

JHAH Success Story:
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أرامكو الطبي
Johns Hopkins
Aramco Healthcare

WellBEING



Fall 2019

*First Complex Breast
Reconstruction in the Eastern
Province Conducted at JHAH*

*JHAH Al-Hasa Opens
Audiology Service*

Daily Detox Tips

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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.

Facts on Trans Fat

Trans fats, also called, hydrogenated fats should be avoided



By Clinical Nutrition & Food Services

Trans fat acids are formed when liquid oil is turned into solid fat. This is done by putting liquid fats under high temperature and pressure and adding hydrogen molecules. Thus, trans fats are also referred to as hydrogenated fat.

This chemical process is done to extend the shelf-life of the liquid oil and to enhance the taste, flavor and texture of the food these trans fats are used in. Cost is also a factor as trans fats are cheaper than liquid plant oils.

The danger is that trans fats have been found to harm the heart and brain and increase your risk for some types of cancer. Thus, trans fats have been banned in many countries and will be banned in the Kingdom in 2020.

To reduce or eliminate your consumption of trans fats, the Clinical Nutrition and Food Services at Johns Hopkins Aramco Healthcare provides the following tips.

- When shopping, read food labels and look for trans-fat. If trans fat (or hydrogenated fat) is an ingredient, look for a trans fat-free alternative. Most commonly trans fats are found in cookies, donuts, sausages, commercial pizza, chips, muffins, ghee, samboosas, hamburger buns, margarine, chicken nuggets, coffee whitener and fried fast food.
- Replace hydrogenated fats with healthy oils when cooking. Canola, corn, sunflower and olive oils when consumed in moderation are all considered to be healthy oils.
- Purchase dough that is prepared with whole grains and healthy oils when you are preparing such foods as samboosa, pizza, cake, etc.
- Consume heart friendly foods to support health. These include fresh or dried fruits; vegetables; nonfat or low-fat dairy products; whole grains and cereals; lean red meat; seafood; skinless poultry; healthy oils; unsalted nuts; and legumes such as beans, hummus, and lentils. These foods contain antioxidants that support the heart and brain, enhance immunity and reduce the risk for some types of cancer.

First Complex Breast Reconstruction in the Eastern Province Conducted at JHAH

A more confident future for women following cancer prevention or treatment



Breast cancer is the most common cancer in women in Saudi Arabia, occurring most commonly around the age of 52 (Ministry of Health, 2018). This is close to a decade younger than women in the U.S. and Australia. Prevention is key; however, when treatment is required, the range of options available to breast cancer patients at JHAH is steadily expanding.

The first bilateral free-TRAM muscle sparing breast reconstruction surgery in the Eastern Province was conducted on July 18 by a team of surgeons in the JHAH Dhahran Health Center. Breast reconstruction is a surgical procedure that restores shape to the breast after a woman has had her breast removed to treat or prevent breast cancer.

Muscle sparing TRAM surgery involves taking a section of tissue from the lower part of the patient's abdomen and using it to create a new breast as a free tissue transfer using a microsurgery technique. The complex procedure was performed by Dr. Hasan AlAjmi, Consultant Plastic Surgeon, and Dr. Mohamed Mahmoud, Plastic and Reconstructive Surgeon, supported by a JHAH plastic surgery team. "TRAM muscle-sparing breast reconstruction surgery is the optimal reconstructive option for patients who want to use their own tissue and have natural breasts, especially when both breasts are involved," said Dr. AlAjmi.

At the JHAH Oncology Institute, a multidisciplinary team of oncology specialists provides a comprehensive review of each breast cancer case and creates a personalized treatment plan for each patient. The team includes medical oncologists, radiologists, surgeons, radiation oncologists, pathologists, nurses and support services as needed.

If you are interested in receiving healthcare at JHAH, you will first need to register with us. Once your registration is complete, you will be assigned to a Primary Care physician and will be able to schedule your first appointment.



*Dr. Hasan AlAjmi, JHAH Consultant
Plastic Surgeon*



*Dr. Mohamed Mahmoud, Plastic and
Reconstructive Surgeon*

Studies have shown that breast reconstruction does not increase the chances of breast cancer coming back or make it harder to check for recurrence with mammography.

Beat Breast Cancer with Help From Genetic Testing

Modern genetic testing can help beat cancer. BRCA 1 is one of two genes that greatly increase a woman's risk of developing breast cancer. Women who have a family history of breast cancer may choose to be tested for BRCA 1. If a woman carries the gene she can take action, such as more frequent screening, lifestyle choices, or in some rare cases such as Hollywood celebrity and BRCA 1 carrier Angelina Jolie, a preventative mastectomy.

JHAH patients who have one or more of the below genetic markers are eligible to request a BRCA 1 genetic test from their Primary Care Physician.*

Genetic markers for BRCA include:

- Two first-degree relatives with breast cancer, one of whom was diagnosed at age 50 or younger (mother, father, brother, sister, son or daughter are considered first-degree relatives)
- A combination of three or more first or second-degree relatives with breast cancer regardless of age at diagnosis (aunt, uncle, grandparents and cousins are all considered second-degree relatives)
- A combination of both breast and ovarian cancer among first and second-degree relatives
- A first-degree relative with bilateral breast cancer
- A combination of two or more first- or second-degree relatives with ovarian cancer, regardless of age at diagnosis
- A first- or second-degree relative with both breast and ovarian cancer at any age
- History of breast cancer in a male relative

*Source: U.S. Preventive Services Task Force. Genetic risk assessment and BRCA mutation testing for breast and ovarian cancer susceptibility: recommendation statement. *Ann Intern Med* 2005; 143:355. Graphic 57434 Version 4.0

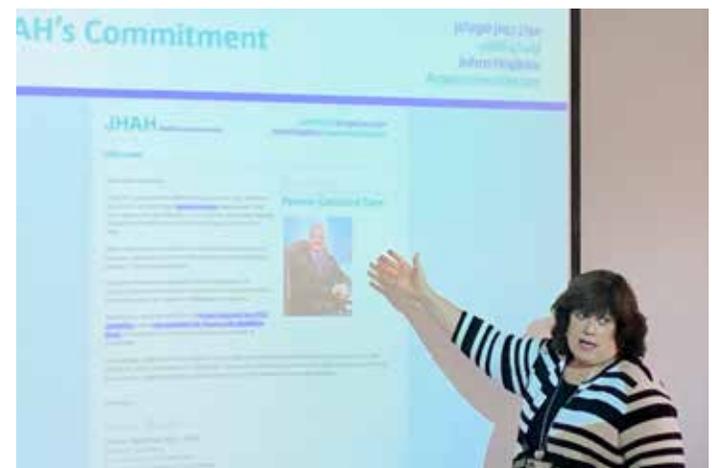
JHAH: Inclusive & Welcoming



The JHAH Persons with Disabilities (PwD) Sub-Committee conducted its first meeting with JHAH employees with disabilities.

JHAH is committed to providing an all-inclusive and accessible environment. The JHAH Persons with Disabilities (PwD) Sub-Committee conducted its first meeting with JHAH employees with disabilities. The purpose of the meeting was to ensure progress is being made on accommodation initiatives underway at JHAH and to hear from the employees about additional ways we can make JHAH more accessible and inclusive for employees, patients and visitors. The committee thanks everyone for their enthusiasm and suggestions.

In addition, the Service Excellence Unit conducted its first “Etiquette When Interacting with Persons with Disabilities” presentation to 31 new hires as part of the New Employee Orientation Program.



Photos provided by Service Excellence Unit. Lorrie Burns, Service Excellence Unit, conducts the first “Etiquette When Interacting with Persons with Disabilities” presentation to 31 new hires.

JHAH's Success Story

Hanoof Ali AlKhalaf

I started about 15 years ago working as a Dental Laboratory Technician for SAMSO and am now pleased to be working in JHAH.

As a lab tech, I work independently to make sure my tasks are completed on time, but I also work in a team. This can be a challenge for me.

You see, I have a hearing impairment. But I have found that once people know this, most are ready to work with me to communicate. They find I can read lips, so they tend to face me and slow down when talking. Those who can use sign language use that, and when that doesn't work, we write things down. With a bit of accommodation and patience, we are able to communicate successfully.

I am truly fortunate; my colleagues are like family who help me with anything I need. However, they don't treat me any differently when it comes to completing my tasks, and I don't expect them to.

From a young age my family encouraged me to build my personality and confidence and to integrate into my community. I thank Allah for everything my beloved family has provided me.

During my time at Jordan University of Science and Technology, where I got my Bachelor's Degree in Dental Laboratory Technology, I had many professors and fellow students who were willing to help. I am truly blessed.

Here at JHAH, I have found the same. I'm so excited about my work and feel very lucky and proud to be at Johns Hopkins Aramco Healthcare where I can contribute and continue adding to my abilities and skills.

For anyone with a hearing disability I say, laziness and other negative characteristics are not available to us. We are a group known for being active, creative and highly capable. Do not stand in one place. Work to achieve your dreams.

For anyone who knows someone with a learning disability, I say people with hearing disabilities and other owners of inspiration do not need your sympathy, only your support and encouragement to pursue our dreams.

Thank you,

Hanoof Ali AlKhalaf

Senior Dental Laboratory Technician

JHAH Dental Clinic



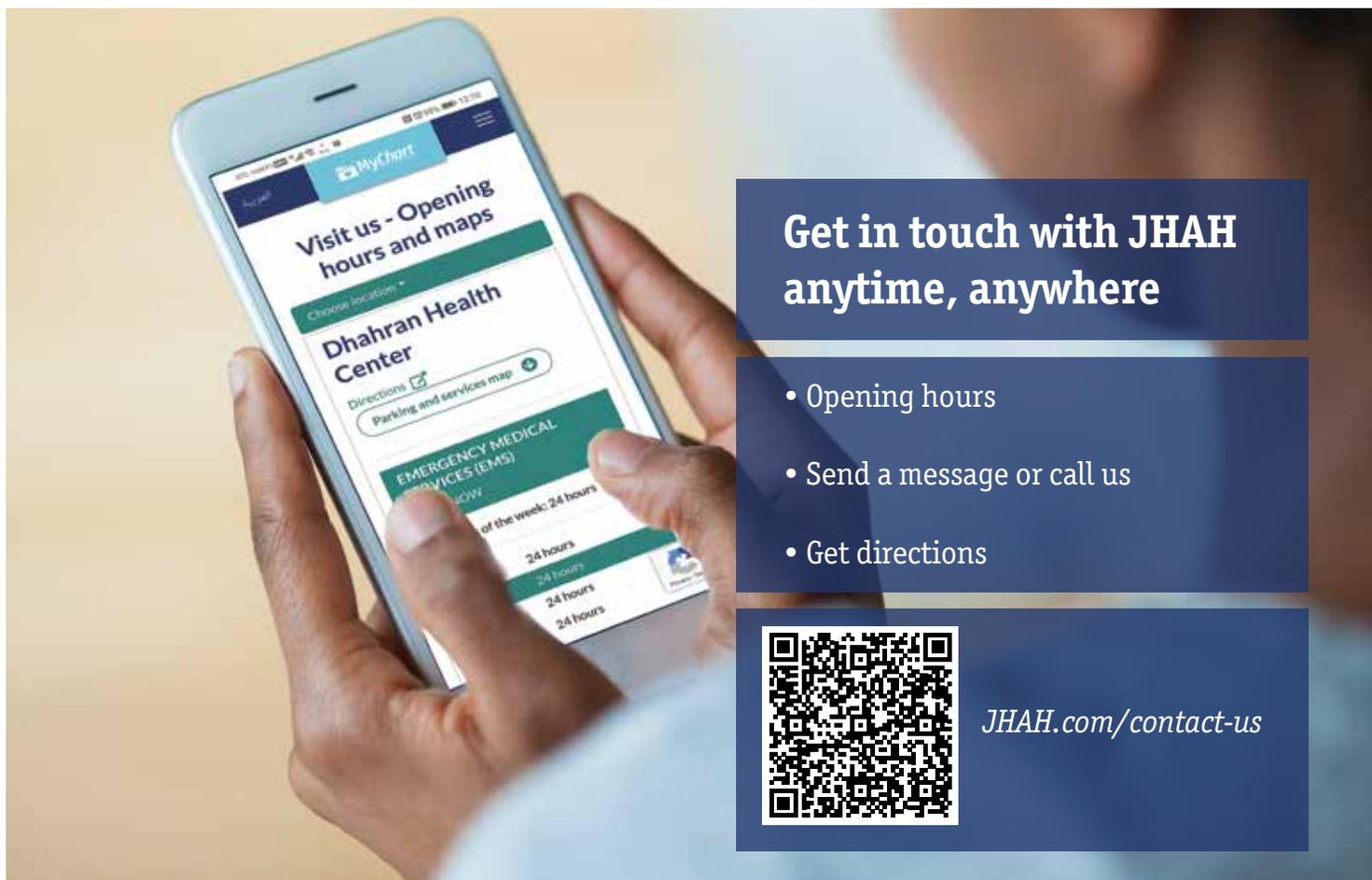


Johns Hopkins Medicine visit JHAH

- Sharing knowledge through health awareness lectures
- Supporting with medical expertise and skills
- Contributing to the wellbeing of our community



[JHAH.com/JHM-onsite](https://www.jhaah.com/JHM-onsite)



Get in touch with JHAH anytime, anywhere

- Opening hours
- Send a message or call us
- Get directions



[JHAH.com/contact-us](https://www.jhaah.com/contact-us)

World Physical Therapy Day



Photo provided by: Physical Therapy & Clinical Services Department.

On September 8, physiotherapists at JHAH celebrated World Physical Therapy Day by conducting a Physical Therapy Campaign under the theme “Be Active, Be Healthy.” The campaign was conducted at the JHAH health centers in Dhahran, Al-Hasa, Ras Tanura and Abqaiq.



Lifestyle Tips for Reducing the Risk of Breast Cancer

By JHAH Clinical Nutrition and Food Services



Proper nutrition and exercise play important roles in reducing the risk of breast cancer. To reduce breast cancer risk, eat healthy and well-balanced meals and consider the following:

- Consume more non-fat or low-fat dairy products.
- Consume whole grains, unsweetened cereals and cooked legumes, including beans and lentils as they are rich in fiber.
- A minimum of five servings of fruits and vegetables, preferably fresh and, in particular, the ones with bright colors, are recommended to be consumed every day, including oranges, sweet melons,

watermelons, strawberries, red grapes, green grapes, grapefruit, squash, tomatoes, spinach, cauliflower, cabbage, carrots, green peppers and broccoli. These provide antioxidants that reduce the risk of breast cancer in addition to having other health benefits.

- Consume lean protein, such as lean meat, fish, tuna and skinless poultry.
- Use healthy oils, such as olive oil and canola oil. Healthy oils should be used in moderation.
- Consume nuts, in particular almonds and walnuts, as they contain anti-cancer nutrients.

- Some studies recommend consuming soy products, such as soy milk and soybeans, as they play a protective role against breast cancer. Other studies recommend adding turmeric spice to foods for the same reason.
- Avoid obesity. Women are advised to maintain a healthy body weight by consuming well-balanced meals and exercising regularly as obesity increases the risk of breast cancer.
- Women who exercise daily for 30-45 minutes have a lower risk for cancer than those who lead a sedentary lifestyle.
- Limit the intake of sugar and refined carbohydrates such as sweets and sugar-sweetened drinks and sodas. It is healthier to replace sweets with fresh or dried fruit.
- Consume enough Vitamin D as Vitamin D deficiency can increase the risk of breast cancer. Women should consume low-fat or non-fat dairy products that are fortified with Vitamin D. Other food sources of Vitamin D include egg yolk, salmon, sardines with bones and fortified cereals. Direct exposure to sunlight for 15 minutes a day can also help. Exposure to sunlight through glass windows, clothes or after applying sun block creams not permit Vitamin D absorption.

Johns Hopkins Aramco Healthcare Breast Cancer Awareness Campaigns

October 2019

Date	Location	Time
October 1-7	Al-Rashid Mall Al-Khobar <i>(with the Saudi Cancer Foundation)</i>	4 – 10 p.m.
October 3	Saudi Aramco Dhahran Commissary	9 a.m. – 2 p.m.
October 7	Abqaiq Clinic	7:30 a.m. – 2 p.m.
October 9	Al-Hasa Health Center Main Entrance	9 a.m. – 2:30 p.m.
October 10	JHAH Primary Care	9 a.m. – 2 p.m.
October 19	Dhahran Saudi Aramco Community Duck Pond <i>(with Dhahran Road Runners Club)</i>	8:30 – 10 a.m.
October 24	Saudi Aramco North Park Auditorium <i>(with Aramco Procurement & Supply Chain Management)</i>	9 a.m. – 2 p.m.
October 24	Ras Tanura Recreation Center (Najmah) <i>(with Ras Tanura Women's group)</i>	4 – 8 p.m.



Breast Cancer Awareness:

Early Detection Saves Lives



Breast cancer is the most common cancer for women in the world. In 2012, nearly 1.7 million new cases were diagnosed (second most common cancer overall). According to JHAH Oncologist Dr. Osama Halaweh, breast cancer is the most common cancer for women in the Kingdom, accounting for 30% of all cancer diagnoses.

The incidence of breast cancer increases as a woman ages and is most common in women around menopause and the risk continues to increase as a woman gets older. Breast cancer in women in their teens or twenties is not common; however, there have been recorded breast cancer cases of women in their twenties. Therefore, breast awareness and self-examinations need to start when a woman reaches 20 years of age.

Regularly examine your breasts

It is advisable to start monthly self-

exams of your breasts at the age of 20. The best time to do a breast examination is when your breasts are not tender or swollen, which is usually on the tenth day after your period starts. Women who have reached menopause or who have had a hysterectomy can do their breast exam on any day as long as they do it consistently on that day each month.

Following are instructions for properly examining your breasts.

LOOK and FEEL technique:

- In the shower: Check each breast with the pads of your fingers moving them in a circular motion from the outside to the center of the entire breast, including under your armpit and around your collarbone. Feel for lumps, hard knots or thickening or swelling. Gently squeeze your nipple and check for discharge and lumps.

- In front of the mirror: Stand in front of a mirror and with your arms to the side and visibly check your breasts for any changes such as skin discoloration. Next, lift both arms above your head and check each breast for any changes in shape or size. Check also for skin dimpling and changes in the nipple.
- Lying Down: With a pillow under you and your arm above your head, check each breast using the pads of your fingers in a circular motion from the outside to the center of the entire breast, including under your armpit and around your collarbone. Feel for lumps, knots or thickening or swelling. Also gently squeeze your nipple and check for discharge and lumps.

Changes to look for:

- When checking your breasts look changes such as the following:
- Breast changes in size or shape, enlargement or swelling.
- Skin discoloration, redness or a rash-like skin texture around the breast or around the nipple, e.g., dimpling, puckering or peau d'orange (skin feels rough or looks like the skin of an orange).
- Nipple discharge. If you see discharge, note the discharge color.
- Lump(s) such as a hard knot or thickening of the skin. Check to see if the lump is movable or attached in one place and if it is painful.
- Nipple retracted or inverted (pulled in).
- Swelling in the armpit or around the collarbone.

- Constant pain and/or itching on any part of your breast or in your armpit.

What to do if you find breast changes that are not normal for you.

DON'T PANIC! Not all breast changes are caused by cancer. There are many reasons for your breast to change. Some are harmless. Regardless, you should also have them checked by your physician as soon as possible. You know better than anyone what is not normal for you. So go and see your doctor if something does not seem right.

Know Your Breast Cancer Risk Factors

Aside from being breast aware, you should also be aware of your risk for developing breast cancer. If you have any of these risks, let your doctor know. Remember, early detection can save your life.

- Gender – Females are at higher risk than males; however, men do get breast cancer.
- Age – 81% of breast cancer are found in people over the age of 50.
- Previous history of breast or any cancer, particularly if you received radiation to the chest.
- Family history of breast cancer or any cancer – 5-10% of breast cancers are hereditary with a BRCA1 or BRCA2 gene mutation.
- Having been diagnosed with benign breast disease such as fibro adenoma, breast cysts or fibrocystic changes.
- Early puberty or menstruation.
- Late menopause.
- Not currently breastfeeding or have not breastfed for a long time.
- Not having children or had children after the age of 30.
- Currently using hormone replacement therapy.

- Obesity (women who have reached menopause are at higher risk).
- Chronic smoking of any kind, including cigarettes, shisha or cigars.

Breast Screening

A- Mammogram

From the age of 40, women should begin having special X-rays called mammograms.

They should be done annually. A mammogram can detect changes inside the breast.

B-Self-Breast Examination/Clinical Breast Examination

Once a month do a self-breast exam. As part of your annual mammogram, your doctor should examine your breasts as the doctor may notice something you missed.

C-MRI (Magnetic Resonance Imaging)

Women who are at high risk (have several risk factors) based on their family, medical or personal history, should have a yearly MRI as well as a mammogram. Your doctor will determine if you are at high risk, and if you are, will advise you about this test.

What You Can Do:

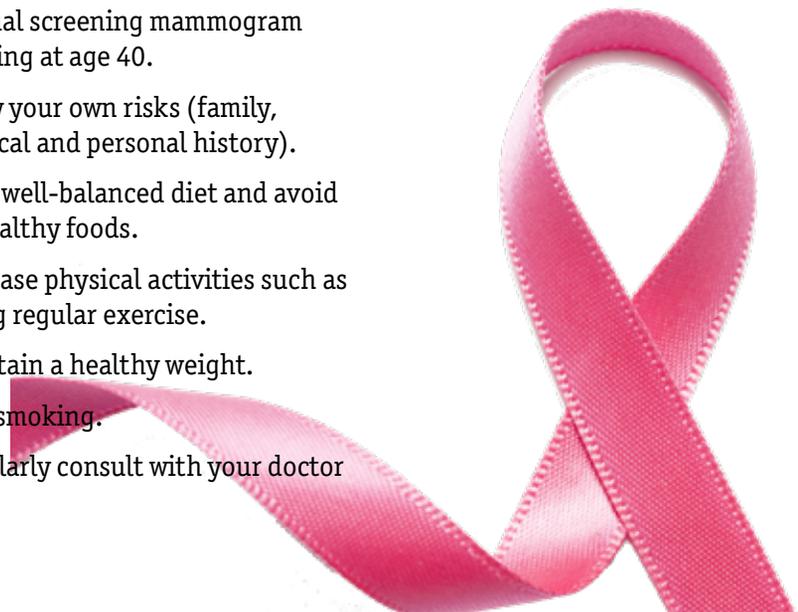
- Self-breast exams starting at age 20.
- Annual screening mammogram starting at age 40.
- Know your own risks (family, medical and personal history).
- Eat a well-balanced diet and avoid unhealthy foods.
- Increase physical activities such as doing regular exercise.
- Maintain a healthy weight.
- Quit smoking.
- Regularly consult with your doctor

and have regular clinical breast exams.

If you, or a family member, are dealing with breast cancer, our dedicated nurse are here to provide reassurance and care as well as take you through the treatment process.

Our team of skilled oncologists provide a comprehensive review of every breast cancer case and create a personalized treatment plan for each patient. These may include input from medical oncologists, radiologists, surgeons, radiation oncologists, pathologists, nurses and a variety of support services.

For more information, visit www.JHAH.com> Care Services> Specialty Care> Oncology> Breast Cancer



Social Media Highlights

What You Might Have Missed

JHAH management, organizers, volunteers and staff who came to support their colleagues stand together celebrating the success of the My Health awareness campaign at Al-Othaim Mall Damman.



Eye screening can help prevent the leading cause of blindness in Saudi: Retinopathy. Take a closer at your #health by visiting JHAH's My Health campaign at Al- Othaim Mall in Damman.



Back to School Health Tips

مركز جونز هوبكنز
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- Regularly wash your hands with water and soap.
- Limit TV/screen time to one hour a day and be physically active.
- Remember to wear a seatbelt when riding in a car and a helmet when riding a bicycle.
- Avoid carrying heavy school bags as they can cause lasting damage to spine, neck, and shoulders.

Social Media Highlights

JHAH partnered with the Saudi Aramco Industrial Security Operations Department to raise awareness about child car seat safety.

Using a car seat correctly can help keep your child safe. Always ensure that the seat belt that holds your child's car seat is tight enough before each car trip.



Did you know that medication is one of the leading causes of child poisoning? Keep your child safe by storing medication out of reach of your child and in locked cabinets.



يتعلم الأطفال من خلال الاستكشاف
قم بحمايتهم من الأسطح و الأواني الحارة
مثل المعلقة و الطناجر

Children Learn by Exploring
Protect them from hot surfaces and items
such as pots and pans.

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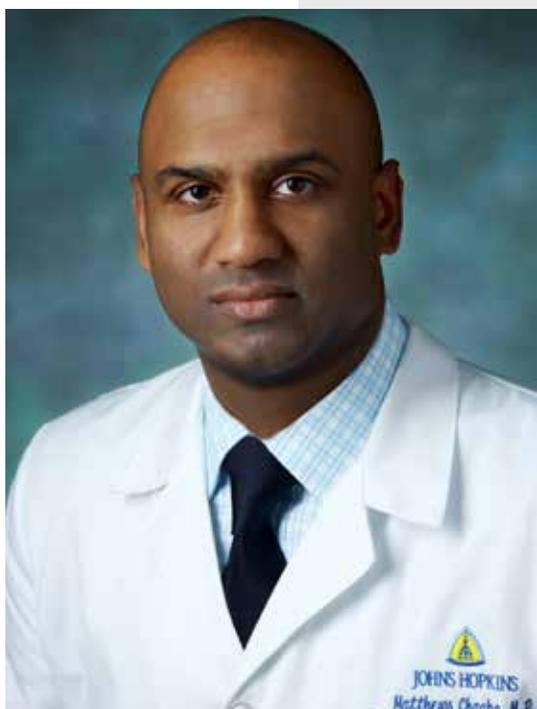
Distinguished Faculty On-Site Visits:

Dr. Alison R. Moliterno

Associate Professor of Medicine, Johns Hopkins School of Medicine

Anemia — a condition in which a person lacks enough healthy red blood cells to carry adequate oxygen to the body's tissues — comes in many forms, from iron deficiency to chronic disease. Dr. Alison Moliterno, a JHM hematologist, recently gave a comprehensive and consumer-friendly lecture titled "Anemia: Causes and Consequences of Low Iron" to about 90 members of the Johns Hopkins Aramco Healthcare (JHAH) community.

Dr. Moliterno was at JHAH as part of the Distinguished Faculty Visitor program, initiated in 2015 to foster relationships between physicians at Johns Hopkins Medicine (JHM) and JHAH. She was on-site at JHAH August 24-27, 2019. She met with colleagues in JHAH's Oncology Institute and its Blood Disorders Center. They discussed the best diagnostic and treatment options for patients with myelodysplastic/myeloproliferative disorders, a group of diseases in which the body makes too many white or red blood cells. This overproduction of blood cells in the bone marrow can create problems for blood flow and lead to heart attacks, strokes and blood clots.



Dr. Matthews Chacko

Assistant Professor of Medicine, Johns Hopkins School of Medicine

Dr. Matthews Chacko, a JHM interventional cardiologist, recently offered his support and expertise during the final push to launch a new transcatheter aortic valve replacement (TAVR) practice at Johns Hopkins Aramco Healthcare (JHAH). TAVR is a much less invasive alternative to open-heart surgery in which cardiologists insert a new valve by threading a catheter through vessels in the leg into the aorta.

JHAH and JHM have been working together extensively to prepare to offer TAVR and other complex cardiac treatments. Dr. Mohammed Mudhki, JHAH's lead cardiac catheterization technologist, completed TAVR training in Baltimore last year, and the partners have had regular case conferences regarding the procedure.

During this visit, from August 25- 27, Dr. Chacko also worked with Dr. Faisal Turkey Al Qoofi, an interventional cardiologist, and JHAH's cardiology team to review patient cases and proctor his colleagues in direct patient care.

Dr. Christopher Oakley

Assistant Professor of Child Neurology & Nursing, Johns Hopkins School of Medicine

Dr. Christopher Oakley, Neurologist and director of Johns Hopkins Pediatric Headache Clinic, visited JHAH September 7 - 10, 2019.

During his visit, he recently presented a Grand Rounds on pediatric headaches to his clinical colleagues at Johns Hopkins Aramco Healthcare (JHAH). During his presentation, he cautioned that headaches are the most frequent reason for referrals to pediatric neurologists and yet patients and providers continue to under-recognize their seriousness.

Dr. Oakley — a longstanding migraine sufferer himself — frequently speaks to the general public and to healthcare providers to bring attention to migraines and other headaches, especially in the pediatric population.

Dr. Oakley was at JHAH as part of the Distinguished Faculty Visitor program. In addition to delivering presentations regarding the latest research and treatment protocols in pediatric neurology, he met with JHAH's pediatric and adult neurologists, nurses and hospitalists. He also saw patients in the Neurology Clinic and participated in a roundtable discussion at JHAH's Botox Clinic, where Botox is used for adults with a variety of neurologic disorders.



JHM On-Site Program

The JHM On-Site Program brings Johns Hopkins Medicine physicians to JHAH for two purposes: to train JHAH staff in the latest treatments and surgical procedures and to provide patient care, including seeing patients, performing specialized procedures and providing patient consultations and second opinions, as well as conducting Grand Rounds for JHAH staff.



Flu Vaccine: Global Delay for Northern Hemisphere

Dear JHAH patients and families,

There is a global delay in the availability of the Northern Hemisphere 2019-2020 flu vaccine.

As a result, the annual JHAH Flu Vaccination Campaign will start in December. Once an exact date is confirmed, JHAH will make this information widely available to encourage vaccination.

The delay in availability is because the Flu vaccine is updated each year to better match viruses active in that year. To maintain the effectiveness of the vaccine this year, the U.S. Centers for Disease Control and Prevention allowed for more time to monitor and review the selection of viruses for the new vaccine formulation. Subsequently, this has affected manufacturer timelines for producing, testing, releasing and distributing the vaccine.



Joint Venture, Joint Faculty

JHAH Clinicians Enter Johns Hopkins' Scholarly Family



*Left to right, top to bottom:
Dr. Jaffar Al Tawfiq,
Dr. Abdulrazack Amir, Dr. Ramzi
Banda, Dr. Saad Hasaniah,
Dr. Mojieb Al-Haque Manzary,
Dr. Harry Parissis, Dr. Shireen
Qureshi, Dr. Salwa Sheikh and
Dr. Antoine Tarazi*



“A faculty appointment at Johns Hopkins signifies the highest standards of our academic institution — standards that we embrace not only as part of our job description, but as part of who we are as teachers, investigators and physicians,” says Dr. Charles Wiener, president of Johns Hopkins Medicine International (JHI) and professor of medicine and physiology at the Johns Hopkins University School of Medicine.

Fueled by this passion, Johns Hopkins physicians and researchers have earned some of the most respected awards and honors in medicine and related fields:

- 21 current/former school of medicine scientists have won Nobel Prizes

- 10 school of medicine faculty have received the Lasker Award, known as the “American Nobel”
- 90 faculty members have been elected to the National Academies of Sciences, Engineering and Medicine, the U.S. government’s primary adviser on scientific and technological matters

Recently, nine distinguished clinicians from Johns Hopkins Aramco Healthcare (JHAH) joined these eminent academic ranks with appointments as adjunct faculty at the Johns Hopkins University School of Medicine.

Dr. Jaffar Al Tawfiq is now an adjunct associate professor of infectious diseases, molecular medicine and clinical pharmacology. Additionally, the following JHAH physicians

now have joint appointments as adjunct assistant professors: **Dr. Abdulrazack Amir** (nephrology), **Dr. Ramzi Banda** (neurology), **Dr. Saad Hasaniah** (cardiology), **Dr. Mojieb Al-Haque Manzary** (orthopaedic surgery), **Dr. Harry Parissis** (cardiac surgery), **Dr. Shireen Qureshi** (neurology), **Dr. Salwa Sheikh** (pathology) and **Dr. Antoine Tarazi** (otolaryngology).

"I am honored to join the exemplary Johns Hopkins faculty," says Dr. Parissis. "I will work hard to live up to the tremendous responsibility of exceeding their high expectations."

Rigorous Recruitment

Each of the new JHAH-Johns Hopkins Medicine (JHM) joint faculty members were nominated by their clinical division chief for meeting demanding requirements in areas such as research; education; clinical distinction; program building; organizational activities including advisory committees and professional societies, honors and awards; and other professional accomplishments.

"These JHAH clinicians have distinguished themselves in their service to JHAH colleagues and patients, carrying out their clinical and academic responsibilities with professional competence, intellectual excellence and the highest ethical standards," says Dr. Linda Lee, JHAH chief of staff, who carefully vets each nomination.

"They also actively apply their expertise in education, research and clinical care to further the success of the JHAH joint venture and of Johns Hopkins' global-minded mission," adds Dr. Lee, who maintains an associate professorship of medicine with the university.

Once Dr. Lee approves a candidate for a joint faculty position, additional information to support the clinician's candidacy — including a résumé and a written statement of contributions to both JHAH and Johns Hopkins' school of Medicine — goes to JHAH CEO Dr. Daniele Rigamonti.

"As JHAH undergoes a period of rapid change, we are looking to appoint adjunct faculty who can help us identify and address unmet needs in how we deliver healthcare," says Dr. Rigamonti, who is also a professor of neurosurgery at Johns Hopkins.

After reviewing each portfolio, Dr. Rigamonti presents his recommendations to JHI's Dr. Wiener, who, in turn, endorses the candidate to the department director of the corresponding specialty area and the vice dean of faculty at the school of medicine.

"Faculty at the Johns Hopkins University School of Medicine may have particular areas of expertise that can complement those of their JHAH colleagues," says Dr. Wiener. "We help make these connections to spur opportunities for two-way cooperation."

"I very much look forward to continued collaboration between the cardiology groups at JHM and JHAH to enhance the care of patients in both Dhahran and Baltimore," says Dr. Hasaniah.

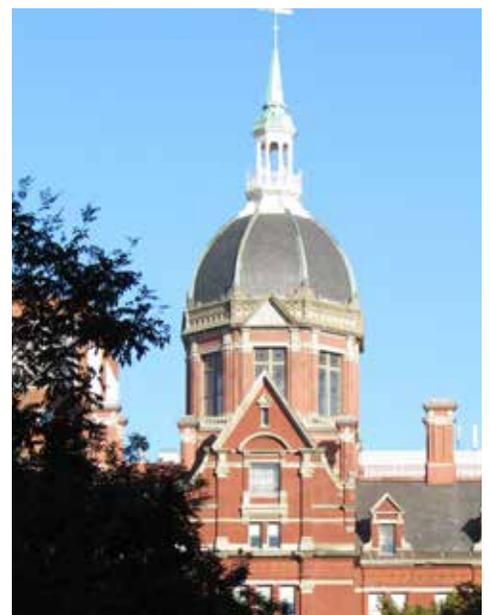
The final stages of the process entail earning approval from the Advisory Board of the Medical Faculty and, finally, the school of medicine's dean, Dr. Paul Rothman.

As members of Johns Hopkins' faculty, the JHAH joint appointees must make distinct contributions to the Johns Hopkins mission, whether it's through patient care, education or research.

"This academic appointment aligns with and strengthens my personal commitment to promoting education and healthcare nationally and internationally," says Dr. Sheikh, the first Saudi female to earn this recognition. "I feel honored, but more importantly, I feel inspired."

Given JHAH's ongoing evolution to become a regional medical model, the partners are placing particular emphasis on research that will increase understanding of the unique JHAH patient population and enhance health outcomes on both the institutional and Kingdom-wide levels. In fact, reappointment as adjunct faculty will partly rest upon building successful patient-focused research programs at JHAH.

"The adjunct faculty will help steer JHAH's development into a regional leader in healthcare quality and delivery, and their research efforts will be a pathway to this end," says Dr. Rigamonti.



C-Suite Executive Rounds at JHAH

Executive Rounding is designed to give everyone a voice in making JHAH a preeminent healthcare provider in the Kingdom. C-Suite members, the hospital's most senior level of leadership, see things from their position while frontline staff and patients see things from theirs, as do patients and visitors. When everyone can share their perspectives, the benefits can be profound.

"I was really pleased when I heard C-Suite members had visited us as part of the executive rounding program," said Michel Klarenbeek, General Manager, Dental Operations. "I know it means a lot to our staff to have an opportunity to talk about what they do and share their ideas on how they can better serve our patients."

The response to rounding has been enthusiastic. In the eighteen visits conducted thus far in 2019, nearly 300 suggestions have been received. All suggestions have been carefully logged in, and in September, C-Suite members began monthly meetings to evaluate the suggestions and determine which could have the greatest impact on employees and patients if actioned.

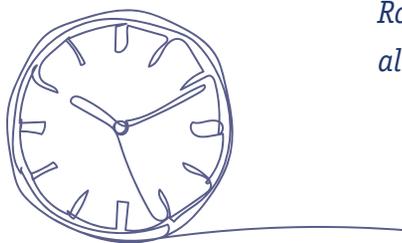
"When I first saw Dr. Rigamonti in our unit, I was surprised and curious," said Deborah Gibson, Senior Nurse Clinician, Day Surgery. "However, when I was told why he was here, I found him to be sincere in finding out what can be done to make our working lives better so we can do what we love, caring for our patients."



Two C-suite leaders go on each round



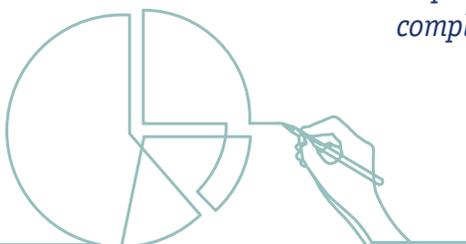
Visiting JHAH facilities & offices



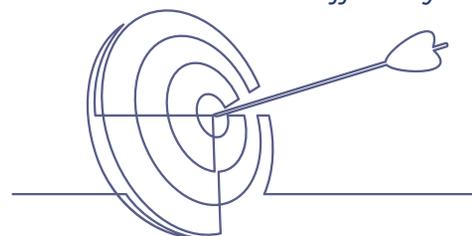
Rounding happens across all shifts



*To talk to staff, patients, families.
To take pulse of the JHAH.*



24 planned for 2019 75% complete



The goal is to improve quality of care and efficiency and to relieve stress

Installation of Parking Shades

for Buildings: 60, 62, 2894 and 9165

Facilities Management & Services (FMS) is determined to improve parking conditions for patients, staff and visitors.

Starting October 3, 2019 FMS began construction on parking shades at the six JHAH Dhahran parking sites indicated on the map. To allow for safe working conditions, there will be partial closures in phases until Tuesday, December 31, 2019.

To minimize any inconvenience to patients or family members, the parking closures in these areas will be phased and limited to approximately 40 parking spots at any one time

Thank you for your patience and understanding.

The **FMS Parking Enhancement & Expansion Projects** seek innovative solutions to improve patient experiences at JHAH through increased parking, better zoning management and more effective use of space.



JHAH Al-Hasa Opens Dermatology Specialty Care Service

In July, the Al-Hasa Health Center added dermatology to its expanding range of specialty services.

The Dermatologist Specialty Clinic is held weekly on Sunday, Monday and Tuesday. The Dermatology Specialty Clinic is not a self-referral service, so a Primary Care physician will make a referral for you. To book an appointment with your Primary Care physician, call the Centralized Contact Center on 800 305 4444 book an appointment on MyChart.

The Dermatologist Specialty Clinic is in addition to the existing nurse-led dermatology clinic, which provides ultraviolet therapy and excimer laser treatments for patients suffering from moderate to severe skin conditions.



New Services at JHAH Al-Hasa



Photo by: Layla Gafashat



JHAH Al-Hasa Opens Audiology Service

The Al-Hasa Health Center (AHC) now offers an Audiology service for adult patients. This is the latest addition to an expanding range of specialized services available in the state-of-art facilities at AHC.

Audiology appointments are by referral, so you will need to receive a referral your Primary Care physician. To book an appointment with your Primary Care physician, call the Centralized Contact Center on 800 305 4444 or log into MyChart.

Bariatric Surgery Starts at Al-Hasa Health Center

The JHAH Al-Hasa Health Center (AHC) has recorded another first. The first bariatric surgery was performed by Dr. Elnazeer Salim, General Surgeon, and the bariatric team. "This achievement could not have been done without the support of multiple organizations. This will make life easier for those we serve in the southern area who require this procedure," commented Dr. Khalid Al-Mulla, General Manager, AHC.

Carrying excess weight can have a negative impact on your wellbeing, potentially leading to low self-esteem and long-term illness. At JHAH, we offer a number of effective measures that can help you reduce your body mass index (BMI) and live a more confident and fulfilling life. These include a dedicated Weight Management Program and bariatric surgery.



Johns Hopkins Aramco Healthcare (JHAH) Community Outreach Lecture Series

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

You are invited to attend the JHAH Community Outreach Lecture:

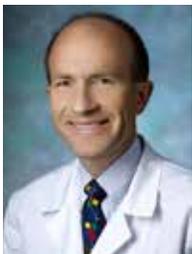
Developmental Dysplasia of the Hip: A Public Health Concern

Date: Saturday, November 9, 2019

Location: Alsamar Hall, Carlton Al-Moaibed Hotel, al-Khobar

Time: 7:00-8:30 p.m.

Presented by:



Paul David Sponseller, M.D.

Chief, Division of Pediatric Orthopaedics, Professor of Orthopaedic Surgery



Thamer S. Alhussainan, M.D.

Director of Pediatric Orthopedic Fellowship, Consultant Pediatric Orthopedic Surgeon, King Faisal Specialist Hospital

To register, visit jhah.com/communityoutreach.

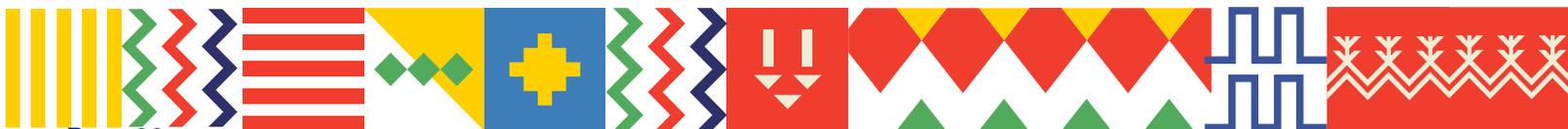
Bus transportation will be provided to the venue departing at 6:15 p.m. from the following locations:

- Cafe Liwan (next to JHAH Dhahran Primary Care Clinic)
- King's Road Parking Lot (near Ballfield Park)

Transportation from the venue back to the above locations is at 8:30 p.m. Refreshments will be provided.

مرکز جونز هوبكنز
أرامكو الطبي
Johns Hopkins
Aramco Healthcare

Saudi National Day Celebrations





Salah Ali Al Sultan

Public Relations Specialist
Johns Hopkins Aramco Healthcare

Salah has worked at Saudi Aramco for over 25 years, and later joined JHAH. During that time he has coordinated numerous corporate events and VIP visits. He believes in continuing development and as such has attended many management, public relations and leadership conferences and workshops so he can more effectively and efficiently do his job and have a positive impact on the organization.



“I strongly believe that teamwork is needed to succeed and overcome any challenges.”

Salah Al-Sultan



Johns Hopkins Aramco Healthcare Family Medicine Residents Rank First in Kingdom's Exam



Photo by: Layla Gafashat

Saudi doctors training in Family Medicine at JHAH have ranked first in the Kingdom, having achieved outstanding exam results, according to the Saudi Commission for Health Specialties (SCFHS).

Family Medicine, a key part of Primary Care, is a cornerstone of the 2030 Vision for Saudi Healthcare Reform, and increasing the number of primary care doctors is associated with multiple benefits to the health of the population.

Dr. Hadi Al Enazy, Director of JHAH's Family Medicine Residency Program, explains, "JHAH's contribution to Vision 2030 and healthcare reform started with 14 residents. These future family physicians will have a significant impact on the lives of our people."

An increase of one primary care doctor per 10,000 people has been shown to result in:

- ↓ 5% in outpatient visits
- ↓ 5.5% in inpatient admissions
- ↓ 10.9% in Emergency Room visits
- ↓ 7.2% in surgeries

Source: Sanjay, et al, JAMA 2019

Residency is post graduate medical training for a licensed physician who is interested in a particular specialization. JHAH's four-year Family Medicine Residency Program is relatively young compared to other institutions in the Kingdom. Despite this, in the two years since its launch, JHAH has the highest number of certified trainers in Family Medicine in the region, providing cutting-edge teaching methods that include simulations and immersion in an evidence-based care model within JHAH's proactive, patient-centric primary care service. As a joint venture, the JHAH blends the pre-existing decade's long tradition of quality medical care provided by the Saudi Aramco Medical Services Organization (SAMSO) with the renowned educational and clinical strengths of Johns Hopkins Medicine.

Dr. Daniele Rigamonti, FACS, and JHAH Chief Executive Officer, said: "JHAH is at the forefront of Primary Care provision in the Kingdom. These excellent results demonstrate the strength at the heart of our approach, bringing together the talented next generation of Saudi doctors with world-leading medical expertise."

In 2016, SCFHS accredited JHAH to offer medical residencies for Saudi physicians in five areas: Pathology, Pharmacy, Emergency Services, Anesthesia and Family Medicine.

Infusion, Technology & Patient Safety at JHAH

By: Bradley Wilkinson



Photo by: Layla Gafashat

Infusion pumps are an important means of providing patients with needed fluids, nutrients and medicines. These pumps were developed more than 30 years ago, and the technology behind them has steadily become more reliable and sophisticated. With today's technology and communication systems, these pumps have become much "smarter," which enhances patient safety and improves clinical efficiency and healthcare quality.

"We are replacing our current infusion pumps with the Plum 360 system, which has received the highest rating in IV pump performance for the last two years," said Hatem Alabdali, JHAH Clinical Engineer and Plum 360 project manager.

Training of all nurses and clinicians was conducted in preparation for a JHAH-wide roll out of the Plum infusion

system that began on August 29 in the Dhahran Health Center 1B Surgical Ward.

The Plum 360 project is a collaborative effort between Nursing, Clinical Engineering, Pharmacy and Information Technology. Rollout of the pumps is scheduled to be completed across all of JHAH, including the inpatient and outpatient clinics in Dhahran, the districts and all remote area clinics across the Kingdom by the end of the year.

In caring for patients, doctors prescribe specific instructions on the fluids and medicines each patient should receive. The Plum 360 has numerous features that ensure those fluids are delivered as the doctor ordered. The pump knows the primary and secondary lines, thus ensuring a patient receives an uninterrupted flow. It also has an air

"These pumps enhance patient safety, improve medication dispensing and provide a source of valuable information for our ongoing quality improvement (QI) activities."

management system that reduces the number of administration alarms that disrupt the rest of the patient.

Via a secure wireless connection with the JHAH network, each pump automatically accesses an extensive, centralized JHAH Drug Library. The library includes 2,500 medications and products and is structured so that each department has its own Clinical Care Area. The library is designed to assist users and protect patients by providing nurses with upper and lower dosing limits, thus ensuring that only medications and products intended for use in that area are available.

These limits are based on JHAH's specific IV administration policies and cannot be overridden. Multiple limits have been defined for each medication, allowing further refinement of the infusion parameters and improved safety. For example, the same medication might be given across JHAH but the limits for a neonatal patient would be very different than those for an adult patient.

"Change is always challenging, but all of the nursing staff adapted quickly and without issue," says Mandy Quinn, 1B Nursing Supervisor. "Staff are delighted with the new features that allow us to provide safe, more effective care to our patients."

JHAH Highlights

Johns Hopkins Aramco Healthcare Nursing Interns

Recently the 22nd cohort of nurses graduated from the Johns Hopkins Aramco Healthcare Nursing Internship Program. The program began under the Saudi Aramco Medical Services Organization SAMSO (the predecessor to JHAH) and has since graduated 265 nurses.

The award ceremony, conducted on August 29, included six graduates:

- Asma Barnawi
- Dhuha Alsahli
- Sara Alshami
- Zainab Alsaleh
- Fatimah Abuhussain
- Fatimah Albahraini

Everyone at JHAH wishes them all the best in their careers.



Photos provided by the Nursing Department





Access to Care: Find Your Doctor

JHAH patients have the option to visit JHAH.com/find-a-doctor to browse the credentials of available primary care physicians in their area and submit their selection online. This feature saves patients the time of physically visiting JHAH to choose their physician and respects their preference for online functions. As of September, 778 physician assignment requests had been submitted on JHAH.com.

Students Receive Valuable Health Advice

In July, eighteen students from Al-Hasan School visited JHAH. During their visit, they participated in interactive presentations given by Dr. Basem Futa, Clinical Nutrition & Food Services; Dr. Hussain Al- Khadhra, Primary Care Division; and Abdulrahman Al Mutairi, Population Health Division.



2,272

New MyChart users

36,247

MyChart mobile users

9,172

Medications requested MyChart



MyChart Super Stats

Our online health portal, MyChart, empowers patients with easy access to manage their health.

Having 71,220 active patients on MyChart, places JHAH in the 98th percentile for MyChart usage and registration in the U.S.

JHAH Marketing & Communication is committed to continue this positive growth and increased satisfaction through promotion of existing and new functions on MyChart and the support hub at JHAH.com.

Interdisciplinary Team Meetings

Utilization Management (UM) focus on person-centered care and access to care



At the center of all JHAH staff activities is person-centered care. Staying true to this mission, interdisciplinary team meetings are a daily staple in all patient care units to ensure that patients are transitioned along the continuum of care, at the right level, and in a timely and safe manner. With this goal in mind, the format of such meetings in 4H, a surgical floor, was revised to focus on the appropriateness of services, safe discharge planning, length of stay, barriers to effective management of care, and quality outcomes. The 4H interdisciplinary team meetings are regularly attended by the unit manager or charge nurse, a case management physician, case manager, social worker,

physical therapist and dietician, while representatives from other support services attend as needed.

Dr. Fahad Al Mulhim joined the interdisciplinary team meetings in 4H in September as the Utilization Management (UM) physician advisor to support transformational change. The interdisciplinary participation is crucial in order to make sure all the 'parts move together and are not pulling against each other' and avoid duplication of work. This contributes to increases in efficiency and decreases in cost.

Photo provided by the team: Arlene Gotera (Senior Case Manager), Dr. Fahad Mulhim (Utilization Review Committee Chair and Utilization Management Physician Advisor), Maria Antoinette D'Costa (Senior Case Manager), Hannah Hill (4H Unit Manager) and Dr. Mahommed Osama (Case Management Discharge Planning Physician).

Daily Detoxification



We hear a lot about free radicals these days. But do you know what they are and what they can do to the body? The Johns Hopkins Aramco Healthcare Clinical Nutrition and Food Services Department explains and provides some health tips.

Free radicals are unstable oxygen atoms that damage normal cells in the body. Free radicals are linked to many serious health problems, weakness and poor immunity. They increase your risk for various cancers, heart disease and mental illnesses, and they accelerate the aging process.

The body always has some free radicals. It is when the body has too many free radicals that health issues arise. The number of free radicals in your body is increased by smoking, drinking alcohol, consuming trans fat such as ghee, pollution and pesticides and consuming too much sugar and fried food.

Antioxidants are substances that neutralize and buffer free radicals inside the body. Antioxidants prevent or slow the oxidation process caused by free radicals. You should consume foods that are high in antioxidants, including nuts; fruits, such as oranges, bananas, berries, green and red apples, watermelon, sweet melon, kiwi and pineapples; and vegetables such as carrots, red peppers, cucumbers, tomatoes, spinach, eggplants, cauliflower, broccoli, onion and garlic. Green tea is also high in antioxidants.

If you are obese, losing weight will help reduce the level of free radicals in your body.

In addition, the following general health tips that everyone should follow will help decrease the number of free radicals in your body as well as help you remain healthy and active throughout your life.

- Maintain a body weight within the range that is healthy for you. If necessary, lose excess weight. Consult your physician before beginning any exercise program.
- Consume healthy, well-balanced meals. Do not skip meals or snacks as skipping meals is not healthy.
- Avoid dehydration. Drink an adequate amount of fluids, mostly water.
- Eat more fruits (fresh or dried) and vegetables. Five (5) servings a day is the minimum recommended to enrich your system with antioxidants.
- Limit fatty foods and sugary drinks.
- Grill, bake or steam your food instead of frying.
- Select lean meat, skinless poultry or seafood rather than fatty cuts of meat.
- Choose low-fat or nonfat dairy products instead of full cream.
- Use healthy oils such as olive oil or canola oil instead of saturated fat such as butter or trans-fats such as ghee.
- Make your desserts with less sugar. Replace sugar with fruits
- Eat food rich in fiber such as whole grains and cereals, legumes, unsalted nuts, fruits and vegetables.
- Avoid consuming large portions of red meat and limit your intake of processed food such as hotdogs, mortadella, potato chips and fast food.
- Regularly practice deep breathing.
- Avoid alcohol.
- Avoid smoke of any kind (active and passive).
- Regularly do aerobic activities. When exercising, avoid areas with car exhaust or other pollutants.
- Get adequate sleep.
- Limit your intake of caffeinated beverages.
- Expose your skin to sunlight at least 10 minutes each day (avoid the peak sun hours).
- Be social to manage stress.
- Regularly and thoroughly wash your hands with soap and water or use hand sanitizer to remove germs that can make you sick.
- Brush your teeth properly and clean your tongue to help detoxify your mouth.
- DO NOT take any medication without your doctor's advice, including over-the-counter medications.

Thank You

Letters of Appreciation

Letters of Appreciation - Patient and Relative Feedback in Their Own Words

Subject: Appreciation

Would like to grasp this opportunity to express deep gratitude, thanks, and appreciation for the vigilance, commitment of JHAH Medical Team Members for their detailed and careful observation as and when Mom was seen by the doctor at Dh Clinic.

Upon observation, patient was admitted to Room 133 and was kept under observation for a good number of days.

Throughout the days Mom spent at the Hospital, she was well taken care of. Medical staff offered superb medical caring and attention.

Please accept our appreciation and extend our sincere thanks to each and every member of the Ward, as well as, to the administration of JHAH.

Kind regards

Ali A. Saleh

"I want to thank Dr. Mulhim and the team in OB/GYN. My iron levels are now normal. I have regained my energy, so I am now ready to lead a new, high-impact initiative in the upstream business line. I am doing great!"

- A patient's feedback

Subject: Appreciation

May 30, 2019

Mr. Payas,

This is to extend a heartfelt thanks and appreciation to you and the Dialysis team at Dhahran Hospital for the excellent care that you have provided to my father, who passed away last Friday (God bless his Soul, during his years of illness. The Nursing team's kindness, sincere caring, and concern made my father's suffering much less during the years that he has been under the your care.

Best regards,

Walid Saleh Alkulaib

Subject: Appreciation

I want to thank all of you for your kind running and support for me as a patient, especially Marian Kenny, I gratify your way as emergency nurse for your profusion, calm, and nice way team, as I notes how much your way abundance approachable, and supportive, even its seems exhausting department but still all of you running to attention of use as a patients.

Also I want to extend my thanks to your emergency managers for their perfect team special doctor Reda Momen, Technician WILLY FAJARDO, TOUMEH, KHALED, Al Ansari, Alaa Nasser

Thank you all, Aqrouq

Page 30

Subject: Appreciation

Greetings all,

I am sending this email to express my big gratitude to all EMS team specially who worked on the night of June 24th. My husband presented to the hospital with an acute problem

During my time in EMS, couldn't feel but like that I am surrounded by my family at work, everybody on that night showed care and concern along with high standard of care, being around you guys indeed ease my stress and worries regarding my husband's condition.

He was discharged thanks to God and doing much better now. Allow me to thank my EMS family, special thanks to (CNO Paul, Kareema, Sam, Bryan, Rose, Siham and Dr.Parves who looks after my husband's case)

I would like to extend my appreciation to Cardiology team including Dr.Rababah, Dr.Rushdy and Dr.Ujaily

Last but not least CNO Samah who was following his procedures while I was at home & kept me updated.

Thanks to each and every one who call or texted asking about my husband's health, hope you will stay always healthy along with your loved once.

I can't thank you enough guys for your wonderful support and care that you do, proud to be part of this wonderful team.

Yours Gratefully

Alaa Al Ansari

Thank You

Letters of Appreciation

Open Letter to Staff

September 16, 2019

Dear Colleagues,

I am delighted to share with you this Ministry of Health certificate of appreciation for our compliance with regulations for reporting mandatory vaccinations in the HESN system.

JHAH's high compliance rate has not been only an example of excellence, but it has improved the compliance indicator for the entire region. The real work to achieve this is done by our Primary Care team (nurses, admin staff, physicians and more).

Thank you to everyone who contributes to protecting the health of our population.

Sincerely,



Dr. Mohammad Al-Ghamdi

Chief Population Health Officer, JHAH



Abqaiq Health Center Home Healthcare Services

Home healthcare is associated with multiple benefits for the patient, including better quality of life, reduced stress and greater satisfaction. As a result, during the summer, the Abqaiq Home Healthcare service was launched. The service involves specially trained JHAH healthcare professionals going to the homes of patients who cannot visit the health center and providing services such as wound dressing and blood draws for lab testing. To find out if you or a loved one are eligible, speak to your Primary Care Physician at the Abqaiq Health Center.

The service is available Sunday-Thursday, 9 a.m. to 2 p.m. For more information, call Abqaiq Patient Relations on 565-8176/8218.

Image on the right, is a message of appreciation from one of the Abqaiq Home Healthcare patients.



Meet Our People

“JHAH allowed me to challenge myself in providing a better caring environment for our patients and staff. Safety, time and cost are my fundamental necessities in working with Facilities.”

Wadhah Al Hazami
Associate Mechanical Engineer
Facilities Management & Services



“I am glad that I can provide the best medical care to my patients in Saudi Arabia.”

Dr. Mohammed AlAwamy
Gastroenterologist
Specialty Medicine



“It is my pleasure to join JHAH. I am eager to contribute to the hospital’s expansion by providing the best audiology services.”

Naif AlOkab
Senior Clinical Audiologist, Audiology Clinic
Al-Hasa Health Center





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 an 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.

JHAH Nurse Care Line



Save yourself unnecessary clinic visits if you have:

- A cough or a cold
- A sore throat
- An earache
- Discharge from the nose

Sunday - Thursday

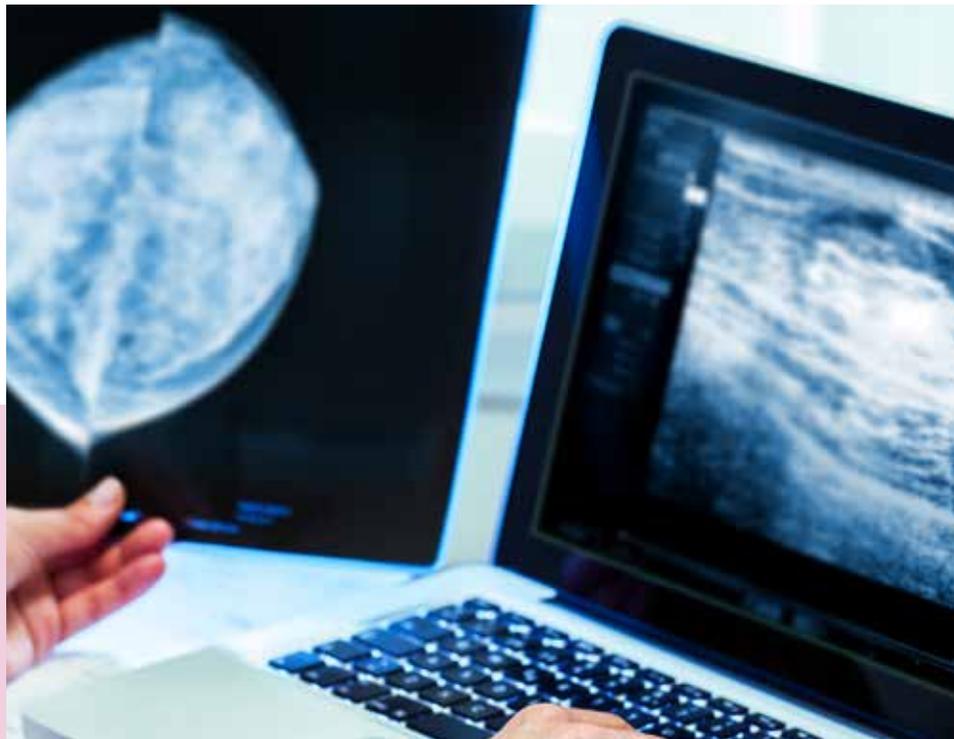
7:30 a.m. - 3 p.m.

Call the Nurse Care Line:

800-305-444 or 870-3888

Follow the prompts to speak to a JHAH nurse.

When to Get a Mammogram



Breast Cancer Screening Recommendations

The following are the recommended guidelines for breast cancer screening by age and risk factor:

Beginning at 16 to 18:

- Breast self-exam

Breast cancer is one of the few cancers that you sometimes can feel. It is important to become accustomed to how your breasts naturally feel so you can recognize any abnormalities. Breast tissue can be lumpy, but if you think you feel something abnormal, you should contact your doctor.

20 onward:

- Annual clinical breast exam

This is typically conducted at your yearly gynecological or physical exam.

40 onward:

- Annual clinical breast exam
- Annual mammogram

There is no recommended age at which you should stop receiving annual mammograms, unless you have less than five years of life expectancy due to old age or other illness.

40 onward, with high-risk factors

- Annual clinical breast exam
- Annual mammogram
- Breast MRI (or breast ultrasound for those who cannot have an MRI)

How often do women need mammograms? Dr. Susan Harvey, director of breast imaging at Johns Hopkins in Baltimore, provides the answer.

Conflicting guidelines on the age to start mammograms might have you scratching your head. Start at 40 years old, or 50? Every year, every other?

Johns Hopkins Medicine, along with the American College of Radiology and the Society of Breast Imaging maintain their recommendation for women at average risk to have routine annual screening from 40 through 80 years of age. Women with specific risk factors may start earlier than age 40.

You should discuss your individual screening options with your doctor.

Why should you start having mammograms at 40?

An annual screening mammogram

is your best defense against breast cancer. Mammography detects most cancers in women who show no symptoms or who are considered low risk. False alarms can be stressful, but the fact is that early detection saves lives. One in six breast cancers occurs in women ages 40 to 49.

A yearly mammogram for women 40 and older helps to detect breast cancer earlier, when it is most treatable, leading to less aggressive treatment and a higher rate of survival.

To reduce the risk of false positives, Dr. Susan Harvey recommends patients request tomosynthesis, otherwise known as 3-D mammograms. "3-D mammography provides a clearer image of each layer of the breast, which provides greater visibility for the radiologist. This results in a 20 to 40 percent less chance of being called back for a second look, and detects more cancers."

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Breast Cancer

Answers from Experts Drs. David Euhus and Susan Harvey



Dr. David Euhus of the Johns Hopkins Breast Center and Dr. Susan Harvey of Johns Hopkins Imaging answer questions on when to begin scheduling a mammogram, what to do if you recognize a breast cyst and more.

- Q: I know several people in their 30s with breast cancer. Why are we told not to get mammograms until we are 40?
- A: The incidence of breast cancer is strongly related to age. As we get older, our risk increases. While women get breast cancer in their 30s, screening the entire population in their 30s likely would not provide the intended benefit of early diagnosis.
- Q: Is there any risk in having breast mammograms? If so, why do we encourage women to have such a risky screening test?
- A: To our knowledge, for those over the age of 30, there is no evidence that the radiation exposure of a mammogram increases breast cancer risk.
- Q: Are cysts in the breast dangerous? Can they become cancerous and should they be removed?
- A: There are many different types of cysts. Most are called simple cysts and are not related to breast cancer or the risk of breast cancer. The best way to evaluate cysts is with an ultrasound of the breast.
- Q: Should all women get an ultrasound and a screening mammogram yearly?
- A: The screening guidelines that we follow recommend annual mammograms beginning at age 40. This may be different for high-risk women. The use of ultrasound as a supplement to a screening mammogram depends on several factors.



JOHNS HOPKINS
MEDICINE

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Demonstrating Excellence in Patient Care



This word cloud displays the most frequently reoccurring words according to size (larger words are those that have been used most often) in the positive feedback from patients in the Outpatient, Inpatient and Pediatric clinics.

" I felt like a VVIP at your institution. I have been to and worked in different hospitals myself not only in KSA but in USA as well and the customer care that you provided was extraordinary. - Kudos!"

*"Keep it up.
Outstanding."*

"Amazing doctor- very friendly & welcoming mashallah. Keep up the great work!"

Patient Voices

" Great staff & very professional health care. Very impressed with the service provided "

" Dr Tijada is an amazing pediatrician possibly the very best- he puts the parents and the child at ease very thorough in reviewing history and in conducting the clinical check up and explains everything present and future thoroughly as well as explains preventative behavior for the child's health care. Congratulations to JHAH and to us for having him as a pediatrician "

" Doctor was at his usual best. Caring - Understanding - and showed understanding and addressed the clinical issues presented with extreme professionalism and interest. - The cage muse? Was most helpful - caring and professional. "

" Thank you Johns Hopkins you are the friends in need when the friends indeed "

"Excellent health service thanks. "

"The consultant orthopedic surgeon was exceptional in accommodating to see despite short notice. He was very polite. This is the kind of qualified clinician that JHAH deserves."



"Caring and personal demeanor. Takes time to listen to patient concerns."

Back to School Health

General Nutrition Tips for Students

By: JHAH Clinical Nutrition and Food Services



Students need to consume well-balanced and nutritious meals in appropriate amounts to meet their developmental requirements. Poor nutrition and selecting unhealthy food and drinks will negatively impact their health, (such as bone and heart health), immunity, mental health, activity level, social health and also affect their academic abilities.

Good nutrition is essential for growth and provides the necessary nutrients for a healthier life. Poor nutrition and excessive consumption of saturated fat and sugar increase their risks of non-communicable diseases, such as diabetes, obesity and weak bones.

- Parents are advised to provide healthy foods and drinks at home and to advise their children to consume well-balanced meals and snacks. Skipping meals is not a healthy option.
- Always eat a well-balanced breakfast before going to school. This supports cognitive thinking, focus, concentration and improves learning ability.
- Students should consume three main meals and two to three snacks on a daily basis
- Parents and teachers should lead by example by consuming healthy food and drinks, being active and maintaining proper body weight.
- Students are advised to use the 'My Plate' model for their meals, which consists of the following food groups: A quarter of the plate is for whole grains, unsweetened cereals, whole wheat bread, rice, pastas or potatoes (baked or boiled). This provides energy, fiber and many necessary vitamins and minerals. Another quarter of the plate is for fruits (fresh or dried or unsweetened juice). Fruits provide vitamins, fiber and antioxidants that support heart health, mental health, immunity and reduce the risks of disease. It's better to consume whole fruits rather than juices. Another quarter of the plate is for vegetables which provide essential vitamins, fiber and antioxidants, and finally

a quarter of the plate is for protein, which includes lean meat, skinless poultry, seafood, eggs, low-fat cheese, Labnah or peanut butter.

- Healthy beverages: Low fat or nonfat milk and other dairy products. This provides students with protein, calcium and vitamin D that are necessary for bone health. Students require three cups of milk, buttermilk or yogurt per day to meet their daily calcium needs.

Healthy Foods and Drinks for Children

- Water is an essential nutrient for growth and development and for the health of vital functions such as digestion, absorption and blood circulation as well as skin health. Students should drink six to seven cups of water per day.
- Low-fat and nonfat milk and other dairy products instead of full fat products to reduce calories and saturated fat.
- Whole grains or cereals instead of refined items (e.g. white flour) to increase the intake of fiber and other nutrients.
- Fresh or dried fruits rather than canned or sweetened juices and vegetables. The best ways to consume vegetables are steamed, baked, stir-fried or sautéed rather than fried or with added butter or cream.
- Foods rich in iron, such as lean meat, skinless poultry, fortified cereals and egg yolk. Iron in cooked legumes and green leafy vegetables is poorly absorbed, but vitamin C, which is found in citrus fruits, tomatoes and green pepper, can enhance its absorption.
- The best oils to use in food preparation are olive oil, sunflower oil, corn oil or canola oil. Using animal fat, butter, ghee, margarine, coconut oil or palm oil is not recommended. The healthiest methods for food preparation are steaming, baking or grilling instead of frying. This reduces consumption of excessive fat and calories.

Options for Healthy Snacks to Take to School

- Low-fat milkshakes
- Low-fat or non-fat fruit yogurt
- Fruit muffins made with whole-wheat flour
- Pudding made with low-fat or nonfat milk and fruits
- Low fat cheese cubes and fruit
- Pizza prepared with whole wheat flour and topped with low-fat cheese or skinless chicken or vegetables
- Sandwiches prepared with wholewheat bread and low-fat cheese

- Low-fat Labnah or hummus with vegetables
- Sandwiches of skinless chicken or eggs or crunchy peanut butter, tuna fish or lean meat with slices of tomato or cucumber
- Fruit muffin made with whole wheat flour, or banana cake, or carrot cake
- Raw or cooked vegetables
- Fat free popcorn
- Baked potatoes topped with low fat cheese or Labnah
- Za'atar sandwiches made with whole wheat bread and stuffed with low-fat Labnah or cheese with slices of tomato or cucumber

Top Nutrition, Health and Safety Tips for Students

- Wash your hands with water and soap regularly to kill germs and fight infection.
- Care for your teeth. Brush them after meals and before bed. Visit the dental clinic at least once a year or when needed and reduce your intake of sweets and sugary drinks to help avoid cavities.
- Maintain a healthy body weight.
- Be active and exercise regularly for at least an hour each day. Limit TV/screen time to one hour a day.
- Be safe at all times. Remember to wear a seat belt when riding in a car and use a helmet when riding a bicycle.
- Consume only safe foods and drink and check production and expiry dates when shopping.
- Avoid consuming nuts or seeds sold in opened containers to avoid toxins produced by molds. It is safer to buy nuts and seeds in sealed containers, and once opened keep them in airtight containers.
- Sleep at least 7-8 hours a day. Limit your consumption of caffeine containing beverages, such as tea, or coffee or cola, before going to bed. Caffeine containing drinks should be consumed in moderation.
- Talk to your teachers and parents if you feel sick or experience blurred vision, loss of appetite, frequent urination or have a sudden change in your health. Have your parents schedule you for an annual medical checkup.
- Avoid carrying heavy school bags as they can damage your spine, neck and shoulders and can cause imbalance and incorrect posture.

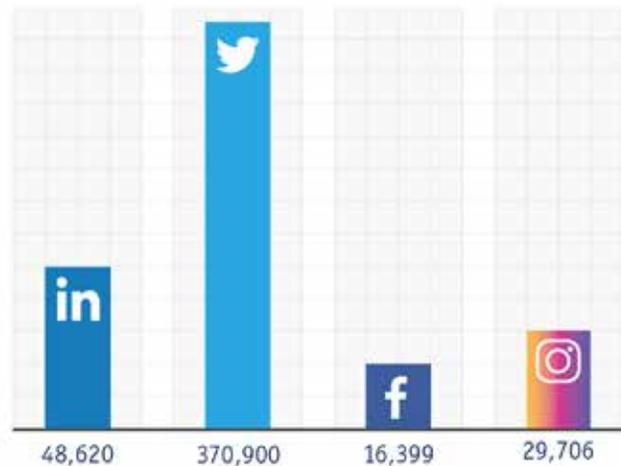
Social Media Impact & Influence 2019

What are social media impressions?
 Impressions are the number of times your content is displayed.

Why are impressions important?
 Increased impressions lead to increased audience engagement.

2019 JHAH Social Media Target
 100,000 combined impressions per month for JHAH's social media channels (LinkedIn, Twitter, Facebook, and Instagram).

JHAH Social Media Channels Impressions



in More than 76,600 LinkedIn followers
 Johns Hopkins Aramco Healthcare (JHAH)

Twitter More than 18,200 Twitter followers
 @JHAHNews

f More than 4,600 Facebook followers
 Johns Hopkins Aramco Healthcare

Instagram More than 3,400 Instagram followers
 JHAHNews

Social Media Inquiries*

170
 Total number of answered inquiries

170
 100% inquiries answered within 24 hours

The Social Media Patient Rights & Responsibilities KPI is to answer inquiries within 24 hours with a target of 95%.

*Social media inquiry numbers do not include general comments or trolling questions.

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.)

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

- **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
- **Become a volunteer:** To volunteer, email VOLUNTEER.HEALTHCARE@JHAH.COM. You must be in good health, at least 18 years old and have a good understanding of English.
- **Pregnant?** Attend the Pregnancy Wellness Program in Arabic or English. 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.)

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.)

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.)

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