

# Back to School Stress-Free Tips

**Essential Checklist  
to Help you Pre-  
pare for  
Hajj**

**EASY WAYS TO  
CLEAN UP  
YOUR DIET**



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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  
info@jeddahmd.com



Prince Sultan Road  
Jeddah 23622  
Saudi Arabia

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## 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



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# Back-to-School Health Checklist

**You've got the pens, the notebooks, and a few fresh new pairs of clothes. But what have you done to look after your children's health as they head off to school? Follow this checklist and discover the problems and solutions that impact the health of your star students, including overloaded backpacks, bullying, and back-to-school separation anxiety**

**Little changes can make a big difference over time. Changing the way you pack your kids' lunches can make them healthier over the long term. Plus, you're helping them appreciate what healthy food tastes like. Try filling their lunchboxes with colorful fruits and vegetables. Grapes, ap-**





ples, mangoes, berries, and thin slices of red bell peppers and carrots are often popular, or mix in a few of your kid's favorites. Switch juices and sodas for water. And consider substituting white bread for whole grains to add more fiber to their diets. Sometimes the long days of summer throw sleep routines out of whack. Your kids will be more alert and focused in class if you start to get them ready for their school schedule ahead of time. School-aged children need at least 10 hours of sleep every night. Teens need between nine and 10 hours. For good sleep hygiene, get kids accustomed to the same bedtime every night. Also, try removing screen devices from their rooms at night, like cell phones, tablets, computers, TVs, and other gadgets. Vaccinations save children from unnecessary pain, illness, and death. That's why all 50 states require school-aged children to be immunized against diseases like measles, mumps, rubella, pertussis, and chickenpox. Be sure your child's immu-

nizations are up-to-date for their safety, and for the safety of others.

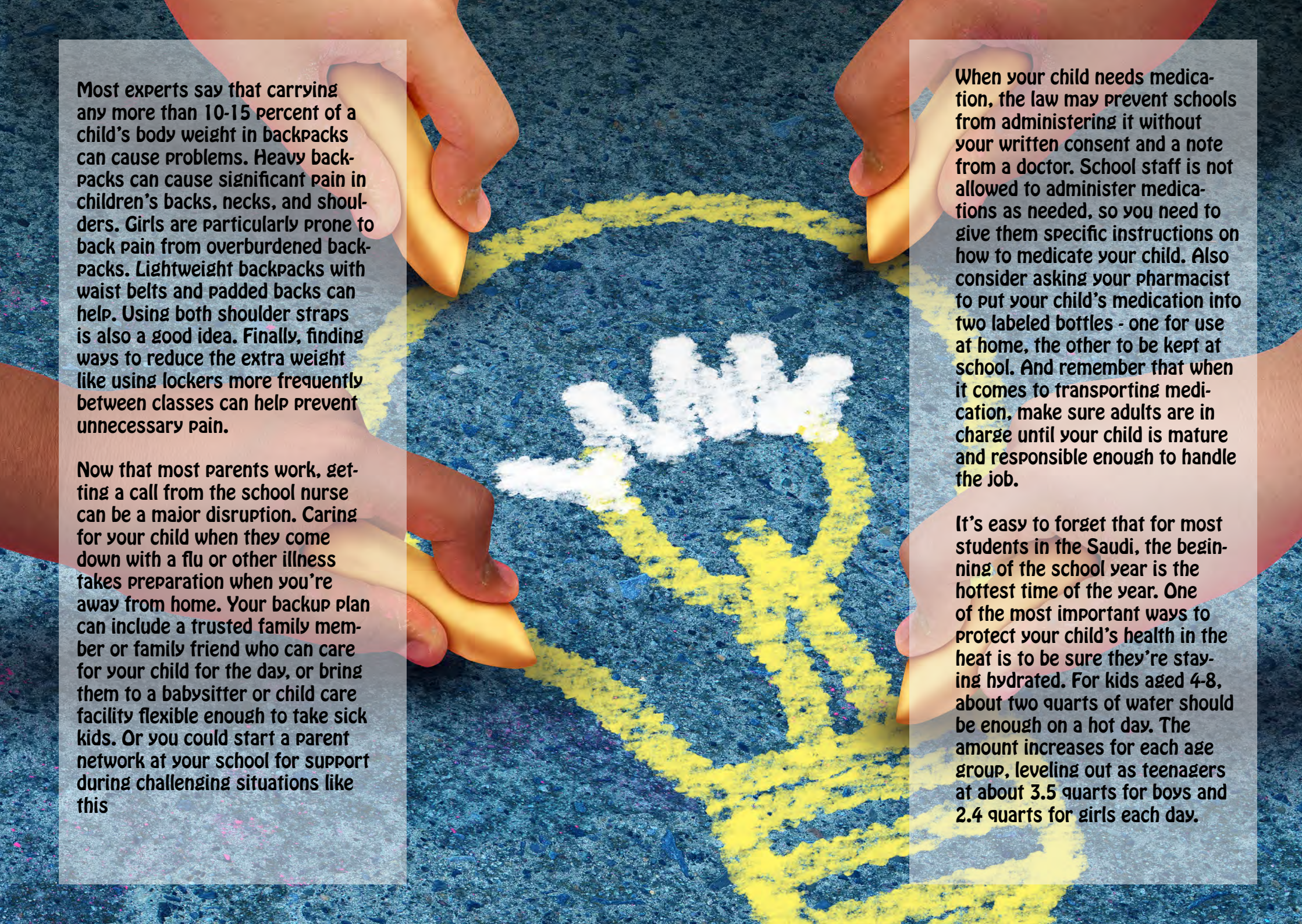
Every year, kids in school are at risk of contracting the flu virus, which interferes with learning and in certain cases can be deadly. To reduce the risk for your children and their classmates, make sure to get them immunized. Everyone above 6 months old should be vaccinated every year to control the spread of flu, according to the CDC. Ideally, get your family vaccinated before October, the start of the flu season.

Kids need at least an hour a day to exercise. Making sure they get enough exercise is a matter of balancing their priorities. For instance, setting limits on TV-watching, video game time, and similar low-energy activities can give kids the encouragement they need to pick up a ball or a jump rope or go out and explore their surroundings.

Doing so helps kids maintain a healthy weight, sleep better, and feel less stressed out.





A child's hands are shown drawing a smiley face on a blue textured surface, possibly a piece of paper or fabric. The hands are using yellow and white chalk. The smiley face is composed of two yellow dots for eyes and a yellow curved line for a mouth. The background is a blue textured surface.

Most experts say that carrying any more than 10-15 percent of a child's body weight in backpacks can cause problems. Heavy backpacks can cause significant pain in children's backs, necks, and shoulders. Girls are particularly prone to back pain from overburdened backpacks. Lightweight backpacks with waist belts and padded backs can help. Using both shoulder straps is also a good idea. Finally, finding ways to reduce the extra weight like using lockers more frequently between classes can help prevent unnecessary pain.

Now that most parents work, getting a call from the school nurse can be a major disruption. Caring for your child when they come down with a flu or other illness takes preparation when you're away from home. Your backup plan can include a trusted family member or family friend who can care for your child for the day, or bring them to a babysitter or child care facility flexible enough to take sick kids. Or you could start a parent network at your school for support during challenging situations like this

When your child needs medication, the law may prevent schools from administering it without your written consent and a note from a doctor. School staff is not allowed to administer medications as needed, so you need to give them specific instructions on how to medicate your child. Also consider asking your pharmacist to put your child's medication into two labeled bottles - one for use at home, the other to be kept at school. And remember that when it comes to transporting medication, make sure adults are in charge until your child is mature and responsible enough to handle the job.

It's easy to forget that for most students in the Saudi, the beginning of the school year is the hottest time of the year. One of the most important ways to protect your child's health in the heat is to be sure they're staying hydrated. For kids aged 4-8, about two quarts of water should be enough on a hot day. The amount increases for each age group, leveling out as teenagers at about 3.5 quarts for boys and 2.4 quarts for girls each day.



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## WAYS TO MAKE YOUR HOUSE

# Self-Cleaning

### 1. Use doormats

Think it's hard keeping the contents of your home dust-free? Imagine what it would be like dusting all of the cans in a grocery store or the goods in a shop! Commercial buildings use large, unavoidable floor mats at their entrances for that reason and so should you. Keep welcome mats on both sides of your home's exterior doors and shake or sweep them regularly to reduce up to 80% of the dust in your home.

### 2. Switch to HEPA air filters

Your home's heating, ventilation, and air conditioning (HVAC) system can be an excellent ally in cleaning your home if you use the right





filter. Cheap, disposable filters do nothing to catch pollen or fine dust motes, but an HEPA-grade filter will eliminate all of these plus pet dander and smoke particles. Change it regularly or buy a washable one and you'll be cleaning your home's air every time the system runs.

#### 4. Eat only at the table

If you have kids you know they make messes everywhere they go and, in fairness, some adults do, too. Arm them with something crumbly, sticky, or drippy, and you're just asking for trouble. Chocolate-covered fingerprints on the doorknob, anyone? Crushed Cheerios in the sofa cushions? Adopting a rule that all meals and snacks must be eaten at the table — maybe with an exception for popcorn on Family Movie Night — will reduce the number of messes you need to clean. It reduces the risk of household pests like cockroaches and mice, too!

#### 6. Wear dust-catching slippers (and no shoes in the house)

Hard floors make eliminating dust easier if you sweep or vacuum regularly. In between, you can reduce dirt and debris by adopting a rule banning shoes in the house. To keep your feet warm and comfy, put on some microfiber dusting slippers and keep a bucket of clean ones at the door for guests to wear, too. You'll pick up dust and pet hair with each step





and keep your floors looking good all the time. At the end of the day shake your slippers outside or toss them in the laundry hamper.

#### 7. Put your dishwasher to work scrubbing

Let your dishwasher do the work of cleaning bathroom vanity accessories, glass light fixtures, and other waterproof knickknacks. Just pop them in the top rack while you're running a load and make sure to turn off the heat for the drying cycle. Once the dishwasher's done, all you need to do is give them a quick swipe with a dry cloth

#### 10. Microwave your kitchen sponge daily

Sponges get nasty. Microwaves get nasty. A quick way to clean both is by washing your kitchen sponge with soap and water then popping it, dripping wet, into your microwave. Run the microwave on HIGH for 2 minutes then let the sponge sit and release steam. Once it's cool, grab a paper towel and wipe loosened grime from the microwave walls and return your disinfected sponge to its place.

#### 11. Use dryer sheets to dust

Next time you're doing the laundry don't throw away your used dryer sheet. Use it to dust, instead. Even after use, a dryer sheet has enough texture to grab and hold onto dust. It also has enough surfactants left on it to leave behind a light, invisible layer of dust-repelling stuff. Try using one on your home's baseboards, and they'll stay clean twice as long!

#### 13. Wipe up spills right away

Whether you splashed coffee on the counter while pouring your first cup or dripped foundation on the bathroom vanity while getting ready, don't leave the mess to sit. When treated early enough most spills can be cleaned with plain water but, if ignored, may require tougher cleaning solutions and more effort. By managing messes as they're made you'll keep your home looking clean even when you haven't actually cleaned it, and that's almost as good as having a self-cleaning house!





# Ways to Become a Better **DAD**

1. Be more active. If fathers don't start taking the initiative, they'll never be able to assume the childrearing responsibilities they really want and that their children deserve. Instead of letting your partner pluck your crying or smelly baby from your arms, try saying something like, "I think I can handle things" or "That's okay, I really need the practice."

There's also nothing wrong with asking her for advice: You both have insights that the other person could benefit from.

2. Get more practice. Don't assume that your partner magically knows more than you do.



Whatever she knows about raising kids, she learned by doing just like anything else. And the way you're going to get better is by doing it, too.

Don't be afraid to get help if you're uncertain or feel ill-prepared to be a father. Classes are available to help fathers learn the basics of caregiving.

Learning to be an active and involved father need not be restricted to the period just after your baby's born, either. There's no clear evidence that this is the critical time for men to learn fathering skills or to develop emotional ties with their children.

3. Take pride in the special way you are with your kids. Men and women have different ways of interacting with their children. Men tend to stress physical and high-energy activities; women, more social and emotional ones. But don't let anyone tell you that safely wrestling, bouncing on the bed, or other "guy things" are somehow not as important as the "girl things" your partner may do (or want you to do).

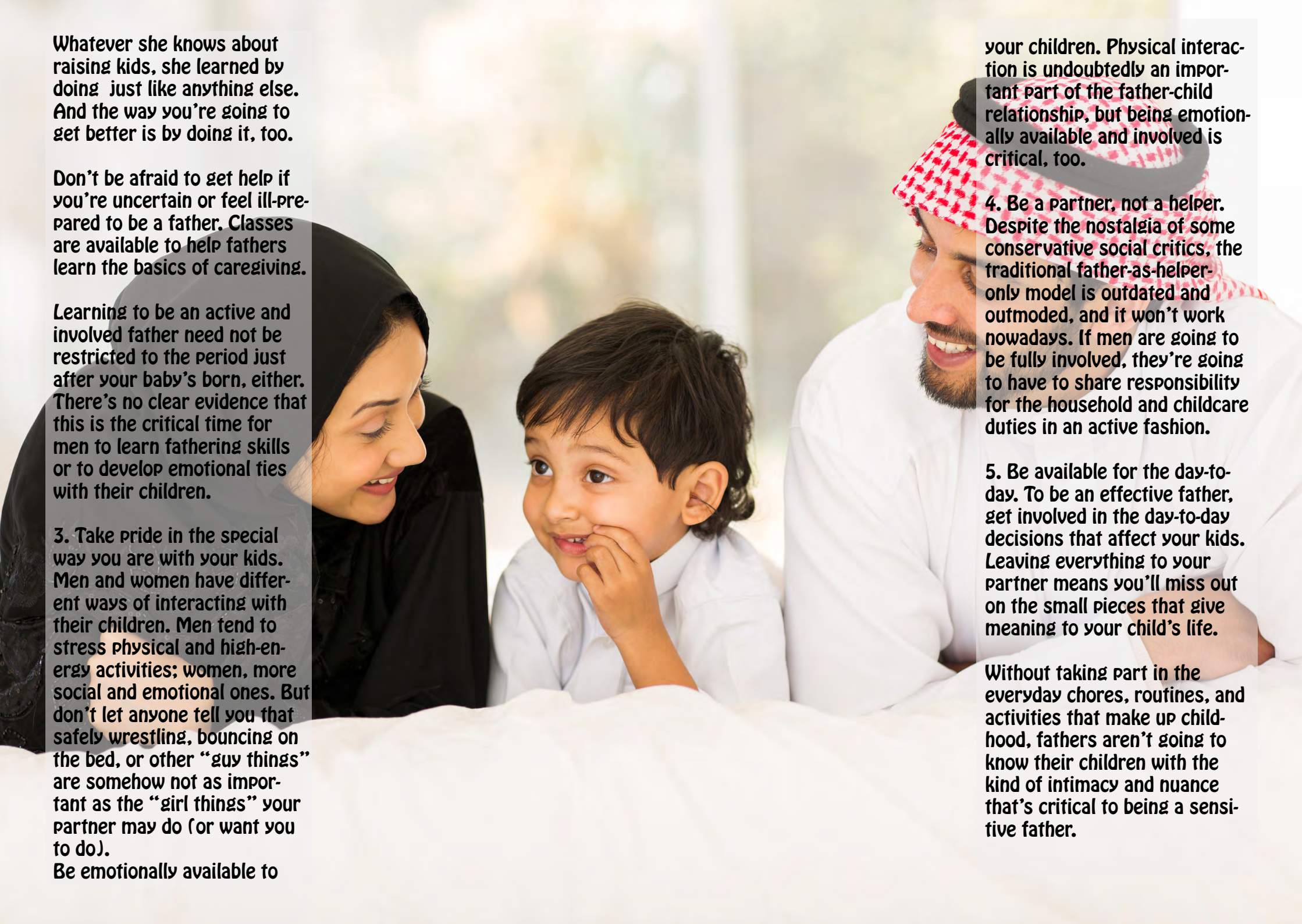
Be emotionally available to

your children. Physical interaction is undoubtedly an important part of the father-child relationship, but being emotionally available and involved is critical, too.

4. Be a partner, not a helper. Despite the nostalgia of some conservative social critics, the traditional father-as-helper-only model is outdated and outmoded, and it won't work nowadays. If men are going to be fully involved, they're going to have to share responsibility for the household and childcare duties in an active fashion.

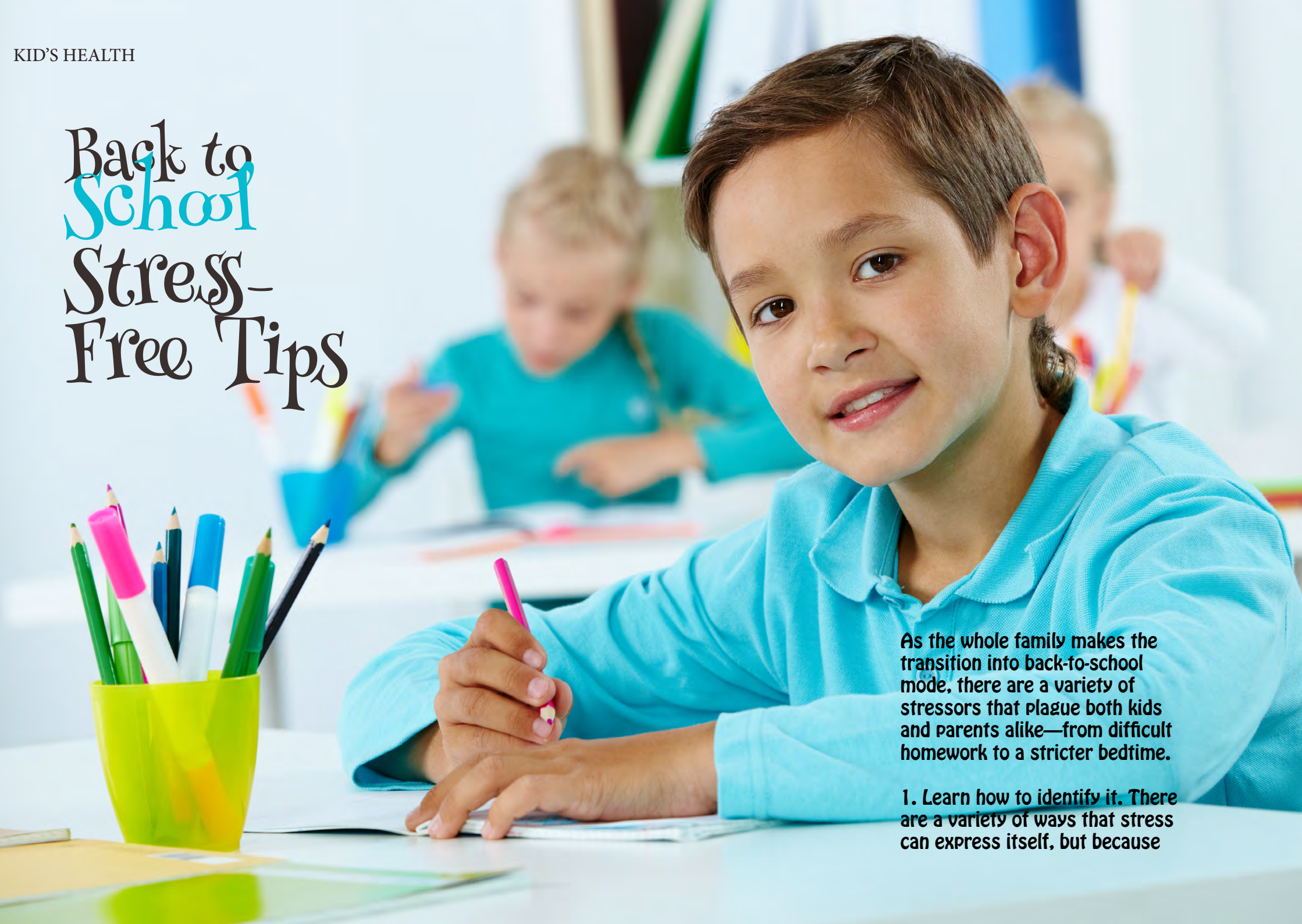
5. Be available for the day-to-day. To be an effective father, get involved in the day-to-day decisions that affect your kids. Leaving everything to your partner means you'll miss out on the small pieces that give meaning to your child's life.

Without taking part in the everyday chores, routines, and activities that make up childhood, fathers aren't going to know their children with the kind of intimacy and nuance that's critical to being a sensitive father.






# Back to School Stress- Free Tips



As the whole family makes the transition into back-to-school mode, there are a variety of stressors that plague both kids and parents alike—from difficult homework to a stricter bedtime.

1. Learn how to identify it. There are a variety of ways that stress can express itself, but because





it's often internalized, it can be hard to identify in kids. Look for red flags and common signals, such as difficulty sleeping, headaches, stomach aches, and changes in behavior (irritability and temper tantrums).

**2. Listen carefully to your child.** If your child is complaining about not wanting to go to school or having difficulty with their work, figure out the root of the problem. Is it a teacher issue? A bully? Are they over-scheduled? Parents can likely address most of these problems either at home or by contacting school administrators.

**3. Get the kids to bed.** Kids need more sleep than most people realize. While children up to third grade may require up to 12 hours per night, even high schoolers still need a solid eight to 10 hours, according to the National Sleep Foundation. Quickly address factors that may be resulting in sleep loss, such as managing a demanding schedule, feeling anxious, or using technology late at night.

**4. Plan ahead for the week.** Managing children can become a point of contention between couples, but by being pro-active, parents can prevent conflict





from arising during the week. Have long-term conversations (what goals do we want to set this year?) as well as short-term (how are we going to manage the morning routine?), and create a visual schedule on a white board to keep the whole family informed.

**5. Create a homework contract.** Parents are responsible for making sure kids have time and space to do their work, but they shouldn't be acting as a tutor, says Pope. A homework contract should outline when the child will do their work (after a snack or before basketball practice, for example) to ensure it gets done—but leaves the grading for the teacher.

**6. Make time for 'PDF'.** In this case, 'PDF' stands for playtime (which should be unstructured), downtime (sleep and transition periods), and family time (such as family dinners). While technology can occasionally be a part of PDF, the idea is that these are moments when the family is not plugged in.



# Exercise and the brain

We don't just lose muscle over time — our brains can atrophy, too. More specifically, your brain's cognitive reserve — its ability to withstand neurological damage due to aging and other factors without showing visible signs of slowing or memory loss — diminishes through the years. That can make it more difficult to perform mental tasks. But just as weight workouts add lean muscle to your body and help you retain more muscle in your later years, researchers now believe that following a brain-healthy lifestyle and performing regular, targeted brain exercises can also increase your brain's cognitive reserve

On top of a healthy diet and regular exercise, there are ways to give your brain its own work-





out routine — without emptying your wallet. Although brain training software is everywhere these days, it has yet to show any significant neurological benefits for older adults. In a 2014 review published in *PLOS Medicine*, Australian researchers looked at 52 different studies on computerized cognitive training on a total 4,885 participants and found that the games are not particularly effective in improving brain performance.

Experts recommend sticking to brain training that involves real-world activities. Exercises to strengthen brain function should offer novelty and challenge

Exercise helps memory and thinking through both direct and indirect means. The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of

new brain cells.

Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.

Many studies have suggested that the parts of the brain that control thinking and memory (the prefrontal cortex and medial temporal cortex) have greater volume in people who exercise versus people who don't. "Even more exciting is the finding that engaging in a program of regular exercise of moderate intensity over six months or a year is associated with an increase in the volume of selected brain regions," says Dr. Scott McGinnis, a neurologist at Brigham and Women's Hospital and an instructor in neurology at Harvard Medical School.





# Easy Ways To *CLEAN UP* Your Diet

## 1. PLAN AHEAD

**Make sure you have fruit available for quick snacks and plenty of vegetables, lean meat and pantry items such as rice and pasta so you can always make a nutritious meal. Start thinking of your evening meal early in the day so you don't end up ordering take away when you are starving at dinner.**





## 2.VARIETY

The key to good nutrition is variety. Aim for 30 different foods each day, making sure you get colour in your diet from eating fruits and vegetables. This will give you more vitamins and protective antioxidants.

## 3.GRAINS and FIBRE

Grains and Legumes have been found to help control weight. Use oats, grainy bread, barley and legumes like baked beans, chickpeas, lentils and kidney beans. These are all low Glycaemic Index too!

## 4.CONSIDER FAT & TYPE OF FAT

Cut the total fat in your diet by using smart snack foods like fruit toast and low-fat yoghurt. Importantly, always read labels to look for lower fat options. Change the type of fat you eat to keep high cholesterol at bay. Use a heart tick margarine or avocado as a spread instead of butter to reduce the amount of saturated fat you are eating. Eat fish like salmon, tuna or sardines twice a week to help get protective omega-3 fats.

## 5.GAINING WEIGHT?

Extra energy often comes in disguise. Watch out for super-sized drinks and 'treat foods' that have become 'everyday foods'. Take action when weight creeps on rather than leaving it to another day.

## 6.STRONG BONES FOR LIFE

Include foods rich in calcium. Aim for a variety of fat reduced milk, yoghurt and cheese, as well as calcium enriched soy alternatives. A glass of milk, a tub of yoghurt and two slices of cheese should meet your needs.

## 7.FEELING TIRED?

Iron rich foods are important! Use fruit with breakfast cereal to increase the amount of iron that can be used by the body. Choose lean cuts of meat and aim to have 2-3 red meat meals a week. Vegetarians need to take care to get iron from plant sources – again using a source of Vitamin C can help maximise iron absorbed from these foods.



# ESSENTIAL TIPS TO HELP YOU PREPARE FOR HAJJ

As many Muslims around the world gear up to embark upon the annual Islamic pilgrimage to the holy city of Makkah, the most important step for them would be to get vaccinated. “Ideally, the vaccines should be taken four to six weeks prior to travelling or at least 10 days prior to the date of travel

1. Seek immediate medical care if you develop fever and severe cough symptoms during the two weeks after you return from Haj.



**2. After Haj, ensure taking enough rest and drinking plenty of fluids.**

**3. A hygiene tip to follow during Haj: Remember to avoid touching your eyes, nose and mouth with unwashed hands.**

**4. To prevent diseases or health problems during Haj, always cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue in the trash.**

**5. To prevent diseases or health problems during Haj, wash your hands with soap and water especially after coughing, sneezing using toilets and before and after handling and preparation of food.**

**6. Make sure to obtain a stamped vaccination certificate (card) after taking the required vaccines.**

**7. People with a weak immune system, chronic conditions and above 65 years are advised to take pneumococcal vaccine.**

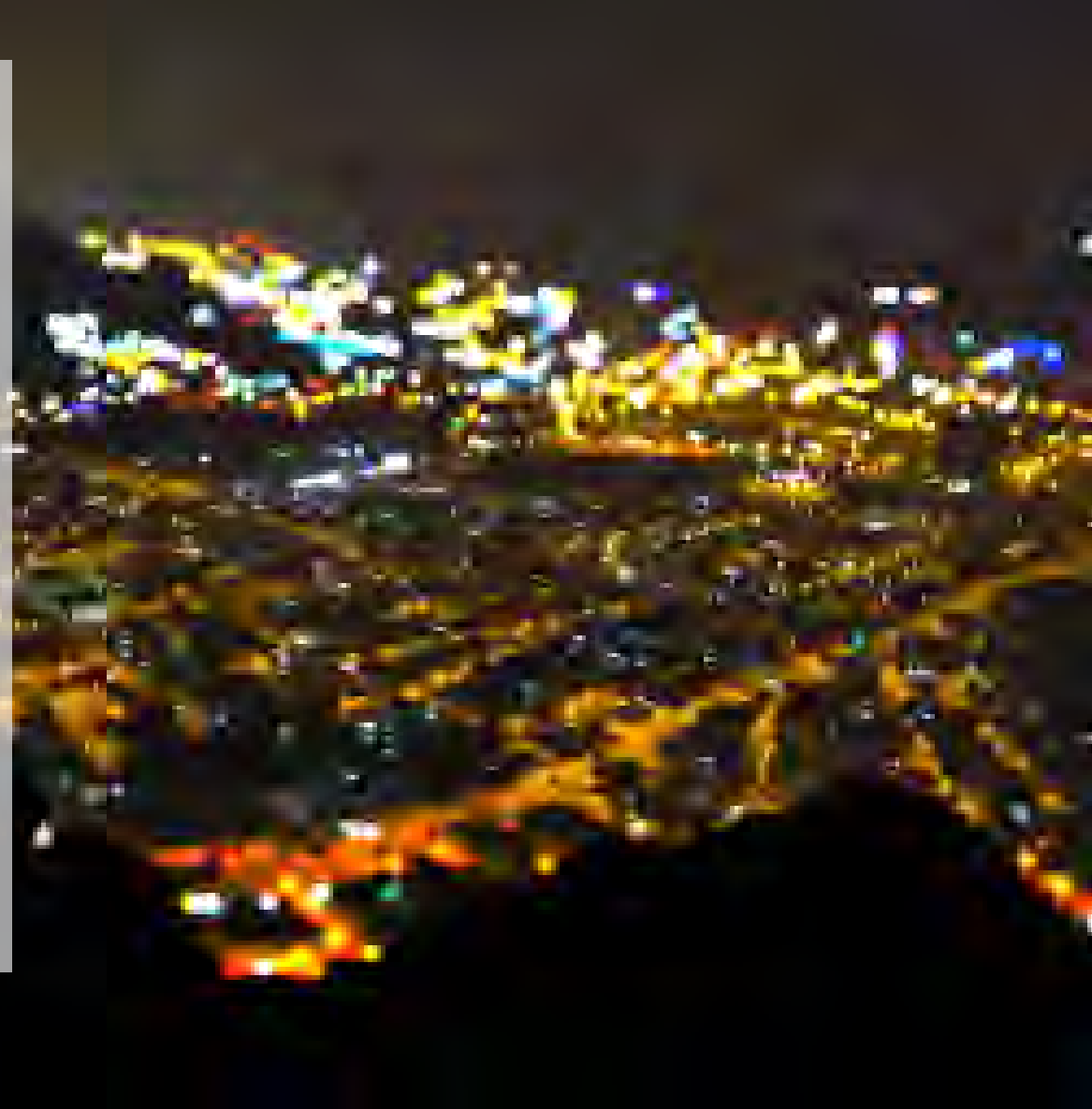
**8. Recommended vaccines for**

**Haj travellers include Meningococcal, seasonal influenza and pneumococcal for high risk group.**

**9. Take the required Haj vaccines two weeks prior to your travelling date to ensure its effectiveness in providing immunity and allow for the maximum protection against diseases.**

**10. Before Haj, take any required medicines and prepare a first aid kit that includes sterile gauze pads, adhesive tape and antiseptic wipes.**

**11. Visit the doctor one month before travelling to review your health status and assess potential risks posed making the pilgrimage journey.**





## 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
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### WESTERN REGION

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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
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Al Mowasat Hospital	01-14450197
Saudi German Hospital	01-14873267

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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
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Al Qatif Central hospital	01-38360864
Al Saddig Hospital	01-38500156
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Saad Specialized Hospital	01-38823069



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Jeddah Altahleah Street - Ibn Hamran Trade Center	01-26699999
RIMAS CLINIC	01-26517828
Al Hamra Clinics	01-26651487
Al Hanan Clinic	01-26317720
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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
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Hamra Clinics	01-26631733
Dr. Mohammed Qazzaz Dermatology	01-26610712
	01-26677889

## CENTRAL REGION

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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
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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 Nojoum 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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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