


# OBGYN



Issue N° 14

Fall Newsletter 2014

Our lives are dedicated to yours



**MRCOG FINAL PREPARATION:  
PART 1 PREPARATORY COURSE**  
at the American University of Beirut Medical Center  
**8 November – 11 November 2014**

## AUBMC: A NEW RCOG PART 1 MRCOG EXAMINATION CENTER



As part of our 2020 vision of being the leaders in the field, the Department of OBS/GYN at AUBMC is proud to announce a new collaboration with the Royal College of Obstetricians and Gynaecologists (RCOG). Drs. Nassar, Abu-Musa, El Kak and Ghulmiyyah visited the RCOG premises in London in May 2014 and discussed in depth a potential alliance between the Department and the RCOG at different levels. This partnership has yielded so far a sustainable, long-term commitment to set AUBMC as an examination center for the MRCOG Part 1 in the MENA region. For that purpose, the RCOG has prepared a three stage program to support candidates who are sitting for the exam and senior doctors teaching, training and coaching prospective candidates to achieve membership of the RCOG. The exam, scheduled for March 2015, will be preceded by two courses. The 4-day preparatory course will take place at AUB between November 8 and 11, 2014. This course is an introduction to the Part 1 MRCOG. Experienced lecturers from the UK will deliver a comprehensive program of talks tailored to address the exam syllabus. There is coverage of typical exam questions with daily practice papers in addition to a general advice about preparing for and taking the exam. Exceptionally this year, the expenses of both courses will be covered by the Department for local candidates. A 'Training the Trainers' workshop for 10 AUBMC faculty on how to organize a RCOG Part 1 MRCOG Revision Course will precede the course.\*

The highlight of this issue is the birth of a new partnership between the Department of OBS/GYN and the Royal College of Obstetricians and Gynaecologists, a materialization of our efforts to improve women's health in Lebanon and the region. A comprehensive agreement for collaboration has been signed. The "Did you know?" section presents some intriguing facts about food. Enjoy.

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

\* For more details: <http://www.rcog.org.uk/events/mrcog-final-preparation-part-1-preparatory-course-0> <http://staff.aub.edu.lb/~webobs/>

## WELCOME DR. DINA CHAMSY



Dr. Dina Chamsy joined AUBMC as an Assistant Professor of Clinical OBS/GYN on September 1, 2014. She received her M.D. degree from AUB in 2007. After one year of residency in OBS/GYN at AUBMC, she completed a 4-year residency training at Parkland Memorial Hospital of the University of Texas Southwestern Medical Center in Dallas (2008-2012). This was followed by a two-year fellowship in Minimally Invasive Gynecologic Surgery at the University of Pittsburgh. During her fellowship training, she acquired skills to perform a multitude of laparoscopic gynecologic procedures including complex hysterectomies, myomectomies, prolapse repair and advanced endometriosis excisional procedures. She also obtained a certificate in clinical research at the University of Pittsburgh and published several research papers in renowned scientific journals. Dr. Chamsy is a member of several professional societies including the American College of Obstetrics and Gynecology (ACOG) and the American Association of Gynecologic Laparoscopists (AAGL). In addition to her clinical duties, she will be involved in research and education of residents and medical students. Please join us in welcoming Dr. Chamsy to our Department.

## FROM THE ANIMAL KINGDOM



*Turritopsis dohrnii*, the "immortal" jellyfish, is a species of small jellyfish which is found in the Mediterranean Sea and in the waters of Japan. Unlike most jellyfish species that have a relatively fixed life span that varies from hours to months, this jellyfish - which is still susceptible to predators - is extremely good at regenerating cells. The transformation potential allows the jellyfish to bypass death, rendering *Turritopsis dohrnii* potentially biologically immortal, a phenomenon that is unparalleled in the animal kingdom. This has inspired scientists who are currently studying it in hopes to apply these amazing qualities to human life for renewing damaged or dead tissue.



## MEET THE ALUMNI

\* Dr. Joelle Aoun received her M.D. from AUB in 2009 followed by a one-year residency in OBS/GYN at AUBMC and a four-year residency at Riverside Health System, VA. During her residency, Dr. Aoun served as the administrative chief resident and was honored five awards that included the "Best Teacher Award," the "William Andrews Research Award" presented by ACOG in recognition of an outstanding presentation of original research, and the "AAGL Award" in recognition of her special skills in Minimally Invasive Gynecologic Surgery (MIGS) as a resident. Dr. Aoun was featured in Reuters Health in February 2014 for her publication in the Green Journal that was selected by the American Board of OBS/GYN as a must read for the maintenance of Board Certification. She became board certified in July 2014. Dr. Aoun is currently completing a two-year fellowship in MIGS at Henry Ford, MI, where she is receiving advanced training in laparoscopic, robotic, hysteroscopic and vaginal surgeries and is involved in developing a curriculum and organizing workshops in laparoscopic and robotic surgery for the residents.

\* Dr. Ibrahim Hammad received his M.D. from Nicolae Testemitanu University, Republic of Moldova in 2005. He then completed a four-year residency training in OBS/GYN at AUBMC in 2011 following which he assumed a research fellow position at Eastern Virginia Medical School (EVMS), Norfolk, VA. This gave him the opportunity to work with mentors like Dr. Abuhamad and Dr. Chauhan on previously collected data by the Maternal Fetal Medicine Units network and to publish in AJOG, BJOG and AJP. Because of this experience, he was able to procure an OBS/GYN residency position at EVMS where he is currently a third year resident and is still heavily involved in research. Dr. Hammad is planning to apply for a fellowship in MFM in 2015. Outside medicine, Dr. Hammad enjoys hiking and cycling.

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## ACADEMIC NEWS

- Dr. Johnny Awwad was invited to deliver two grand rounds at the Massachusetts General Hospital in Boston during May 2014. He was also offered a Physician Consultant appointment at the same institution.
- Dr. Faysal El Kak was invited by the UNICEF and the MOH in UAE to conduct a training workshop on the prevention of maternal to child transmission of HIV on June 21 - 23, 2014. After the workshop, he received an honorary shield of the MOH. On June 24, 2014, Dr. El Kak presented a seminar on preconception and antenatal supplementation of folic acid and long-chain polyunsaturated fatty acids and their impact on maternal and neonatal outcomes in Amman, Jordan. Finally, on July 4-7, 2014, and on behalf of Lebanon and the Arab countries, he attended the executive board meeting of the FIGO and presented on women's health under crisis in the Middle East.
- Dr. Fadi Mirza was an invited speaker at the 14<sup>eme</sup> Symposium des Gynécologues Francophones held on September 18-20, 2014 at the Monroe Hotel, Beirut. He was also an invited speaker to the LSOG seminar held on September 19, 2014 at the Phoenicia Hotel, Beirut.
- Dr. Muhieddine Seoud was appointed by the Department as the representative of AUBMC in the Arab Board of Obstetrics and Gynecology. In that capacity, he attended the annual meeting of the scientific cabinet of the Arab Board in Amman, Jordan on September 17, 2014.

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## PUBLICATIONS

- Schuit E, Stock S, Rode L, Rouse D, Lim A, Norman J, Nassar A, Serra V, Combs C, Vayssiere C, Aboulghar M, Wood S, Cetingöz E, Briery C, Fonseca E, Worda K, Tabor A, Thom E, Caritis S, Awwad J, Usta I, et al; a Global Obstetrics Network (GONet) collaboration. Effectiveness of progestogens to improve perinatal outcome in twin pregnancies: an individual participant data meta-analysis. BJOG Aug 22, 2014 [ahead of print].
- Awwad J, Usta I, Ghazeeri G, Yacoub N, Succar J, Hayek S, Saasouh W, Nassar A. A randomised controlled double-blind clinical trial of 17-hydroxyprogesterone caproate for the prevention of preterm birth in twin gestation (PROGESTWIN): evidence for reduced neonatal morbidity. BJOG Aug 27, 2014 [ahead of print].
- Nguyen NM, Zhang L, Reddy R, Déry C, Arseneau J, Cheung A, Surti U, Hoffner L, Seoud M, Zaatari G, et al. Comprehensive genotype-phenotype correlations between NLRP7 mutations and the balance between embryonic tissue differentiation and trophoblastic proliferation. J Med Genet 2014; 51:623-34.
- Jabbour MN, Seoud M, Al-Ahmadie H, Abdul-Karim FW, Zaatari GS. ASPL-TFE3 translocation in vulvovaginal alveolar soft part sarcoma. Int J Gynecol Pathol 2014; 33:263-7.
- Ghandour LA, Mouhanna F, Yasmine R, El Kak F. Factors associated with alcohol and/or drug use at sexual debut among sexually active university students: cross-sectional findings from Lebanon. BMC Public Health 2014; 14:671.
- Al Ahmar E, Tarraf S. Assessment of the socio-demographic factors associated with the satisfaction related to the childbirth experience. Open J Obstet Gynecol 2014; 4:585-611.



## CONGRATULATIONS

- Dr. Rabih Chahine, a clinical associate at our Department, was lately appointed as the Chairman of the Department of OBS/GYN at RHUH.



- Dr. Stephanie Fellas (PGY IV) was appointed as the chairperson of the resident staff quality council and was again assigned as a voting member of the graduate medical education committee.
- Dr. Elie Al Ahmar (PGYI) had his first publication in the Open Journal of Obstetrics and Gynecology in July 2014.
- Dr. Sandra Geagea (PGY III) was selected by the patients as the Best Resident (2013-2014) for her compassionate care and utmost professionalism.
- August witnessed the marriage of three of our residents: Dr. Rouba Obeid (fresh graduate), Dr. Sandra Geagea and Dr. Sara Dakhlallah (PGY II).



## IN THE SPOTLIGHT DR. FADI MIRZA



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

A: I joined the department in August 2011.  
It's hard to believe it's been three years!

**Q: What is your title?**

A: I am an obstetrician-gynecologist and a Maternal Fetal Medicine specialist.

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

A: In addition to my clinical duties and my administrative roles, particularly in the Office of the Chief of Staff, I am involved in the teaching of residents and medical students and in research, with a number of funded studies.

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

A: I was living in New York City and practicing at Columbia University Medical Center.

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

A: Too late.

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

A: It is one of the most rewarding jobs. Having such a major impact on women's life across her life span, coupled with the joy of giving birth, is priceless.

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

A: Unpredictability!

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

A: Prior to my return to Lebanon, I've spent nearly a decade in the US, living in 2 of the most charming cities, Boston and New York City. I loved both cities and can enjoy living in either, yet I made the decision to return to Lebanon because nowhere beats home.

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

A: Traveling when I can; however, I limit it because of my work.

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

A: I'm not a big fan of driving in Lebanon.

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

A: My kids.

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

A: Katherine Heigl, Kate Hudson, and Anne Hathaway stand out among my favorite female artists nowadays, while Russell Crowe, Johnny Depp, and Leonardo DiCaprio are my top male artists.

**Q: What song are you listening to most lately?**

A: "Am I wrong?" by Norwegian duo, Nico and Vinz.

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

A: I've recently read "The Target". Next on the list is "Killing Paton", which will be released next month. I enjoy reading biographies and watching documentaries.

## Did you know?

- The highest-calorie fast food item in the world is a milkshake.
- Chewing gum while peeling onions will keep you from crying!
- The Popsicle, a popular brand of ice pop, was invented by an 11-year-old in 1905.
- The citrus soda 7-UP was created in 1929: "7" was selected because the original containers were 7 ounces; "UP" indicated the direction of the bubbles.
- Most ice cream is eaten between 9:00 and 11:00 pm. Alaskans eat twice as much ice cream per capita than the rest of the nations.
- Honey is the only food edible to humans that will never go bad. Edible forms of honey were found in ancient Egyptian tombs.
- The average number of calories consumed at a buffet is close to 2,500!
- Peanuts are one of the ingredients of dynamite.
- When taken in large doses, nutmeg works as a hallucinogen.

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