

OBGYN



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

Issue N° 30 Fall Newsletter 2018

Our lives are dedicated to yours

HER FUND GALA DINNER: A MEMORABLE NIGHT



All those who had the chance to attend the HER Fund gala dinner on Nov 2, 2018 that was held at OCIEL agreed that the event was exceptional in all aspects. The attendees were amazed by the elegant setting, the refined floral arrangements, the 200 square meters of screens that were used throughout the venue to project custom-made audiovisuals about empowering women, the very touching testimonial by a patient's husband and the rich program of sensational rhythms and dances performed by amazing talented artists from Beirut, Paris, and Ibiza. The event was hosted by the former Miss Lebanon, Ms. Norma Naoum. On behalf of the HER Fund organizing committee, Ms. Hala Obeid emphasized that HER Fund was created to help "underprivileged women focus on other aspects of their struggle with the disease." (Continue on page 2)

This issue is very special. With it, we celebrate the thirtieth version of our departmental newsletter and we share shots from the fabulous HER Fund Gala dinner that was held early this month. The issue also highlights some activities that happened in our department in the past few months. Since this issue coincides with the launch of AUBHealth, we will be highlighting some exciting facts about the history of the electronic health records in the "Did you know?" section and share with you how our department celebrated the Go Live. Enjoy reading this issue.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief



DR. FAYEZ SUIDAN: FIFTY-FIVE YEARS OF SERVICE

In appreciation of his leading role and devotion for over 55 years in serving AUBMC and the community, the Department of OBS/GYN and the administration at AUBMC chose Dr. Fayez Suidan to be honored during the HER Fund Gala dinner on November 2, 2018. Attended by his family members and friends, Dr. Anwar Nassar and Dr. Ghazi Zaatar handed Dr. Suidan a shield that represents a forceps, one of his favorite obstetrical tools that he used to deliver thousands of babies and on it was encrypted: "To a teacher, mentor and father of several generations. We truly appreciate how you touched all of us with your humility, skills, knowledge and love. Thank you, Dr. Fayez Suidan." In addition, Dr. Suidan was recognized during the 25th Anniversary of the Middle East Fertility Society Annual Meeting on November 1-3, 2018.



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Mrs. Zena Frem shared with the attendees how her personal experience made her feel more with those women who need financial assistance to cover their medical expenses. Dr. Anwar Nassar thanked the attendees for believing in this noble cause and said, "Although the number of people who received financial support through HER Fund might not sound to be large, yet 83 women means 83 mothers, daughters, sisters, life-partners and friends. In other words, it means 80 families." A silent auction of six exclusive items donated by famous designers and amazingly talented artists was held during the event. We hope to meet again soon for other fundraising activities organized for HER Fund.



COMMUNITY SERVICE: GETTING BETTER

Another successful symposium addressed to community women and those followed up at the Women's Health Center (WHC) at AUBMC took place on September 29, 2018 at Phoenicia Hotel. The symposium entitled "Women's Health Matters: Tips and Steps" addressed several topics related to women's health and was attended by an unprecedented number of women that reached 175. Mark your calendars for another symposium addressed to pregnant women this time sometime in February 2019.



MEET THE LEADERS!

The 22nd International Annual Congress of the Lebanese Society of Obstetrics and Gynecology (LSOG) was held in Beirut on November 8-11, 2018 and carried the name "Meet the Leaders." This title was selected because the meeting has featured an unprecedented number of world authorities in the field. The program included lectures and debates delivered by over twenty speakers from the United States, United Kingdom, France, Germany, Spain, Portugal, Turkey, United Arab Emirates, and Lebanon. This year's meeting proved to be one of the most successful scientific meetings in Lebanon and the region, with the number of Lebanese and foreign delegates approaching 1000. Like previous years, faculty members from the Department of OBS/GYN at AUBMC have been an integral part of the congress and have diligently served as course directors, speakers, moderators, and members of the scientific and organizing committees. This year's congress was particularly special for AUBMC, with the presence of Dr. Antoine Abu-Musa as President of LSOG and Dr. Fadi Mirza as member of its managing board and Chairman of its Scientific Committee.



CELEBRATING AUBHEALTH BIRTH AT WHC

All of us at AUBMC celebrated the “birth” of AUBHealth. As OBG/GYN specialists who witness the daily birth of babies, and since we were aware of the delays that patients might encounter after going live, we decided to set a stand at the WHC to distribute chocolate branded with AUBHealth logo. These were similar to the ones that new parents prepare to celebrate their newborns. The branded chocolate was distributed to all WHC visitors during the first 2 weeks after Go Live!



VICE PRESIDENT OF FIGO

Dr. Faysal El Kak, Clinical Associate at the Department of OBS/GYN, was elected as the Vice President of the FIGO, a one million OBS/GYN global leading organization in women health issues and international partner of WHO, most UN and INGO agencies.

This is the first time that an OBS/GYN from an Arab country is elected for this position. It was a tough competition with five other candidates from Italy, Netherland, India, South Korea, and Kenya, in a general assembly of 130 countries. This will be a great opportunity for us at AUB and for Lebanon to have a bigger role regionally and internationally in women health matters. Congratulations.



INTERNATIONAL WORLD BREASTFEEDING WEEK

The International World Breastfeeding Week is an annual celebration held every year from August 1-7 in more than 120 countries to encourage breastfeeding and improve the health of babies around the world. Since AUBMC allocates all available resources to advocate, promote, and support breastfeeding, the Department of OBS/GYN in collaboration with the Department of Nursing at AUBMC embraced this annual celebration by distributing roses to mothers around the Medical Center.



ACADEMIC NEWS

- Dr. Anwar Nassar was invited as a speaker at the first meeting of the Federation of Arab Gynecology and Obstetrics Societies (FAGOS) that was held at Monroe Hotel, Beirut on September 7-8, 2018 where he talked about antiphospholipid syndrome and pregnancy. He was also an invited speaker at the Federation International of Gynecology Obstetrics (FIGO) XXII World Congress of Gynecology and Obstetrics that was held in Rio de Janeiro, Brazil, on October 14-19, 2018 to talk about: "Use and Misuse of Episiotomies." In addition, he was a guest speaker at the Birth Congress that was held on Nov 14-19, 2018 in Venice, Italy where he gave a lecture entitled: "Is There a Role for Episiotomy in Modern Obstetrics?"
- Dr. Johnny Awwad was an invited speaker at the European Society of Human Reproduction and Embryology (ESHRE) in July 2018 in Barcelona, Spain. He also served as the chair of the scientific committee of the 25th Anniversary of the Middle East Fertility Society (MEFS) annual meeting at Habtoor on November 1-3, 2018. Dr. Awwad was also invited to organize, chair, and speak at the American Society of Reproductive Medicine (ASRM) pre-congress course in October 2018 at Denver - Colorado, USA.
- Dr. Labib Ghulmiyyah gave a talk about tranexamic acid in Tyre, as part of the LSOG lecture series on August 31, 2018.
- Dr. Fadi Mirza was an invited speaker at the FAGOS meeting and the 13th Makassed Medical Congress held on October 25-27, 2018 at the Phoenicia Hotel, where he talked about "PCOS: Does the Challenge End at Conception?" In addition, he was an invited speaker at the MEFS meeting that was held on November 1-3, 2018. His lecture was entitled: "Advanced Paternal Age: Does it Matter?"
- Dr. Faysal El Kak presented on "Reproductive Health Access of Women Refugees" in the FIGO Committee of Women Health and Human Rights meeting that was held on July 3-4, 2018 in Torino, Italy. Dr. Kak also organized the first stand-alone FAGOS meeting in Beirut September 7-8, 2018 and participated in three other local meetings as a speaker at the ESCWA headquarters, Tyre, and AUB. Lastly, he gave 4 talks about sexual violence, sexual health and cancer, and women wellness under crisis during the FIGO Congress in Rio de Janeiro, Brazil on October 14-19, 2018.
- Dr. Dalia Khalifeh, a 2nd year fellow in Reproductive Endocrinology and Infertility, was sponsored by the department to present the work she has done during her residency about treatment of cervical cancer metastatic to the abdominal wall at the European Society of Gynecological Oncology meeting that was held in Lyon, France on October 4-6, 2018.

PUBLICATIONS

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- Abiad F, Khalife D, Safadi B, Alami R, Awwad J, Khalifeh F, Ghazeeri G. The effect of bariatric surgery on inflammatory markers in women with polycystic ovarian syndrome. *Diabetes Metab Syndr* 2018 Nov;12(6):999-1005.
- El Achi H, Awwad J, Abou Daya S, Halabi S, Damianos S, Mahfouz R. The association between cardiovascular disease gene mutations and recurrent pregnancy loss in the Lebanese population. *Mol Biol Rep* 2018 Oct;45(5):911-916.
- Farra C, Choucair F, Awwad J. Non-invasive pre-implantation genetic testing of human embryos: An emerging concept. *Hum Reprod* 2018, Oct 24. [ahead of print].
- Kaddoura R, DeJong J, Zurayk H, Kabakian T, Abbyad C, Mirza FG. Episiotomy practice in the Middle East: A Lebanese teaching tertiary care center experience. *Women Birth* 2018, Jul 26. [ahead of print].
- Mirza FG, Abdul-Kadir R, Breymann C, Fraser IS, Taher A. Impact and management of iron deficiency and iron deficiency anemia in women's health. *Expert Rev Hematol* 2018 Sep;11(9):727-736.

CONGRATULATIONS

- Dr. Tony Bazi was elected (by acclamation) to serve, for a 3-year term, on the International Advisory Board of the International Urogynecological Association (IUGA) as a representative for Western Asia countries.
- Dr. Johnny Awwad received the "MEFS Service and Achievement Milestone Award" in November 2018.
- Dr. Faysal El Kak was elected as the Chair of the Middle East committee on sexual health for the World Association of Sexual Health.
- Dr. Fadi Choucair was elected as chair of the Embryology Special Interest Group and Mrs. Mona Fawaz as chair of the Reproductive Nursing Special Interest group during the MEFS annual meeting.

IN THE SPOTLIGHT

NAJWA HAMMOUD

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

A: Back in in 1986.

Q: What is your title?

A: Registered Nurse.

Q: What are your main duties?

A: Taking care of patients and assisting in all in vitro fertilization (IVF) procedures.

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

A: Studying nursing.

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

A: I would have chosen to be a hostess.

Q: What is most enjoyable about your job?

A: Giving hope to patients and feeling with them.

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

A: Dealing with oncology and elderly IVF patients.

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

A: To Tibnine, my homeland. I am very attached to it, and it reminds me of my late parents. Visiting it always brings unforgettable memories.

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

A: Walking, especially in nature.

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

A: I am transparent, and people know everything about me.

Q: What is your point of weakness?

A: Being very kindhearted.

Q: Who is your favorite artist?

A: Julia Roberts.

Q: What is your favorite song these days?

A: "Diamond (in the sky)" by Rihanna.

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

A: I have recently watched "Capernaum" by the acclaimed director Nadine Labaki.



Did you know?

- The first electronic health records (EHR) appeared back in 1986.
- Mayo Clinic in Rochester, Minnesota, was one of the first major systems to adopt an EHR.
- Physician specialties with the highest adoption rates of EHR are dialysis, internal medicine, pediatrics, nephrology, and pathology.
- Judy Faulkner, a computer programmer, founded America's leading medical-record software provider, Epic, the EHR that AUBMC acquired, in a Wisconsin basement in 1979.
- Faulkner started Epic, originally named Human Services Computing, with \$70,000. She and two part-time assistants were the only employees.
- Epic supports the medical records of over 230 million patients and is used by top medical centers such as Johns Hopkins, Mayo Clinic, and now AUBMC!
- Epic is headquartered in Verona, Wisconsin but also has offices in the Netherlands, Dubai, Singapore and Copenhagen.
- Epic is Wisconsin's largest generator of solar power.
- Epic doesn't follow a budget.
- In 2015, Faulkner signed the Giving Pledge whereby she will eventually gift 99% of her stake in Epic to a private charitable foundation.
- Faulkner was ranked number 223 on Forbes' 2018 list of the world's billionaires and number 3 in the category of "America's Self-Made Women."
- After five years on the job, Epic employees are encouraged to take a sabbatical, funded by the company, in a country they have never visited before. To date, Epic staff have taken more than 3,000 trips on their sabbatical to more than 100 different countries.

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

