

O B G Y N

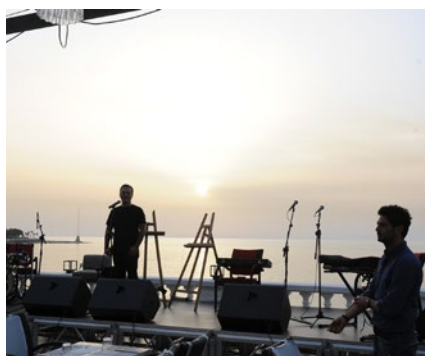


AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER
المركز الطبي في الجامعة الأميركية في بيروت

Issue N° 21 Summer Newsletter 2016

Our lives are dedicated to yours

OUR GRADUATION CELEBRATION IS DIFFERENT



Held at Boulevard Beirut, Ain Mreisseh, the graduation party this year was outstanding by all standards. It was extra special as it witnessed the graduation of the first fellow in the history of our department, Dr. Sara Faour, as a specialist in Reproductive Endocrinology and Infertility. Starting at sunset, a festive ambience filled the place as the gathering danced to oriental music by Kanji workshop and music remix by DJ Mitri. Bittersweet feelings overwhelmed us while bidding farewell to our graduating residents and fellow. Good luck Sara, Salma, Elie, Rami, Anastasia and Sandra and keep on shining.



Summer time is always special as we bid farewell to graduating residents and welcome new ones. This issue is rich in departmental activities including our special graduation dinner. The Olympics are around the corner. The "Did you know?" section highlights some interesting facts about the summer Olympic Games that are expected to kick off in Rio de Janeiro on August 5, 2016.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief



THE FIRST OBGYN ULTRASOUND WORKSHOP

The Division of Maternal Fetal Medicine at the Department of OBS/GYN and in collaboration with the Continuing Medical Education (CME) office at AUBMC organized the first OB-GYN Ultrasound Workshop. The three-day CME accredited workshop by the Lebanese Order of Physicians (LOP) was held on March 31-April 2, 2016 and was attended by both Iraqi and Lebanese OBS/GYN. It consisted of six modules that covered all aspects of fetal ultrasonography, with emphasis on prenatal diagnosis and perinatal management, through didactic and interactive seminars, in addition to hands-on live scanning. Invited faculty members included Drs. Anwar Nassar, Ihab Usta, Abdallah Adra (activity director), Labib Ghulmiyyah, Fadi Mirza and Rabih Chahine, in addition to Dr. Georges Haddad from the College Francais D'Echographie Foetale.



MS. MAYSSA RISHANI ... FAREWELL

Two years ago, Ms. Mayssa Rishani joined our department as a Research Assistant. In addition to her research tasks which included recruiting patients and collecting and analyzing data, Mayssa was involved in medical chart auditing. Throughout the two years, Mayssa portrayed exceptional performance, professionalism and dedication. Today, we bid Mayssa farewell as she has decided to pursue her career elsewhere, wishing her the best of luck wherever she might go! Mayssa you will be definitely missed.



RAMADAN ACTIVITIES

On July 4, 2016, and as a yearly tradition now, an Iftar was held by the residency program for all the trainees on the terrace of Abd El Wahab restaurant. The Iftar followed a meeting with all the housestaff. It was a great get together and an occasion, especially for the new residents in the department, to mingle with their colleagues away from the busy workplace.



SEVENTH RESEARCH DAY

On June 11, 2016, eleven residents presented their research proposals and papers during the Seventh Research Day which was held at Gefinor Rotana Hotel, Beirut. This event which has become an annual activity ensures that all residents are involved in research projects, which in fact is a requirement for graduating as OBS/GYN residents. The winners this year were Dr. Serge Mattar for the best research paper and Dr. Suleiman Ghunaim for the best research proposal. *Congratulations.*



ACADEMIC NEWS

- Dr. Fadi Mirza was an invited speaker at the 2nd Middle East Vaccines Summit held in Istanbul, Turkey on April 29-30 and at the 20th Ain Shams OBS/GYN International Conference held in Cairo, Egypt on May 25-26. He was also an invited speaker at an infertility congress organized by Hotel-Dieu De France in collaboration with the Lebanese Society of Obstetrics and Gynecology (LSOG).
- Dr. Faysal El-Kak was invited as a keynote speaker to the 72nd Annual and Clinical Scientific Meeting of the Society of OBS/GYN Canada on June 14-17, 2016, Vancouver, Canada. He was also an invited speaker on several occasions in Iran and Lebanon during the past few months.
- Dr. Abdallah Adra was an invited speaker at the 3rd Annual Congress of the Ian Donald School (IDS) of Medical Ultrasound (IDS) - Abu Dhabi branch, held in April 2016, where he gave two presentations. He was also an invited speaker at the 32nd annual meeting of the "Fetus as a Patient" society, held in Tirana, Albania on May 27-29, 2016. During the meeting, Dr. Adra was elected as member of the executive board of the society for a three-year term. In addition, he was part of the invited faculty to the 11th clinical seminar of the Women's Health Center at AUBMC.

PUBLICATIONS

- Ghazeeri G, Zebian D, Nassar AH, Harajly S, Abdallah A, Hakimian S, Skaiff B, Abbas HA, Awwad J. Knowledge, attitudes and awareness regarding fertility preservation among oncologists and clinical practitioners in Lebanon. *Hum Fert (Camb)* 2016 Jul 4:1-7.
- Nassif J, Abbasi SA, Kechli MK, Boutary SS, Ghulmiyyah L, Khalifeh I, Abou Ghaddara H, Nassar AH. Effect of the mode of application of cryopreserved Human Amniotic Membrane on adhesion formation after abdomino-pelvic surgery in a mouse model. *Front Med (Lausanne)* 2016;3:10.
- Hilal N, Nassar AH. Postpartum sacral stress fracture: a case report. *BioMed Central* 2016;16(1):96.
- Fares J, Nassar AH, Gebeily S, Kobeissy F, Fares Y. Pregnancy outcomes in Lebanese women with multiple sclerosis (the LeMS study): a prospective multicentre study. *BMJ Open* 2016;6(5):e011210.
- Naja F, Nasreddine L, Al Thani AA, Yunis K, Clinton M, Nassar A, Farhat Jarrar S, Moghames P, Ghazeeri G, et al. Study protocol: Mother and Infant Nutritional Assessment (MINA) cohort study in Qatar and Lebanon. *BMC Pregnancy Childbirth* 2016;16(1):98.
- El Hayek S, Bitar L, Hamdar LH, Mirza FG, Daoud G. Polycystic ovarian syndrome: an updated overview. *Front Physiol* 2016; 7:12.

CONGRATULATIONS

- Dr. Fadi Mirza was promoted to the rank of Associate Professor of Obstetrics and Gynecology effective October 1, 2016. *Congratulations.*
- Dr. Faysal El-Kak was selected by the International Federation of Gynecology and Obstetrics (FIGO) to be a member of the "Violence Against Women Working Group" and by the International Society for the Study of Women's Sexual Health (ISSWSH) as a member of the "Members and Outreach Committee." *Congratulations.*

WELCOME DR. SANDRINE ATALLAH

Please join me in welcoming Dr. Sandrine Atallah, who recently joined the Women's Health Center at the Department of OBS/GYN as a Consultant in Sexual Medicine – PsychoSexologist. Dr. Atallah graduated as an M.D. from Saint Joseph University in 2004 and then obtained a degree in Medical Hypnosis from Pierre and Marie Curie University, Paris in 2005 and a degree in Clinical Sexology from René Descartes University, Paris in 2007. She then joined a three-year training program in Hypnotherapy and Hypnoanalgesy at the French Institute of Hypnosis, together with a one-year training program in Couples Therapy at the Family Institute, Centre Monceau in Paris.

Along with her private medical practice, Dr. Atallah teaches Clinical Sexology at several Lebanese universities. She is a regular guest/speaker at regional and national conferences and seminars related to contemporary issues dealing with sexuality and couples.

Dr. Atallah is the Board Director of the Middle East Society of Sexual Medicine (MESSM) which aims at promoting sexual health in the Middle East. She is the Chairperson of MESSM's Public Awareness Committee and a member of its Communication and Scientific Committees.

Since September 2014, she has been a Social Media Editor in the Journal of Sexual Medicine. Her clinical practice in sexology mainly includes sex therapy and sex counseling services to men, women and couples to help them sort out sexual health issues. Dr. Attallah will play a major part in meeting the Women's Health Center (WHC) vision to establish the Women's Integrated Sexual Health (WISH) Clinic.

Dr. Atallah can be reached at Women's Health Center 01-759619 or by e-mail: sa223@aub.edu.lb.



WOMEN'S HEALTH CENTER ACTIVITIES

The 12th Women Health Center Clinical Seminar was held for the first time in Keserwan Medical Center (KMC) on June 30, 2016. Hot OBS/GYN topics were presented by Drs. Anwar Nassar, Muhieddine Seoud, Johnny Awwad and Elie Hobeika. Dr. Nassar stressed in the opening speech on the importance of the ongoing collaboration between AUBMC and KMC. The seminar which was attended by colleagues from AUBMC, KMC and Keserwan/Jbeil region was followed by an Iftar/dinner.



IN THE SPOTLIGHT

MAHA JAAFAR

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

A: In 2013

Q: What is your title?

A: Graduate Medical Education Program Coordinator

Q: What are your main duties?

A: Assist the residency and fellowship program directors with the day-to-day administration of the programs and coordinate, prepare and maintain all issues related to ACGME-I.

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

A: I worked for four years as a Research Assistant at the Faculty of Health Sciences at AUB.

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

A: Any health-related job or perhaps I would have chosen to be a social worker.

Q: What is most enjoyable about your job?

A: The positive and energetic work environment. In addition, I appreciate our chairman's, Dr. Nassar's, excellent leadership and supervision.

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

A: The long working hours of a full-time job are challenging especially now that I have become a mother.

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

A: I would take my daughter to Disney Land!

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

A: I am not a fan of outdoor activities so I enjoy spending my free time at home watching TV or reading; that is if I ever have the time.

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

A: Although it might not appear to be so, but I am a very spiritual person.

Q: What is your point of weakness?

A: My daughter. I feel that she is so vulnerable and that I always need to watch over and protect her.

Q: Who is your favorite artist?

A: The one and only, Fairuz.

Q: What is your favorite song these days?

A: I am having a recent interest in Blake Shelton's music; an American country singer.

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

A: "Eye in the Sky", a movie depicting the ethical dilemma some military officers face when a small girl enters the kill zone of one operation.



Did you know?

- Figure skating was initially part of the Summer Olympics and was first contested in 1908.
 - The Summer Olympics used to span months, starting in the spring and ending in the fall.
 - The first Olympian to fail a drug test was busted for drinking beer.
 - For the first four decades of competition, painters, sculptors, writers and musicians battled for gold, silver and bronze.
 - George Eyser, a German-American gymnast, competed with a wooden prosthesis for a leg that he had lost after being run over by a train and won six medals, including three gold, in the 1904 Olympics.
 - The equestrian events at the 1956 Melbourne Games were held on the other side of the world in Stockholm, Sweden.
 - The first Olympics covered by U.S. television was the 1960 Summer Games in Rome by CBS television network.
 - Three continents – Africa, South America and Antarctica – have never hosted an Olympic Game yet.
 - Larisa Latynina, a gymnast from the former Soviet Union, finished her Summer Olympics career with 18 total medals – the most in history.
 - In 1960, Abebe Bikila from Ethiopia was the first African to win a gold for the marathon, and he did so barefooted.
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At the 1924 Olympic Art Competitions in Amsterdam, Luxembourg painter Jean Jacoby was awarded two gold medals in the art category for his series entitled *Étude de Sport*.

(Collection: Olympic Museum Lausanne)/ Source: <http://www.smithsonianmag.com/arts-culture/when-the-olympics-gave-out-medals-for-art-6878965/>