

Jan-Feb 2017

ISSUE 26



# Want To Age Gracefully?

How Much Do You Know  
About Kids' **Health?**

WAYS TO TREAT  
**HORMONAL** HEAD-  
ACHES NATURALLY



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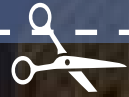
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### GENERAL STATEMENT

At "Your Health" magazine our mission is to help you improve your quality of life by identifying the best health care services and health guidelines for you and your family in Saudi. In Saudi, there are few directories which point out health care facilities. Therefore we have managed to identify the Hospitals, Private Clinics, Insurance companies, Pharmacies and various health facilities closest to your area. Furthermore, "Your Health" will provide you with a variety of updated healthcare articles including health topics on women, men, children, fitness and nutrition. A directory made to enhance the well being of you and your family.

**Lyana Al-Jabri**  
Editor-in-Chief  
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# Contents

Jan/Feb 2017

06

Want To Age Gracefully?

GENERAL HEALTH  
INFO

Special

14

Ways to  
Treat Hormonal  
Headaches Naturally

WOMEN'S HEALTH

20

Testosterone  
treatment may cause blood clots

MEN'S HEALTH

38

Back Pain  
Myth Busters

Q&A MYTHS

YH  
YOUR HEALTH MAGAZINE  
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KID'S HEALTH

24

How Much Do You  
Know About Kids'  
Health?

FITNESS

30

Why Should You  
Workout

NUTRITION

34

Top Foods for Eye Health

HEALTHCARE  
Directory

45



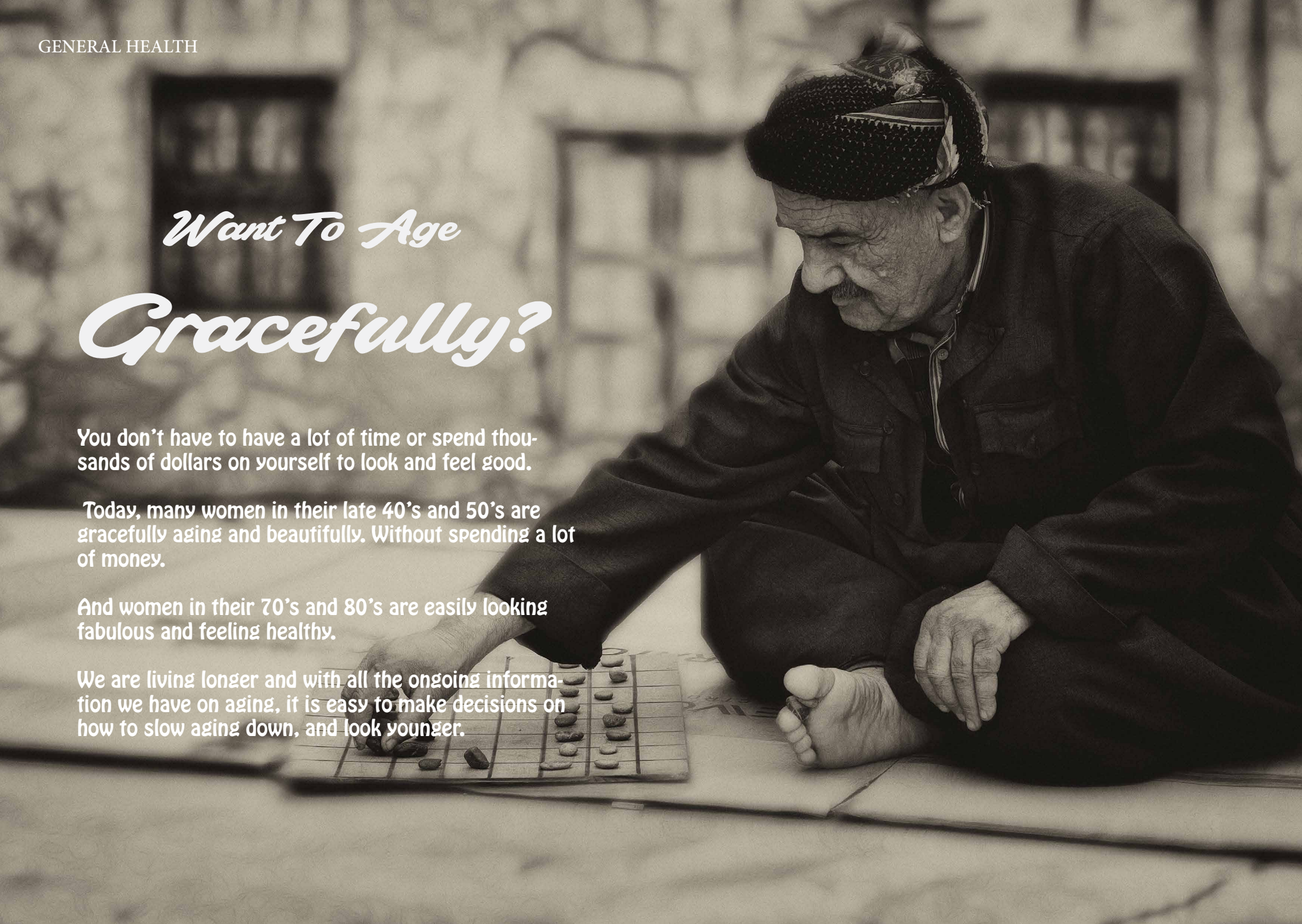
# *Want To Age Gracefully?*

You don't have to have a lot of time or spend thousands of dollars on yourself to look and feel good.

Today, many women in their late 40's and 50's are gracefully aging and beautifully. Without spending a lot of money.

And women in their 70's and 80's are easily looking fabulous and feeling healthy.

We are living longer and with all the ongoing information we have on aging, it is easy to make decisions on how to slow aging down, and look younger.





**It is all about eating natural healthy foods, and yes, it is this simple.**

**Healthy food, no junk food, take away food, nothing that comes in a box, eat everything fresh.**

**Try and include eating a piece of raw vegetable a day, as well as a couple of pieces of fruit.**

**2. Plenty of water, you don't have to drink copious amounts.**

**Just enough to keep your body hydrated.**

**Together, good food and water are two of the most important things to do.**

**How to age gracefully is all about doing more of the good stuff.**

**Good healthy food filtered water, not tap and not bottled.**

**Give up smoking this one is a given. I am yet to meet a woman in her 40's and beyond, who smokes and looks good for her age.**

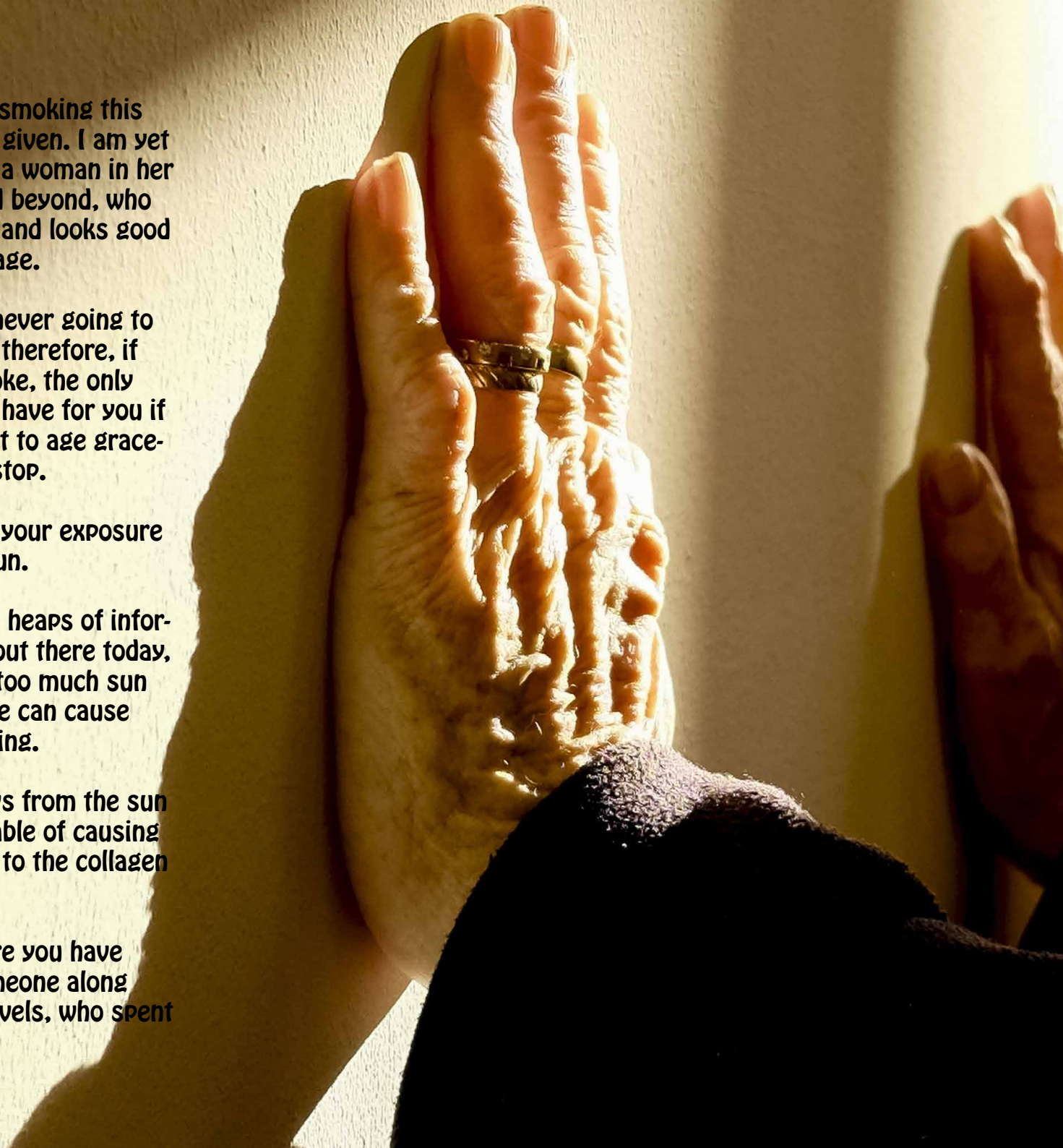
**This is never going to happen, therefore, if you smoke, the only advice I have for you if you want to age gracefully is stop.**

**3. Limit your exposure to the sun.**

**There is heaps of information out there today, on how too much sun exposure can cause photoaging.**

**UVA rays from the sun are capable of causing damage to the collagen fibers.**

**I am sure you have met someone along your travels, who spent**







years sun baking in their youth. I bet they don't look so good today. I sitting out in the sun, your skin will pay the price.

Not a good look and if you are searching for how to age gracefully, stay out of the sun.

4. Walk, you don't really need to do much else. 30 minutes a day of a good brisk walk will do the trick.

You only have to look at women who are fitness fanatics doing lots of cardio in their late 40's and 50's.

Gracefully aging is not possible if you are punishing your body the excessive exercise. The first place you will notice the signs of aging is on their face!

Marathon runners are a good example of too much of a good thing.

Exercise is definitely great for the body, and always recommended for how to age gracefully, yet don't over do it.

Weight training is the best way for an aging body, it is fantastic for strengthening bones and improving muscle.

5. Include some anti-oxidant supplements into your diet. Some of the best ones to take for aging are Vitamin C, Vitamin E, Coenzyme Q10 and MSM.



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# Ways to Treat Hormonal Headaches Naturally

Whether it's a debilitating migraine or the dull throbbing from a stressful day, headaches have the ability to zap your energy, ruin your focus and turn your otherwise centered self into a crabby mess. What do you normally do when a headache strikes?

The conventional remedy is usually a strong





dose of acetaminophen, ibuprofen or aspirin, the ingredients found in over-the-counter painkillers. And while there's nothing harmful about these pills (as long as you don't have liver problems or take them excessively), there are natural ways to rebalance your hormones to avoid needing headache medicine in the first place.

As one of the most common – and vague – health conditions, headaches are generally accepted as just part of being human, whether brought on by fatigue, dehydration, stress or lack of sleep. Headaches can indeed be caused by all of these things, but for women, there's often a hormonal imbalance at the root of those menstrual migraines or the constant tension between your eyes.

### Hormones, You Win Again

Being female, you're on a hormonal roller-coaster ride most of your life. The ups can be thrilling, (like when you get a spike of mood-improving estrogen), but the downs (when it dips the other way) can cause imbalance to the chemicals and systems of the brain, resulting in headache.



## 5 Ways to Heal Headaches Naturally

### 1. Talk to your doctor.

**5 Ways to Prevent and Cure Hormonal Headaches Naturally** Have your physician take a closer look at your estrogen/progesterone balance, as well as your thyroid levels. Based on the results of these tests, the two of you can decide what treatment options may be best for you. If you suffer from severe menstrual migraines, applying progesterone cream to the skin may be helpful, but should be considered under the guidance of your doctor.

### 2. Diet.

I recommend a lifestyle “reset” by eliminating gluten, reducing sugar intake and cutting out red wine from your diet. Avoid tyramine, too, which is a migraine-triggering compound found in aged and fermented foods like old cheeses, smoked fish or cured meats. Enact these changes for at least 30 days and you will probably notice an improvement in hormonal-related headache symptoms.

### 3. Supplements.

Once you have a better understanding of your hormonal profile, you can also use supplements to support nutritional deficiencies that might be contributing to headaches. Magnesium, CoQ10 and 5-HTP are all recommended for these purposes. Talk to your doctor about proper dosage.

### 4. Stress.

Remember that stress can directly influence your hormonal balance. Find ways to cope with PMS-related mood fluctuations and eliminate stress during those difficult times in your cycle. Yoga, meditation, exercise, and a good belly laugh are all great techniques to keep you calm and centered, which may reduce hormonal headaches.

### 5. Hydration.

Aim to drink about three liters of water every day to prevent dehydration and cut down on hormonal headaches.

### When Natural Is Not Enough

There are medications you can take to help alleviate headache pain, including nonsteroidal anti-inflammatory medications, triptans, beta blockers and others. I recommend using medication only if you aren't able to relieve symptoms through the methods listed above. Remember, ibuprofen can poke holes in your gut and cause many gastrointestinal issues, and nearly all prescriptions have their side effects. I find regular fish oil works better than ibuprofen.

And while the occasional headache is normal, hormonal-related headaches certainly don't have to be part of your everyday life or monthly cycle. Prevention is the best strategy, and in the long run it

will cost you less than the painkillers currently taking up space in your medicine cabinet.







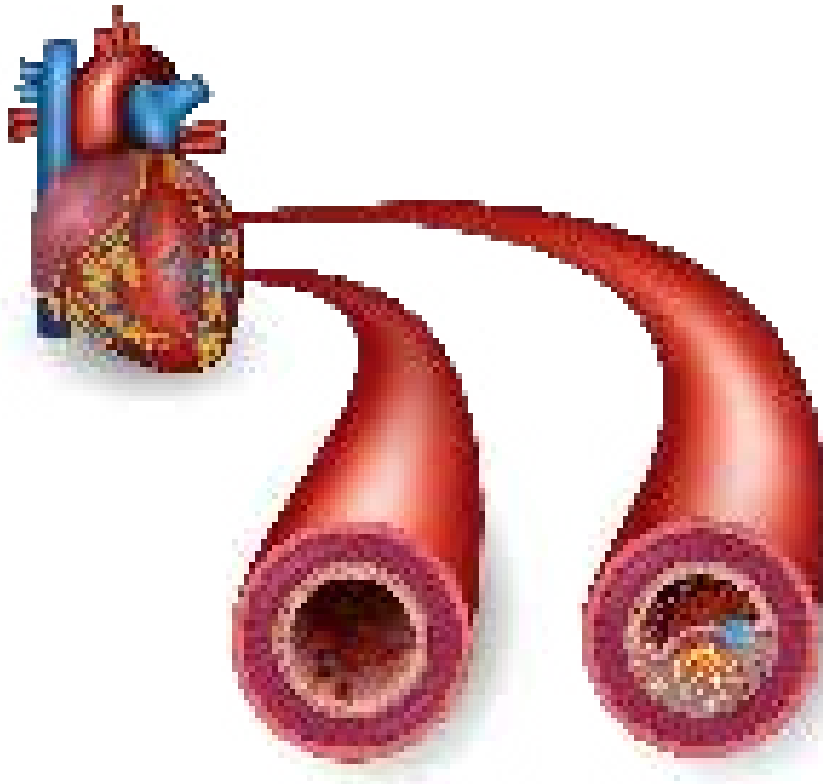
# Testosterone treatment may cause blood clots

**Men taking testosterone therapy face a significantly increased risk of blood clots in the first 6 months after starting treatment, warn researchers who say that previous studies may have missed the risk due to methodological issues.**

**The research, which was published online in the BMJ on November 30, shows that the risk of venous thromboembolism (VTE) is increased by 63% in the first 6 months after starting testosterone therapy, corresponding to an additional 10 cases per 10,000 person-years.**

**The team notes that, although the increase in VTE risk is transient and “still relatively low in absolute terms,” the results “support the addition of the general warning for risk of venous thromboembolism with testosterone products required by the US Food and Drug Administration (in 2014).”**

**Lead author Carlos Martinez, MD, Institute for Epidemiology, Statistics and Informatics, Frankfurt, Germany told Medscape Medical News**



that the “benefits of testosterone treatment must be weighed against the risks,” the evaluation of which is “best handled by the treating physician and in particular the endocrinologist, together with the patient.”

He continued: “It is important to understand the potential risks of testosterone treatment in order to be able to make informed decisions about the best treatment for any particular patient, and it is also important to increase awareness of the risks in order to have more rapid diagnosis and treatment of any venous thromboembolism.

“Patients should be informed of the symptoms and signs of deep vein thrombosis (DVT) and pulmonary embolism (PE) —

for example, leg pain, leg swelling, or shortness of breath, and be told that, if such symptoms occur, they should bring these to the attention of a doctor,” he added.

#### Large Increase in Prescribing of Testosterone in Men

There has been a large increase in the prescribing of testosterone therapy in men, primarily for sexual dysfunction and/or decreased energy, since the turn of the century, with a 10-fold increase in prescriptions per capita in the United States and a 40-fold increase in Canada, a figure that includes internet sales.

While previous studies have reported contradictory results in terms of whether testosterone use is associated with an increased risk of VTE, the current researchers note that none of those studies “investigated the timing and duration of testosterone use, which could have masked a risk of venous thromboembolism soon after the start of treatment, as seen with oral contraceptives.”

To investigate this further, the team examined data on 19,215 males with confirmed VTE and

909,530 age-matched controls from a source population of 2.92 million individuals registered at 370 UK general practices. Their records were linked to hospital-discharge diagnosis and in-hospital procedures, as well as information on all-cause mortality.

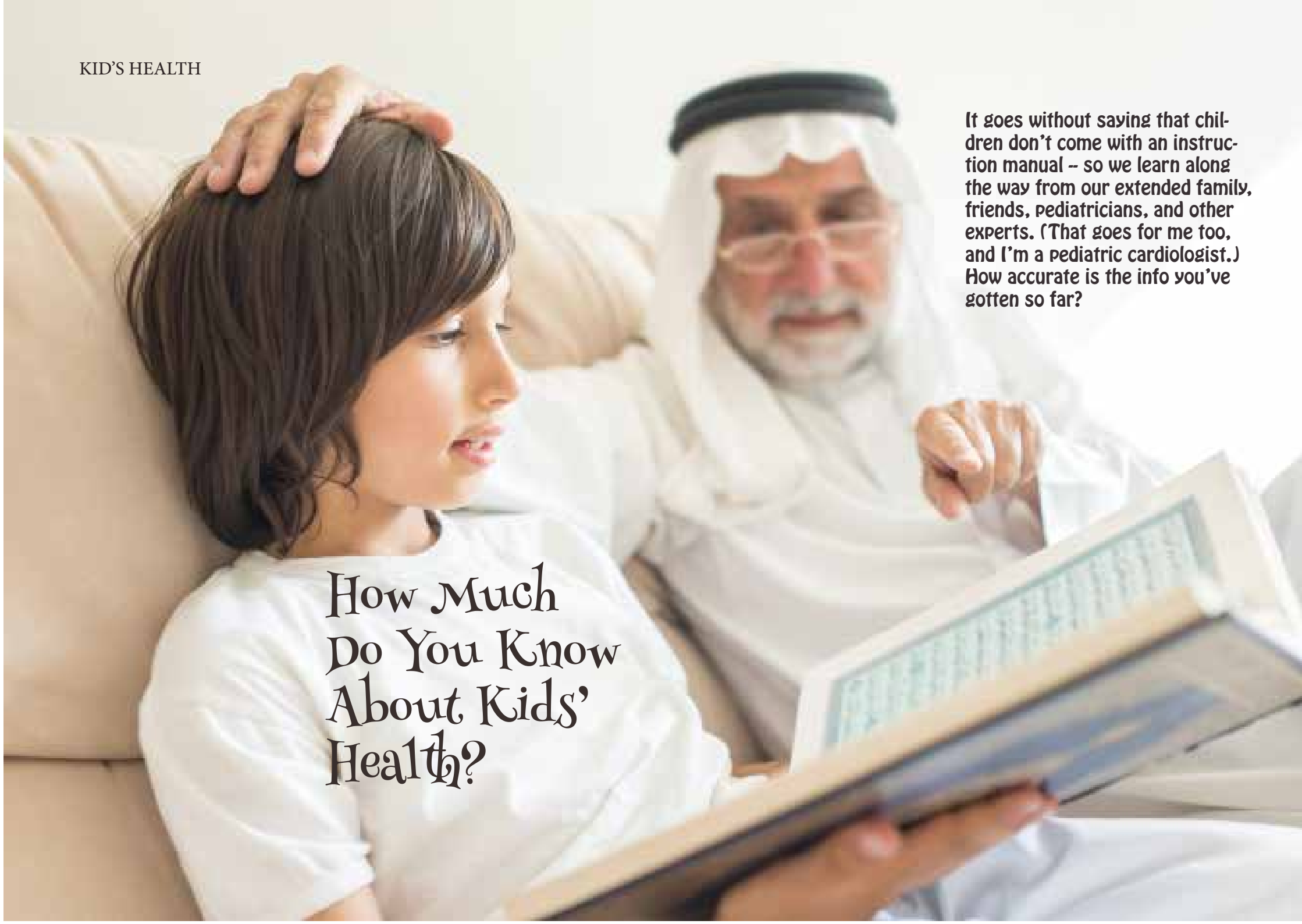
The VTE cases included 8394 DVTs, 10,787 PEs, and 65 unspecified VTEs. The incidence rate for VTE in the source population was 15.8 per 10,000 person-years.

Current testosterone use was identified in 0.36% of VTE patients and 0.14% of controls, while recent use was reported in 0.11% and 0.09% of patients and controls, respectively.



It goes without saying that children don't come with an instruction manual – so we learn along the way from our extended family, friends, pediatricians, and other experts. (That goes for me too, and I'm a pediatric cardiologist.) How accurate is the info you've gotten so far?

## How Much Do You Know About Kids' Health?



## 1. Diarrhea

An infection, trouble digesting certain foods, or too much fruit juice are among the causes. If your child gets it, keep her at home and hydrated. If she's on solids, avoid high-fiber and greasy foods. Call the doctor if she isn't better in 24 hours, is under 6 months old, or has other symptoms, such as a fever of 101 or higher, vomiting, peeing less than usual, fast heart rate, bloody or black stool, or belly pain

## 2. Fever

Call the doctor immediately if:

- A baby under 3 months has a rectal temperature of 100.4 or higher.
- A baby 3 to 6 months old has a temperature of 101 or higher.
- Or if an infant is crying, irritable, and can't be comforted.

Watch for ear pain, a cough, lethargy, a rash, vomiting, or diarrhea. Soothe your little

one with fluids, a lukewarm bath, and by dressing him in light-weight clothes. Ask your doctor about safe ways to lower a fever.

## 3. Constipation

Some babies poop several times a day. Others go a few days between bowel movements. Constipation is when stools are hard and painful to pass. Your doctor may suggest that you add a few extra ounces of water or a bit of prune juice to your child's bottle or sippy cup. Call the doctor if the problem continues or your baby has other symptoms, such as belly pain or vomiting.

## 4. Rashes

Babies have sensitive skin. Rashes can range from pimples to little white bumps (milia) to red, dry, itchy patches (eczema). To avoid diaper rash, change diapers often, and apply an ointment for protection. For eczema, skip harsh soaps and keep your child's skin moisturized. Most rashes aren't serious. But call the doctor if the one your baby has is painful or severe, or if he also has a fever or blisters





## 5. Cough

Listen to how it sounds. A seal-like bark could be croup. Coughs with a mild fever are often from a cold. A higher fever may mean pneumonia or the flu. Wheezing with a cough could be asthma or an infection. Babies with pertussis have coughing spasms and make a “whooping” sound. A cool-mist humidifier and fluids can ease the symptoms. Don’t give cough or cold medicines to babies or children younger than 4 years.

## 6. Stomachache

When your little one has an upset tummy, he may cry a lot, arch his back, and spit up. It can happen because of colic, reflux, trouble with certain foods, an infection, or other reasons. Some tots have problems as they try different foods. Most stomachaches are harmless and brief. But call the doctor if it doesn’t improve, or your child vomits, has diarrhea, becomes lethargic, or runs a fever

## 7. Teething Pain

By the time she’s about 6 months old, tiny teeth will start to poke

through her gums. That often makes babies cry a lot! Give her something to chew on. A rubber teething ring that’s BPA-free works well. You can also gently massage your baby’s gums with your finger, or give her something cool to chew on, like a wet, cold washcloth. You can ask your doctor if a pain reliever such as acetaminophen is OK.

## 8. Gassiness

It’s normal! To help your baby not be too gassy, feed him slowly and gently burp him often. Take a burp break while feeding and after, too. If you use formula, try not to shake it a lot (to avoid bubbles).

## 9. Stuffy Noses

Baby’s congested? Don’t use over-the-counter cold medicine in children under 4 years. Instead, use saline drops to thin out mucus, and then suction it out of your child’s nose with a bulb syringe. A vaporizer machine can help him breathe easier at night.



# Why Should You Workout

Want to feel better, have more energy and even add years to your life? Just exercise.

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability.

Need more convincing to get moving? Check out these seven ways exercise can lead to a happier, healthier you.

## 1. Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. To reap the benefits of exercise, just get more active throughout your day



— take the stairs instead of the elevator or rev up your household chores. Consistency is key.

## **2. Exercise combats health conditions and diseases**

**Worried about heart disease? Hoping to prevent high blood pressure?** No matter what your current weight, being active boosts high-density lipoprotein (HDL), or “good,” cholesterol and decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular exercise helps prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, a number of types of cancer, arthritis and falls.

## **3. Exercise improves mood**

**Need an emotional lift? Or need to blow off some steam after a stressful day?** A gym session or brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.

**You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.**

## **4. Exercise boosts energy**

**Winded by grocery shopping or household chores?** Regular physical activity can improve your muscle strength and boost your endurance.

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores

## **5. Exercise promotes better sleep**

**Struggling to snooze?** Regular physical activity can help you fall asleep faster and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to hit the hay.

## **6. Exercise puts the spark back into your sex life**

**Do you feel too tired or too out of shape to enjoy physical intimacy?** Regular physical activity can improve energy levels and physical appearance, which may boost your sex life.

But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

## **7. Exercise can be fun ... and social!**

Exercise and physical activity can be enjoyable. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

**So, take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends.**

## **The bottom line on exercise**

Exercise and physical activity are a great way to feel better, boost

your health and have fun. Aim for at least 150 minutes per week of moderate-intensity exercise, or 75 minutes per week of vigorous exercise.

Try to engage in a combination of vigorous and moderate aerobic exercises, such as running, walking or swimming. Squeeze in strength training at least twice per week by lifting free weights, using weight machines or doing body weight exercises.

Remember to check with your doctor before starting a new exercise program, especially if you haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis, or you have any concerns.

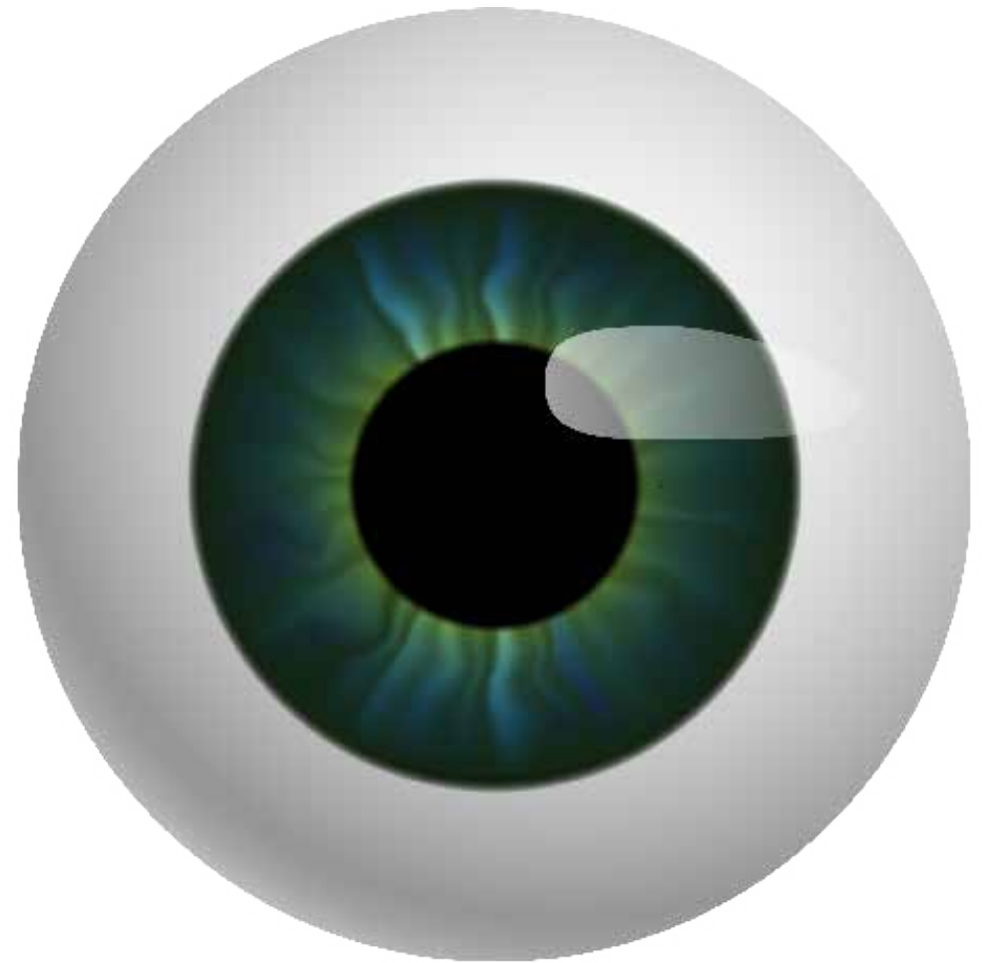


## TOP FOODS FOR EYE HEALTH

Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma and other sight woes? To get a glimpse of the top foods for eye health, we talked with Judy Caplan, RDN, a former spokesperson of the Academy of Nutrition and Dietetics.

### Kale: See the Light

This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these peeper-friendly nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil. And kale isn't just a one-note food — it contains vitamin C and beta carotene, other eye-friendly nutrients.



## Sweet Potatoes: The Color of Health

These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk eye infections. Sweet potatoes not your favorite? For beta carotene, try other deep orange foods, which include carrots and butternut squash, plus dark green foods including spinach and collard greens. And liver, milk and eggs are other great sources of vitamin A.

But don't count on popping a pill to get these nutrients — your best sources of vitamins and antioxidants are from whole foods, since it may be a food's combination of nutrients that have a synergistic healing effect. And, similar to lutein and zeaxanthin, beta carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

## Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an

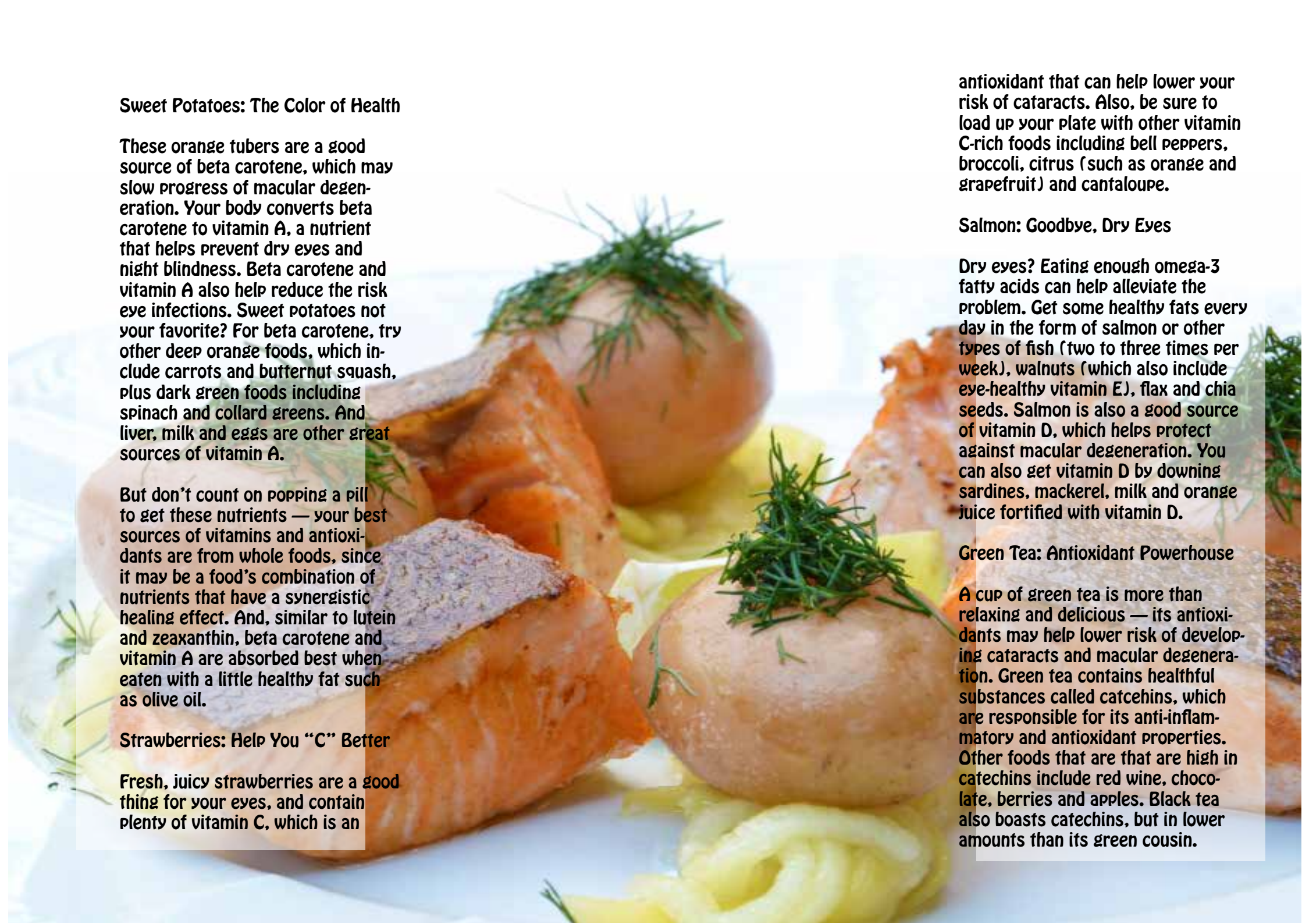
antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit) and cantaloupe.

## Salmon: Goodbye, Dry Eyes

Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week), walnuts (which also include eye-healthy vitamin E), flax and chia seeds. Salmon is also a good source of vitamin D, which helps protect against macular degeneration. You can also get vitamin D by downing sardines, mackerel, milk and orange juice fortified with vitamin D.

## Green Tea: Antioxidant Powerhouse

A cup of green tea is more than relaxing and delicious — its antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains healthful substances called catechins, which are responsible for its anti-inflammatory and antioxidant properties. Other foods that are high in catechins include red wine, chocolate, berries and apples. Black tea also boasts catechins, but in lower amounts than its green cousin.



# BACK PAIN

## Myth Busters

### BACK PAIN MYTH #1:

**Heat is better than cold**

Heat has been shown to be effective in providing short-term relief from back pain. Cold packs or ice packs can also be used for back pain, although there is less evidence of their effectiveness. The common advice used to be that ice should be used initially for acute injuries and heat for more chronic pain, because ice can help reduce swelling and spasm that come with acute injuries.





Some people feel that their muscle tension is reduced with heat, so we recommend using heat or ice for back pain, whichever one works better. People with circulatory problems or decreased sensation on the skin should be careful with heat because it can cause burns. Be aware that even mild heat can cause a burn if left on the skin for too long, so don't sleep with a heating pad on all night.

#### **BACK PAIN MYTH #2:**

**I just bent over and my back went out!**

Unless you bent over to pick up a 50-lb. box, it is unlikely that one movement caused a back injury. More likely, years of repetitive stresses, lack of exercise and degenerative changes to your spine left you vulnerable to the injury. You know the old saying "the straw that broke the camel's back?" You bend over tens of thousands of times in your life before you hit your limit and cause actual pain.

#### **BACK PAIN MYTH #3:**

**If I injured my back, why does my leg hurt?**

Pain doesn't always occur in the same place as the injury. The nerves that carry pain signals end up in the spinal cord, but travel down to both arms and legs. An injury to the neck or cervical spine can produce pain in the arm and an injury to the lower back or lumbar spine can produce pain in the leg.

#### **BACK PAIN MYTH #4:**

**I am in too much pain to exercise**

When your back hurts all you want to do is lie down and not move, but exercise and movement are important in your recovery and can actually aid the healing process. In fact, more than two or three days of bed rest can actually make the problem worse: your body will become de-conditioned, weaker and stiffer, and this can prolong your back pain. Even small movements and short periods of exercise or walking can be helpful.

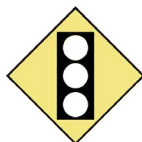


## EMERGENCY NUMBERS



Fire

998



Traffic Police



Ambulance

997



Police

999

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### WESTERN REGION

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KAUH King Abdulaziz University Hospital	01-26401000
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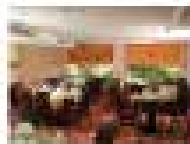
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Al Rafea Hospital	01-25454455
Al Rashad Hospital	01-26530356
Al Salam Hospital	01-25772222
Al Salam International Hospital	01-26970000
Al Shefa Medical Hospital	01-25333555
Al Zahra Hospitals	01-26823331
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Green Crescent Hospital	01-14644383



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Prince Sultan Military Medical City	01-14777714
King Fahad Medical City	01-14656666
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King Abdulaziz University Hospital	01-14786100
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Chest Diseases Hospital	01-14767511
Al Yamamah Hospital	01-14914444
Al Jafel International Hospital	01-14300387
Najd Specialized Hospital	01-14917849
Saudi German Hospital	01-14873267
Dar Al Moiz Hospital	01-14417553
Al Usrah Hospital	01-14311111
Magrabi Eye, Ear & Dental Hospital	01-14455049
Admah Medical Hospital	01-14646985
Dar Al Shifaa National Hospital	01-14024228
Kingdom Hospital	01-12751111
Psychiatry Diseases Hospital	01-14358000
Al Olaya General Hospital	01-14213800
Al Azhar Medical Hospital	01-12366915
Al Masoudi Hospital	01-14236043
National Hospital	01-14761211
Al Mowasat Hospital	01-14450197
Saudi German Hospital	01-14873267

## PRIVATE HOSPITALS

## EASTERN REGION

Mouwasat Hospital, Jubail	01-38200000
Al Khaleej Specialist Hospital	01-38630770
Al Manea General Hospital	01-38987612
Mohd Hamad Al Dossary Hospital	01-38945493
Al Manea General Hospital	01-38945454
Dr. Mohammed Fakhri Hospital	01-38640047
King Khalid Hospital	01-37213791
Al Shibani General Hospital	01-33623295
Jubail Hospital	01-33622233
King Fahad Hospital	01-35851375
Al Maghrabi Hospital	01-38202833
Al Salama Hospital	01-38641011
Yousif Hospital	01-38642947
Al Jazeerah Hospital	01-38578892
Al Khaleej Specialized Hospital	01-38512222
Al Mna'a Hospital	01-38945500
Al Mane General Hospital	01-38276461
Al Qatif Central hospital	01-38360864
Al Saddig Hospital	01-38500156
Al Thomari General Hospital	01-38590024
Al Zahra Hospital	01-38555333
Aston Hospital	01-38594060
Doctor Fakhri Hospital	01-38941618
Faisal Saeed Al Qahtani Hospital	01-38999253
Saad Specialized Hospital	01-38823069

## CLINICS &amp; POLYCLINIC

## WESTERN REGION

Eed Clinic – Medical Surgery & Cosmetology Center	01-26398858
Alolia - Cross of Athalatheen Street & Aldabab Street	01-14650000
Jeddah Altahleah Street - Ibn Hamran Trade Center	01-26699999
RIMAS CLINIC	01-26517828
Al Hamra Clinics	01-26651487
Al Hanan Clinic	01-26317720
Khogeer Clinics	01-26438414
Dr. Hassan Badrek Al Amoudi Clinics	01-26688555
Reem Clinics	01-26630562
Dr. Amany Qandeel Clinics	01-26604139
Al Sawwaf Clinics	01-26730528
Al Hekma Medical Clinics	01-25403883
Accumulated Clinics Of Dr. Hussain H. Dakheel	01-26837007
Al Jazira Medical Clinics	01-26653229
Dr. Mohammed Aaref Clinics	01-14574610
Faisal Mostafa Saeed Clinics	01-26656154
Sayyed Shams Al Deen Babar Clinics	01-26726623
Dr. Gholam N. Kutb Clinics	01-25370025
Hamra Clinics	01-26631733
Dr. Mohammed Qazzaz Dermatology	01-26610712
	01-26677889

## CENTRAL REGION

Al Moawadah Clinic	01-17844559
Dr. Mohammed Al Dweik Clinic	01-14633472
Clinic Dispensary	01-14955012
Salamatak Clinic	01-12287234
Rasan Medical Clinic	01-14567960
Dr. Al Kharashi Pediatrics Clinic	01-14250036
Dar Al Sharq Clinic	01-12272228
Doctor Jamal Al Saqa Urology Clinic	01-14655133
Eyes Laser Center Clinic	01-14508995
Al Oyaynah Clinic	01-15280238

## CLINICS &amp; POLYCLINIC

Al Slayyel National Clinic	01-17820871
Permanent Smile Clinic	01-14640334
Consulting Clinic	01-12328015
Care Corner Clinic	01-14564907
Al Barakat Medical Clinic	01-14778883
Al Manayer General Clinic	01-14627191
Al Mumtaz Clinic	01-14786807
Arab Medical Dar Polyclinic	01-14160011
Al Riyadh Polyclinic	01-14787070
United Medical Polyclinic	01-12454334
Salamtek Polyclinic	01-12269722
Al Majd Family Medical Polyclinic	01-14182228
Al Sultan Medical Polyclinic	01-14469440
Elixir Polyclinic	01-14080977
Al Taif Polyclinic	01-14801718
Al Dossary National Polyclinic	01-12281242
Al Khawaled Kendy Diseases Polyclinic	01-14541457
Al Ekhowah Medical Polyclinic	01-12453018
Al Nojoun Polyclinic	01-14416692
Al Naseem Polyclinic	01-12312034
Al Nahda Polyclinic	01-14567161
Um Al Hamam Medical Polyclinic	01-14806348
Al Khaleej Quarter Medical Polyclinic	01-12270872

## EASTERN REGION

Shifa Clinic	01-38986055
Al Loulua Polyclinic	01-33485555
Al Khafji Polyclinic	01-37660476
Society Elite Polyclinic	01-37210077
Al Alawi National Polyclinic	01-37224907
National Polyclinic	01-37220519
Society Elite Polyclinic	01-37212351
Dr. Mohammed Zafar Polyclinic	01-38341751
Al Safa Charitable Society	01-36641637
Al Beti Medical Polyclinic	01-38233363
Al Ahmadi Medical Clinic	01-38200150
Al Amal Polyclinic	01-38511474
Al Beraeki Clinics Complex	01-38311318



## HEALTHCARE DIRECTORY

Al Hadi Medical Clinic	01-38230333
Ali Al Jeaidy Medical Polyclinic	01-38996667
Al Kahhal Eye Center	01-38097777
Al Kahhal Specialized Ophthalmology	01-38417681
Al Mowasa Polyclinic	01-38260800
Al Madloh Medical Polyclinic	01-38381075
Al Manea General Hospital	01-38122156
Al Olaya Intl. Polyclinic	01-34641158
Al Rayed Medical Polyclinic	01-38220222
Al Senayed Clinics Complex	01-38338525
Al Shamelah Polyclinic	01-38383600
Al Saleh Medical Polyclinic	01-38678294
Al Shifa Polyclinic	01-35661726
Al Saif Eye Center	01-38383600
Al Taafei Medical Polyclinic	01-36672665
Cardio Vascular Clinics	01-38270609
Doctor Sulaiman Al Sulaiman Clinics	01-38894449

## DENTAL CLINICS

### WESTERN REGION

Ahmed Rafgi Dental Clinics	01-26696532
Al Amjad Dental Clinics	01-26590065
Al Andalus Dental Center	01-26600797
Al Dalia Clinics	01-26651858
Al Falak Dental Clinics	01-26916451
Al Falak Dental PolyClinics	01-26918036
Al Fardos Dental Clinics Complex	01-26987888
Al Hamra Medical Polyclinics	01-26651487
Al Juman Dental Clinics	01-26644393
Al Khuza'im Medical Clinic	01-22752000
Al Madar Dental Orthodontics	01-26654646
Al Maghrabi Dental Center	01-26644999
Al Majd Specialized Polyclinics	01-26572228
Al Majed Dental Lab.	01-26450226
Al Naeem Clinics	01-26548600
Al Okali Medical Group	01-26648789
Al Safwah Dental Consulting Clinic	01-26061016
Al Shahain Clinics	01-26691954

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المنزل  
الطبيعي

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in  
Mandarin Mall

Hera Intl. Mall  
Tel: 658 15 55

China Town Batterjes  
Saratel Tel: 690 70 00

Star Avenue Mall Intersection  
of King Road & Sari Street

BRANCHES

## CENTRAL REGION

Bait Al Elaj Dental Polyclinic	01-14220793
Madar Dental Clinics Polyclinic	01-14234400
Destaran Dental Complex	01-14233635
Medical Consultants Clinics	01-14163451
Maleez Dental Care	01-12788588
Smile World Specialized Dental Center	01-12174888
Alfa Dental Center	01-14563580
Huda A. Younis Dental Clinics	01-12362793
Mahmoud S. Al Barghuthi Dental	01-12933354
Dr.Habiba Moumen Dental Clinics	01-12272333
Your Smile Dental Polyclinic	01-12326291
Al Saggaf Dental Clinic	01-14564442
Basheer Obaid Dental Clinic	01-14065341
Dental Clinic DDS Mohammed Obeid	01-14653585
Abas Dental Center	01-14646604
Sama Dental Clinic	01-12770250
Durat Al Bayan Dental Center	01-14613027
Alwan Al Nakheel Dental Clinic	01-12366499
Treatment Corner Dental Clinic	01-14230309

## EASTERN REGION

Al Osra Dental Clinic	01-37233900
Ahaleena Dental Polyclinic	01-38333044
Al Qatif Dental Clinic Center	01-38552345
Al Tabeeb Dental Center	01-38993222
Ibn Seina Dental Center	01-33468873
Hayat Dental Development	01-38655611
Family Dental Polyclinic	01-37233600
Faisal Dentistry Polyclinic	01-37218708
Abdullah Kashghari Dental Therapy Clinic	01-38641360
Ahalina Dental Polyclinic	01-38333058
Al Enayah Dental Medicine Center	01-38460471
Al Zaqzouq Dental Clinic	01-38930004
Dar AR Al Saha Dental Center	01-38322772
Medical Care Dental Center	01-38411408
Modern Dental Center	01-38430243
Noor Al Madar Dental Clinics Group	01-38225858
Rabwat Areej Dentest Center	01-38592929

## INSURANCE

TAWUNIYA Insurance Company	01-12180100
BUPA Insurance Company	01-26636936
Saudi Arabian Cooperative Insurance Company - SAICO	01-14759922
MEDGULF Insurance and Reinsurance	01-14779229
Gulf Union Co-Operative Insurance Company	01-38333544
Arabian Shield Insurance Company	01-14645943
United Cooperative Assurance Co. (UCA)	01-26532776
Al Sagr Company for Cooperative Insurance	
AL- ALAMIYA Insurance Company	01-38595363
Arabia Insurance Cooperative Company	
Saudi Inidan Company for Co-Operative Insurance	01-26927085
TAWUNIYA Insurance Company	01-12153360
Trade Union Cooperative Insurance & Reinsurance	01-12150983
SANAD Cooperative Insurance & Reinsurance	01-14780282
Al ahliya FOR Cooperative Insurance	01-38572222
Allianz Saudi Fransi for Cooperative Insurance	01-12927111
SALAMA -Saudi IAIC Cooperative Insurance Company	01-14726666
ARCCI - Alrajhi Co. for Cooperative Insurance	01-12176915
	01-26647877
	01-14730477

## HEALTH CLUBS

## WESTERN REGION

AL_Ahli Club	0126740000
Chamelle Club Spa	0126634355
Al Ittihad Club	0126728888
Al-Salam golden Club	0126611940
Body Master	01-26652772

## HEALTHCARE DIRECTORY

Concept	01-26165665
Fitness Time	01-26226369
Fitness Time Plus	01-26223800
Gold's Gym	01-26912077
Hiltonia	01-26590000
Kai Health Club	01-26684466
Z Club	01-26690204

### CENTRAL REGION

Fitness & Body Building Center	01-14532002
Modern Club	01-14871502
Al Helal Sports Club	01-14312222
Body Masters Fitness Center	01-12084249
Al Jazeera Sports Club	01-14067525
Fitness Time	01-14565197
Golds Gym	01-12190044
Gym & Beauty Center	01-14627111
Ladies fitness Center	01-14548169
Ladies Adies Gym Center	01-14641000
Lumier Ladies Center	01-12169011
Sporting Man Center	01-14767590

### EASTERN REGION

Bodymasters	01-38154613
Bodymasters	01-38685566
Fitness Time	01-38568011
Eastern Province Literary Club	01-38434998
Champion Hall	01-38351991
Fitness Time	01-38878036
Diamond Body Building Sports Hall	01-38943386