

O B G Y N

Issue N° 34

Fall Newsletter 2019



Our lives are dedicated to yours

CELEBRATING THE BREASTFEEDING WEEK

The World Breastfeeding Week is celebrated every year from August 1-7 in more than 120 countries to encourage breastfeeding and improve the health of babies around the world. The Department of OBS/GYN, in collaboration with the nursing services at AUBMC, embraced this annual celebration by distributing roses to mothers at the Women's Health Center. AUBMC allocates all valuable resources to advocate, promote, and support breastfeeding.

This issue highlights some departmental news including the summer activities of the Women's Integrated Sexual Health (WISH) Program. The "Did you know?" section highlights some interesting facts about Nobel Prizes for women. We hope you enjoy it.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief



THE WISH PROGRAM: SUMMER ACTIVITIES

The WISH Program organized a special session during the Federation of Arab Gynecology and Obstetrics Societies (FAGOS) meeting that was held on Sep 13-14, 2019. The session "Sexuality and Cancer Survivors" addressed incidence of cancer in females and its impact on sexuality and sexual health, and an updated clinical approach and management. Speakers included Drs. Deborah Mukherji and Faysal El Kak.

On the occasion of the World Sexual Health Day, the WISH Program, in collaboration with the media office at AUBMC, conducted the following activities during the month of September:

Media launch on September 4, 2019 in the presence of the Minister of Information, Jamal El Jarrah, and 60 representatives of various media agencies and NGO activists. During the launching ceremony, Drs. El Kak, Nassar, and Ghazzal highlighted the importance, services, and activities of the WISH Program. Minister Jarrah saw the program as an opportunity for women empowerment and offered full collaboration of media on advocating for women's health.



A booth was provided during the Wellness Fair 2019 at AUB campus on September 24, 2019 with educational flyers on 12 topics in sexuality and sexual health to visitors, generally AUB faculty and students.



A day dedicated to sexual health awareness was held on September 25, 2019 through three booths at AUBMC, Daniel ACC, and the Women's Health Center (WHC), providing diverse sexual health resources, healthy tips, answering questions related to WISH services, and giving away WISH-labeled treats to a large crowd.



PATIENT EDUCATION ACTIVITIES

As in previous years, the Women's Health Center at AUBMC organized a successful symposium addressed to women on September 28, 2019 at Phoenicia Hotel. The symposium entitled "Women's Health Matters: Tips and Steps" tackled several topics related to women's health including screening tests, bone health, dietary tips, menopause, pregnancy at an older age, and egg freezing that were delivered by faculty members and residents from different departments. Mark your calendars for another symposium addressed to pregnant women, sometime in March 2020.

ACADEMIC NEWS

- Dr. Anwar Nassar was invited as a speaker at the 2nd FAGOS standalone meeting held on September 13-14, 2019 at Radisson Blu Hotel, Beirut-Lebanon. The lecture was entitled: "Do you Cut or Wait for it to Tear?" He was also invited as an expert during the session "Curbside Consults in Antiphospholipid Syndrome" during the annual meeting of the Lebanese Society of Rheumatology that was held on September 26-28, 2019 at the Hilton Habtoor Hotel in Beirut, Lebanon.
 - Dr. Sandrine Atallah was elected Secretary General of the Middle East Society for Sexual Medicine (MESSM). She was also an invited speaker at the 117^e Colloque International de l'Association du Congrès de Psychiatrie et de Neurologie de Langue Française which was held in Beirut, Lebanon in June 2019. Finally, she participated at the 5th biennial meeting of the MESSM that was held in Jeddah, KSA on October 3-5, 2019 as an invited speaker and moderator.
 - Dr. Tony Bazi, in his role as a Western Asia representative of the International Urogynecological Association, gave seminars in urogynecology topics during June 2019 in:
 - a. Beglaryan Center, affiliated with Yerevan State Medical University in Yerevan, Armenia
 - b. Tbilisi state Medical University in Tbilisi, Georgia
 - c. Scientific Research Institute of OBS/GYN in Baku, Azerbaijan
 - Dr. Fadi Mirza was an invited speaker at the plenary session of the All Russia Mother and Child Congress organized by the Russian Society of OBS/GYN in Moscow on September 25, 2019. He also served as the Chairperson and a speaker at the MEAP's Women's Health Academy held in Cairo on October 4, 2019. Dr. Mirza remains active locally, particularly as member of the Managing Board of the Lebanese Society of Obstetrics and Gynecology (LSOG) and Chairperson of its Scientific Committee. He also delivered the Grand Rounds at the Department of OBS/GYN at Makassed General Hospital on October 16, 2019.
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PUBLICATIONS

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- Farra C, Nassar AH, Mirza F, Abdouni L, Souaid M, Awwad J. BACs-on-Beads™ assay, a rapid aneuploidy test, improves the diagnostic yield of conventional karyotyping. Mol Biol Rep 2019 Oct 8. [ahead of print].
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- Najjar W, Mouanness M, Rameh G, Bazi T. International authorship in leading world journals on incontinence and pelvic floor disorders: is it truly international? Eur J Obstet Gynecol Reprod Biol 2019;241:104-108.
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MEET THE ALUMNI

- * Dr. Wael Saab finished a BS in Biology with distinction from AUB then graduated from AUB as an MD in 2003. He completed his residency program in OBS/GYN at AUBMC. Dr. Saab is a fertility consultant and Deputy Clinical Director at the Centre for Reproductive and Genetic Health, London, UK. He is a member of the Royal College of OBS/GYN and a member of the British Medical Acupuncture Society. Academically, he is an Honorary Clinical Senior Lecturer in the field of Reproductive Sciences and Women's Health for the MSc students at University College, London. Dr. Saab has publications in books and in peer reviewed medical journals related to various aspects of fertility, obstetrics, and gynecology. He has special interest in reproductive immunology and recurrent implantation failures and miscarriages.
- * Dr. Rami Helou received his MD from AUB after which he completed his residency program at the Department of OBS/GYN at AUBMC in 2016. He then traveled to the USA for IVF training in Michigan as well as training in surgical and non-invasive cosmetic gynecologic procedures in San Diego, California. Since then, he started his practice by opening the "Helou Clinic" Center where his wife, Dr. Maria Bou Sleiman, joined him as a dermatologist. Today, his practice mainly revolves around infertility, cosmetic interventions, and uro-gynecologic procedures. Dr. Helou has a special interest in sexual health and helping women overcome taboos that may negatively impact their relationships.

IN THE SPOTLIGHT ZALFA BAZZI



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

A: I joined the department in 2007.

Q: What is your title?

A: Practical Nurse.

Q: What are your main duties?

A: Assisting physicians in procedures and preparing patients for physical exams.

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

A: I started my job in DS as a scrub nurse for 9 years then moved to the Pediatric Intensive Care Unit for 5 years.

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

A: My dream was to join a company focusing on searching for ancient monuments.

Q: What is most enjoyable about your job?

A: I learn continuously new skills and new procedures which enables me to develop my career's skills. I enjoy being exposed every day to different cultures and different mentalities.

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

A: The big challenge that I face as a nurse is dealing with difficult patients, coping with stress, and compromising my needs in order to satisfy the needs of the team. However, it is my pleasure to do so.

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

A: Turkey since it contains a big source of old monuments.

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

A: Hanging around with friends and teasing people around me.

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

A: Although I consider myself a strong woman, I can easily have tears in my eyes.

Q: What is your point of weakness?

A: I effortlessly get nervous.

Q: Who is your favorite artist?

A: Kathem El Saher.

Q: What is your favorite song these days?

A: All the songs of Kathem El Saher.

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

A: None.

Did you know?

- As of 2019, Nobel Prizes have been awarded to 866 men, 53 women, and 24 unique organizations.
- Since the Nobel Prizes were first given in 1901, only six women have ever won the physics prize, five the chemistry award, and 12 the medicine or physiology prize.
- The category with the highest number of women receiving the award is the Nobel Peace Prize with 17 women being awarded.
- The largest number of Nobel Prizes awarded to women in a single year was in 2009, when five women became laureates in four categories.
- Marie Curie was the first woman to be awarded the Nobel Prize in 1903, for discovering the elements radium and polonium. She is also the only woman to be honored twice, after receiving the 1911 Nobel Prize in Chemistry.
- The most recent woman to be awarded a Nobel Prize was Esther Duflo in Economics (2019).
- Mother Teresa was the first Indian woman to win a Nobel Peace Prize in 1979 for working with missionaries of charity.
- No woman has ever declined a Nobel Prize; however, two men laureates have done so. Jean-Paul Sartre, awarded the 1964 Nobel Literature Prize, declined it because he had consistently declined all official honors. Le Duc Tho, declined the 1973 Nobel Peace Prize, citing the situation in Vietnam as his reason.
- Four other men have declined it under governmental pressure, including Boris Pasternak, the author of "Doctor Zhivago," who refused the Nobel Prize for literature under pressure from Soviet authorities in 1958. The other three German Nobel Laureates were forced by Adolf Hitler to refuse the prize.
- In 2014, Mala Yousafzai, a Pakistani activist for female education, was the co-recipient of the 2014 Nobel Peace Prize at the age of 17, making her the youngest Nobel laureate.

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