

O B G Y N



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Our lives are dedicated to yours

"Women are never stronger than when they arm themselves with their weaknesses." Madame Marie du Deffand. "The strength of a woman is not measured by the impact that all her hardships in life have had on her, but the strength of a woman is measured by the extent of her refusal to allow those hardships to dictate her and who she becomes." C. JoyBell C. "Women are creators, teachers, leaders and skilled multi-taskers." Shohn Stoker. "All women are powerful beyond what society gives women credit for." Shohn Stoker. "When you think of the word "Woman", you think of mothers, wives, daughters, aunts, sisters and grandmothers. These women are important people in everyone's lives and should be considered great women." Shohn Stoker. "God uses brave, courageous women who love him and who aren't afraid to step outside the ordinary role of a woman to serve him based on what He, not society dictates." Shohn Stoker. "A woman can say more in a sigh than a man can say in a sermon." Arnold Haultain. "Because man and woman are the complement of one another, we need woman's thought in national affairs to make a safe and stable government." Elizabeth Cady Stanton. "Women are never stronger than when they arm themselves with their weaknesses," Madame Marie du Deffand. "The strength of a woman is not measured by the impact that all her hardships in life have had on her; but the strength of a woman is measured by the extent of her refusal to allow those hardships to dictate her and who she becomes." C. JoyBell C. "Women are creators, teachers, leaders and skilled multi-taskers." Shohn Stoker. "All women are powerful beyond what society gives women credit for." Shohn Stoker. "When you think of the word "Woman", you think of mothers, wives, daughters, aunts, sisters and grandmothers. These women are important people in everyone's lives and should be considered great women." Shohn Stoker. "God uses brave, courageous women who love him and who aren't afraid to step outside the ordinary role of a woman to serve him based on what He, not society dictates." Shohn Stoker. "A woman can say more in a sigh than a man can say in a sermon." Arnold Haultain. "Because man and woman are the complement of one another, we need woman's thought in national affairs to make a safe and stable government." Elizabeth Cady Stanton. "Women are never stronger than when they arm themselves with their weaknesses," Madame Marie du Deffand. "The strength of a woman is not measured by the impact that all her hardships in life have had on her; but the strength of a woman is measured by the extent of her refusal to allow those hardships to dictate her and who she becomes." C. JoyBell C. "Women are creators, teachers, leaders and skilled multi-taskers." Shohn Stoker.

HER Fund
Heal her. Embrace her. Remember her.

HER Fund at AUBMC

The Department of Obstetrics and Gynecology is proud to announce the "birth" of HER Fund, a charitable fundraising initiative, affiliated with the Women's Health Center at the American University of Beirut Medical Center. HER Fund was established to help women who suffer from critical and life-threatening gynecological and obstetrical conditions. This initiative is one of the cornerstones of the Department of Obstetrics and Gynecology's 140-year mission of providing excellence in patient care across a woman's life span, education, and research.

Anwar Nassar, MD
Editor-in-Chief

HER FUND: TOGETHER WE CAN MAKE A DIFFERENCE!

Every woman should be provided with the opportunity to achieve, sustain and maintain her health. However, many obstacles and challenges arise when it comes to women's health services. Today, increasingly difficult economic conditions make charitable support more important than ever. Since we are strong believers that women's hardships should not dictate who they become, HER Fund was established by a group of dedicated volunteers to help cover the medical expenses of women who suffer from critical and life-threatening gynecological and obstetrical conditions. These include, but are not limited to, complex gynecological conditions (such as female cancers and diseases requiring minimally invasive techniques) and high-risk obstetrical conditions (such as pregnancies complicated by birth defects, genetic disorders, and life-threatening placental conditions). In addition, HER Fund aims to increase public awareness of women's health issues, while relying solely on the generosity of benefactors and volunteers. For more information on how to support HER Fund, please call the Office of Development, AUB at: +961 1 366445.

WOMEN'S HEALTH CENTER: SECOND CLINICAL SEMINAR

On July 4, 2013, the Women's Health Center (WHC) held its second clinical seminar in collaboration with LSOG, focusing on evidence-based screening in women's health. Dr. Anwar Nassar stressed the importance of developing a screening package that is evidence-based and utilized on a national level as part of an integrated approach to women's health. The seminar had three modules: the first focused on the basic antenatal care testing package addressed by Dr. Fadi Mirza and Dr. Labib Ghulmiyyah. The second module was addressed by Dr. Faysal El Kak using an age-based approach to identify screening tests for general and gynecological health across a woman's life span. And finally, Dr. Johnny Awwad's module focused on infertility and subfertility. The sessions proved to be interactive and engaging for the audience. The seminar was then followed by a discussion and cocktail.



MEET THE ALUMNI

- * Dr. Hanaa Itani received her M.D. degree from the American University of Beirut in 2005. She then completed her OBS/GYN residency at AUBMC in 2009. After graduation, she completed several months specializing in Infertility and Reproductive Medicine in Michigan, USA. She started her career at Fakhri In Vitro Fertilization (IVF) center. Currently, she works in HOPE center for reproductive medicine at Trad Hospital and in Sahel Fertility Unit at Sahel General Hospital. Dr. Itani is mainly interested in infertility and IVF, but also practices general OBS/GYN. She is married to Mohamad Takkoush, an engineer, and has two kids: Malik (two years old) and Jana (seven months old).
- * Dr. Rafka Bou Habib received her M.D. with distinction from AUB in 1997, and then completed an OBS/GYN residency at AUBMC in 2001. This was followed by a two-year experience in clinical rotations in a community hospital off-campus in Norfolk, Virginia where she was exposed to laparoscopic surgery and was lucky to enhance her ultrasonographic skills with Dr. Alfred Abuhamad at Eastern Virginia Medical School. She then started her clinical practice and is currently a full timer in a governmental hospital where she participates in tutoring OBS/GYN residents from Balamand University in addition to her admitting privileges in several hospitals. Dr. Bou Habib is a member of several societies including Osteos. She is married to Dr. Anis Wanna and has two children. She enjoys her work and always strives to better serve the community.

PUBLICATIONS

- Fahed AC, Nassar AH. Pregnancy in a Woman with Homozygous Familial Hypercholesterolemia not on Low-Density Lipoprotein Apheresis. *AJP Rep* 2012 Nov;2(1):33-6.
- Chantal F, Nassar AH, Arawi T, Ashkar H, Monsef C, Awwad J. The Utilization of Preimplantation Genetic Testing in the Absence of Governance: A Real-time Experience. *Clin Genet* 2013 [In press].
- Awwad J, Nassar A, Usta I, Shaya M, Younes Z, Ghazeeri G. Attitudes of Lebanese University Students towards Surgical Hymen Reconstruction. *Arch Sex Behav* 2013 [In press].

ACADEMIC NEWS

- Dr. Abdallah Adra was an invited speaker at the XI World Congress of Perinatal Medicine, held in Moscow on June 19-23, 2013. He gave two presentations on thrombophilia and pregnancy complications, in addition to chairing a special session on "Perinatology in the Arab World."
- Dr. Fadi Mirza gave two talks about multiple sclerosis, the first on June 2, 2013 during the annual meeting of the National Society of Multiple Sclerosis (NSMS) at the Movenpick Hotel Beirut, and the second on July 20 as part of the MS Awareness Campaign of the Ministry of Public Health in collaboration with AUBMC MS Center and NSMS. He also gave a talk entitled "Postpartum Hemorrhage Revisited" at the Four Points Hotel on June 27, as part of the LSOG seminar series.
- Dr. Adra and Dr. Mirza were invited speakers at a two-day Women's Health Symposium for Iraqi physicians that took place at the Gefinor Rotana Hotel on June 26. They lectured on "Advances in Contraception" and "HPV Vaccine: Cervical Cancer and Beyond," respectively.
- On August 19, 2013, Dr. Labib Ghulmiyyah was invited to an exclusive press visit at the Novo Nordisk headquarters in Copenhagen, Denmark. It was a two-day event focusing exclusively on diabetes education and awareness.

FROM THE ANIMAL KINGDOM

The length of pregnancy of a dolphin varies between 9-17 months depending on the species. A baby dolphin is born tail-first to prevent drowning. Just a tablespoon of water in a dolphin's lung could drown it. After the mother breaks the umbilical cord by swiftly swimming away, she must quickly take the baby to the surface to breathe.

A baby dolphin will nurse from 11 months to two years. Following that, it will still stay with its mother until it's between three and eight years old. A female dolphin will assist in the birth of another dolphin's baby, and if it is a difficult birth, the "midwife" might also help pull out the baby. The new mothers get little to no sleep for at least the first two months post-partum. This is due to the vigilance needed to care for and protect the newborn. Interestingly, a calf whose behavior warrants discipline may be "buzzed" by its mother using sounds, and may be held near the bottom until it gets the point.



NEWS FROM THE DEPARTMENT

A NEW COURSE FOR OBS/GYN RESIDENTS

The Resident Ultrasound Course was recently integrated into Residency Training in the Department of OBS/GYN. This course was developed by the Division of MFM, and coordinated by Dr. Abdallah Adra. It consists of five modules given as two-hour sessions on a monthly basis. Each session consists of basic sonographic information, in addition to still US images and clips from the Prenatal Diagnosis Unit sonographic library. This course is expected to enhance the sonographic knowledge and competence of residents during their residency training.

LAUNCH OF THE NURSING LECTURE SERIES

The newly established Division of Maternal Fetal Medicine (MFM) has launched a series of lectures dedicated to nurses. This novel series, which further strengthens the relationship between physicians and nurses, covers a myriad of obstetric topics that range from fetal development to maternal complications of pregnancy. Lectures so far have been very well-received and have featured lively discussions among the obstetric team.

IN THE SPOTLIGHT DR. GHINA GHAZEERI



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

A: December 2004, after returning from Saudi Arabia.

Q: What is your title?

A: Associate Professor of Clinical Obstetrics and Gynecology.

Q: What are your main duties?

A: In addition to my clinical duties, I teach first and third year medical students, and I supervise the infertility OPD clinics.

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

A: I finished a Reproductive Endocrinology fellowship in the USA (1999) and was appointed as medical director at The Specialized Medical Center - IVF Unit, in KSA for three years. Meanwhile, I was completing a Masters degree in Clinical Embryology from the University of Leeds, UK.

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

A: A teacher or a part-time crafts maker.

Q: What is the most enjoyable aspect of about your job?

A: I am blessed every day to see the greatness of God's creations.

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

A: Helping people reach the most enjoyable feeling in this life: becoming a parent.

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

A: Mecca and Medina. I visit Mecca every year and I never get enough.

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

A: Parenting. My family is my priority in life.

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

A: I am very shy.

Q: What is your point of weakness?

A: I can never see anybody in pain. My priority is to make all those around me happy and satisfied.

Q: Who is your favorite artist?

A: My daughter May.

Q: What singer are you listening to most lately?

A: Adele.

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

A: I am reading two books. The first is "The Power of Habit" by Charles Duhigg. It discusses why we do what we do and how to change. The second is called "The Start-up of You" by Hoffman and Casnocha. It is about self-improvement.

Did you know?

- Every 90 seconds, one woman dies during pregnancy or childbirth. Most of these deaths are preventable.
- Women make up 80 percent of all refugees and displaced people.
- Women account for 70 percent of the population living in absolute poverty (on less than \$1 a day).
- Girls are actually less likely to reach adulthood because of gender discrimination. Tens of millions of girls have been aborted, killed, undernourished, or terribly neglected due to their gender.
- Reports show that violence against women increases during pregnancy.
- More than 16.4 million women in the world have HIV/AIDS. In some regions, girls are HIV-positive at a rate of five times that of boys.
- Women own only 1 percent of the world's land.
- Dr. Merit Ptah is the earliest recorded female physician; she lived in ancient Egypt around 2700 B.C.
- The two highest IQ's ever recorded (on a standard test) both belonged to women.

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