

# O B G Y N



AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER  
المركز الطبي في الجامعة الأميركية في بيروت

Issue N° 19 Winter Newsletter 2016

Our lives are dedicated to yours

## HER FUND: A LEGENDARY GALA DINNER



On October 23, 2015 and in collaboration with the Department of OBS/GYN, HER Fund, the new fund-raising initiative that has been introduced to assist women suffering from critical gynecological and obstetrical conditions, held the first edition of Her Fund Gala Dinner at "The Legend" – a magnificent Roman site - at Nahr El Kalb. With over 500 attendees, including celebrities like the distinguished designer Elie Saab, the talented Khaled Mouzannar and his wife, eminent film director, Nadine Labaki, the beloved singer, Raghieb Alame, the renowned Egyptian businessman, Naguib Sawiris, the jewelry designer, Edmond Avakian and his Iranian friend, Solmaz Vousough, CEO of MedGulf, Loutfi El Zein, the Small World President, Salam Hamzeh Ghaith, the night proved to be an exceptional one by all standards. The welcoming army of hostesses dressed as nurses, along with models dressed as patients on wheelchairs gave the attendees the goosebumps. The fairytale scenery with all its intricate details amazed the attendees who could not but be fascinated by the custom-made tables resembling hospital beds decorated with pink miniature flowers. Messages about empowering women and giving them hope echoed throughout the venue. The event was hosted by previous Miss Lebanon, Ms. Norma Naoum. (Continued on page 2)

This issue is unique since it sheds light on two distinctive events: the birth of HER Fund and the birthday of the greatest living Arab diva. Many exciting news await our readers throughout our winter issue. The "Did you know?" section presents some fascinating facts about our ambassador to the stars, Fairuz.

Sincerely,  
Anwar Nassar, MD  
Editor-in-Chief





Speaking on behalf of the HER Fund team, Ms. Hala Obeid, emphasized that “some women suffer in silence and lose the fight without being given a chance to battle.” She added that with the help of Dr. Anwar Nassar and the full support of AUBMC leadership, we “believed we could make a difference and make this dream become a reality.” HER Fund co-founder, Dr. Nassar thanked the attendees for “believing in our cause” and stated that their presence was real proof that they care for these women who need help. “For me, a woman is the most respectable entity in life. Who can deny the importance of a woman’s role as a mother, a sister, a life partner, a daughter, a friend, and surely a source of inspiration?” he said. The evening included the auctioning of five exclusive items donated by famous designers and artists in addition to a rich program of sensational rhythms performed by amazing talented musicians from Beirut, London, and Los Angeles. The event proved to be a legendary one. Stay tuned for more bedazzling editions!





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## ACGME-I ACCREDITATION GRANTED

Our OBS/GYN residency training program was one of the first four residency programs at AUBMC to receive the Accreditation Council for Graduate Medical Education International (ACGME-I) accreditation, effective July 2015. This will provide our residents the opportunity to continue more advanced clinical training in US medical institutions. A big thanks goes to all the faculty, administrators, and residents who made all this happen.

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## CONTINUOUS CONTRIBUTION TO OUR NURSES EDUCATION

At the Department of OBS/GYN, we encourage continuous nursing education which is essential for the delivery of safe, evidence-based, and high-quality care for patients. As such, educational activities are constantly organized to meet the learning needs of all our nurses. In June 2013, we initiated several educational initiatives including a series of lectures that were provided to delivery suite nurses. The lectures tackled several topics from maternal emergencies to physician-nurse communication. The lectures were well-received by the nurses who voiced their interest in broadening the lecture series to include topics such as the difficult patient and operative vaginal deliveries, topics that have been added to the 2015 program. Furthermore, and because all our nurses matter, a similar lecture series was initiated for the 7 North nurses. The first lecture was given in January 2015, and it discussed obstetrical emergencies. Other lectures tackled important topics from postpartum bleeding to palliative care in GYN Oncology patients and postpartum depression, baby blues, and psychosis.

The series of lectures were provided by the Department of OBS/GYN in collaboration with the Nursing Services Clinical and Professional Development Center (CPDC) which is accredited by ANCC (American Nurses Credentialing Center). They follow the ANCC guidelines and criteria which encompass the planning phase to manifest themselves as an ongoing process of continuous evaluation and improvements on educational offerings that represent interdisciplinary coordination and collaboration.

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## MOMMY'S WATCHFUL EYE ... 24/7

Motherhood starts with the first moments in the life of a newborn, and a mother yearns for closeness to her baby directly after giving birth. To make the motherhood experience at AUBMC a very special one, the Department of OBS/GYN has adopted a "rooming in" approach, whereby mothers are encouraged to keep their babies in their rooms for as long as they wish or continuously watch their newborns while in the nursery. Using dedicated camera surveillance allows live feed from the baby's crib to his/her mother. Since mothers do need a break, particularly in the first few days after giving birth, babies can spend some time in the nursery but under the watchful eyes of their mothers. This way mommy can watch over her bundle of joy 24/7!



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## STAFF DEVELOPMENT

The Department of OBS/GYN is always on the look for staff development and training opportunities. On November 6-8, 2015, Mrs. Maryam Hanna, the senior radiographer at the Prenatal Diagnosis Unit, attended a conference in New York entitled "Best of the Big Apple OB-GYN Ultrasound." Sonographers from different countries who attended the conference were updated about normal and abnormal OBS/GYN ultrasonographic imaging. Topics included ultrasound and its importance for the imaging of the pelvis, endometriosis recognition, diagnosis of miscarriages, adnexal masses, fetal heart guidelines and many other topics. It is noteworthy to mention that the conference presenters recognized the advanced knowledge of Mrs. Hanna among the other attendees.

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## WOMEN'S HEALTH CENTER ACTIVITIES

Attended by more than 90 physicians, the Women's Health Center (WHC) conducted its 9th seminar on August 26, 2015. The seminar focused on "Urogynecology and the Pelvic Floor" and highlighted some clinical tips that every gynecologist needs to know in her/his practice. Topics covered included the detailed clinical evaluation of patients with urogynecologic problems by history, physical exam, and patient diary. An update on the assessment and management of stress urinary incontinence from a medical and surgical perspective was also discussed.

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## CHRISTMAS SPIRIT 2015

This year's Christmas gathering at the Department of OBS/GYN was a special one indeed. Instead of the usual dinners that used to mark this season, department members and staff gathered at Liza Restaurant for a rich delicious Lebanese Cuisine brunch. Chief resident, Dr. Rami Helou, spiced the afternoon with the soft music he played on his guitar. Since Christmas is all about giving and sharing, each attendee received a mini radio, as a compliment from the department.

The Women's Health Center (WHC) embraced nature with its natural Christmas tree that radiated happiness. The tree appeared appetizing with fresh apples and bouquets of cinnamon sticks that sprinkled everywhere over the natural pine cones. May all the sweet magic of Christmas conspire to gladden your hearts!





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## FAIRUZ: LEGACY OF A STAR

"Often singers give listeners pleasure, as they expect. She often gives them, beyond their expectations, ecstasy." Jabra I. Jabra

More than just a singer's name, Fairuz is a concept whose connotations are ethnic, nationalistic, musical, and poetic. Born and educated in Beirut, she started her musical career as a chorus member at the Lebanese Radio Station in the late 1940s to become a critical and popular acclaim from the 1950's till our present time. In July 1954, she married Assi Rahbani, and both formed along with Mansour a trio that would dominate the music scene in the Arab world. Her legacy would continue with Ziad Rahbani, Fairuz's eldest son who turned 60 on January 1. In Fairuz's repertoire as a whole, both text and music are marked by innovation.

For many years, the legendary singer from Beirut headlined at the most prestigious venues in the world, in a career that is unparalleled by any other performer. Such theaters included Albert Hall and Royal Festival Hall in London, Carnegie Hall, Lincoln Center and United Nations' General Assembly Lobby in New York, the Olympia and Salle Pleyel in Paris, the Odeon of Herodes Atticus in Athens and the Royal Theatre Carré in Amsterdam and many others. Upon a special invitation from the United Nations and the International Red Cross Committee, she represented the Middle East at the 50th Anniversary of the Geneva Conventions held in Geneva in 1999. In 1981, she was invited to inaugurate the United Nations' "music in the lobby" series in recognition of her distinctiveness. Barry Hoberman, a Harvard University scholar, who attended that historic concert that was designed, in part, to commemorate the 50th anniversary of the death of the Khalil Gibran reported that "From the first few notes, you know immediately that you are in the presence of one of the world's most remarkable voices, an international treasure of the order of Rostropovich, Sills, Ravi Shankar, Miles Davis, Sutherland, Pavarotti and Dylan. Her voice has a vibrant purity and richness, with a range that is breathtaking." He goes on to comment on her very selective use of onstage gestures where she would stand straight, almost stern at times "as if she were saving every last drop of emotion for that gorgeously expressive voice. But on the occasions when she stretches her arm out toward the audience, or clutches her hands to her breast, or gives a quick, fiery shake of the shoulders - then the crowd's impassioned response tells you a lot about the relationship between Fairuz and her fans."

During her career, Fairuz sang in many cities around the world including Damascus, Baghdad, Rabat, Algiers, Cairo, Tunis, Rio de Janeiro, Buenos Aires, New York, San Francisco, Montreal, Sydney, London, Paris, and many others. On these trips, Fairuz has always been offered as a traditional gesture of welcome, the symbolic key of those cities; perhaps the closest to her heart remains the golden key she received in 1961 from the Mayor of Jerusalem. Although Fairuz did not sing during this visit to the holy city, Jerusalem is honored in many of her songs.

"Yet, to Fairuz, all the official acclaim and recognition that she has received over the years does not parallel the joy she experiences as she sings when she spots the absorbed attention of a single anonymous listener in a crowd." To her, singing is not merely a perfected profession, but a way of life. Probably, the most touching of what has been written about our living icon is that of the late Ounsi El Hajj who said, "In our life, there is no place for Fairuz. The whole place is only for Fairuz... Her voice is the poetry, the music, and the voice."



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## CONGRATULATIONS

- Dr. Tony Bazi was unanimously acclaimed as the chairman of research and development committee of the International Urogynecological Association (IUGA) for a 3 year term. The committee develops research projects and committee opinion papers to more than 3100 professionals worldwide.
- Dr. Johnny Awwad established the Young Scientist and Young Educator groups at the MEFS where he obtained a yearly donation of 100,000 Saudi Riyals in support of this program effective November 2015.
- Dr. Johnny Awwad has been re-elected to the membership of the Advisory Board of the American Society of Reproductive Medicine (ASRM) in October 2015 for another two-year term.

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## ACADEMIC NEWS

- Dr. Muhieddine Seoud was an invited speaker at the 39th National College of French OBS/GYN (CNGOF) Society Meeting on December 2-5, 2015 in Nantes, France where he gave two lectures. He was also invited by the European Society of Gynecology where he gave a lecture about "HRT and breast cancer updates" in Prague on October 21-23, 2015. In addition, he gave a series of lectures, coordinated several workshops, and was a member of different scientific committees during several regional and local meetings that were held in Beirut during September, October, and November 2015.
- Dr. Anwar Nassar was an invited speaker at the 7th Annual Meeting of the Lebanese Society for Osteoporosis and Metabolic Bone Disorders on November 27-28, 2015 in Beirut, Lebanon where he gave a presentation about "Vitamin D in Maternal and Neonatal Health".
- Dr. Faysal El Kak co-coordinated a session about "Reproductive Health of Migrants" and gave a presentation during the International Federation of Gynecology and Obstetrics (FIGO) meeting on October 3-9, 2015 in Vancouver, Canada. He also presented on "Maternal Health in Lebanon" during the founding meeting of the Network on Maternal Reproductive and Child Health for Organization of Islamic Countries in December 2015 in Ankara, Turkey. Dr. El Kak organized and directed the 2nd Sexuality Course about "Female Sexual Dysfunction: A prime for the gynecologist," on November 19, 2015 under the patronage of the Lebanese Society of OBS/GYN (LSOG). Finally, Dr. El Kak presented about reproductive tract infections, Vitamin D and supplements in pregnancy, and postpartum hemorrhage in Dubai, Madrid, and Lebanon during this period.
- Dr. Johnny Awwad organized and moderated a symposium at the American Society of Reproductive Medicine (ASRM) in Baltimore - October 2015 entitled "Social egg banking: Fad or fact?" He was also invited to organize a post-graduate course for ASRM 2016 in Salt Lake - Utah and a pre-congress course for ESHRE 2016 in Helsinki - Finland. Dr. Awwad, founding member of the Global IVF Registry, attended the group meeting in Copenhagen October 2015 in collaboration with the Society of Assisted Reproductive Technology (SART), Center of Disease Control (CDC), and World Health Organization (WHO). He also organized and chaired the scientific program of the 22nd Annual Meeting of the Middle East Fertility Society (MEFS) in Sharm El Sheikh, Egypt in November 2015.
- Dr. Fadi Mirza was an invited speaker at the MEFS meeting. During this period, he was also an invited speaker in Turkey, United Arab Emirates, and Kingdom of Saudi Arabia.
- Dr. Elie Hobeika was invited to give a lecture about HPV vaccination in Zahle, Lebanon on November 11, 2015 as a part of the LSOG seminar series.
- Dr. Sara Faour, senior fellow in Reproductive Endocrinology and Infertility at the Department of OBS/GYN, was invited to the MEFS Meeting in Sharm El Sheikh to deliver a presentation about "GnRH agonist trigger of final oocyte maturation: Challenges ahead." During the same meeting, Mr. Fadi Choucair, embryologist scientist at the AUBMC Fertility Center, gave a presentation entitled: "Mitochondrial infusion for oocyte rejuvenation: Fact or fad?"

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## PUBLICATIONS

- Ramadan MK, Hussein G, Saheb W, Rajab M, MD, Mirza FG. Antenatal corticosteroids in the late preterm period: a prospective cohort study. *J Neonatal Perinatal Med* 2015 [In press].
- Mirza FG, Thaker H, Flejter W, D'Alton M. Fetomaternal hemorrhage following placement of an intrauterine pressure catheter: report of a new association. *Case Rep Obstet Gynecol* 2015; 348279.

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## IN THE SPOTLIGHT

### DR. TONY BAZI

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

A: In 2003. I wanted to belong to the society of AUB.

**Q: What is your title?**

A: I am an Associate Professor of Clinical Obstetrics and Gynecology.

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

A: Teaching, research, and patient care.

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

A: I was in non-academic clinical practice (Obstetrics, Gynecology and Urogynecology): eight years in the USA, then four in Lebanon.

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

A: A lawyer, definitely.

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

A: More than one aspect brings me joy: learning from my patients, successful management of complex clinical scenarios, and sharing what I know with trainees.

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

A: Prioritizing elements of patient care in the presence of financial constraints.

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

A: The inhabited part of the Amazon Forest (only for a short time, if allowed); I would love to learn from the natives.

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

A: Agriculture, big time. I have a passion for planting, harvesting, and developing land projects; small and large.

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

A: I am an ex-smoker. I got this monkey off my shoulders on my 50<sup>th</sup> birthday. It is doable, everyone!

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

A: I get emotional (still do); but I keep working on it, as this could be a real handicap.

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

A: The Rahbani brothers. It is amazing how their art has touched all people alike, irrespective of age, education, or status. Their influence on the Lebanese and Arab culture is unparalleled.

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

A: Not a single one in particular.

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

A: "The Messenger with Her Hair Long until the Sources," by the late Onsi El Hage. It is a 1975 "prose poetry" book that goes to uncharted territory. Few years ago, this work was adopted for choreographic theater here in Beirut. Hoping for another performance!





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## Did you know?

- Fairuz, originally called Nouhad Haddad, turned out 80 on November 21, 2015.
- Fairuz has two sons, Ziad and Helli, and two daughters, Layal who died in 1988 and Rima.
- Helli got sick soon after his birth and became paralyzed for the rest of his life. Many believe that the song 'bikoukhna ya bni' (lyrics by Michel Trad) talks about him.
- Mahmoud Darwish, the Palestinian Poet, wrote that Fairuz "is the song that always forgets to get old; she makes the desert smaller and the moon larger."
- Fairuz has sold about 80 million units of records around the world.
- The first major hit of Fairuz with the Rahbani brothers in the Arab world was the song "Itab (Blame)" in 1952.
- Her first concert performance was at the base of one of the six columns that comprise the temple of Jupiter during Baalbeck International Festival in 1957.
- Fairuz has around 21 musical plays or operettas, most of which were performed at Baalbeck International Festival.
- Fairuz has some 1700 commercially available recorded tracks.
- In 1969, a memorial Lebanese stamp was issued in her name.
- At her concert at the Royal Festival Hall (London) in 1986, tickets reportedly changed hands on the black market for more than £1,000. The Daily Mail wrote: "The box office was besieged as never before. Takings reached a record, breaking the previous best when Frank Sinatra was in town. And who was the star that packed them in last night? Madonna? Springsteen? Domingo? Horowitz? No ... FAIRUZ, the top female singer in the Arab world."
- During her premiere in Las Vegas in 1999, the MGM Grand is said to have invested more than \$1.5 million to bring Fairuz and her 48-member entourage to USA.

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

