

OBGYN



Issue N° 39 Spring Newsletter 2022

Our lives are dedicated to yours

THE OBS/GYN SUPPORT FUND

It is no secret that during the past 2 years everyone has been affected by the unprecedented economic challenges. The Department of OBS/GYN at AUBMC has been contemplating many ideas to help alleviate the burden of this crisis. Following discussions with the Office of Development, the need to launch the OBS/GYN Support Fund was made clear. This initiative, which is the first of its kind at AUBMC, was recently launched counting on the generosity of the graduates and friends of the department from around the world, and they have not failed us. We have been receiving many donations and we sincerely thank those who have already contributed, but we still have a long way to go. Much funding is needed to support the urgent needs of the department – from purchasing equipment, supporting the education of residents and fellows, to supporting our underprivileged patients. Therefore, we continue to welcome donations to the OBS/GYN Support Fund which is under the custodianship of the chairperson of the department through the following link: <https://giving.aub.edu.lb/OBGFund>.

“No matter how long the winter, spring is sure to follow.” This season which kicked off with Mother’s Day that was celebrated in a special way at our department, is an opportunity to experience a rejuvenation of the soul, mind, and life. Hope, brought to us by spring, is the one thing that can help us get through the darkest of times. Highlighted in this issue are news about the recently launched OBS/GYN Support Fund, new additions to our department, and a new series of Special Grand Rounds among other departmental news. We will also share some surprising facts about cryptocurrency in the “Did You Know?” section. Enjoy reading this issue.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief



A NEW ADDITION TO THE DEPARTMENT



Dr. Adra can be reached on extension 5637 (office), 5620 (PDU appointments) and 01-759619 or 01-350000 (WHC appointments). His email is: aal07@aub.edu.lb.

Dr. Abdallah Adra recently joined the department as a clinical assistant professor in the Division of Maternal Fetal Medicine (MFM). Dr. Adra received his MD from AUB where he also did his residency training. He then completed his fellowship training in Maternal Fetal Medicine (MFM) at the University of Miami, Jackson Memorial Hospital. Upon his return to Lebanon, he joined AUBMC as a clinical associate and then as an assistant professor of clinical OBS/GYN. He also practiced in his hometown Tripoli where he was the chairperson of the Department of OBS/GYN at Nini Hospital from 2011 until his recent appointment.

Dr. Adra has served on many national, regional, and international professional societies and is currently a member of the Board of the International Society of the "Fetus as a Patient", and an associate member of the prestigious International Academy of Perinatal Medicine (IAPM). He has given more than 200 presentations at local, regional, and international meetings, in his area of expertise and was awarded several honorary memberships in regional and international OBS/GYN societies.

In his new role, Dr. Adra will be involved in teaching medical students and residents and will be seeing patients in the Prenatal Diagnosis Unit (PDU) and the Women's Health Center (WHC).

Please join me in welcoming Dr. Abdallah Adra as a full-time faculty member of AUBMC and in wishing him more success in his new position.

WELCOME



Mr. Hady Al Shami was recently appointed as a research assistant at the Department of OBS/GYN. A graduate from the Lebanese University with a bachelor's degree in Biochemistry and a master's degree in Genomics and Health, Hady is an energetic young man who is mainly responsible for the department's health data and quality monitoring. He carries out internal audits and reviews, monitors quality and patient safety indicators, and ensures the implementation of several ongoing quality improvement projects. He also helps in providing educational material for the social media pages of HER Fund, a charitable fundraising initiative, affiliated with the Women's Health Center (WHC) at the Department of Obstetrics and Gynecology.



MEET THE ALUMNI

* Following a one-year internship in surgery, Dr. Alaa Husheimi completed a 4-year residency in OBS/GYN at AUB. After graduation, he studied German for a year and moved to Germany. He is currently an attending physician in the 'Donauislar Klinikum' of the Medical University of Hannover, where he is also completing the second year of his fellowship in gynecologic oncology. After finishing his fellowship, he is planning on practicing in Germany. In his free time, Alaa likes to travel through Europe and explore the different cultures, as well as cooking, mostly vegan food, which is his new passion.

* Dr. Dalia Khalife completed a 4-year residency in OBS/GYN followed by a 2-year fellowship in Reproductive Endocrinology and Infertility at AUBMC. After graduation, she pursued training in fertility preservation at Guys and St Thomas' Hospital in London. She then joined 'First IVF Fertility Center' in Dubai, UAE where she's working now as a specialist in reproductive medicine and a specialist in OBS/GYN. Dalia is passionate about fertility and has a special interest in egg cryopreservation. Her dream is to normalize the speech about infertility and educate people to reduce the taboo.

MOTHER'S DAY: SPECIAL EVERY YEAR

Because a mother is our first, best and forever friend and because she represents the purest form of love that we will ever know, Mother's Day is celebrated on March 21, the first day of spring. This year the Department of OBS/GYN dedicated 2 unique gifts to mothers who delivered on Mother's Day. One gift was provided by the department and the other through the continuous support of the administration. The mothers greatly appreciated this nice gesture which meant a lot to them.



A SPECIAL PUBLICATION

Escobar MF, Nassar AH, Theron G, et al; FIGO Safe Motherhood and Newborn Health Committee. FIGO recommendations on the management of postpartum hemorrhage 2022. Int J Gynaecol Obstet 2022 Mar;157 Suppl 1:3-50. Available open access on: <https://obgyn.onlinelibrary.wiley.com/toc/18793479/2022/157/S1>.

This 50-page supplement was the product of a 2-year project where experts in the field of postpartum hemorrhage (PPH), a leading cause of maternal mortality, joined effort to generate recommendations that aim at reducing maternal morbidity and mortality from PPH. This is highlighted on the FIGO official website <https://www.figo.org/news/new-ijgo-supplement-figo-recommendations-management-postpartum-haemorrhage-2022>.



This document represents a critical review of the literature and insights from global experts on the daily approach to prevention and treatment of PPH. This work will help to save the lives of mothers, ensure safer childbirth and promote the family unit globally.

– Professor Anwar Nassar, American University in Beirut, Lebanon

PUBLICATIONS

- Barake C, Atwani R, Jaafar N, Tamim H, Hobeika E, Chamsy D. Appropriateness of hysterectomies at the time of surgical removal of presumed benign adnexal masses. *Int J Gynaecol Obstet* Jan 22, 2022. [Ahead of print].
- El Taha L, Beyrouthy C, Tamim H, Ghazeeri G. Knowledge and attitudes among Lebanese pregnant women and women seeking fertility treatment during the COVID-19 outbreak: A cross-sectional survey. *BMJ Open* 2022 Mar 16;12(3):e057873.
- Hajjar R, Tsolakian I, Chaaya M, Daher A, Bazi T. Overactive bladder syndrome in nulliparous female university students: Prevalence and risk factors including waterpipe smoking *Int Urogynecol J* Nov 26, 2021. [Ahead of print].

ACADEMIC NEWS

- Dr. Anwar Nassar was an invited speaker at the International Federation of Gynaecology and Obstetrics (FIGO) Global Webinar entitled: "COVID during Pregnancy: An Update" that was held virtually on March 17, 2022. This webinar was attended by a record 1,600 participants. Dr. Nassar was also a speaker in a virtual roundtable about "Scientific Evidence and Best Practice in anti-D Prophylaxis" that targeted Iraqi obstetricians on March 19, 2022, and Saudi obstetricians on March 30, 2022. A similar session addressed to Egyptian obstetricians is scheduled following the month of Ramadan.



FIGO Global Webinar

COVID during pregnancy: an update

Moderators: Dr Eliana Amaral, Professor Philippe Descamps and Professor Bo Jacobsson

Speakers: Professor Anwar Nassar, Professor Frank Louwen, Dr Muniswaran Ganeshan, Professor Rossana Francisco and Professor Deborah Money

Language: English with live interpretation in French and Spanish.

#FIGOWebinar

Thursday 17 March 2022, 17:00 UTC

Register for free: www.igo.org/upcoming-webinars



- Dr. Abdallah Adra was invited to co-chair and present at the Arab Health 14th OBS/GYN CME-accredited Congress by the Cleveland Clinic, USA, which was held in Dubai, UAE on January 28-29, 2022. He was awarded a certificate of appreciation by Informa Health Care. Dr. Adra was also invited to present online at multiple regional and local webinars including the Mediterranean Association of Ultrasound in OBS/GYN (MEDUOG) and the International Academy of Perinatal Medicine (IAPM). The topics covered included "Maternal Mortality under COVID-19" "COVID and the Fetus."
- Dr. Faysal El Kak presented on "COVID-19 Vaccine in Pregnancy" at the 16th SAGO Congress, Algeria, which was held on February 2-4, 2022. He also presented on "Maternal Mortality in Lebanon" in a roundtable in Baghdad, Iraq along with WHO and UNFPA on March 4, 2022. Dr. El Kak was invited by Toastmaster in collaboration with WISH Program to an interactive session on communicating taboos in sexuality and sexual health, on March 8, 2022. He also edited a policy brief on COVID-19 and Pregnancy in Lebanon, UNFPA, MOPH, 2022.
- Dr. Sandrine Atallah was an invited speaker at the 6th Biennial Meeting of the Middle East Society for Sexual Medicine in Amman, Jordan on January 7-8, 2022, and discussed "Evaluation and Management of Male Hypoactive Sexual Desire Disorder." She presented about "Psychosexual Aspects of Erectile Dysfunctions" at the Al-Zahraa Men's Health Day Hybrid Meeting on February 19, 2022, in Beirut, Lebanon. She also presented about "A Culture Sensitive Approach in Sexual Medicine" at the virtual 24th Congress of the European Society for Sexual Medicine on February 17-19, 2022.

A NEW SPECIAL GRAND ROUND SERIES

On March 23, 2022, a new series of monthly 'Special Grand Rounds' offered by the Department of OBS/GYN were initiated. These series will run in parallel to the Grand Rounds that are offered on a weekly basis throughout the year in the Professor Ismail M. Khalil Auditorium. The first such Grand Round was delivered by Dr. Michail Spiliopoulos who is currently an assistant professor at the Department of OBS/GYN at University of Miami. With two fellowships in Clinical Genetics and Maternal Fetal Medicine (MFM) from Georgetown University Hospital, Dr. Spiliopoulos was the ideal speaker to tackle the topic "Prenatal Genetics: Myths and Misconceptions."

The second speaker was Dr. Karin Fox who is a world-renowned expert in Placenta Accreta Spectrum (PAS) with more than 30 publications about this topic. Her presentation entitled: "Placenta Accreta Spectrum: Updates in Clinical Management" was delivered on April 6, 2022. A member of the Alpha Omega Alpha Honor Society and the Gold Humanism Honor Society, Dr. Fox is currently an associate professor at Baylor College of Medicine. She is the program director of the MFM Fellowship Program, medical director of Maternal Transport at Texas Children's Hospital, and the director of the Placenta Accreta Spectrum Care Team. She is the treasurer and one of the founding members of the Pan-American Society for the PAS and is a member of the International Society for the PAS.

DEPARTMENT OF OBSTETRICS AND GYNECOLOGY SPECIAL GRAND ROUND

"PLACENTA ACCRETA SPECTRUM: UPDATES IN CLINICAL MANAGEMENT"

KARIN A. FOX, M.D., M.ED., FACOG, FAIUM

ASSOCIATE PROFESSOR | FELLOWSHIP DIRECTOR

CLINICAL DIRECTOR, PLACENTA ACCRETA SPECTRUM CARE TEAM

DIVISION OF MATERNAL-FETAL MEDICINE, DEPT OF OB-GYN

BAYLOR COLLEGE OF MEDICINE



IN THE SPOTLIGHT DARINE HAIDAR



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

A: I joined the department in October 2012.

Q: What is your title?

A: I'm a Registered Nurse.

Q: What are your main duties?

A: Being a liaison between the patient and the physician, I assume an educational and psychological role especially when dealing with oncology patients, pregnant women, and infertility patients. I try to provide answers to their many questions and to provide them with education and psychological support.

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

A: I started working at AUBMC in 2007 at the Respiratory Critical Care Unit. Three years later, I moved to the Department of Emergency Medicine where I gained a lot of experience having to handle patients with a wide range of complaints.

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

A: I would have chosen to be a musician.

Q: What is most enjoyable about your job?

A: My favorite part is knowing about a patient's successful pregnancy after many in vitro trials, very precious!

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

A: Dealing with oncology cases who are struggling for their lives is emotionally exhausting and challenging.

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

A: I would visit the Maldives for peace of mind.

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

A: I enjoy spending time with my family and friends and visiting my village Jbeil.

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

A: I am a risk taker.

Q: What is your point of weakness?

A: I am very emotional.

Q: Who is your favorite artist?

A: Ed Sheeran.

Q: What is your favorite song these days?

A: I have been recently listening to "Shivers" by Ed Sheeran and "Ray'a" by Amr Diab.

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

A: "Mind Platter" by the Lebanese Canadian Najwa Zebian. This book is a compilation of reflections on different topics that we encounter in our everyday lives.

Did you know?

- There are more than 9,500 cryptocurrencies in existence. But, as of March 2022, the top 20 coins accounted for about 87% of the cryptocurrency market.
- The first commercial Bitcoin transaction was carried on May 22, 2010, where a Florida resident spent 10,000 Bitcoin to buy 2 pizzas that cost 40 US dollars. Today, the amount of bitcoin spent back then is worth more than 450 million US dollars. Bon appétit!
- Some cryptos, like Ethereum, have more uses than as a coin. Ethereum can also be used to execute smart contracts and for supply chain management.
- A blockchain game - also known as a non-fungible tokens (NFT) game - is a video game that includes elements that use cryptography-based blockchain technologies and are mostly based on the use of cryptocurrency which players can buy, sell, or trade with other players, with the game publisher taking a fee from each transaction.
- One of the first blockchain games, CryptoKitties offered a way to breed unique digital cats. Since each kitty is one-of-a-kind and hence can't be replicated, it has a unique value, like artwork.
- In 2018, someone paid 600 Ethereum for a CryptoKitty Dragon. Even back then, this was worth about 170,000 US dollars. Today, this would be the equivalent of close to 2 million US dollars. That's one expensive digital cat!
- In 2013, James Howells, a Wales resident, accidentally threw out a hard drive that had 7,500 bitcoins on it. For the past 8 years, he's been trying to get his local city council to allow him to excavate the landfill to find the drive and is offering a portion of the proceeds if he is given permission to look through the trash. The city council continues to refuse the proposal citing environmental damage that it could cause.

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