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much more work
STRESS than men

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How to Get Kids
to Love Exercise



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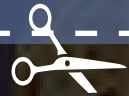
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GENERAL STATEMENT

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.

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Contents

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06

Could a Pill Put the Brakes on Aging?

GENERAL HEALTH INFO

Special

14

Women suffer much more

WOMEN'S HEALTH

20

Multivitamins May Not Help Men's Hearts

MEN'S HEALTH

38

Common Beauty Myths

Q&A MYTHS

YH
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KID'S HEALTH

24

How to Get Kids to Love Exercise

FITNESS

30

How to Motivate Yourself to Exercise

NUTRITION

34

Best sources of Protein

HEALTHCARE
Directory

45

Could a Pill Put the Brakes on Aging?

The good news is that researchers over the past several decades have discovered that basic aging processes can be treated. Just as the death rates for heart disease and stroke plummeted once we discovered how to treat high blood pressure and high cholesterol, similarly by treating basic aging processes, it will apply the brakes to aging, delaying the many maladies of later life as a group, keeping people healthy for years longer. As some have put it, in the future it could take a century to reach age 75.



Our successes in treating aging -- and there are dozens of them, with more emerging all the time -- are at present largely confined to laboratory animals. But medications have been discovered that can delay mouse versions of cardiovascular disease, numerous cancers and Alzheimer's disease.


These medications have also preserved muscle strength, delayed arthritis, rejuvenated stem cells and boosted vaccine response among other things. It is time to evaluate the effectiveness of these drugs in people, which is why the American Federation for Aging Research has proposed the first such study.

It is called TAME (Targeting Aging with Metformin). Metformin is currently prescribed as the first

line of defense against Type II (adult onset) diabetes, and is taken by millions of people. It has been proven to be safe and inexpensive. Provocative -- although slender -- evidence links metformin use to protection against heart disease, cancer, and dementia in addition to its anti-diabetic effects.

So we propose a controlled experiment -- called a clinical trial when done with people -- that would monitor the comprehensive health status of people randomly selected to get either metformin or a placebo. Such controlled experiments are the gold standard of scientific evidence, and would provide valuable insights.





But a better question might be “what if it does work?” It would mean more years of healthy life for millions of people, and could be the biggest health breakthrough since antibiotics.

Even if it doesn’t work, we would have established a path-to-approval for potential aging-retarding medications. There are a number of other drugs that show equal promise in animal studies. If even one of those works in people, it is a game changer. One recent economic analysis concluded that slowing the human aging rate by 20% would save more than \$7 trillion – that’s trillion with a “T”

Given that the economy of every developed country is bending under the weight of its health-care costs, and given that a

medication that treated aging could dramatically reduce the global burden of misery, it would seem reckless not to begin this trial – and sooner rather than later.

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Women suffer much more **STRESS** work \wedge than men

It comes as official figures show that women aged 25-54 are more stressed than their male colleagues, with this pressure peaking for those aged 35-44, when many women are juggling family responsibilities, such as caring for children and elderly parents.

Women are under constant, intense pressure, with company restructuring, lack of



managerial support and balancing work and family life leaving them feeling drained.

Women faced additional workplace pressures, such as having to prove they were as good as men, not being valued or promoted, unequal pay, and being expected to “look the part”, who treats many female professionals.

Female managers in male-dominated fields sometimes found the strain intolerable, and their stress levels were also rising because families were more reliant on their income, she added.

If companies and organisations are genuinely interested in making their loyal and talented female staff feel less stressed – and I sometimes question if they are – then allowing employees wherever possible to work from home is an important step forward.

Women are also unhappy about lower pay than men, job insecurity and lack of potential for career progression. And when push comes to shove, in a restructure they often feel that not having had the time to network with senior – often male – bosses puts them at disproportionate risk.

“Endemic uncertainty is built into many workplaces, and women often bear the brunt of that. In truth, many of these

changes in organisations actually achieve very little and raise stress rather than productivity – which in itself is counter-productive.”

From the age of 25, women feel much more stress than men, and this continues throughout their working lives, according to figures published by the Health and Safety Executive.



The data for a three-year period up to 2016 also showed that men aged 16-24, 25-34 and 35-44, had “significantly lower rates of work-related stress” than the average. Those with the highest rates were men aged 45-54, but the rate was “not statistically significant”, the HSE report noted.

By contrast, women aged 25-34, 35-44 and 45-54 were all statistically higher than average, with statisticians attributing this partly due to the fact that they predominate in some of the most taxing frontline roles, such as teaching and nursing.

The HSE added: “The occupations and industries reporting the highest rates of work-related stress remain consistently in the health and public sectors of the economy. The reasons cited as causes of work-related stress are also workload, lack of managerial support and organisational change.”

The report also showed that work-related stress, depression and anxiety accounted for 37% of work-related ill health and 45% of days lost in 2015-16.

The HSE figures are based on the London: Labour Force

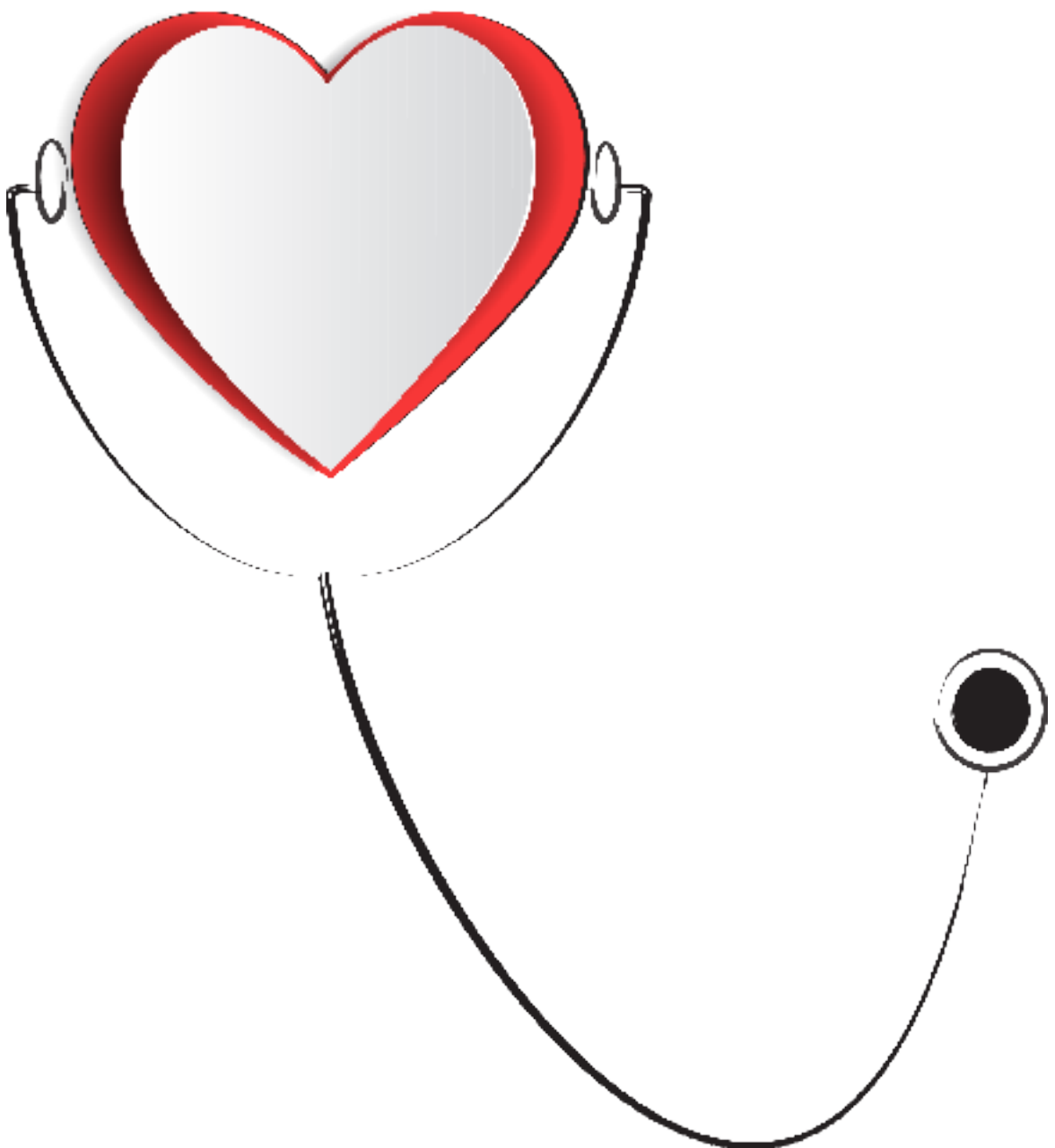
Survey which interviews 38,000 households quarterly. The survey is the government’s primary employment dataset.

Statisticians said the stress figures “represent a broadly stable trend over recent years showed that not enough has been done to give women equality in the workplace.

Some 200,000 men reported work-related stress averaged over the past three years compared to 272,000 women, according to the HSE’s figures. This means women were 1.4 times more likely to suffer from stress, anxiety and depression.

The total number of cases of work-related stress, depression or anxiety in 2015-16 among both men and women was 488,000, a prevalence rate of 1,510 per 100,000 workers. The number of new cases was 224,000, an incidence rate of 690 per 100,000 workers. The total number of working days lost due to this condition in 2015-16 was 11.7m days, equivalent to an average of 23.9 days lost per case.





Multivitamins May Not Help **MEN'S HEARTS,** Even When Diet Is Poor

Millions of Arab men pop a multivitamin each day, but new research shows the pills won't help the heart – even if a man's nutrition is lacking.

According to background information from the researchers, more than half of older Arabs take a multivitamin each day. However, many prior studies have shown little evidence of any health benefit.

In the new research, researchers tracked data from an ongoing study of more than 14,000 U.S. male doctors over the age of 50. A prior look at this data had found that taking multivitamins did not reduce the men's risk of heart disease over 11 years of follow-up.

But would the same be true for men who had relatively poor diets, perhaps lacking in certain nutrients?

According to the new report, the results were the same – daily use of multivitamins did not reduce

the risk of heart disease, even in this more nutritionally challenged subset.

Two experts – one a cardiologist, one a nutritionist – had somewhat differing views on the findings, however.

“This study, like previous studies, suggests that multivitamin use does not reduce risk of heart disease – even in men with poor nutrition,

“Prevention strategies for reducing heart disease risk should focus not on dietary supplements but rather on regular exercise and a healthy diet rich in vegetables, whole grains and unsaturated fats,” he said.

“The best way to get nutrients is from whole foods, but sometimes it’s beneficial to take a multivitamin to help prevent nutritional shortfalls,

at least for women – a lack of nutrients may contribute to heart risks, so outcomes might be different for females.

So far, studies involving women and multivitamins have had mixed results and more research might still be needed.

Perhaps some kind of nutritional shortfall may be responsible for an increased risk of heart disease in women,” she said.

“These studies don’t necessarily prove cause and effect, but there may be some kind of correlation. The best way to find out would be for more randomized clinical trials with large sample sizes to be conducted.”

Given the continued high prevalence of multivitamin use in the Middle East, it remains critical for us to understand its role on nutritional status and other long-term health outcomes through clinical trials,

Researchers encourage further research to determine additional value of the multivitamin and that of other individual nutrients. “For consumers, the key takeaway of this study is that the multivitamin is not a panacea, but at the very least, given the nutrient shortfalls in our population, it can reliably fill nutrient gaps.”

It is always recommended to have an open up a dialogue” with their physicians about the use of multivitamins or other supplements.



How to Get Kids to Love Exercise



Keeping Kids Active

Anyone who's seen kids on a playground knows that most are naturally physically active and love to move around. But what might not be apparent is that climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active.

As they get older, it can be a challenge for kids to get enough daily activity. Reasons include increasing demands of school, a feeling among some kids that they aren't good at sports, a lack of active role models, and busy working families.

And even if kids have the time and the desire to be active, parents may not feel comfortable letting them freely roam the neighborhood as kids did generations ago. So their opportunities might be limited.

In spite of these barriers, parents can instill a love of activity and help kids fit it into their everyday lives. Doing so can set healthy patterns that will last into adulthood.

Benefits of Being Active

When kids are active, their bodies can do the things they want and need them to do.

Why? Because regular exercise provides these benefits:

- strong muscles and bones
- weight control
- decreased risk of developing type 2 diabetes
- better sleep
- a better outlook on life

Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.

What Motivates Kids?

So there's a lot to gain from regular physical activity, but how do you encourage kids to do it? The three keys are:

1.Choosing the right activities for a child's age: If you don't, the child may be bored or frustrated.

2.Giving kids plenty of opportunity to be active: Kids need parents to make activity easy



by providing equipment and taking them to playgrounds and other active spots.

3. Keeping the focus on fun: Kids won't do something they don't enjoy.

When kids enjoy an activity, they want to do more of it. Practicing a skill — whether it's swimming or riding a tricycle — improves their abilities and helps them feel accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

If you understand the concepts of temperament and fitness types, you'll be better able to help your kids find the right activities and get enough exercise — and find enjoyment in physical activity. Some kids want to pursue excellence in a sport, while others may be perfectly happy and fit as casual participants.

The athlete, for instance, will want to be on the basketball team, while the casual athlete

may just enjoy shooting hoops in the playground or on the driveway. The nonathlete is likely to need a parent's help and encouragement to get and stay physically active. That's why it's important to encourage kids to remain active even through they aren't top performers.

Whatever their fitness personality, all kids can be physically fit. A parent's positive attitude will help a child who's reluctant to exercise.

Be active yourself and support your kids' interests. If you start this early enough, they'll come to regard activity as a normal — and fun — part of your family's everyday routine.



How to Motivate Yourself to Exercise

The most popular day to exercise is “tomorrow.” Motivating yourself to exercise is, for most of us, an ongoing project. But even if your favourite curls are the cheese kind, here are tips you’ve never heard of to get you moving.

Tip #1: Remember a good exercise experience.

A brand new 2014 study found that you can use memory to enhance motivation. Study participants who described a positive exercise memory were not only more motivated to exercise, they actually exercised more over the next week than those who weren’t prompted to remember.

So stash your medal from the 5K when you ran your personal record with your exercise clothes, pack your power walking playlist with songs from the wedding where you danced all night, or tape a picture of the view from the summit of your favourite hike next to your boots. The good memories may pave the way to a good



sweat.

Tip #2: Don't aim to "exercise," instead, play a sport.

A 2005 study found that when participants were asked about reasons for playing a sport, they thought of intrinsic reasons, like enjoyment and challenge. Reasons to "exercise," however, were extrinsic and focused on things like appearance, weight, and stress management.

Psychology 101 will tell you intrinsic motivation makes you more likely to start and stick with a new habit. So sign up for softball, join the masters' swim team, play ultimate Frisbee, or simply tweak your mindset: your Saturday afternoon bike ride suddenly becomes the sport of cycling.

Tip #3: Don't motivate yourself by thinking about your muffin top or flabby abs.

Yes, you heard that right. Both men and women often motivate themselves to exercise by thinking about their appearance. But it turns out this approach backfires.

A 2014 study found that exercise frequency is most strongly related to 3 things: appreciation of your body, a focus on how it feels, and satisfaction with what it can do. But get this: motivation based on appearance weakened all 3 of those things, even in people who exercised the most. So consider changing your focus to something other than your thighs or tummy.

Tip #4: Customize your workout in little ways.

The power of small choices was demonstrated in a brand new 2014 study where participants who chose the sequence of their exercises did more sets and reps than those who were given a pre-determined sequence.

So don't just slavishly follow the order on your lifting log or go down the line of weight machines. Think about what you want to do and you may find yourself doing it more.

Tip #5: Stop thinking of yourself as lazy.

Think of yourself as someone who exercises, or someone who is healthy, or whatever exercise-friendly identity you'd like to adopt. The human psyche goes to great lengths, sometimes unconsciously, to be consistent with one's identity. So thinking of yourself as a harried, stressed-out person creates a self-fulfilling prophecy with little room for exercise. But thinking of yourself as a really busy healthy person might create just the tweak your mindset needs.

So even if you're someone who thinks running late counts as exercise, try out your favorite of these

tips. You'll be on your way to a healthier you before you can lift another cheese curl.



BEST SOURCES OF PROTEIN

Protein is an essential nutrient, responsible for multiple functions in your body, including building tissue, cells and muscle, as well as making hormones and anti-bodies. Everyone needs protein in their diet, but if you do endurance sports or weight training you may need to increase your protein intake, and to factor it into your training routine at specific times to reap its muscle-boosting benefits.

How much protein should I eat?

For most people a daily dose of around 0.8-1g of protein per 1kg of body weight is recommended. For strength athletes 1.2-1.7g per kg of body weight is recommended per day, with a recommendation of 1.2-1.4g per kg of body weight per day for endurance athletes. After exercise, protein is particularly important since muscles need it to recover and grow. A portion of protein (15-25g) is recommended within 30 minutes of exercise, when your muscles are particularly receptive to protein synthesis.



For most of us, our daily protein requirements are easily achieved by a healthy, balanced diet. The Department of Health advises adults to avoid consuming more than twice the recommended daily intake of protein (55.5g for the average man and 45g for the average woman). This is because there is evidence that, in the long term, consuming too much protein can lead to health issues such as an increased risk of osteoporosis and a worsening of an existing kidney problem.

One of the main issues with our diet is that most of our breakfasts and lunches are low in protein but high in carbohydrates, with a protein-packed evening meal. It is better to aim to spread your protein intake out throughout the day

Eggs

A medium egg has around 6g of protein in an easily digestible form. An omelette is a good way to start the day and is a good recovery snack too.

Milk

Dairy foods are packed with protein and contain bone-building calcium, too. Chocolate milk is the age-old recovery food after

exercise, since it contains energy-replenishing carbohydrates and a blend of both slow and fast release whey and casein proteins. You can get the same recovery-boosting effects from a milk-based fruit smoothie -

Yogurt

A combination of casein and whey protein, yogurt is a great protein-rich food. Since most of the lactose is removed, it can work for most people who are lactose intolerant.

Try this creamy yogurt porridge for breakfast to see you through the day or fuel up after exercise with simple Greek yogurt and fruit or this instant frozen berry yogurt.

Chicken and turkey

When it comes to animal protein, opt for lean protein from white meat poultry such as chicken and turkey.

Fish and seafood

Fish and seafood are good sources of protein and are typically low in fat. While slightly higher in fat than other varieties



COMMON BEAUTY

Myth

The advice you often hear or read about skincare is often just plain wrong. It may be well-meaning, but a lot of it is little more than fantasy with no relation to physiologic or scientific reality. We're sure you'll agree: In order to get the best skin of your life, it's better to be armed with facts than fiction!

Here are five of the more common beauty myths we run into pretty regularly. Check them out and learn the research-supported information to help you take the best possible care of your skin.

Myth 1: You should choose skincare products based on your age

Many products on the market claim to be designed for a specific age group (especially for those women over 50 who now are supposed to have "mature" skin), but age is NOT a skin type.

What's true is that someone who is 50 can have the same skin concerns and skin type as someone in their 30s. Oily skin and clogged pores don't just automatically go away when you turn 50 and dry, dull-looking skin can be a problem in your 20s.

Regardless of your age, fighting visible signs of aging should start as early as possible. The ingredients it takes to do that are the

same for everyone, and you can't start too soon. It's like your diet, what's healthy for someone in their 30s is healthy for someone in their 60s.

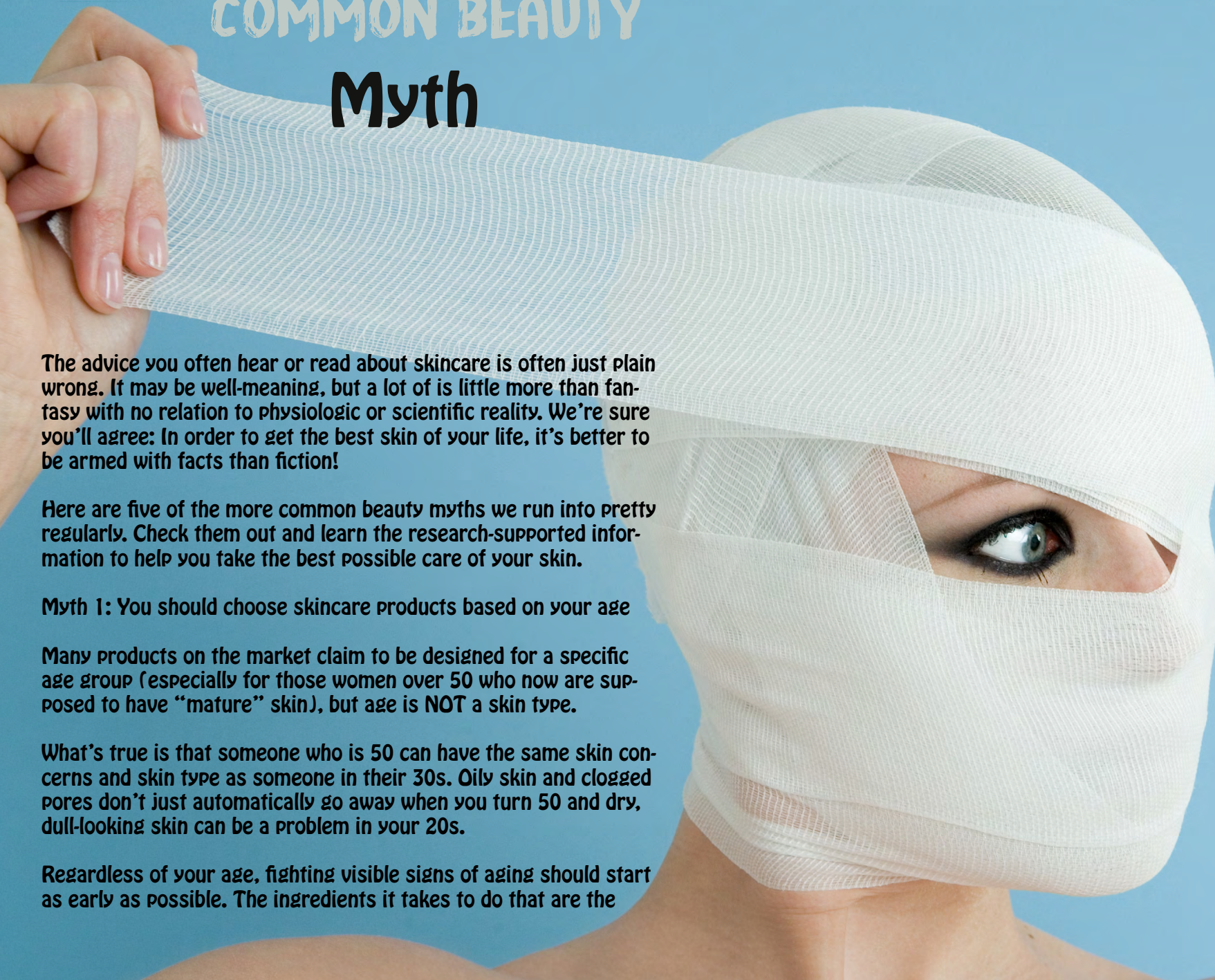
Myth 2: Hypoallergenic products are better for sensitive skin


The term "hypoallergenic" is meant to imply that a product is unlikely or less likely to cause allergic reactions and, therefore, is better for allergy-prone or sensitive skin types. The problem? There are no ingredient restrictions or regulations for determining if a product qualifies as being hypoallergenic.

Instead of looking for "hypoallergenic" on a label, look for gentle, fragrance-free products packed with soothing, skin-replenishing ingredients. Learn how the wrong ingredients can hurt skin!

Myth 3: "Age spots" are simply a fact of getting older

The term "age spot" isn't quite accurate. Uneven skin tone and brown spots come from years of environmental exposure that leads to enzymes in skin's surface causing visible imperfections.





Whatever you want to call them, these spots are unwanted and can show up at any age. For lightening stubborn dark spots, products containing hydroquinone are a must. There's a great deal of research showing how amazingly well this time-tested ingredient works.

For skin brightening and to see a far more even skin tone plus renewed radiance, products that contain niacinamide, vitamin C, and certain plant extracts like arbutin can have stunning results—and can be used along with hydroquinone products for ultimate complexion improvement.

Important: In order for skin lightening or brightening products to work, applying broad spectrum sun protection 365 days a year is absolutely required. No way around this: If you skip or are inconsistent with this crucial step, the spots and uneven skin tone will not change for the better.

Myth 4: You'll eventually outgrow acne

We wish that were true! Adults in their 20s, 30s, 40s, 50s, and even



60s (just ask Paula) can have acne just like teenagers, and the products needed to get it under control remain the same. In fact, the notion of adult acne is more myth than fact because what triggers acne and helps it resolve aren't dependent on age.

What's also true: Having clear skin as a teenager isn't a guarantee that you won't get acne later in life.



Myth 5: Makeup causes acne

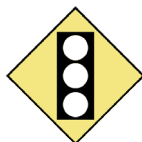
There's no research showing makeup causes acne. However, if you're not removing it correctly and consistently than you're going to run into problems. When you don't get all your makeup off at night (or even worse, fall asleep in your makeup) it means the ingredients that can lessen acne won't get into skin or you won't be applying them at all.

EMERGENCY NUMBERS



Fire

998



Traffic Police



Ambulance

997



Police

999

GOVERNMENT HOSPITALS

WESTERN REGION

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King Abdulaziz Hospital(Al-Mahjar)	01-26375555
King Abdulaziz Medical City for National Guard	01-26240000
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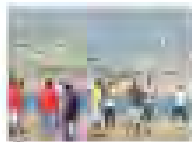
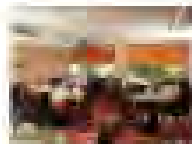
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Abu Znadah Hospital	01-26510652
Al Amal Hospital	01-14592953
Al Amal Hospital Jeddah	01-26544293
Al Ameen Hospital	01-27377866
Al Hamra Hospital	01-26612165
Al Hayat Hospital	01-26370707
Al Jadaani Hospital	01-26772221
Al Jad'ani Hospital	01-26368100
Al Jadani New Hospital	01-26369072
Al Jama'a Distrect Private Hospital	01-26806666
Al Maghrabi Eye, Ear & Dentistry Hospital	01-26369822
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Al Shefa Medical Hospital	01-25333555
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Bakhsh Hospital	01-26479666
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Bugshan Hospital	01-26691222
Bugshan Hospital	01-26691222
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King Khalid University Hospital	01-14670000
King Abdulaziz University Hospital	01-14786100
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Security Forces Hospital	01-14774480
Obaid Specialized Hospital	01-14764536
Chest Diseases Hospital	01-14767511
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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
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King Fahad Hospital	01-35851375
Al Maghrabi Hospital	01-38202833
Al Salama Hospital	01-38641011
Yousif Hospital	01-38642947
Al Jazeerah Hospital	01-38578892
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Al Mna'a Hospital	01-38945500
Al Mane General Hospital	01-38276461
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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 & 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 Khuzaim 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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China Town Batterjee
Street 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