

O B G Y N

Issue N° 40 Summer Newsletter 2022



Our lives are dedicated to yours

GRADUATION DINNER: A MEXICAN FIESTA

This year, we celebrated the graduation of our four residents (Karinia El Khouri, Rima Hajjar, Hassan Hamze, and Dima Salloum) and fellow (Dalal Kojok) at a cozy outdoor Mexican place in Mar Mikhael. In addition to the graduates and their families, residents, faculty members and staff in the department were present during the event. Attendees enjoyed nice food and good music, the best recipe for a pleasant outing.



It is the same time of the year that we close a chapter with a group of residents and fellows and welcome a new group of young energetic residents. Highlighted in this issue are news about the resident graduation dinner, more additions to our department, departmental news, and a special tribute to Dr. Adnan Mroueh. Do not miss to watch the documentary included. We will also share some interesting facts about Lebanon in the "Did You Know?" section. Enjoy reading this issue.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief



DR. ADNAN MROUEH: CELEBRATING AN ILLUSTRIOUS CAREER

On May 19, 2022, the Department of OBS/GYN honored Professor Adnan Mroueh for more than 50 years of dedication to AUB and valuable contributions to the field of OBS/GYN in Lebanon and the region. The honoring ceremony that was held at Issam Fares Lecture Hall, was a full house. It was attended by AUB President Fadlo R. Khuri, Raja N. Khuri Dean of the Faculty of Medicine and Vice President for Medical Affairs Dr. Raymond Sawaya, the Mroueh family, several dignitaries, and members of the AUBMC community and friends of the department. In his speech, President Khuri shed light on Dr. Mroueh's devotion and dedication to the profession. "This celebration is overdue for a man who has had a great positive impact for AUB, for Lebanon, and the region and who has, in his institution, not just fully returned love, but a permanent debt of thanks and the sense of tomorrow being better than today." Dean Sawaya gave an insight into Dr. Mroueh's biography highlighting his expertise: "He was a keen observer of societal issues and has contributed to the national as well as international debates and published works. With this event, we witness the end of an era, but we get to celebrate the life and accomplishments of a giant among men." In his turn, Dr. Karam addressed Dr. Mroueh in a very emotional speech using a verse from Rubaiyat Omar Al-Khayyam: "Days, my dear friend, are like the clouds. They pass by and never come back, but their memory lingers in our minds and hearts." Mrs. Zeina Mroueh then gave a speech on behalf of Dr. Mroueh and thanked AUB and the Department of OBS/GYN for this recognition. The ceremony was concluded by a documentary prepared by the Department of OBS/GYN which highlighted the many achievements of Dr. Mroueh during his long and illustrious career. In it, Dr. Anwar Nassar reflected on Dr. Mroueh as an exemplary teacher: "Dr. Mroueh, you marked the lives of all those who were privileged to have worked or trained with you. From you, we learned how to be among the best, yet remain humble and loved. Whether from your approach to your ethics, your calmness, your ability to work under stress or your forgiving nature, you have set a perfect example for the rising generations to aspire to." At the conclusion of the ceremony, a medal was handed to Dr. Mroueh "the father, the physician, and the educator."

To watch the documentary, [click here](#).





Dr. Adnan Mohamad Mroueh joined AUB and graduated with an MD, with Alpha Omega Alpha in 1961. After finishing his residency training in OBSGYN at AUB in 1964, he did his fellowship in the US at UCLA and Yale University, to join the faculty at AUB on July 20, 1967. In the early 70's, he served as a WHO consultant for maternal and family planning in Iraq. In 1973, he was the president of the Lebanese Family Planning Association and in 1982, he was appointed minister of health, labor, and social affairs. In 1987, he was appointed Vice President for Health Affairs at AUB and Dean of the Faculty of Medicine until 1993. In 2003, he became the chairperson of the Department of OBS/GYN at AUB until the year 2011. He is the recipient of many awards including a medal from King Faisal and the Lebanese Order of Merit – Commander Rank.



ANOTHER ADDITION TO THE DEPARTMENT



Dr. ElKhoury can be reached on extension 5619 (office) and 01-759619 or 01-350000 (WHC appointments). His email is: ne06@aub.edu.lb.

Dr. Nabil ElKhoury recently joined the Department of OBS/GYN as a Clinical Assistant Professor. Following his graduation from the Lithuanian University of Health Sciences with an MD degree, he finished a 4-year residency in OBS/GYN at AUB in 2005, then repeated this residency at Riverside Regional Medical Center, in Newport News VA, in 2010. He is American Board Certified in General OBS/GYN. Dr. ElKhoury has been associated with several USA universities and medical centers and was affiliated with multiple large health systems, most recently Intermountain Healthcare in NV, one of the leading health systems in the USA.

He is the recipient of several awards, including the National ACOG Excellence in Resident Education Award. He is currently completing a Master of Science in Medical Education, with focus on evidence-based teaching. He also completed two years certificate programs at Harvard Medical School, with focus on Leadership, Health Informatics and Clinical Research, and is an active alumnus of Harvard Medical School and Harvard University.

As a full-time faculty member at AUB, Dr. ElKhoury will be involved in the teaching and training of residents and medical students and will share his long experience in both the simulation and educational fields. He is available to consult with residents, fellows and faculty members from other departments. He is skilled in minimally invasive surgeries, including robotics, conventional laparoscopy, and natural orifice surgery (vNOTES), as well as pelvic reconstruction surgeries.

Please join me in welcoming Dr. Nabil ElKhoury to AUBMC and in wishing him success in his new role.



MEET THE ALUMNI

* After completing a 4-year residency in OBS/GYN at AUB and serving as the administrative chief resident, Dr. Sebastian Nasrallah moved to the USA in 2018 to pursue a 3-year fellowship in Maternal Fetal Medicine at Inova Fairfax Hospital, VA. Since his graduation in 2021, Dr. Nasrallah has been pursuing further clinical training to obtain the American Board of OBS/GYN certification. Meanwhile, he has refined his passion to teaching and has won several teaching awards in recognition to his contributions. He has also been involved in numerous research projects, and his work has been presented at a number of national conferences including the SMFM and ISUOG annual meetings. During his free time, you would find him with a professional camera in his hand trying to make every memory last. Highlighted in a previous issue under section TALENTS UNVEILED.

* Dr. Ali Mourad completed a 4-year residency in OBS/GYN at AUB followed by a 2-year fellowship in Reproductive Endocrinology and Infertility at the University of Montreal in Canada. He is currently appointed as an Assistant Professor at the Department of OBS/GYN, Division of Reproductive Endocrinology and Infertility at London Health Sciences Center, Schulich School of Medicine and Dentistry, Western University in Ontario, one of the top universities in Canada, along with its affiliated hospitals and Omega Fertility Center. Dr. Mourad has a specific research interest in pre-implantation genetic testing and endometriosis. He is passionate about gardening and fitness and likes hiking, camping and traveling.

vNOTES WORKSHOP

A first-of-its kind workshop was held on July 5, 2022, at the Simulation and Clinical Competency Center at the Hariri School of Nursing. The workshop started with a didactic presentation to introduce the participants (14 OBS/GYN residents and 5 faculty members) to vNOTES (vaginal natural orifice transluminal endoscopic surgery) and review the current literature on how to incorporate vNOTES into clinical practice, proper patients' selection, perioperative management, anatomy from a vaginal approach and benefits, advantages of vNOTES and the existence of an international society for vNOTES.

The last part was a hands-on training, where there were 3 trainers for the vNOTES with 2 specimen each (allowing all participants to practice on hysterectomy), and one additional trainer where the participating faculty members were able to practice adnexectomy, which requires a higher level of training than hysterectomy.

At the end of the workshop, certificates of attendance and participation were distributed to all participants, and the workshop ended with collective pictures followed by a small luncheon.



A SPECIAL PUBLICATION

Fahs D, Kojok D, Abiad J, Ghazeeri G. A plea for reproductive health support amid crisis in Lebanon. *Lancet* 2022 Apr 30; 399(10336):1692.

In this editorial that was published in the prestigious *Lancet* in March 2022, Dr. Ghazeeri and co-authors pleaded with the international community to support Lebanon and help the reproductive health sector overcome this 'raging storm.' The authors stressed on the need to provide equitable access to fertility care for all.

PUBLICATIONS

- Ghazeeri G, Ibrahim N, Khalifeh F, Beyrouthy C, El-Taha L, Bizri M. Character strengths of women with polycystic ovary syndrome in a single center. *PLoS One* 2022 Apr 1;17(4):e0266398.
 - Abdallah R, Hajjar R, Dagher C, Khalil A, Khaled C, Tawil A, Chamsy D. Chronic abdominal heterotopic pregnancy: A unique case report. *J Obstet Gynaecol* 2022 Jun 1:1-2.
 - Rameh G, Megarbane A, Jalbout L, Snaifer E, Saliba S, Nassar A, Chalouhi G. Raine syndrome: Report of a novel mutation and review of the different antenatal imaging modalities used to diagnose this disease. *Prenat Diagn* 2022 May;42(5):589-600.
 - Bizri M, Ibrahim N, Beyrouthy C, Yamout D, Tamim H, Abiad J, Ghazeeri G. Psychometric properties of the Arabic version of Connor-Davidson Resilience Scale in a sample of Lebanese women. *PLoS One* 2022 Jun 15;17(6):e0269700.
 - Hassan B, Fatteh M, Abiad M, Khalifeh M, Chamsy D. Retroperitoneal lipoma in pregnancy: Between surgical intervention and postpartum deferral. *Int J Gynaecol Obstet* 2022 May 27. [Ahead of print].
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ACADEMIC NEWS

- Dr. Anwar Nassar was invited to serve as an advisor to the Scientific Programme Committee for the FIGO 2023 World Congress of Gynecology and Obstetrics that is scheduled to take place in October 2023 in Paris.
 - Dr. Antoine Hannoun was elected to the president elect position of the Lebanese Fertility Society in April 2022.
 - Dr. Tony Bazi was invited to join the Department of Medicine and Surgery Translational Science at the Catholic University of Rome as a visiting professor. This appointment revolves around voluntary teaching and research projects. In May 2022, he gave two lectures at Gemelli Hospital associated with Catholic University, the 2nd largest hospital in Italy with around 1500 beds.
 - Dr. Faysal El Kak presented at several seminars and webinars on family planning, vaginal atrophy, COVID-19 vaccines, long-acting reversible contraceptives, and female pelvic pain in KSA, India and Lebanon during March - May 2022. He also conducted training on clinical management of rape survivors in April 2022 and participated in a regional roundtable on "Abnormal Uterine Bleeding" management protocol development on May 27, 2022, both events were held in Beirut, Lebanon.
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CONGRATULATIONS

- Dr. Rima Hajjar, who graduated in June 2022, was the winner of "Best Presentation" award during the 9th Annual Clinical Research Open House on "Overactive bladder syndrome in nulliparous female university students: Prevalence and risk factors including waterpipe smoking" with Dr. Tony Bazi.
- Dr. Ali Khalil was the recipient of the 2022 "National Faculty Award for Excellence in Resident Education" presented by the American College of Obstetricians and Gynecologists (ACOG), the Council on Resident Education in Obstetrics and Gynecology (CREOG). This was based on voting of residents in our department acknowledging his vital role in their education especially since this is not the first time that Dr. Khalil receives this well-deserved award.

IN THE SPOTLIGHT

DAAD FARHAT



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

A: February 14, 2005.

Q: What is your title?

A: Senior embryologist.

Q: What are your main duties?

A: Performing all in vitro fertilization (IVF) laboratory techniques. These include semen preparation and cryopreservation, intracytoplasmic sperm injection (ICSI), oocyte and embryo cryopreservation and thawing, embryo biopsy for preimplantation genetic testing. In addition, my duties include contacting patients to reassure them about the number and quality of their eggs/embryos, in addition to my duties in quality control and laboratory supplies management.

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

A: I was a research assistant at the Department of Microbiology and Immunology.

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

A: I have passion for culinary arts, so I would have opened a food facility like a restaurant or a catering firm.

Q: What is most enjoyable about your job?

A: I love being part of the patients' journey in IVF, discussing their concerns and taking care of their embryos. In addition, the joy of the couple after a successful IVF cycle is extremely rewarding.

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

A: Living the emotional moments with the couple from the day of the egg retrieval to the day of the pregnancy test while remaining focused during the whole procedure since in this job, there is no room for error.

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

A: I would love to go to Cancun city in Mexico for its historical, cultural and natural diversity.

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

A: Gardening and hiking.

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

A: I can become easily angry and defensive whenever I witness injustice or discrimination, even though I mostly am a calm and collected person.

Q: What is your point of weakness?

A: My children.

Q: Who is your favorite artist?

A: Julia Boutros and Kadim Al Sahir.

Q: What is your favorite song these days?

A: "Ashanek" by Siilawi, and most of Adonis songs.

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

A: "Hidden figures" by Margot Lee Shetterly, it describes the journey of strong women going through and overcoming racial and gender discrimination at work.

Did you know?

- Lebanon is mentioned in the Bible around 75 times often in reference to Mount Lebanon and its famous cedar trees.
- Beirut is derived from the Canaanite word "ber'ot," meaning "the wells" or "fountain," which referred to the site's accessible water table.
- Legend has it that Beirut has been rebuilt from the ashes seven times, making it an "urban phoenix in mythology".
- With around 38.2% of Lebanese being smokers, Lebanon is ranked 8 in the world in tobacco use.
- Lebanon is ranked third in the world for the highest cigarette consumption per capita with over 2,000 cigarettes smoked per person per year.
- Lebanon is one of the world's oldest wine-producing regions. As early as 3000 BC, Phoenicians are believed to have transported their grapevines to the area. The region continued to be known for its wine well into the Middle Ages.
- Lebanon hosts the largest number of refugees per capita in the world.
- Despite its size, Lebanon is home to five UNESCO World Heritage Sites including four ancient cities (Anjar, Baalbek, Byblos, and Tyre) and the Qadisha valley and its monastic settlements.
- The Temple of Bacchus in Baalbek is one of the best-preserved and grandest Roman temple ruins in the world.
- Byblos, one of the oldest Phoenician cities, has been inhabited since the Neolithic period (10,000-4,500 BC). Its buildings date back 8000 years. As such, is the oldest continuously inhabited city in the world.
- Tied with Thailand, Lebanon has the world's third-highest number of public holidays. With 16 days of public holiday per year, only India and Colombia with 18, have more.

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