

OBGYN



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

Issue N° 24 Spring Newsletter 2017

Our lives are dedicated to yours

CARACALLA PERFORMANCE: A HUGE SUCCESS

In the latest winter issue of our newsletter, we asked for your support for the upcoming fundraiser for HER Fund and you did not fail us! Sailing The Silk Road, performed by Caracalla Dance Theatre at the Forum De Beyrouth on February 16, 2017, exceeded all our expectations. With a full house and sold out venue that was packed with friends of HER Fund including Mr. Elie Saab and his spouse, Former Minister of Education and Higher Education, Elias Bou Saab and his wife, the famous Julia Boutros, AUBMC leadership and faculty, the 800 spectators travelled across time and across countries with over a 100 performers. Everything about the event was stunning including the extravagant costumes, mesmerizing visual effects, and grand scenery.

Spring brings with it the promise of a new, blossoming life, and our Spring issue brings news about hope as featured in the last HER Fund activity and the new Assisted Reproductive Technologies Unit that was recently inaugurated. Several news await the reader, and some fascinating facts about food are highlighted in the "Did you know?" section. We hope you enjoy the read.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief



CARACALLA PERFORMANCE: A HUGE SUCCESS

The images speak for themselves! However, most importantly, the revenues of this event will give hope to the less fortunate women who are in deep need of it. Thank you all for supporting us, and thank you Caracalla for believing in our cause.



ANOTHER WOMEN'S HEALTH CENTER ACTIVITY

The Women's Health Center (WHC) at AUBMC organized its now annual workshop titled "Your Path to Motherhood" on January 14, 2017 at the Phoenicia Hotel, Beirut. Attended by around 120 mothers-to-be and their spouses, the interactive sessions addressed several topics that mothers-to-be need to know about: pregnancy, the delivery process, and the postpartum period. A rich brunch intercepted the 4-hour program.



A STATE-OF-THE-ART HAIFA IDRIS ART UNIT

On March 22, 2017, the newly renovated Haifa Idriss Assisted Reproductive Technologies (ART) Unit was officially inaugurated. Through the continued generous support of the Idriss family, the ART Unit underwent a major expansion and renovation which introduced extraordinary style and warmth to it. The gathering included Medical Center Director, Dr. Hassan El Solh representing EVP/ Dean Mohamed H. Sayegh, Chief of Staff, Dr. Samir Alam, Associate Dean for Faculty Affairs, Dr. Ghazi Zaatari, the Idriss family, AUBMC faculty, Department of OBS/GYN and friends. With the introduction of new services like preimplantation genetic diagnosis and egg freezing, our team of dedicated professionals strives to be up to date on the newest and most advanced infertility treatments available. As much focus as our ART Unit places on quality, we place even more on a warm and friendly environment. For those who haven't had the chance to visit the Unit, we advise you to do that the soonest in order to better understand what we are talking about.



OBSTETRICAL NURSING: A MATERNITY CARE COURSE

On January 16, 2017, the Clinical and Professional Development Center (CPDC) of the AUBMC Nursing Services and the Division of Maternal Fetal Medicine (MFM) at the Department of OBS/GYN organized a whole-day "Maternity Care Course". Speakers included MFM specialists, masters-prepared Obstetrics Registered Nurses, and Clinical Nurse Specialists. The course was attended by around 40 midwives and nurses coming from 10 hospitals from all over Lebanon including Tripoli and Bekaa. The educational day was offered free of charge and included lunch, a dedicated hour of discussion, and a hospital tour in the Dr. Khaled Idriss Delivery Suite. In addition to the information gained during the course, attendees enjoyed the day which provided a highly informative milieu of exchange of knowledge and expertise in obstetrical nursing. With great support from the Department of OBS/GYN, the CPDC were pleased to launch a new era for the advancement of nursing education. Currently, the CPDC is accredited as a provider of continuing nursing education with distinction by the American Nursing Credentialing Center (ANCC); in fact, it has been accredited by the ANCC since 2005.



MOTHER'S DAY: A SPECIAL DAY

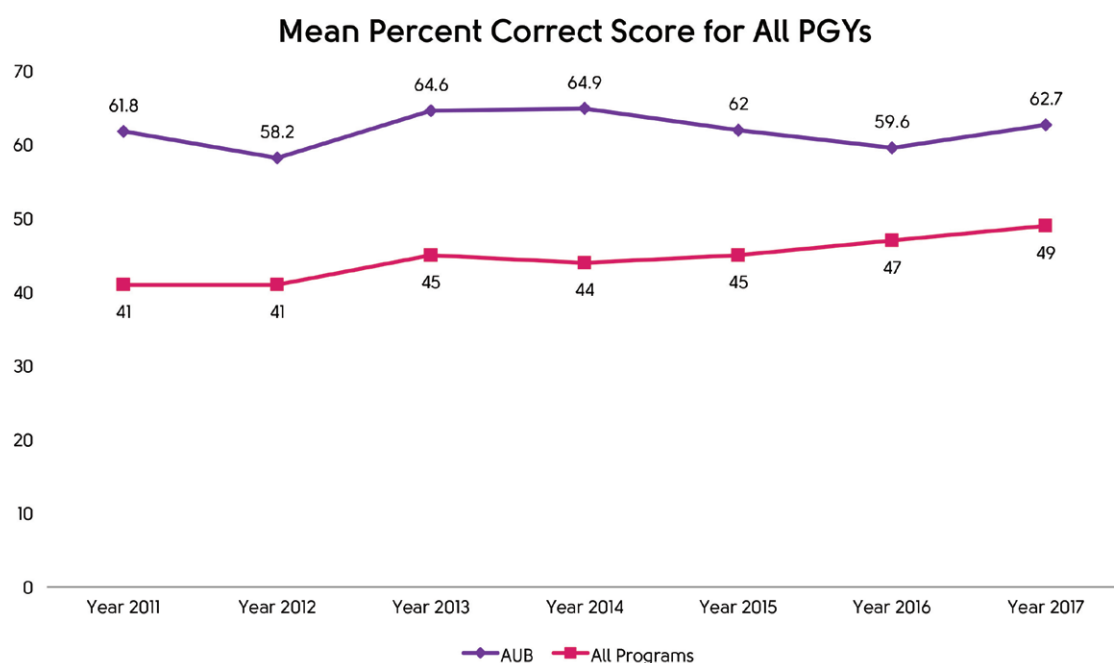
Mother's Day is always a special occasion. This year, and as usual, mothers who delivered on or close to Mother's Day received symbolic gifts alongside personalized notes from the Department of OBS/GYN in appreciation for the important role they play in the lives of their babies. On this occasion, we would like to thank AUBMC administration for their continuous support.



CONSISTENTLY PERFORMING ABOVE THE 'NATIONAL' AVERAGE

We are proud to announce that once again our residents excelled, in their CREOG in-service exam which they sat for on January 28, 2017. As depicted in the graph, the OBS/GYN residents at AUBMC, and since 2011, have systematically scored much higher than the US residents. Congratulations to our residents and looking forward to more and more improvement throughout the years.

CREOG Scores 2011 - 2017



MEET THE ALUMNI

- Dr. Lamia Sayegh received her M.D. from the Lebanese University in 2008 and then completed a four-year residency in the Department of OBS/GYN at AUBMC in 2012. Following that, she pursued a year as a research fellow at AUBMC. In 2013, she moved to the United Arab Emirates where she joined training for two years in Reproductive Endocrinology and Infertility, to return back to Lebanon in 2015 where she started a private practice as an infertility specialist. This, however, did not distance her from academic medicine where she continues to supervise OBS/GYN residents rotating at Rafic Hariri University Hospital (RHUH). On a personal level, Dr. Sayegh is married to Mohamad Chamas and has two children, Adam, five years old and Julia, 20 months.
- Dr. Hasan Abdessamad received his M.D. from AUB in 2003. He joined the Department of OBS/GYN at AUBMC for two years, first as a PGYI, then as a research fellow. He pursued his residency training at University Hospitals - Cleveland Medical Center (UH-CMC), in Ohio, USA. He then relocated to Canada where he built his practice with a focus on Minimally Invasive Surgery and Sexual Health. He has been an invited faculty at the Laparoscopic Institute for Gynecology and Oncology (LIGO) Masters' Course since 2010. As a member of the American Association of Gynecologic Laparoscopists (AAGL), he was invited as a Laparoscopic Suturing preceptor at the 43rd AAGL Global Congress. He is the founder and first president of the Lebanese Medical Association for Sexual Health (LebMASH). Since its inception in 2012, Dr. Abdessamad has lectured annually about Lesbian and Bisexual Women Health and lead student workshops on LGBT health. Within LebMASH, he led recent efforts in translating the Standards of Care (SOC) of the World Professional Association on Transgender Health (WPATH) to Arabic. He recently relocated to Seattle, WA where he joined the CHI Franciscan Medical Group and Highline Medical Centre.

ACADEMIC NEWS

- Dr. Faysal El Kak moderated and presented on homophobia and discrimination in healthcare during the meeting of the Knowledge is Power (KIP) Project on Gender and Sexuality that was held at AUB on March 31, 2017. He also coordinated a seminar on "Transformation in Women's Health in Lebanon and the Region" at AUB on March 7, 2017. In addition, he was hosted several times by radio and TV media on issues related to sexual health and refugees' health during March 2017.
- Dr. Fadi Mirza was an invited speaker at the Third Annual Meeting of the Arab Maternal Fetal Medicine Expert Group held in Dubai, UAE on January 12 - 14, 2017. He was also elected as member of the governing board of the Lebanese Society of Obstetrics and Gynecology (LSOG) and the Chairman of its Scientific Committee.
- Dr. Anwar Nassar was an invited speaker at the 6th Annual National Collaborative Perinatal Neonatal Network (NCPNN) Conference that was held on February 3, 2017 at Le Bristol Hotel, Beirut. His lecture was titled: "Noninvasive Prenatal Testing: A Leap to the Future."
- Dr. Elie Hobeika was featured on LBCI on January 13, 2017 during the show "Ahmar Bi Khat el Arid" where he talked about multiple gestations.
- Dr. Tony Bazi joined the advisory council of the International Urogynecological Association (IUGA) during its 41st Annual Meeting that was held in Cape Town, South Africa in August, 2016. In his capacity as Chair of Research and Development Committee, he awarded -on behalf of IUGA- 3 research grants, totaling \$40,000 to investigators from France, the United Kingdom, and the USA.
- Dr. Muhieddine Seoud was an invited speaker at the 8th Congress of the Jordanian British Society for OBS/GYN and the Royal College of OBS/GYN (RCOG) Representative Committee in Jordan, Palestine and Syria that was held at Landmark Amman Hotel on March 2-3, 2017, where he gave two lectures. He also gave two lectures at the 2nd Middle East and Mediterranean Association of Gynecologic Oncologist (MEMAGO) held in Dubai, UAE on February 17-18, 2017. In addition, he also gave two lectures at the Challenges in OBS/GYN Conference that was held in Kuwait on February 5 - 8, 2017. Dr. Seoud was also invited to present an oral and poster abstract presentation at the Society of Gynecologic Oncology Annual Meeting that was held at National Harbor, Maryland USA, on March 11, 2017. Last, Dr. Seoud received a grant from Astra Zenica to study the effect and trends of aggressive surgical debulking of ovarian cancer on survival over 23 years at AUBMC.

PUBLICATIONS

- Hamdan AL, Tabet G, Fakhri G, Sarieddine D, Btaiche R, Seoud M. Effect of hormonal replacement therapy on voice. *J Voice* 2017 Mar 27. [ahead of print].
- Minassian VA, Bazi T, Stewart WF. Clinical epidemiological insights into urinary incontinence. *Int Urogynecol J* 2017 Mar 20. [ahead of print].
- Mirza F, Ghulmiyyah L, Tamim H, Makki M, Jeha D, Nassar A. Placenta calcifications on prenatal ultrasound: to ignore or not to ignore? *J Matern Fetal Neonatal Med* 2017 Mar 6:1-8. [ahead of print].

LOCAL AND REGIONAL RECOGNITION

- Dr. Faysal El Kak was elected as the president of the Federation of Arab Gynecology Obstetrics Societies (FAGOS) in February 2017.
- Dr. Antoine Abu-Musa was elected as the president of the Lebanese Society of Obstetrics and Gynecology on March 4, 2017.

IN THE SPOTLIGHT

DR. SANDRINE ATALLAH

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

A: In June 2016.

Q: What is your title?

A: Clinical sexologist.

Q: What are your main duties?

A: My clinical practice in sexual medicine and psychosexology mainly includes sextherapy and sex counseling services to men, women, and couples to help them sort out their sexual difficulties and issues.

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

A: I had the same position in another hospital. I was also the co-editor and host of a TV Show on LBCI.

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

A: That's a tough question! But I guess, something completely different, maybe something related to fashion and design.

Q: What is most enjoyable about your job?

A: Helping people reach a fulfilling sexual and conjugal life.

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

A: Staying objective and accepting everything I hear without being judgmental.

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

A: As a tourist, I would like to visit South America. It's an intriguing and diverse culture that I would like to discover. As a resident, I wouldn't leave Lebanon for anything in the world.

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

A: Traveling when I can, going to cultural events on weekly basis, reading, and doing sports daily.

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

A: I am extremely shy!

Q: What is your point of weakness?

A: I can be very stubborn.

Q: Who is your favorite artist?

A: I don't have one specific artist in mind. I have an eclectic taste. I discovered Bernard Buffet lately, and I was impressed by his work. I also love the humor and irony of René Magritte.

Q: What is your favorite song these days?

A: Nowadays, I am obsessed with "Mashrou Leila," a Lebanese alternative rock band. So my favorite song would be "Raksit Leila."

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

A: "Nuts," the best Lebanese movie until now and "Ecoutez Nos Defaites," a French book written by Laurent Gaude.



Did you know?

- An average ear of corn has an even number of rows, usually 16.
 - Chocolate was once used as currency.
 - Coconut water can be used as blood plasma.
 - Ketchup was used as a medicine in the 1800s to treat diarrhea.
 - Honey is made from nectar and bee vomit.
 - Canned peach was the first fruit to be ever eaten on the moon.
 - One of the most hydrating foods to eat is the cucumber, which is 96% water.
 - There are approximately 350 different pasta shapes around the world. Italians often insist that the shape you cook with can affect the taste. So, if you want to impress someone, you should make sure you pick the right one!
 - Houston has the highest number of people who eat out four or more times a week.
 - Russia has the lowest number of people worldwide that dine in restaurants.
 - If you put a can of Diet Coke in water, it will float while a regular Coke will sink.
 - Orthorexia Nervosa is an eating disorder where the sufferer is obsessed with eating healthy food.
 - The World's largest restaurant is Bawabet Dimashq 'Damascus Gate' Restaurant located in Damascus, Syria. It has 6,014 seats!
 - The amount of jars of Nutella sold every year could cover the 'Great Wall of China' eight times.
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