



AMERICAN  
UNIVERSITY OF BEIRUT  
MEDICAL CENTER

المركز الطبي في الجامعة الأميركية في بيروت

# OBGYN

## Newsletter

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Spring has returned and "when Nature resumes her loveliness, the human soul is apt to revive also." This season is the time for plans, reflection, and hope. In this issue, we highlight two special prizes that were established in memory of two of our late graduates, Drs. Roland Tannous and Ralph Papas, our celebration of Mother's Day, and we share some photos from our yearly spring tradition, the "Resident's Wellness Day." In addition, you will skim through several departmental news and hopefully enjoy the newsletter reader's favorite the "Did You Know?" section which provides interesting facts about flowers. We hope that you enjoy reading this issue.

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



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## THOSE WERE THE DAYS ... THEY'D NEVER END

We are pleased to announce that two new prizes have been created in memory of our late alumni, Dr. Roland Tannous and Dr. Ralph Papas. Each year, the Dr. Roland Jamil Tannous Endowed Award will be bestowed on an OBS/GYN resident or fellow who exhibits consistent, compassionate care towards patients. As for the Dr. Ralph Said Papas Endowed Award, it will be given to an OBS/GYN resident or fellow who is involved in impactful research or who exhibits excellence in teaching. A departmental committee selected this year's award recipients: Dr. Lara Nahouli who received the Dr. Roland Jamil Tannous Endowed Award and Dr. Joanna Khalifeh who received the Dr. Ralph Said Papas Endowed Award. We congratulate both residents who are graduating this year, and hope that through these prizes, the legacy of Drs. Tannous and Papas will continue to inspire us and will always remind us of the great contributions they made to our community. We will always remember "those days my friend(s) ... we thought they'd never end." [VIDEO](#)





## RESIDENT DOCTOR APPRECIATION WEEK 2024

From February 5 to 9, 2024, we celebrated the Resident Doctor Appreciation Week. This event was an opportunity to acknowledge our trainees for their significant contributions to our department and to the health of the communities we serve. As a token of our appreciation, each resident received a customized mug featuring funny yet witty drawings that reflected their unique personalities. Zoom in and try to read some of what is written on those mugs.



## OBS/GYN GRADUATION 2024: A MAGICAL NIGHT

You would be able to judge for yourself in our upcoming issue why our graduation dinner this year was exquisite.



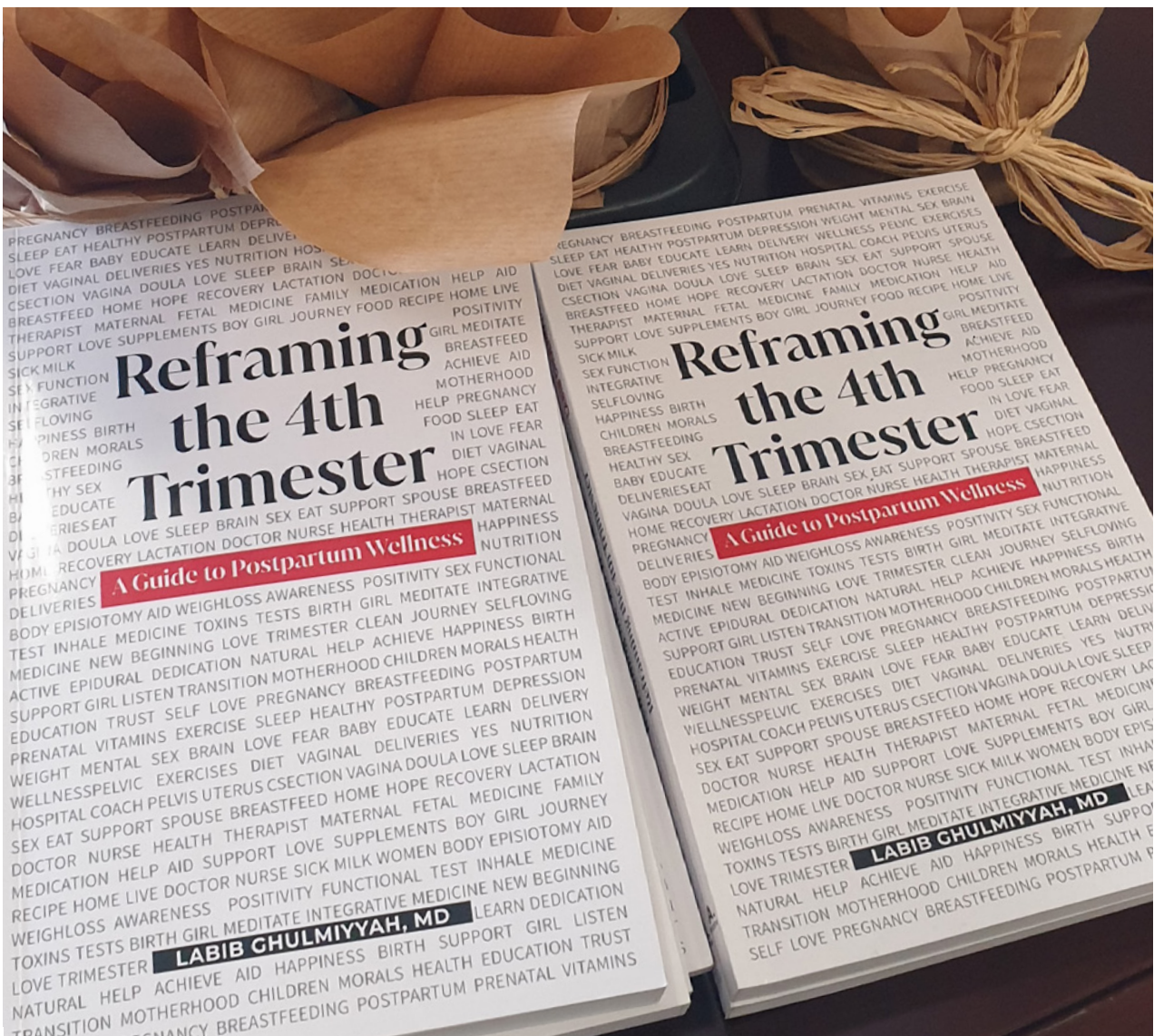
## 2024 USA MATCHING

We are proud to announce that in 2024, nine of our AUB medical graduates matched in various USA OBS/GYN residency programs. Dr. Hani Faysal got accepted at UT Southwestern Medical Center, Dallas, Dr. Paola Abi Habib at University of Illinois College of Medicine, Chicago, Dr. Sandra Sadek at McGovern Medical School – UTHealth, Houston, Dr. Dana Hazimeh at Duke University Medical Center, North Carolina and Drs. Mariam Saadedine and Gaelle Massoud at George Washington University, Washington, D.C. Finally, Dr. Hala El Ouweini, Reem Saad and Maya Diab got accepted at University of Toledo, Ohio, Wayne State/Detroit Medical Center, and Michigan and Hurley Medical Center, Michigan respectively. Congratulations to all.



## MOTHER'S DAY: ALWAYS A SPECIAL ONE

Mother's Day is always a special occasion in our department, and this year was no exception. To honor the mothers who gave birth on Mother's Day at AUBMC, each mother received a fragrant Gardenia Daffodil plant that symbolizes new beginnings and hope along with a copy of Dr. Labib Ghulmiyyah's recently published book, "Reframing the Fourth Trimester: A Guide to Postpartum Wellness" which offers insights into both physical and emotional self-care during the crucial, often overlooked postpartum period. Adding a personal touch, Drs. Ghulmiyyah and Nassar included a personalized message with each gift. Daffodils are among the first flowers to bloom after the winter season. In some cultures, they are also believed to bring good luck and prosperity, particularly when given as a gift.



## RESIDENT WELLNESS DAY

On Sunday, June 2, 2024, we celebrated Resident Wellness Day with a series of rejuvenating activities. We began our day with a refreshing hour-and-a-half hike through the beautiful Kfarqatra-Deir El Qamar area. Later, we enjoyed an exquisite lunch at Bayt Al Jabal. All the residents and several faculty members along with some family members participated in this event and enjoyed it. This activity was a wonderful opportunity to express our gratitude for the hard work of our residents throughout the year and it served as a reminder of the importance of taking time to relax and appreciate nature with our second family.





## OBS/GYN FACULTY PRESENCE AT THE LSOG CONGRESS

The 24<sup>th</sup> Annual Congress of the Lebanese Society of Obstetrics and Gynecology was held in Beirut on April 18–20, 2024, with a remarkable presence of OBS/GYN faculty members from AUBMC. Several presentations were delivered by Dr. Anwar Nassar "New guidelines in postpartum hemorrhage," Dr. Ihab Usta "Management of early versus intrauterine growth restriction," Dr. Ghina Ghazeeri "PCOS: 2023 ESHRE Guidelines," Dr. Abdallah Adra "Reducing preterm birth in twin gestation" and "Ultrasound diagnosis of cesarean scar pregnancy," and Dr. Faysal El Kak "Clinical challenges on oncosexology" and "Blood management: Call to action."



## ACADEMIC NEWS

Dr. Anwar Nassar was invited as a speaker to deliver a 'Special Lecture' about the "Bleeding protocol management of postpartum hemorrhage" during the 10<sup>th</sup> Annual Virtual Conference "Maternal Fetal Medicine" 2024 that was held on April 19–20, 2024.

Dr. Ihab Usta was an invited speaker at the Federation of Arab Gynecology Obstetrics Societies (FAGOS) that was held virtually on May 23, 2024, where she presented about "Intrauterine growth restriction: Role of antenatal testing."

Dr. Antoine Hannoun was an invited speaker at the FAGOS Arab Infertility Conference that was held virtually on February 29, 2024, and he was also an invited speaker at the 10th International Jordanian Society for Fertility & Genetics that was held on April 24–26, 2024, in Amman, Jordan. Most recently, he was a virtual speaker at the 3<sup>rd</sup> International West Asia & North Africa (WANA) Congress that was held on May 16–17, 2024, in Urmia, Iran.

Dr. Abdallah Adra was an invited speaker at the 3<sup>rd</sup> Middle East & North Africa Placenta Accreta Spectrum (MENA-PAS), that was held on February 28–March 1, 2024, in Riyadh, KSA. He was also among faculty members who participated in the workshop on ultrasound imaging of PAS. Dr. Adra was also an invited speaker at the FEMA Health Congress that was held in Jeddah, KSA on May 9–11, 2024, where he was the director of the congress workshop entitled "Bleeding Control in Obstetrics & Gynecology" and was given a certificate of appreciation by the Saudi Commission for Health Specialties.

Dr. Faysal El Kak presented on "How gynecological cancers impact female sexuality and sexual health" in the lecture series Sexual Medicine and Oncology organized by the Austrian Institute on sexology and sexual medicine on March 16, 2024. He also presented on "Sexual and reproductive health rights under conflict in Gaza" during the 68<sup>th</sup> Annual Commission on the Status of Women (CSW68) that was held on March 13–14, 2024, in New York, USA.

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## CONGRATULATIONS

Dr. Elie Hobeika was promoted to a Clinical Associate Professor of Obstetrics and Gynecology. Well deserved.

Dr. Antoine Hannoun was elected as the president of the Lebanese Fertility Society for a two-year term (2024–2026) effective June 5, 2024. Congratulations.

Dr. Ghina Ghazeeri was one the three recipients of the "FM Dean's Excellence Awards" for 2023–2024 in the category of clinical care. This award is given in recognition of outstanding performance and contribution to clinical care excellence. Congratulations.

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## PUBLICATIONS

Seoud M, Chahine R, Arab W, Jaafar I, Moubarak M, El Kassis N, Abdallah R, Nassar A, Ayoub E, Atallah D. The Lebanese percreta group: A retrospective cohort study of both radical and conservative management outcomes of abnormally invasive placenta. *Int J Gynaecol Obstet* 2024 May 27. [ahead of print].

El Kak F, Hamadeh R: Maternal Mortality in Lebanon 2020–2021–2022. Ministry of Public Health.

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## MEET THE ALUMNI

Dr. Walid Ghutmi completed his residency training in OBS/GYN in 1996 at AUB. He then pursued his fellowship in Reproductive Endocrinology and Infertility (REI) at University College London Hospitals to return to Lebanon and join FakhIVF. In 2003, he established Eve Fertility Center in Beirut and then in Sharjah UAE in 2006. He just finished his tenure as the president of the Lebanese Fertility Society. Dr. Ghutmi is active in attending and lecturing at local, regional and international meetings. He has published several articles in international journals. On a personal note, he is married to Hiba Chatila, and they have three children Michael Khalid, Aya Eve and Ysamina. Their eldest pursued a master's in international finance in Barcelona and Aya is now a third-year premed at UCSB in California, USA.

Dr. Zaher Nassar graduated in 2000 after completing a 4-year residency in OBS/GYN at AUB. He then completed a fellowship in REI in Michigan State University where he was exposed to and trained on the most recent advances in the field of Assisted Reproductive Technology. During his fellowship, he had the chance to publish several articles in prestigious journals and present oral presentations in world-renowned conferences. He then returned to Lebanon and joined FIRST IVF Center until 2007 and later the IVF Unit in Clemenceau Medical Center. He is the director of the unit since 2015. Beyond his role as a physician, he is the father of 4 children Leticia, Angelina, Ayla and Ayman. His eldest daughter is walking a path parallel to his and is currently a premed student.

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## DID YOU KNOW?

- Broccoli is a flower. The broccoli we consume hasn't fully blossomed. Left unharvested, these florets would unfold into fragrant yellow blossoms.
- Daffodils are used as currency for Prince Charles. He is paid one daffodil a year as rent for his lands on the Island of Scilly and off the coast of Cornwall.
- The roots of the sunflowers were used after the Chernobyl nuclear disaster (1986) to remove up to 95% of the radioactive elements (cesium and strontium) from the soil and ponds surrounding the disaster site.
- One of the world's most expensive flowers is [Shenzhen Nongke Orchid](#). It is a man-made flower that was developed during 8 years of research in China. It only blooms once every 8 years. In 2005, it was sold for ~200,000 USD in an open auction.
- Lilies are beautiful but they are highly toxic to cats and could make them dizzy and ill if they come in close proximity to them.
- While there are approximately 150 wild rose species, over 30,000 cultivated varieties exist today.
- Saffron is a dried spice originating from the lilac flower 'saffron crocus.' The price of the premium quality kilogram could reach €9000-10,000 making it is the most expensive spice in the world. One of the reasons for its high price is that its harvesting cycle occurs only once yearly and lasts only two weeks, and it could take up to 40 hours of labor with 165,000 flowers needed to extract one kilogram of saffron.
- The [Yarrow flower](#) is known for its healing properties and was used along with its stem and leaves in World War I to help heal soldiers' wounds and prevent infection.
- During World War II, some families used tulip bulbs instead of onions to prevent starvation.
- It takes two thousand roses to produce one gram of rose oil!

## IN THE SPOTLIGHT



**Fatima Itani**

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

A: I joined in 2009.

**Q: What is your title?**

A: I am a senior registered nurse.

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

A: I am an inpatient OBS/GYN nurse. I assess and monitor pregnant patients, provide support and education, assist during deliveries, handle emergencies and provide postpartum care. In addition, I am a member in the Pain Resource Nurses Taskforce.

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

A: I started working in the Delivery Suite at AUBMC immediately after graduation.

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

A: I would have chosen to be a chef. I have a passion towards working with food and I particularly enjoy the creativity and precision involved in cooking.

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

A: My favorite part of my job is witnessing new life, supporting families, building relationships by forming strong connections with patients and their families during the birthing process, and teamwork.

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

A: Dealing with pregnancy emergencies and complications such as the loss of a baby can be emotionally taxing.

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

A: I would visit Malaysia. I love its beautiful nature and cultural landmarks.

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

A: Cooking and spending time with my kids.

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

A: I am a claustrophobic and acrophobic person.

**Q: What is your point of weakness?**

A: My children.

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

A: Melhem Barakat and Ragheb Alameh.

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

A: "Idd El Ayyam" by Melhem Barakat.

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

A: The last movie I watched was "Godzilla X Kong"; it was amazing.

