

Ways to avoid de- hydration during Ramadan

Ease your Child's Ramadan Fasting with These Tips

How Much Do YOU Know about Cavities? What is Myth and What is Fact?



Enjoy a **15%**
OFF your
stay...Make
sure you bring
this coupon
with you!

This coupon is
not valid for Eid
AlFitr & Aladha



١٥٪ تمتع بخصم حصري
على اسعار الغرف
عند تقديم هذا
الكوبون!

هذا العرض غير
صالح في عيد الفطر و
الاضحى

**Dallah
Taibah
Hotel**



T.00966 14 829-0055

www.dallahtaibah.com

info@dallahtaibah.com

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
info@jeddahmd.com



Al-Madinah Road
P.O.Box 16470 Jeddah 21464
Saudi Arabia

Licensed by: The Ministry of Information
No. 5641-Date: 15/03/1434



<https://twitter.com/YourHealthSaudi>



www.facebook.com/YourHealthSaudi

EDITORIAL

Publisher & Editor in Chief
Lyana Al-jabri

Art Director & Photography
Arwa Hashim

Senior Graphic Designer
Hassan Hashim

Sales & Marketing
Ali Falatah

Translator
Tamer Aljohani

SALES & ADVERTISING

info@jeddahmd.com
tel: +966-2-6071271 (9am-5pm)
mob: +966-5-06636282 (9am-10pm)
fax: +966-2-6071271

GENERAL INQUIRIES
info@jeddahmd.com

DISTRIBUTION
Saudi Distribution



Contents

May/Jun 2017

06

GENERAL HEALTH
INFO

Ways to avoid Dehy-
dration During
Ramadan

Special

14

The Effects of Social
Media Misuse on
Marriage

WOMEN'S HEALTH

20

Small Skin
Problems
That Can Signal a
Major Problem

MEN'S HEALTH

38

How Much Do YOU
Know about Cavi-
ties?

Q&A MYTHS

YH
YOUR HEALTH MAGAZINE
مجلة دليلك الصحي



KID'S HEALTH

24

Ease your Child's
Ramadan Fasting with
these tips

FITNESS

30

Heat Exhaustion:
Symptoms and
Treatment

NUTRITION

34

What Are the Benefits of
Eating Dates?

HEALTHCARE
Directory

45

Ways to avoid dehydration during Ramadan

During the holy month of Ramadan, it's important to remember to eat a balanced diet and keep hydrated before and after the day of fasting. Doing so will help keep you energised throughout the day.

Getting enough water after a day of fasting is important as water is necessary to keep your body functioning. There's a risk of dehydration if you don't drink enough water before fasting, and that can cause dizziness, headaches, lethargy and fatigue.



Drinking the typical eight cups per day is important, but there are other things to remember to help you stay hydrated.

Here are some tips to help you avoid dehydration when you're fasting.

1. Avoid drinks containing caffeine

As much as we love our coffee and tea, these drinks contain caffeine. Caffeine has a diuretic effect that increases urine production, thus flushing out salt and water from the body.

Too much caffeine can result in increased thirst, so to stay hydrated throughout the day, it's best to stick to water. Make sure to have a glass of purified water along with a sweet fruit like dates to help you break your fast.

2. Break fast with plenty of fruit and vegetables

Eating fruits and vegetables aren't just good for your health, but they help with hydration too. Certain fruits and vegetables have high water content, and make for a nutritious and refreshing way to replenish your body after a long day of fasting.

Some good fruits and vegetables to eat during this season of fasting are watermelons, cucumbers, celery, tomatoes and starfruits. They're perfect to help you stay hydrated with their high water content.

If you don't want to eat the vegetables as they are, try incorporating them into a salad



as part of your meal when you break fast.

3. Avoid spicy or salty food

Spicy and salty foods can increase your body's need for water, so keep this in mind and stick to small portions.

If you're cooking during this period, try not to use too much salt or too many spices.

4. Avoid chugging your drinks in one go

Drinking your water in one go will cause your body to flush it out soon after. It's best to sip water throughout the non-fasting hours of the day.

It's important to keep a bottle of water with you during those hours so that you can take some sips whenever you're feeling thirsty.

But ultimately, do make sure to get enough water during the non-fasting hours to avoid dehydration.

5. Avoid exposure to heat
Exposure to heat is inevitable with our tropical climate, but do try to avoid the heat as much as possible.

Hot temperatures will cause sweating, resulting in fluid loss. Try to limit your time outdoors and stick to the shade or cool environments.



“Your Health” App

You are able to search doctors, hospitals, pharmacies, health clubs and health insurance In Kuwait, Saudi and UAE. Furthermore you are able to rate, locate and contact all health-care services through our app.



Available Now!
100% FREE
www.ArabHealth.org



The Effects of Social Media Misuse on **MARRIAGE**

Social media has changed the way we meet and interact with each other. It provides a platform to learn more about people you associate with. This can be a problem, however, when it comes to romantic relationships. Research shows that increased usage of social media may lead to marital problems, infidelity, and divorce.



“You spend too much time on Facebook”

It's not only what a person does on social media, but also how much time they spend doing it that can create conflict. Excessive time spent on social media has been shown to negatively impact romantic relationships.

A recent study, published in *Computers in Human Behavior*, compared state-by-state divorce rates to per-capita Facebook accounts. The study found a link between social media use and decreased marriage quality in every model analyzed. It also found that a 20% annual increase in Facebook enrollment was associated with a 2.18% to 4.32% increase in divorce rates. The study's model from the individual survey results predicts that people that do not use social media are 11% happier in their marriages than people that are regularly use social media.

Suspicious behavior, snooping, and jealousy

Social media provides easy access for a jealous or suspicious spouse to seek out information about the interactions of a significant other. Whether suspicions are founded or unfounded, people often feel uneasy about their relationship after discovering something on their partner's Facebook account. This often leads to increased monitoring, jealousy, and



conflict in a relationship. In fact, researchers have found that the more a person examines their partner's Facebook activity, the more that person reports jealousy and mistrust.

Social media and infidelity

Unfortunately, suspicions about a partner's social media interactions are often warranted. One in ten adults admits to hiding messages and posts from their significant other. Eight percent of adults in relationships admit to having secret accounts. And one in three divorces now start as online affairs.

With smartphones and social media apps, it's never been easier for dissatisfied spouses to look for a new relationship, get in contact with an ex, or seek out a fling. A whopping 30% of Tinder users are married. Sites like AshleyMadison.com even cater to married people looking for affairs – over 130 million people worldwide visit Ashley Madison each month.

It's not all bad news, though...

More than a third of middle east marriages now begin online through social media networks. Those marriages are lasting

longer on average than those that begin offline.

Couples are also starting to understand the impact of social media use on relationships and work to limit time spent on Facebook and be more open in their online activities. Some couples are even creating social media "prenups" – guidelines within a prenuptial agreement for acceptable online behavior, such as not friending exes and not sharing private information or photos without permission.



Small **Skin**
Problems
That Can Signal a
Major Problem

If you suddenly sprouted a big, black mole, or couldn't kick an itchy rash after a few days, you'd make an appointment with a dermatologist. But not all skin problems are as obvious.

In fact, some that seem like no big deal might actually signal some pretty serious health conditions. Here, 6 common—and seemingly innocent—skin problems that require a visit to your dermatologist, stat.

If that pimple-like bump on your face hasn't budged after more than a couple weeks—and if it bleeds when you pick it—it might actually be a kind of skin cancer. (Here are 6 myths about skin cancer you shouldn't believe.)

"I see so many patients who come in complaining of a pimple that won't heal and it ends up being a basal cell carcinoma or squamous cell carcinoma, the two most common forms of skin cancer," says Bradley S. Bloom, M.D., a New York City-based derma-

tologist with expertise in skin cancer surgery.

These types of non-melanoma skin cancer can show up anywhere on the body, but they usually surface where you've had the most sun exposure, like on your face, arms, and legs. They often look like a small zit or shiny, pearly bump, but they can also show up as a red patch that looks a lot like eczema, or even a patch of hardened, dry skin.

If your dermatologist suspects it might be skin cancer, he will perform a biopsy, an in-office procedure where he'll remove the spot so it can be sent to a lab to check for cancerous cells. If it comes back positive, you'll usually be treated with another in-office procedure: Mohs micrographic surgery, which removes any underlying layers of skin cancer, curing the condition, says Dr. Bloom.

It's also possible that a sore pimple that doesn't heal is actually Methicillin-resistant *Staphylococcus Aureus* (MRSA), a bacterial infection that is resistant to many forms of antibiotics, says Bobby Buka, M.D., section

chief for the department of dermatology at the Mount Sinai School of Medicine. In addition to taking an antibiotic with the hope it'll work, your doctor will also surgically drain the infected skin area, preventing the bacteria from tunneling its way into your body, where it could potentially cause a life-threatening infection, he says.

You've probably experienced the burning, stinging, and unsightly peeling of chapped lips after a ski trip or an all-night makeout session. But recurrent pink, scaly patches around your mouth or lip line that don't get better after 4 to 8 weeks of lip balm might signal actinic cheilitis, pre-cancerous lesions caused by sun exposure, says Tsippora Shainhouse M.D., a clinical instructor of dermatology at the University of Southern California.

"Since most men don't wear lip balms or lipsticks with sunscreen in them every day like many women do, they are at a greater risk for developing this condition," she says. (These are the best lip balms

for men.) If your dermatologist suspects actinic cheilitis, she will likely biopsy a portion of the affected area to be sure. While only 10 percent of actinic cheilitis turn into squamous cell carcinoma, it's tough to predict which ones will or won't become cancerous. So your doctor will likely recommend some kind of treatment—like laser, chemical peel, or topical medication—which has the added bonus of potentially healing your symptoms, says Dr. Shainhouse.

Ease your child's
Ramadan fasting
with these tips



Though fasting till puberty is not obligatory in Islam, many children wish to fast during Ramadan. If you are planning to make your children fast for the first time this Ramadan, you need to follow few tips to make it easy and enjoyable for them

Preparing for Ramadan:

This is the most important part of your child's first fasting. Understanding the basics of fasting according to the Islamic law, knowing why fasting is observed and the reward for it. It is only when your children have a clear understanding of fasting, that he/she will be inspired to fast. Full knowledge should be shared about the etiquettes of fasting like observing good behavior, helping the needy, avoiding excess talking or use of abusive language, offering prayers on time besides others. A clear understanding should be given on the importance of Suhur and Iftar as well.

How to work through Ramadan:

As the month of fasting starts, your children will

go through changes in the eating and sleep pattern. To ease it for your kids, we bring you tips from Pediatrician Dr Kalpana Sengupta and Physician Specialist Dr Javaid Shah in Dubai.

1: Put your children to bed early to ensure they wake up on time at Suhur. It will also prevent them from being sleep deprived. Proper sleep will help them to stay attentive in classes.

2: Suhur must include healthy high energy diet besides milk and egg. Make fresh juices and other healthy drinks for children to help them stay hydrated all day. Consumption of fruits and vegetable is very important.

3: Let your children eat Suhur at ease without rushing. Make it enjoyable for them by sharing some stories of your first time fasting.





4: Let your children sleep a little late after Suhur. Eight hours of sleep and a day nap can help them through the day.

5: Make the day enjoyable for them by involving them in different acts of worship like charity, feeding poor children and praying with family.

6: Restrict your kids from high intensity exercises which may make them weak and thirsty.

7: Involve your kids in preparing Iftar. Make their favorite deserts and dishes.

8: It is most advisable to break the fast with dates and water. Fried foods should be avoided as much as junk food. Intake of sugar rich foods and refined flour should be avoided. Home-made soups form a healthy meal which provides necessary minerals and salts.

9: Kids must avoid fasting without Suhur as it can make them weak. At the same time, they must avoid over

eating.

10: You can offer your children gifts for completing the fast to help them stay motivated.

Heat Exhaustion: Symptoms and Treatment

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

There are two types of heat exhaustion:

- **Water depletion.** Signs include excessive thirst, weakness, headache, and loss of consciousness.
- **Salt depletion.** Signs include nausea and vomiting, muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.





Symptoms of Heat Exhaustion

The most common signs and symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle or abdominal cramps
- Nausea, vomiting, or diarrhea
- Pale skin
- Profuse sweating
- Rapid heartbeat

Treatment for Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it's essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.

- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

Other risk factors associated with heat-related illness include:

- Age. Infants and children up to age 4, and adults over age 65, are particularly vulnerable because they adjust to heat more slowly than other people.
- Certain health conditions. These include heart, lung, or kidney disease, obesity or underweight, high blood pressure, diabetes, mental illness, sickle cell trait, alcoholism, sunburn, and any conditions that cause fever. People with diabetes are

at increased risk of emergency room visits, hospitalization, and death from heat-related illness and may be especially likely to underestimate their risk during heat waves.

- Medications. These include some medicines in the following classes: diuretics, sedatives, tranquilizers, stimulants, heart and blood pressure medications, and medications for psychiatric conditions.

WHAT ARE THE BENEFITS OF EATING DATES?

Dates are rich in dietary fiber, antioxidants and the essential minerals potassium and magnesium. A diet that regularly includes low-fat, nutrient-dense foods like dates may enhance your health and help decrease your chance of developing many chronic diseases. Available both fresh and dried, dates can be substituted for raisins in baked goods, combined with nuts and rolled oats in granola or used as a sweet counterpoint in chicken- or lamb-based stews.



Dietary Fiber

A 1/4-cup serving of dried or fresh dates contains 3 grams of dietary fiber. This amount supplies 14 percent of the U.S. Department of Agriculture's recommended daily allowance of fiber for adult men and women following a 2,000-calorie diet. According to Dr. John Briffa, the bulk of a date's fiber is the soluble fiber pectin. A high intake of foods rich in soluble fiber may help lessen your risk of diabetes and high blood cholesterol. A 2009 "Nutrition Reviews" study adds that a fiber-rich diet can also help prevent obesity, stroke, heart disease and hypertension.

Potassium

Eating approximately six medium-sized, pitted dates provides you with 6 percent of the potassium your body requires daily. As both a mineral and an electrolyte, potassium triggers enzymes crucial for energy metabolism and is needed for cardiac, smooth and skeletal muscles to contract properly.

If you do not consume enough potassium regularly, you may be more likely to suffer from osteoporosis, stroke, kidney stones or high blood pressure. If your diet includes a large amount of sodium, you may need more potassium in order to keep the two minerals balanced. Incorporate high-potassium foods like dates into your meals and talk to your doctor about ways to lower your sodium intake.

Magnesium

Every 42.6-gram serving of pitted dates -- an amount equivalent to five or six dates -- provides 5.8 percent of the RDA of magnesium for adult women and 4.5 percent of the RDA of magnesium for men. The body uses magnesium for energy metabolism, to regulate vitamins and other minerals and to help maintain the strength of bones and teeth. Adequate magnesium intake is linked to a decreased risk of diabetes, depression, osteoporosis, hypertension and cardiovascular disease. Pregnant women, athletes undergoing strenuous physical training and individu-

als recovering from long-term illness or surgical procedures may need more magnesium to avoid deficiency.

Antioxidants

A 2005 study published in the "Journal of Agricultural and Food Chemistry" examined the amount of antioxidant compounds in both the fresh and dried versions of three date varieties: Fard, Khala and Khasab. The researchers determined that all three types of fresh dates contained high concentrations of anthocyanins and carotenoids, two potent antioxidants. Dried dates contained a significant concentration of antioxidant polyphenol compounds. The researchers concluded that eating any variety or form of dates could add beneficial antioxidants to your diet. The American Dietetic Association reports that eating plenty of foods rich in antioxidants may help prevent diabetes, cancer, heart disease and neurological problems like Alzheimer's disease.

HOW MUCH DO YOU KNOW ABOUT CAVITIES? WHAT IS MYTH AND WHAT IS FACT?

In order to ensure we are taking better care of our teeth and overall health, it is important to have the facts. Here is a look at 11 common myths about cavities and why they couldn't be further from the truth.

MYTH #1: Sugar Is the Primary Cause of Cavities

FACT: This may be one of the most talked about "facts" when it comes to cavities, but it is actually a myth. Cavities form through a combination of bacteria and acid, which then attacks your teeth. "The truth is, acid produced by bacteria in your mouth is the cause of cavities," says Kimberly A. Harms, DDS, an American

Dental Association spokeswoman. Keep in mind that while sugar itself does not lead to cavities, the bacteria that does is often triggered by carbohydrates, including rice, potatoes, breads, fruits, and vegetables.

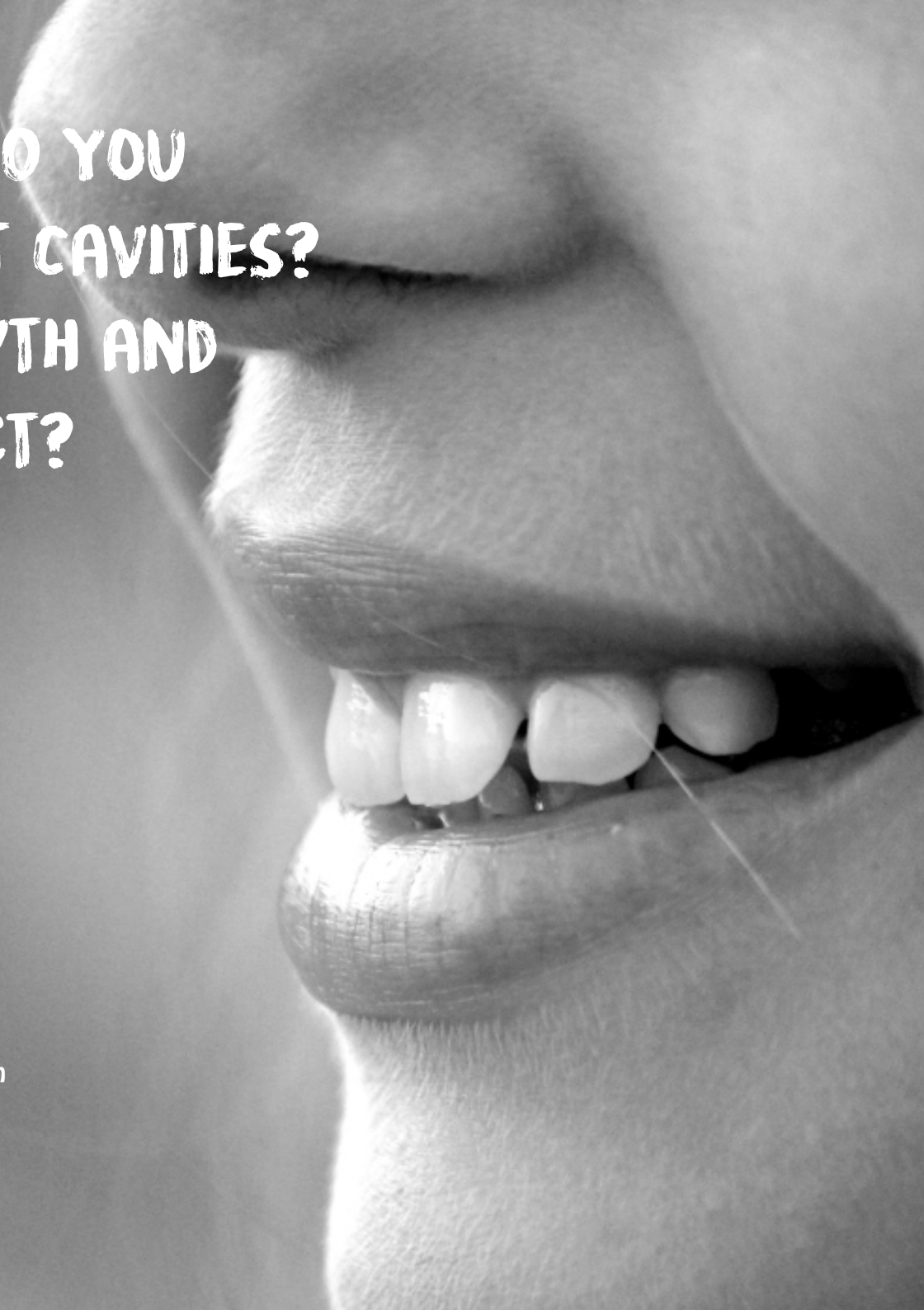
MYTH #2: Acidic Food and Soda Cause Tooth Decay

FACT: Acidic foods can break down your teeth's outer shell (enamel), weaken the tooth, and make teeth more prone to decay. Even though sodas and foods high in acidity do not cause cavities, they are damaging to your tooth enamel. Acidic foods – think lemons, citric juices and many soft drinks – can actually cause erosion of the tooth-protecting enamel, weakening the tooth and making it more prone to decay.

MYTH #3: Children Get More Cavities Than Adults

FACT: In reality, there has been an increase in senior citizens and adults developing cavities over children. Over the last 20 years, instances of tooth decay and cavities are actually down in children! This is in large part due to the development of sealants, fluoridated water and preventative care.

MYTH #4: Placing Aspirin Near a Toothache will Ease the Pain



FACT: To ease the pain of a toothache, you will have to actually swallow the aspirin. While swallowing an aspirin can easily discomfort you might experience as a result of a cavity, the folk remedy of placing an aspirin near the source of tooth pain can actually damage your gum tissue. Aspirin is acidic, and when it begins to dissolve along the gum line it can cause a chemical burn, which might result in the formation of an oral abscess.

MYTH#5: All Fillings Will Need to Be Replaced

FACT: Fillings do have a life expectancy, but it depends on tooth wear and oral hygiene. Unless something goes terribly wrong or the tooth sustains further damage, you should be able to keep the same filling for your entire life. Some fillings are more prone to breaking down, so they may need to be replaced eventually, but this is highly uncommon. Once you have a cavity filled, the decay spot is removed. And if you take care of your teeth, the decay from the spot that was filled will most likely stay clear.

MYTH #6: You Will Know When You Have a Cavity

FACT: Unfortunately, mild tooth decay doesn't come with any symptoms. Those who associate

cavities with pain are usually experiencing a more advanced type of tooth decay that has caused damage to the nerve. Routine dental screenings are important to catch a cavity before it causes pain.

MYTH #7: Cavities Are More Likely Between Teeth and Gaps Can Lead to Cavities

FACT: Anywhere bacteria can hide that you cannot reach with a toothbrush or floss is a likely place for decay, and bigger gaps are easier to keep clean. As long as you keep the space free of bacteria, wide spaces are less prone to decay. Keep an eye on small gaps, though. Food may get stuck there and lead to cavities if it's not cleaned out



EMERGENCY NUMBERS



Fire

998



Traffic Police



Ambulance

997



Police

999

GOVERNMENT HOSPITALS

WESTERN REGION

| | |
|--|-------------|
| Jeddah Eye Hospital | 01-26939998 |
| KAUH King Abdulaziz University Hospital | 01-26401000 |
| King Abdulaziz Hospital(Al-Mahjar) | 01-26375555 |
| King Abdulaziz Medical City for National Guard | 01-26240000 |
| King Fahad Hospital | 01-26656436 |
| Al-Amal Hospital | 01-26544293 |
| Maternity & Children Hospital | 01-26657040 |
| King Faisal Specialist Hospital | 01-26677777 |



Mercedes-Benz
The best or nothing.

Let's Celebrate

The 15th Anniversary



Your Business Will be More Enjoyable

- Special Occasions and Business meetings
- Open view Beaches and Mountain Resorts
- Sports facilities & Play Grounds
- Team building activities for Managers and Employees
- Variety of delicious Food & Beverage services
- Full equipped Meeting rooms & Business Center
- More surprises is waiting for you in our Hotels.

For Information and Booking



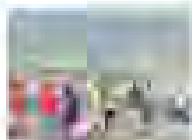
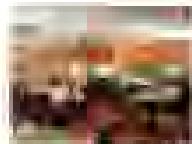
LA FONTAINE
HOTELS & RESORTS

For Reservation

Call (01144) - 05476520
011-6521444 Fax: 227
Fax: 011-6527060

Information center

Jeddah Taif Yanbu Khobar Asir



PRIVATE HOSPITALS

WESTERN REGION

| | |
|---|-------------|
| New Jeddah Clinic Hospital | 01-26675888 |
| Saudi German Hospital Group | 01-26829000 |
| Abdul Latif Jameel Hospital | 01-22719406 |
| Abdul Rhman Bakhsh Hospital | 01-26485635 |
| 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 |
| Al Nahda Hospital | 01-27250600 |
| 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 |
| Bakhsh Hospital | 01-26479666 |
| Baqshan General Hospital | 01-26615119 |
| Bugshan Hospital | 01-26691222 |
| Bugshan Hospital | 01-26691222 |
| Daghistani Hospital | 01-26063094 |
| Dalia Dispensary | 01-26203696 |
| Doctor Erfan & Bagedo Hospital | 01-26820022 |
| Doctor Sulaiman Fakeeh Hospital | 01-26603000 |
| Dr. A. T. Bakhsh Hospital Group | 01-26510555 |
| Green Crescent Hospital | 01-14644383 |

PRIVATE HOSPITALS

CENTRAL REGION

| | |
|---------------------------------------|-------------|
| Prince Salman Bin Abdul Aziz Hospital | 01-14311100 |
| King Saud Medical City | 01-14355555 |
| Prince Sultan Military Medical City | 01-14777714 |
| King Fahad Medical City | 01-14656666 |
| King Faisal Specialist Hospital | 01-14647272 |
| King Abdulaziz Medical City | 01-18011111 |
| King Khalid University Hospital | 01-14670000 |
| King Abdulaziz University Hospital | 01-14786100 |
| King Khalid Eye Specialist Hospital | 01-14821234 |
| Security Forces Hospital | 01-14774480 |
| Obaid Specialized Hospital | 01-14764536 |
| 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 & 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 & 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 Jaidey 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 |

MANUEL ^{Supermarket} ^{مناويل}



كل صح والعابها صح مع مانويل
Eat and live healthy with Manuel

Check us out on: [Facebook.com/Manuel-Supermarket](https://www.facebook.com/Manuel-Supermarket) [Twitter.com/Manuel-Supermarket](https://twitter.com/Manuel-Supermarket) Website: Manueltrading.com

Soon to Open in Mandarin Mall
Haram Inn Mall Tel: 658 13 85
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 |