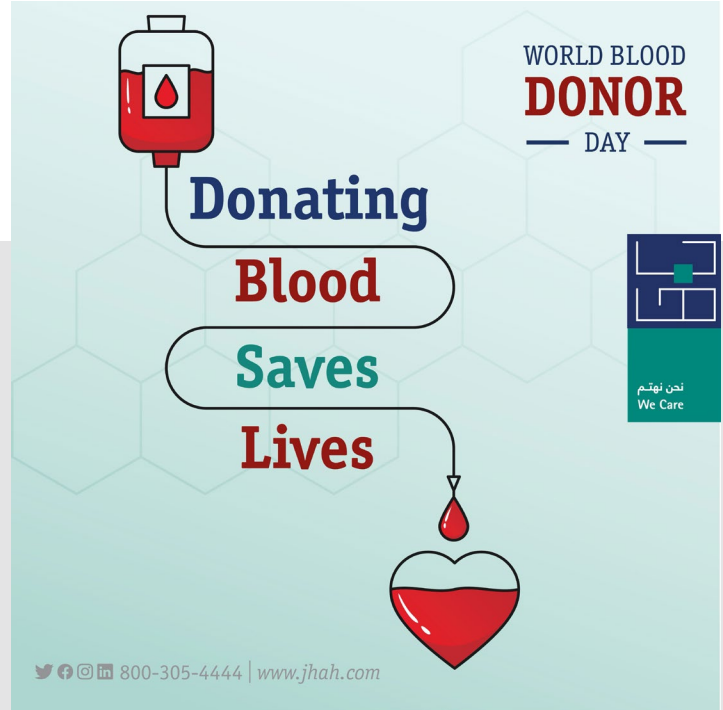
What you might have missed



If you want to live a well-balanced and happy life, you need to give your mental well-being as much attention as your physical health.

Follow these tips and experience how they can enhance your moods and day-to-day life.

<https://twitter.com/JHAHNews>



Beat the heat this summer and keep cool while exercising by following these tips. Read for more: <https://bit.ly/3NTk60>

Social Media Highlights

What you might have missed

مرکز جونز هوپکینز
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What do you need to know about **Monkeypox?**

🐦 📱 🌐 800-305-4444 | www.jhah.com

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Incubation and Symptoms

Incubation
Usually from 7 to 14 days but can range from 5 to 21 days

Symptoms
characteristic rash preceded by prodromal symptoms such as:

- Fever
- Intense headache
- Lymphadenopathy
- Back pain
- Myalgia
- Intense asthenia (lack of energy)

🐦 📱 🌐 800-305-4444 | www.jhah.com Source: Ministry of Health (MOH)

مرکز جونز هوپکینز
ارامکو الطبي
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Aramco Healthcare

How does it transmit?

Transmission

Direct contact with the virus from an animal, human, or materials contaminated with the virus.

The virus enters the body through broken skin (even if not visible), respiratory tract, or the mucous membranes (eyes, nose, or mouth)

🐦 📱 🌐 800-305-4444 | www.jhah.com Source: Ministry of Health (MOH)

مرکز جونز هوپکینز
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Prevention

- Avoid direct contact with infected people
- Wear a mask and gloves if taking care of an infected person
- Avoid direct contact with infected animals
- Wash or sanitize your hands

🐦 📱 🌐 800-305-4444 | www.jhah.com Source: Ministry of Health (MOH)

Monkeypox is a viral disease with symptoms similar to smallpox. We gathered the most important information you need to know.

Social Media Highlights

What you might have missed

MyChart Using proxy access on MyChart, users can see view their loved one's health records, message clinicians, schedule appointments and much more

JHAH MyChart resources

- Suspected COVID Video Visit
- COVID-19 vaccine
- COVID-19 results
- Medical records
- Immunization Report
- Medication refill
- Fast Pass
- Dependent account
- Happy Together

800-305-4444 | www.jhah.com

Johns Hopkins Aramco Healthcare’s Chief Executive and a group of JHAH and Saudi Aramco senior management during their visit to JHAH’s inpatients and staff to extend ‘Id greetings.

#JHAH #Eid #EidAlFitr



مركز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

Enjoy the festivities of ‘Id with minimum impact on your health

- Make sure you are up to date with your COVID-19 vaccination
- Clean your hands
- Practice cough and sneeze etiquette
- Wear your mask in crowded places

800-305-4444 | www.jhah.com

Readjust your sleeping pattern

- Gradually readjust by pushing back your bedtime one hour each night till you reach your regular sleep time
- Avoid caffeine at least four to six hours before your bedtime
- Avoid heavy meals and exercise before bedtime

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800-305-4444 | www.jhah.com

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



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.

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

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

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. You must be 12 weeks or more into a pregnancy.
- **Register for the Mother and Baby Unit** Pregnancy Tour in Arabic or English. The tour starts at 1 p.m. on the first and third Tuesday of the month. To register, email Eman.Mutairi@JHAH.com (you must be 30 weeks or more into your pregnancy.)

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.)

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

Register for MyChart today

Visit www.JHAH.com/en/about-mychart

- Find FAQs
- How-To Guides

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



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MEDICINE



Find out more

The Johns Hopkins Medicine (JHM) On-site Program has expert physicians from a wide range of specialties share with us their expertise at JHAH

