

# OBGYN

Issue N° 43 Spring Newsletter 2023



## A SPECTACULAR PERFORMANCE - HER FUND

FINIQIA, the latest dance musical production by the world-renowned Caracalla Dance Theatre, will be performed at Caracalla Theatre on May 25, 2023. The revenues of this special night will go to support HER Fund, a fund that was established at the Department of OBS/GYN to help underprivileged women who suffer from life threatening gynecological and obstetrical conditions. From the depth of the ancient world and the Phoenician culture, performers and dancers will join to present extravagant costumes, stunning visual effects, and grand scenery, where the past and present merge into a powerful theatrical celebration of the senses. We would like to thank Caracalla's management team and dancers for believing in our cause. Special thanks go to Alissar and Ivan Caracalla for their unconditional support. Don't miss this memorable production suitable for all generations. We are counting on your presence!



Spring – a season synonymous with rebirth, hope, love, grace, and inspiration – brings with it great departmental news. HER Fund celebrates spring in its own way as detailed in this issue. Also highlighted is an announcement about Dr. Karam Karam who recently joined our department as a full-time faculty, in addition to resident, faculty and WISH program news. We will also share some fascinating random facts in the "Did You Know?" section. We hope you enjoy reading this issue.

Sincerely,  
**Anwar Nassar, MD**  
*Editor-in-Chief*





FINIQIA

Caracalla  
DANCE THEATRE

HER FUND AT AUBMC INVITES YOU TO ATTEND THE LATEST  
MUSICAL PRODUCTION BY CARACALLA DANCE THEATRE



**THURSDAY, MAY 25, 2023 AT 8:30 PM**  
**CARACALLA THEATRE - HORSH TABET**

Proceeds from this event will be donated to help underprivileged women who have critical gynecological and obstetrical conditions

**For tickets, please call: 01 - 340 460 ext. 5600 / 5610**

Ticket prices: \$30, \$60, \$100



**AMERICAN  
UNIVERSITY OF BEIRUT  
MEDICAL CENTER**

المركز الطبي في الجامعة الأميركية في بيروت

# AN INVITED SCHOLAR

Dr. George Kasyan, professor of Urology at Moscow State University of Medicine and Dentistry, Russian Federation, was our invited scholar in February 2023. Dr. Kasyan, a world authority on repair of radiation-induced vesicovaginal fistulas, volunteered to lead our surgical team in the repair of a recurrent complicated vesicovaginal fistula in one of our patients at AUBMC. Hospital related costs were covered by HER Fund.

During his 3-day stay, Dr. Kasyan gave a grand round attended by our department as well as the Division of Urology, Department of General Surgery. In addition, he gave two presentations to our residents.



# LETTERS OF GRATITUDE

We continue to receive letters from patients and OBS/GYN residents who manage patients supported by HER Fund. The latest was written by a senior OBS/GYN resident on behalf of an OPD patient in which she expresses her deepest gratitude for [HER Fund](#) support: "Thanks to this Fund, my patient was operated on for a malignancy over the past week and was discharged today in a great condition. This patient had the chance to receive the excellent care of AUBMC and all this for free."

Special thanks go to Dr. Reem Abdallah for her constant mentoring and guidance in the operating room." We would also like to extend a note of appreciation to Dr. Abdallah who has operated on the bulk of patients covered by HER Fund and who has in some instances prioritized those patients over her own private patients.

A big thank you from the HER Fund team Dr. Abdallah.

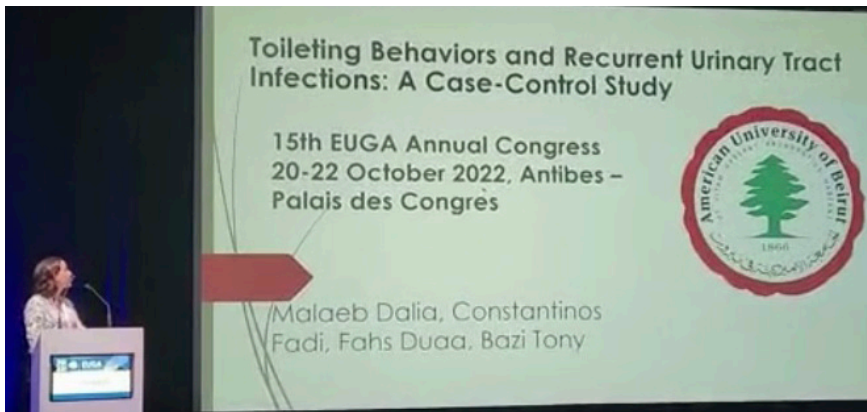
A graphic with a purple background. At the top, it says "HER FUND" in large white letters. Below it, in smaller white text, is the slogan "Heal her. Embrace her. Remember her." The background is filled with a collage of text, including quotes and names like "Madame Marie du Defroid", "Shuhin Stoker", "Arnold Heulstein", and "Elizabeth Cady Stanton". The text is arranged in a way that suggests a collection of letters or testimonials.



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## RESIDENTS PRESENTING IN INTERNATIONAL CONFERENCES

During the 15th European Urogynecological Association Annual Congress that was held in Antibes, France on October 20-22, 2022, Dr. Dalia Malaeb, a PGY IV, had an oral presentation of her research project that she has worked on with her mentor Dr. Tony Bazi.



The case-control study highlights the association between toileting behavior and recurrent urinary tract infections. The presentation was well received by the scientific community that attended the conference. This was a challenging first experience to Dalia where she presented her research at a prestigious international conference. Dalia believes that this opportunity wouldn't have been possible without Dr. Bazi's guidance as well as the Department of OBS/GYN's generous support.

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## ACADEMIC NEWS

Dr. Anwar Nassar was an invited speaker to the 23rd Annual Congress of the Lebanese Society of Obstetrics & Gynecology (LSOG) where he talked about "The FIGO guidelines for the management of postpartum hemorrhage."

Dr. Faysal El Kak presented on "Sexual function in pregnancy and postpartum and pelvic dysfunction" in the International Society of Sexual Medicine (ISSM) webinar on April 18, 2023, and on "Vasomotor symptoms, PCOS in adolescents, and female sexual dysfunction" during the 2nd Saudi Women Health Conference that was held in Riyadh, KSA on March 17-18, 2023. He also conducted a training session on the identifications of survivors of violence in clinical settings on March 8, 2023.

Dr. Abdallah Adra was an invited speaker to the 15th OBGYN Arab Health Conference, that was held in Dubai, UAE on January 30-31, 2023, where he talked about "Cesarean scar pregnancy: A new challenge for obstetricians". He was also invited to the 16th meeting of the International Academy of Perinatal Medicine, that was held in Doha, Qatar, on March 1-3, 2023. Dr. Adra was also an invited speaker to the Placenta Accreta Spectrum (PAS) Symposium that was held during the 23rd Annual Congress of the LSOG.

Dr. Sandrine Atallah was an invited speaker at the 24th Congress of the European Society for Sexual Medicine that was held in Rotterdam, Netherlands on February 16-18, 2023. She participated in several symposia, roundtables, and workshops about the role of social media to promote sexual education and whether we talk about female sexual pleasure in the middle east.

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## CONGRATULATIONS

Dr. Ali Khalil was one of the recipients of the 2022-2023 "FM Dean's Excellence Awards" in the category of teaching for faculty members. This award that was announced on March 29, 2023, is bestowed on faculty members in recognition of their outstanding performance and contribution to teaching and educational leadership that make the Faculty of Medicine and the Medical Center, a special place we are all proud to belong to. Congratulations Dr. Khalil.

Dr. Faysal El Kak has been invited by the Director of the World Health Organization (WHO) to serve as a member of the WHO Strategic Advisory Group of Experts which provides strategic and technical advice to the organization and to member states on public health policies, especially those related to the health of women, mothers, newborns, and youth as well as reproductive health and nutrition. Congratulations Dr. El Kak.

Dr. Ali El Safadi, a PGY I, has co-edited a book titled: "[Circumcision - Advances and New Perspectives](#)" with Dr. Ahmad Zaghaf and it was officially released in February 2023. A. Zaghaf and A. El Safadi, Eds., 'Circumcision - Advances and New Perspectives'. IntechOpen, Feb. 15, 2023. You make us proud Ali.

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## WISH PROGRAM ACTIVITIES

The Women Integrated Sexual Health (WISH) Program organized a one-day course on female sexual dysfunction in collaboration with the Jordanian Society of OBS/GYN on February 24, 2023, in Amman, Jordan. This was attended by around 160 OBS/GYN specialists from Jordan and Palestine.

The instructors of the course were Drs. Faysal El Kak and Wiam Saab, the administrative chief resident. The course received excellent feedback with a demand to hold another in the Fall, 2023. implemented a joint UNFPA and Ministry of Public Health project on capacity building in reproductive sexual health to around 400 health care providers across Lebanon in collaboration with the Department of OBS/GYN during November and December 2022.

The program also organized a sexual health seminar on HPV in College Hall on March 20, 2023, with Drs. Ghassan Dbaibo, Marianne Majdalani, and El Kak as speakers.



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## MEET THE ALUMNI

Dr. Suleiman Ghunaim completed a 4-year residency in OBS/GYN followed by a 2-year fellowship in Reproductive Endocrinology and Infertility at AUB. He returned to his home country Jordan where he ranked first in the Jordanian Board of OBS/GYN clinical exam. He started his career in the Farah Hospital Assisted Conception Unit and launched the first fertility preservation for social purposes awareness campaign in Jordan. Dr. Ghunaim has published over 15 scientific papers and 2 book chapters. He is happily married to Zein - his high school sweetheart - and is a father to a 6-year-old Samer, who was born at AUBMC under the supervision of Dr. Labib Ghulmiyyah, the residency program director back then.

Dr. Sara Dakhllallah graduated in 2017 after completing a 4-year residency in OBS/GYN at AUB. Following her graduation, she went to private practice in Beirut for more than 2 years and then completed a fellowship in Minimally Invasive Gynecology at the University of Montreal. She is currently working as a minimally invasive gynecologist at hospital Chaleur in New Brunswick, Canada. On the personal side, she is married to Wissam Fawaz, an orthopedic surgeon working at the same hospital, and they have a son.

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## PUBLICATIONS

- Hobeika E, Malaeb D, Obeid S, Salameh P, Hobeika E, et al. Postpartum Depression and Anxiety among Lebanese Women: Correlates and Scales Psychometric Properties. Healthcare (Basel) 2023;11(2):201.
- Atallah S, Redón AM (2023). Relevant (Sexual) Aspects of Cultural Differences. In: Geuens S, et al (eds) Midwifery and Sexuality. Springer, Cham.
- Rebeiz MC, El-Kak F, van den Akker T, Hamadeh R, McCall SJ. Maternal mortality is preventable in Lebanon: A case series of maternal deaths to identify lessons learned using the “Three Delays” model. Int J Gynaecol Obstet April 27, 2023. [Ahead of print].

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## DR. KARAM KARAM: A FULL TIME FACULTY

It is my great pleasure to announce that Dr. Karam Karam, who doesn't need any introduction, decided to change status and return to the full-time position that he held 50 years ago, after completing his post-doctoral training in the United States back then. Dr. Karam is a strong believer that the “American University of Beirut (AUB) upholds not only a legacy but nurtures the very exponents of tradition and change. In this spirit, I elected to change status”, he says.

Dr. Karam adds that “AUB's men and women have been lifted beyond themselves by the inspiration of great thoughts and faithful learning, and I am lucky to be one of them. The university prospered and excelled because it proclaimed the uniqueness of man and his power of rejuvenation, through knowledge spirit and mind. All are everlasting entities beyond storms, tempest, destruction, and war. At this institution man is not merely the end, rather he is the catalyst and the means. The pupil explosion has become prime as the preparation of young physicians increases, and the demand for education overwhelms a non-resilient system.

Within a worldwide crisis and into greater accentuation in our present day, Lebanon is deeper and more humane in medical education, medical practice, and patient care. What role would AUB trace for itself? Within what framework? Wherein the challenges of the future lie? Within this frame I chose to be part of AUB as full-time faculty confident that I never and will never fail in serving its goals and traditions; where I believe that this mixture, I am part of, in its wealth and heterogeneity, is a blessing.” He concludes that it is a new era he embarks on at his “second home, the Department of OBS/GYN, hoping to succeed in serving the university and its students, the patients coming to its realm, and the beloved country we belong to.”

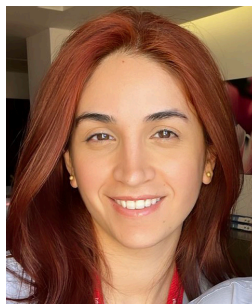
As a full-time faculty member at AUB, Dr. Karam will continue to be involved in the teaching and training of residents and medical students and will share his long experience and talent.

He will also be responsible for the restructuring of the OBS/GYN Outpatient Department (OPD) in his role as a director of OPD. Please join me in welcoming Dr. Karam in his new role.





## IN THE SPOTLIGHT LAMA SALAMEH



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

A: I joined back in August 2018.

**Q: What is your title?**

A: I am a senior OBSGYN Registered Nurse.

**Q: What are your main duties?**

A: Taking care of pregnant women before, during and after delivery.

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

A: Studying BS in Nursing.

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

A: I would have chosen to be a flight attendant.

**Q: What is most enjoyable about your job?**

A: Being the advocate of women awaiting an exceptional experience - the birth of their child and sharing with them this joyous experience.

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

A: Maintaining a calm, yet professional attitude with "difficult" patients.

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

A: Paris. It's a great city with magnificent history, architecture, food, and touristic sites.

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

A: Scuba diving and taking care of my family.

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

A: I am a person who likes to take risks.

**Q: Who is your favorite artist?**

A: Celine Dion.

**Q: What is your favorite song these days?**

A: The song 'Holiday' by the famous Scorpions.

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

A: The British award winning "Slumdog millionaire".

## Did you know?

- Infants are born with an average of 300 bones, but as they grow some of the bones fuse reducing the number to 206 at adulthood.
- During an average lifetime, a human being might eat around 70 assorted insects and a couple of spiders while sleeping.
- The fastest-moving muscle in the human body is the orbicularis oculi, capable of contracting in less than 1/100th of a second. A blink typically can last 100-150 milliseconds. That's why we say when something happens quickly: 'in the blink of an eye!'
- There are 293 ways to make change for a dollar.
- It is physically impossible for pigs to look up into the sky.
- The three technology innovators Steve Jobs, Steve Wozniak, and Ron Wayne started the Apple Computer Company on April Fools' Day in 1976. Thirty years later, the trillion-dollar company was renamed Apple Inc. and is no joke.
- The first commercial passenger flight between Saint Petersburg and Tampa back in 1914 lasted only 23 minutes. In addition to the pilot, it carried only one passenger who had to pay \$400 – equivalent to ~\$8,500 today.
- Uncle Ben's rice that hit grocery store shelves in 1947 was the product of a parboiling process invented originally to keep more nutrients in the rice while lessening its cooking time so that it can be air-dropped to World War II American and British troops.

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