



AMERICAN
UNIVERSITY OF BEIRUT
MEDICAL CENTER

المركز الطبي في الجامعة الأميركية في بيروت

OBGYN Newsletter

Issue N° 44 – Summer 2023

aubmc.care





“... And the living is easy,” this certainly doesn’t hold true for “summertime” 2023. We are hopeful that by the time this issue is released, the heat wave would have eased. In fact, the unprecedented high temperatures that have been linked to less productivity is one of the reasons that contributed to the delay of this issue along with some sad news. Yes, once again the Department of OBS/GYN has lost an AUB graduate, colleague, and friend, Dr. Ralf Papas who left us in the peak of his productivity. This issue sheds some light on the short journey of Dr. Papas. On the positive side, highlighted in this issue are news about the resident graduation dinner and an outdoor social activity, both held in June. You will also enjoy some interesting facts about summer in the “Did You Know?” section. We hope that our content continues to be up to your expectations and that you like the new layout.

*Sincerely,
Anwar Nassar, M.D.
Editor-in-Chief*



Table of contents

This Time Of The Year	04
Resident's Retreat: Nature at its Best	
You Left Too Soon Ralph	05
Academic News	
Congratulations	06
Publications	
Meet the Alumni	
In the Spotlight	07
Did You Know?	



This Time Of The Year

Congratulations to our 2023 graduates, Drs. Wadad Alameh, Wiam Saab, Dalia Malaeb, and Christelle Dagher who were in the spotlight during the Graduation Dinner that was held in their honor, on June 10, 2023. Departmental faculty and staff and the soon-to-be alumni, their families, and their friends spent the evening enjoying drinks and socializing over a delicious dinner at Centrale Beirut. The residents also received many inspiring words of praise and advice from their mentors and advisors who are now their colleagues.



Resident's Retreat: Nature at its Best

Burnout rates among residents in the specialty of OBS/GYN are amongst the highest compared with other medical specialties. One departmental initiative to enhance wellness and address burnout is through a resident retreat often in the form of a social event. On June 3, 2023, our residents and some faculty members spent a day full of fun, challenges, and adventures at Arnaoon Village. Horse riding, wall climbing, zipline, bike zipline, and visiting the animal farm were only some of the activities that were enjoyed at this outdoor venue. It was a timeless experience full of entertainment, delicious Lebanese and international cuisine, music, and exciting moments that will always be cherished. The photos say it all.





You Left Too Soon Ralph



On Saturday August 12, 2023, the Department of OBS/GYN and the OBS/GYN community received the sad news of the passing away of Dr. Ralph S. Papas, the son of the late Dr. Said Papas who was also an OBS/GYN. Dr. Papas graduated from AUB in 2006 as a medical doctor. He then completed his OBS/GYN residency at AUBMC in 2011, followed by a 15-month Gynecologic Oncology training at CHUM Université de Montreal, Canada. In 2014, he did a further one-year fellowship in Université Libre de Bruxelles, Belgium. Since 2015 and until the day he passed, Dr. Papas was a practicing OBS/GYN and an IVF Infertility Specialist at Saint George Hospital University Medical Center and at Bellevue Medical Center. He was promoted to a Clinical Assistant Professor in December 2022 at the University of Balamand where, in addition to his teaching and training responsibilities, he was actively collaborating with other physicians for the establishment of research trials. Dr. Papas' main aim was to provide patient-oriented and evidence-based practice for women's general and reproductive health. He had expertise and wide training in infertility care and In Vitro Fertilization (IVF) and was very much into exploring innovative solutions. He was a member of several international scientific associations including the European Society of Human (ESHRE), the European Society of Gynecologic Oncology (ESGO) and the Lebanese Society of OBS/GYN (LSOG). Dr. Papas will be remembered not only for his work in the field of IVF, but also for his personality where he had the ability to make you feel important and special, his smile which never left him, and his willingness to help those in need. He will always be in our hearts and wonderful memories.

Academic News

Drs. Anwar Nassar and Faysal El Kak were invited speakers to the 19th Scientific Day organized by the Bekaa Hospital on July 28, 2023.

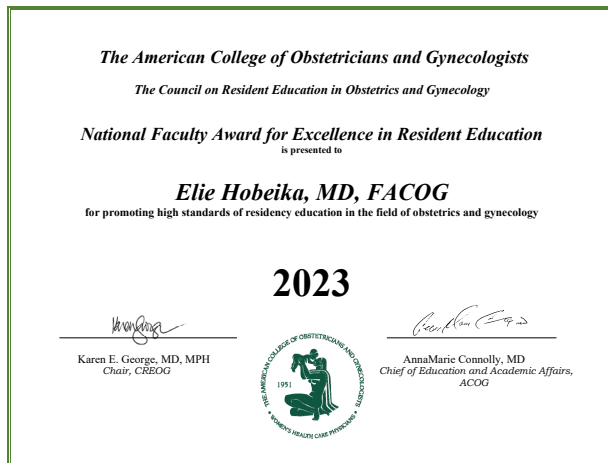
Dr. Faysal El Kak was a co-panelist during the World Health Organization (WHO) session "Beyond our reproductive potential: The future of women's sexual health" in the Women Deliver Congress that was held in Kigali, Rwanda on July 16-20, 2023. He also participated in the expert group meeting of the European Network of Sexual Medicine (ENSM) and presented on WISH program experiences and services and on oncosexology in Ljubljana, Slovenia on June 22-24, 2023. In addition, Dr. El Kak was an invited guest to the 36th Policy and Coordination Committee (PCC) meeting at the WHO headquarters that was held on April 25-27, 2023, to present on "Putting sexual health at the center of sexual and reproductive health services."

Dr. Sandrine Atallah was an invited speaker at the STI and HIV World Congress that was held in Chicago, Illinois on July 25-27, 2023.



Congratulations

Dr. Elie Hobeika was the recipient of the 2023 “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. Congratulations Dr. Hobeika for this well-deserved award!



The Department of OBS/GYN would like to congratulate **Dr. Hanan Aghar** for receiving the “Highest CREOG Score” Award for the Academic Year 2022–2023 during which she was a second-year resident.

Dr. Christelle Dagher, who graduated in June 2023, was the winner of “Best Presentation” award during the 10th Annual Clinical Research Open House on “Perception of Lebanese obstetricians towards covid-19 vaccination in pregnancy and breastfeeding”, a research project she performed under the guidance of Dr. Anwar Nassar, the principal investigator on the study.



Dr. Faysal El Kak was invited by World Health Organization (WHO) Director General to serve on the Strategic Technical Advisory Group of Experts (STAGE) for a 3-year term (2023–2026).

Publications

Nassar AH, Hobeika E, Chamsy D, El-Kak F, Usta IM. Vaccination in pregnancy. *Int J Gynaecol Obstet* 2023 Jul;162(1):18–23.

Fahs D, Salloum D, Nasrallah M, Ghazeeri G. Polycystic Ovary Syndrome: Pathophysiology and Controversies in Diagnosis. *Diagnostics (Basel)* 2023 Apr 26;13(9):1559.

Bazi T. Striving to become international. *Int Urogynecol J* 2023 Jul;34(7):1335–1337.

Saab R, Habib PA, Hamdan M, El Hayek R, Daher D, El Hage Hassan M, Doumat G, El Kak F. Assessing the knowledge, attitudes, and practices of graduating medical students towards sexual health in Lebanon. *Int J Gynaecol Obstet* 2023 Apr;161(1):51–56.

Seoud M, Jaafar I, Hamadeh R, Ammar W, Atallah D, El-Kak F. Feasibility of implementing cytology-based cervical cancer screening national program in Lebanon: A pilot study. *Int J Gynaecol Obstet* 2023 Apr;161(1):86–92.

Meet the Alumni

Dr. Rayan Ghanem graduated in 2019 after completing a 4-year residency in OBS/GYN at AUB. She then moved to Dallas, where she completed a 1-year fellowship in Clinical Research in Minimally Invasive Gynecologic Surgery (MIGS), at University of Texas Southwestern Medical Center (UTSW). Following that, she gave birth to her son Adam, who is 2-year-old now and has been the center of her universe along with her husband, Dr. Rashed Ghandour. In Cleveland, her career path took a turn when she was introduced to the master’s in Healthcare Management Program (MSHCM) at Case Western Reserve University. She is currently close to completing her MBA, in hopes that her combined MD/MBA will help in her new path toward administrative healthcare.

After completing his OB/GYN residency at AUB in 2020, Dr. Marco Mouanness did a two-year fellowship in reproductive endocrinology and infertility in New York, USA, during which he achieved certification by the American Registry for Diagnostic Medical Sonography. He currently practices at “Rejuvenating Fertility Center,” a multi-centered university-affiliated fertility center based in New York and Connecticut, where he serves as associate medical director. Dr. Mouanness has published several scientific papers and book chapters and he regularly presents at international conferences and will be presenting at the upcoming 2023 American Society for Reproductive Medicine (ASRM) congress as a nominee for the Prize Paper Award. On a personal note, Dr. Mouanness is married to Dr. Maëlle Saliba, who also completed her pathology residency training at AUB in 2020. They welcomed their son, Lucas, shortly after moving to New York.



In the Spotlight

Haitham Zahwe

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

A: I joined in January 2010.

Q: What is your title?

A: A floor clerk in Delivery Suite.

Q: What are your main duties?

A: My responsibilities include welcoming patients and their families, ensuring proper replenishment of store items, properly charging patients, and checking all supplies to ensure smooth operations.

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

A: I was an accountant at an outside non-medical institution.

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

A: I have always dreamt of establishing my own business which would be centered around acquiring and trading motorcycles.

Q: What is most enjoyable about your job?

A: I absolutely adore the delightful team spirit among the nurses, making the work so enjoyable.

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

A: As a floor clerk, ensuring that all items are properly charged and store items are replenished in a timely fashion poses a rewarding challenge.

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

A: I find great joy in visiting Brazil as my brother and some of my family members reside there.

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

A: I have always enjoyed going to the beach, swimming, and playing football since my childhood.

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

A: I am rather skilled at fixing cars. I particularly enjoy tackling repairs and maintenance with confidence and precision.

Q: What is your point of weakness?

A: My kids, and when they get sick, I feel deeply concerned and unsettled and I am not good at hiding it.

Q: Who is your favorite artist?

A: Denzel Washington.

Q: What is your favorite song these days?

A: "Ana Lamin" by Ziad Bourji.

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

A: I recently watched the action movie "The Equalizer 3."

Did You Know?

'Summertime,' probably one of the most memorable songs of the 20th century, was originally an aria composed by George Gershwin for the 1935 opera Porgy and Bess and has been performed by thousands of musicians since then. Listen to the original version. (link: <https://music.youtube.com/watch?v=O7-Qa92Rzbk>)

Thunderstorms are most common during summertime. The warmth of summer provides the perfect conditions of rising air and moisture required for the creation of thunderstorms.

The bikini, a two-piece swimwear, was invented in France in 1946 partly due to the impact of material rationing from World War II. French engineer, Louis Réard, introduced this revolutionary swimwear and named it after the Bikini Atoll in the Marshall Islands in the Pacific Ocean.

The benefits of sunshine exposure include a reduction in cognitive loss brought on by ageing and an improvement in cognitive performance. Vitamin D, that is produced in response to sun exposure, has been associated with a decreased risk of dementia.

Apart from using a thermometer, you can rather accurately estimate the temperature by counting the number of cricket chirps in 15 seconds during summer nights and adding 37. This method is known as Dolbear's Law.

Two centuries ago, there was a year without summer. In 1816, a massive volcanic eruption of Mount Tambora in Indonesia produced enough dust, ash, and sulfur dioxide to partially cloud the Earth's atmosphere. The entire planet experienced a record drop in temperature as well as other winter-like conditions, such as snow in June and frost in August.

The Eiffel Tower, one of the most fascinating landmarks in the world, grows by around 15 centimeters over the summer. This is secondary to the metal structure's sensitivity to heat expansion.

