

# OBGYN

Issue N° 12 Spring Newsletter 2014



Our lives are dedicated to yours

## WOMEN'S HEALTH CENTER AT AUBMC BRINGS NEW MOTHERS AND MOTHERS-TO-BE TOGETHER TO SHARE EXPERIENCES

To enhance patient and community education and to inform mothers-to-be and their spouses about prenatal, antenatal, intrapartum and postpartum care, the Women's Health Center at the American University of Beirut Medical Center (AUBMC) held the first in a series of workshops titled "My Path to Motherhood," at the Phoenicia Hotel in Beirut with 140 attendees sharing experiences and contributing to the interactive sessions. Chairman of the Department of OBS/GYN at AUBMC, Dr. Anwar Nassar, welcomed the participants before the launching of the workshop, organized on the occasion of International Women's Day (March 8th). Experts from across the diverse branches of the AUBMC family including Departments of OBS/GYN, Nutrition, Anesthesiology, Psychiatry and the Hariri School of Nursing gave lectures on topics including preconceptional counseling, nutrition during pregnancy, intrapartum expectations, epidural anesthesia, postpartum care, breastfeeding, postpartum blues and depression and birth control options.

The newly renovated Dr. Khaled Idriss Delivery Suite is the highlight of this issue. In addition, a variety of news are featured in this issue including a section about the most recent addition to our family, Dr. Elie Hobeika and a special tribute to Dr. George Saade, an AUB alumnus, for an incredible achievement. In addition, the "Did you know?" section presents a collection of intriguing facts about AUB. Enjoy.

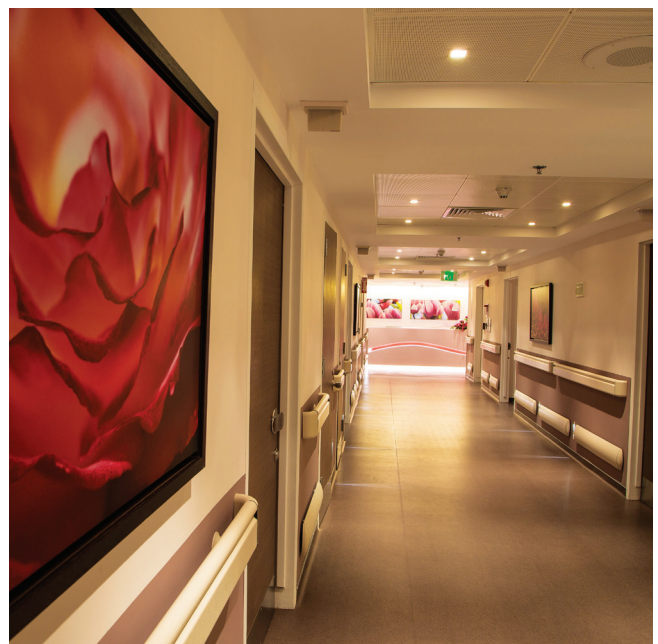
Sincerely,  
**Anwar Nassar, MD**  
*Editor-in-Chief*



## THE LEGACY CONTINUES ... MORE ELEGANT AND MODERN THAN EVER!

December 18, 2013 was a day to remember at AUBMC. The day witnessed the inauguration of the newly-renovated Dr. Khaled Idriss Delivery Suite. Through the continued generous support of the Idriss family, the Delivery Suite underwent a thorough face-lift. This major renovation introduced extraordinary style and warmth to the unit, and has already been well received by almost all prospective parents who have entrusted AUBMC with the birth of their precious ones. Additionally, the new unit features two labor, delivery, and recovery (LDR) rooms. This approach, which allows parturients to labor, deliver, and recover in the same room, has been a cornerstone of modern obstetrics. The gathering included President Peter Dorman, Deputy VP/Dean, Dr. Ziad Ghazzal, representing Dean Mohamed Sayegh, AUBMC director, Dr. Adnan Tahir, Chief of Staff, Dr. Hassan El Solh, Associate Dean for Faculty Affairs, Dr. Ghazi Zaatari, Idriss family, AUBMC faculty, Department of OBS/GYN and friends.

The Department of OBS/GYN has touched the lives of thousands of pregnant women over the years. Through the new state-of-the-art Dr. Khaled Idriss Delivery Suite, we strive to continue this legacy in a more elegant and modern way than ever before!



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## CHRISTMAS DINNER

The Department of OBS/GYN made sure that everyone had a Merry Christmas by hosting its third Annual Christmas Dinner. Again this year, the invitation was open to all staff across all the Department's units. A total of 165 physicians, nurses, technicians, administrators, assistants and clerks attended the event which was held at the "Le Maillon Club." Invitees enjoyed an exquisite dinner with a diverse live music show which included Christmas carols, international and oriental songs and dancers! Because Christmas is a time to remember the less fortunate, \$1810 was raised from the sale of tombola tickets to support the HER Fund, a charitable fundraising initiative at AUBMC that helps cover the medical expenses of needy women who suffer from critical and life threatening obstetrical and gynecological conditions.



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## DR. GEORGE SAADE ... A SHINING STAR



Dr. George R. Saade, a graduate of the Department of OBS/GYN at AUBMC in 1987, has been recently appointed to the National Advisory Child Health and Human Development Council of the National Institutes of Health. Of the 18-member council, Dr. Saade is one of 12 individuals selected from the leading representatives of the health and scientific disciplines in USA relevant to maternal and child health. In this role, Dr. Saade will work with other council members to advise and consult with the director of the National Institute of Child Health and Human Development on research, support activities and functions of the institute. Dr. Saade, Jennie Sealy Smith Distinguished Chair in the University of Texas Medical Branch Department of OBS/GYN, is considered one of the world's leading experts in Maternal Fetal Medicine. His basic science research focuses on fetal-maternal physiology and developmental programming which has culminated in more than 300 articles published in peer-reviewed journals. He is also involved in a number of multicenter trials addressing various complications of pregnancy, including hypertension, preterm birth and intrapartum hypoxia, and has been voted as Best Doctor and selected to Super Doctors several years in a row.

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## WELCOME DR. ELIE HOBEIKA



Dr. Elie Hobeika received his MD degree from the Lebanese University in 2002 followed by three years of residency training in OBS/GYN at AUBMC (2002-2005), followed by a four-year residency at Eastern Virginia Medical School (2005-2009). During his residency, Dr. Hobeika acquired skills in minimally invasive surgery, robotics, pelvic reconstructive surgery and urogynecology. Dr. Hobeika was appointed as an attending physician at the Department of OBS/GYN at Sutter Coast Hospital (2009-2014) where he served as Medical Director after going through multiple leadership labs, and safety trainings.

Dr. Hobeika is a Diplomate of the American Board of OBS/GYN and a fellow of the ACOG. He is also a member of several professional societies, including American Association of Gynecologic Laparoscopists, American Institute of Ultrasound in Medicine and Society of Laparoendoscopic Surgeons. In addition to his clinical duties which will be primarily in affiliated Keserwan Medical Center, he will be involved in research and the education of medical students and residents. Please join us in welcoming Dr. Hobeika to our Department.

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## DR. JOELLE AOUN

After graduating from AUB, Dr. Joelle Aoun pursued a one year residency in the Department of OBS/GYN in 2009-2010 at AUBMC and is currently a fourth year resident at Riverside OBS/GYN residency program, Newport News, VA. This month she was featured in Reuters Health for a study that she published in the green Journal (Obstetrics Gynecology), a journal with the second highest impact factor in the OBS/GYN discipline. Her study showed that intrauterine devices, used for contraception, are as effective for adolescents as they are for women in their 20s and early 30s, and complication rates are similarly low. We are proud of you Joelle.

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## PUBLICATIONS

- Awwad J, Ghazeeri G, Nassar AH, Bazi T, Fakh A, Fares F, Seoud M. Intimate Partner Violence in a Lebanese Population Attending Gynecologic Care: A Cultural Perspective. *J Interpers Viol* 2014 [In press].

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## ACADEMIC NEWS

- Dr. Abdallah Adra was an invited speaker in the 6th advanced Ian Donald Ultrasound course in OBS/GYN, from December 6-8, 2013 held in Athens, Greece. He gave two presentations entitled "Value of antenatal diagnosis in placenta accreta" & "Soft markers of fetal aneuploidy in the 2nd trimester."
- Dr. Adra was also an invited speaker at the International Annual Meeting of LSOG, held on November 15-17, 2013, where he delivered a lecture entitled "Preventing the first cesarean delivery". In addition, he was the course director of a pre-congress CME accredited course entitled "Hot Topics in Day-to-Day Obstetrics." Dr. Adra was also an invited faculty to the Hemostasis Rounds, a multidisciplinary activity organized by the CME office at AUBMC, on challenges in the diagnosis and management of bleeding emergencies.
- Dr. Anwar Nassar was an invited speaker at the 5th Annual Pediatrics Update Symposium held in Issam Fares Lecture Hall on February 28-March 1, 2014 where he delivered with Dr. Rose Marie Boustany a lecture entitled "Trisomy 21 Trilogy: Before and After Birth and All Life Long."
- Dr. Johnny Awwad was invited to join the faculty of the Harvard Macy Institute in Boston for a three-week seminar: "Program for Educators in the Health Professions" in January and May 2014. Dr. Awwad has directed a pre-congress course at the "European Society of Human Reproduction and Embryology" ESHRE 2013 in London: "Optimizing IVF Outcome"; during which he presented on three topics. He has also been invited to chair and coordinate a pre-congress course at the "European Society of Human Reproduction and Embryology" ESHRE 2014 in Munich: "Fertility preservation in women: Facts and dilemmas", during which he will be presenting a lecture. In addition, Dr. Awwad has been invited to chair and coordinate a post-graduate course at the "American Society for Reproductive Medicine" ASRM 2014 in Honolulu, Hawaii; during which he will be presenting on three topics.
- Dr. Fadi Mirza was an invited speaker at the OBS-GYNE annual congress held in Dubai on March 30<sup>th</sup>, 2014. He was also an invited speaker at the First International Conference of the Kurdistan-Iraq Society of Obstetricians and Gynecologists held in Erbil on April 1<sup>st</sup>, 2014.
- Dr. Faysal El-Kak was invited to serve in WHO's Expert Working Group to revise Medical Eligibility Criteria for contraceptive use. The first meeting was held in Montreux, Switzerland on March 9-12, 2014.

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## CONGRATULATIONS

- Dr. Johnny Awwad has been re-elected for the Presidency of the "Middle-East Fertility Society" MEFS for another term of two years: 2013-2015.



## SPECIAL THANKS

Special thanks to you and your team for the professionalism and devotion that you displayed during the renovation of Dr. Khaled Idriss Delivery Suite. We really appreciate your daily supervision, continuous support and hard work. *Thank you.*



Mr. Ali Saadeh  
Engineer Project Manager -  
Medicine Projects Planning Unit

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## WOMEN'S HEALTH CENTER – FOURTH CLINICAL SEMINAR

The fourth clinical seminar of the WHC "Vaccination protocols across adolescent, maternal and reproductive health: What every OBS/GYN should know?" was held on February 13, 2014 in collaboration with LSOG. Dr. Anwar Nassar emphasized on the growing importance of having a vaccination protocol in women's health care settings, and that WHC is adopting a full range vaccination agenda for women of all ages. Three presentations were given: Dr. Ali Khalil updated the audience about HPV vaccination for the prevention of cervical cancer, Dr. Ihab Usta highlighted the latest recommendations of Tdap (Tetanus, Diphtheria and Pertussis) and Flu vaccination during pregnancy, and Dr. Elie Hobeika reviewed the latest CDC recommended immunization protocol for adult women.

The seminar was then followed by a discussion and a cocktail.

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## TAHADDI CLINIC

Located in the Sabra and Shatila refugee camp, one of the most underprivileged areas of the city of Beirut, is the Tahaddi clinic. Tahaddi clinic was initially established to provide general medical services for those in need, especially pediatric care. However, with the Syrian conflict, many of the female refugees sought medical care at the clinic. And thus as of this academic year 2013-2014, OBS/GYN residents started their weekly visits to the clinic. Services provided include prenatal and general gynecology care. Tahaddi is a great opportunity for the OBS/GYN residents to get more involved in volunteer work and to help those who are less fortunate.

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## MEET THE ALUMNI

\* Dr. Alfred Abuhamad received the MD degree from AUB and did his residency training in OBS/GYN at the University of Miami (UM). He pursued a fellowship in Maternal-Fetal Medicine (MFM) at UM and another in Ultrasound and Prenatal Diagnosis at Yale University. Dr. Abuhamad currently serves as Professor and Chairman of the Department of OBS/GYN and Vice Dean for Clinical Affairs at Eastern Virginia Medical School in Norfolk, Virginia. He is the current Chair of the National Patient Safety Council in Women's Health Care, serves on the Board of the Society of Ultrasound in Medical Education, and on the Executive Committees of the International Society of Ultrasound in OBS/GYN and the Society of MFM. He is the immediate past-President of the American Institute of Ultrasound in Medicine and the National Perinatal Quality Forum. He holds three patents and has published more than 100 peer reviewed manuscripts, received numerous national awards and has authored three textbooks in fetal echocardiography and office procedures. He established the International Society of Ultrasound in OBS/GYN Outreach Committee and led several ultrasound training missions to the developing world. Dr. Abuhamad is well known internationally for his work in ultrasound, prenatal diagnosis, global outreach and patient safety.

\* Dr. Amin Jurdi received the MD degree from AUB in 2005. He then completed his OBS/GYN residency at AUBMC in 2009. After graduation, he did a two-year fellowship in Reproductive Endocrinology and Infertility at the University of Glasgow, UK. He returned back to Lebanon in 2012 and started his career at Bellevue Medical Center and Eve Fertility Center. In 2013, he was appointed as the Chairperson of the Department of OBS/GYN at Ain Wazein Hospital, where he is in the process of establishing a Reproductive Medicine Unit. Dr. Jurdi also dedicates some of his time to teaching courses at the Lebanese University and at Westwood school that was established back in 1986 by his late father and he is also on the board of trustees. Dr. Jurdi has always enjoyed travelling. His real passion is history and studying different cultures of countries he visits whenever he finds free time.

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## IN THE SPOTLIGHT: DR. FAYSAL EL-KAK

**Q: When did you join the department of OBS/GYN?**

A: On April 1, 2013.

**Q: What is your title?**

A: Clinical Associate.

**Q: What are your main duties?**

A: There are several ambitious ideas that basically aim at shaping Women's Health as a comprehensive integrated practice discipline. Hence, I am involved in the integration and expansion of clinical services at the Women's Health Center, organization of clinical seminars and public outreach activities, and in research based on registry, utilization, and prevention.

**Q: Prior to joining this Department, what were you doing?**

A: Private clinical practice at Trad Hospital, and coordinator of OBS/GYN services at Bekaa Hospital. I am also a senior lecturer in the Faculty of Health Sciences at AUB since 1997.

**Q: If you were not doing this job, what would have you chosen to do?**

A: A profession that addresses human development and resources within a framework of human rights and social justice, with a political charge.

**Q: What is most enjoyable about your job?**

A: Contributing to the cause of equity, rights, and justice in women's health delivery of care.

**Q: What do you find most challenging about your job?**

A: Understanding and challenging the context in which women perceive and express their illness and concerns.

**Q: If you could go anywhere in the world, where would you choose to go and why?**

A: I have travelled much to find charm in every place, but I love where I am now. But, if need be, I might choose New York, it is the whole world and what is in it in one place.

**Q: What do you enjoy doing during your free time?**

A: I watch lots of movies and enjoy books. Besides practicing sports (mainly boxing), I also do some voluntary community and agricultural work in my village. I spend quality time on father-son bonding and activities, and of course not forgetting social media networking.

**Q: What is something that most people don't know about you?**

A: I'm a spiritual and aloof person, enjoying my own privacy. I write poetry too.

**Q: What is your point of weakness?**

A: I am sensitive and goodhearted, and I rarely say "No."

**Q: Who is your favorite artist?**

A: Ziad Rahbani, and I like Robert De Nero.

**Q: What is your favorite song these days?**

A: Ain't Go No, I Got Life by Nina Simone, and couple of Fairuz and Oum Kalthoum classics.

**Q: What is the movie or book you recently enjoyed watching or reading?**

A: Antifragile by Nassim Taleb and Power Systems by Noam Chomsky. I most recently watched The Dallas Buyers Club.



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## Did you know?

- AUB is ranked as the number one university in Lebanon and among the top 250 universities in the world.
- AUB is also ranked as the first American university located outside of the U.S.A.
- AUB campus is composed of 64 buildings, including AUBMC (385 beds), five libraries, three museums and seven dormitories.
- The Syrian Protestant College, which was renamed AUB in 1920, opened with a class of 16 students on December 3, 1866.
- AUB graduates reside in approximately 100 countries worldwide.
- 19 AUB alumni were delegates to the signing of the United Nations Charter in 1945 – more than any other university in the world.
- The archaeological museum of AUB is the third oldest museum in the Near East with displays covering all periods of history.
- AUBMC is the first healthcare institution in the Middle East and the third in the world outside the U.S.A. to receive Magnet Recognition Program.

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### Departmental Leadership

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OB/GYN Wire is published quarterly by the  
Department of Obstetrics and Gynecology at AUBMC.



**HAPPY MOTHERS DAY  
FROM THE DEPARTMENT  
OF OBS/GYN**