

O B G Y N



AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER
المركز الطبي في الجامعة الأميركية في بيروت

Issue N° 11 Winter Newsletter 2013

Our lives are dedicated to yours

FROM THE ANIMAL KINGDOM



Animals do many amazing things to survive the winter. They migrate, adapt or hibernate. Some of them travel to warmer places. They tend to “migrate” in flock. The period of migration is controlled by changes in the amount of daylight and the weather. Much like old sailors, birds seem to navigate using the sun, moon and stars for direction. Many fish and insects migrate too. Others “adapt” to the changing weather and remain where they are in the winter. To keep warm, they may grow new, thicker fur in the fall. Some bears, wolves, foxes, weasels and hares grow completely new white fur to blend in with the snow. It is also not uncommon for them to change their eating habits as the seasons change. Some also “hibernate” for part or all of the winter. During this very deep sleep, the animal’s body temperature drops, and its heartbeat and breathing slow down. This allows them to use very little energy from the body fat that they have accumulated in the fall through eating extra food. Such animals include: bears, skunks, chipmunks, squirrels and some bats. In fact, some bears even give birth while in hibernation!

Time flies. It was only yesterday that this newsletter began, and today we find ourselves presenting our eleventh issue. In addition to departmental news, this issue features the amazing ways animals prepare for winter. Exceptionally, the “Did you know?” section highlights facts about Lebanon. Enjoy.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief

SECOND DEPARTMENT RETREAT



The second retreat of the Department of Obstetrics and Gynecology was held on September 14-15 at Al Bustan Hotel, Broumana. The retreat spanned over 2 days with a call for casual attire, including swimsuits. The retreat kicked off on Saturday September 14th with a series of meetings that discussed medical education and research in addition to clinical affairs that pertain to the ongoing renovation and faculty recruitment. Following an Italian lunch at the hotel and an afternoon leisure break, the faculty reconvened in the evening to discuss the residency program as well as issues related to the Women’s Health Center. The attendees then headed to Mounir restaurant for a memorable dinner with their family members. On the next day, the group discussed issues related to the Outpatient Department and Prenatal Diagnosis Unit before they focused on the departmental presence in the heart of the 2020 vision.

LEARN WHAT IT'S LIKE TO WORK IN THE OBS/GYN COUNCIL

Shared decision making has paved the way for nurses to voice their concerns and turn them into actions through their professional engagement in councils. From the women's health nursing units, including outpatient services, Delivery Suite, 7 North, and Normal Nursery, the OBS/GYN council evolved, chaired by the registered nurse Ms. Lama Chanouha.

The council tackles clinical practice, education, and the work-life environment. The clinical practice aspect focuses on ensuring safe, high-quality, and evidence-based nursing care. Through education, the council ensures staff competency and continuous professional growth. As for the work-life role, the council voices the nurses' concerns to ensure a safe and positive work environment for patients and staff. One of the council's main accomplishments is the revision of the OBS/GYN policies in coordination with the Department of OBS/GYN where more than 30 policies were revised.

LEBANESE FRAX-BASED OSTEOPOROSIS GUIDELINES 2013

Osteoporosis is a common disease especially in women over the age of 45. The Lebanese guidelines for osteoporosis assessment and treatment were first developed in 2002 and later updated in 2007 by a group of local and international experts. The introduction of the WHO fracture risk assessment tool (FRAX) in 2008, a computer-based algorithm assessing a patient's fracture risk, has resulted in a major paradigm shift in the assessment of the patient at risk or with osteoporosis.

FRAX Lebanon became available in 2009 and was updated in 2012 based on recent mortality data. This eventually resulted in the development of the Lebanese FRAX-based osteoporosis guidelines 2013 by Dr. Ghada El-Hajj Fuleihan. These recommendations were unanimously endorsed by all members of the National Task Force for Osteoporosis and Metabolic Bone Disorders, including our very own Dr. Muhieddine Seoud, and were endorsed by concerned national scientific societies. They are meant to provide a structural framework to guide the physician treating the patient at risk for or with osteoporosis. The guidelines can be accessed at: <http://www.aub.edu.lb/fm/cmop/Pages/LebaneseGuidelines.aspx>



MEET THE ALUMNI

* Dr. Toufic Nakad did his residency in OBS/GYN at AUBMC in 2000. He then joined Harvard University at Massachusetts General Hospital for a fellowship in Reproductive Endocrinology and Infertility that he completed in 2003. He was appointed chief of IVF center at St Georges Hospital – Beirut from 2004 till 2008. He is currently the director and co-owner of MOM Fertility Center at Belle Vue Medical Center, Mansourieh Lebanon. Dr. Nakad is married to Mireille Hakim, a TV presenter. They have one child Maysa (2 years old).

* Dr. Johnny Rechdan received the MD degree from Kaunas Medical University, Lithuania in 1999. He then completed his OBS/GYN residency at AUBMC in 2004. He further extended his training at AUBMC as a special resident, focusing mainly on Assisted Reproductive Technologies in 2005. Dr. Rechdan is currently in private practice for the past 8 years and holds the title of Assistant Professor at UMC-Rizk Hospital and is a part-time faculty at Notre Dame De Secours University Hospital. He is married to Dr. Leila Lahoud whom he met as a medical student rotating in the department of OB/GYN. Together they raise three kids: Sarah-Elena 10 years (born at AUBMC while he was still a resident), James 8 years, and Lila-Jane 3 years. He is an Earth guy, and bonding with nature through camping, skiing, cycling, and travelling are the things he enjoys most during his free time.

ACADEMIC NEWS

- On October 19th, 2013, Dr. Labib Ghulmiyyah was featured on Future TV's news bulletin to discuss breast cancer screening strategies on the occasion of Breast Cancer Awareness month.
- Dr. Joseph Nassif was an invited speaker in the 22nd Annual Congress of the European Society of Gynecological Surgery (ESGE) from Oct 16-19 in Berlin, Germany. Dr. Nassif presented "The complications of laparoscopic surgery of endometriosis" and "The choice of the route for hysterectomy". He was also a faculty member of the "New Insight in Prolapse Surgery: Vaginal and Laparoscopic Routes" course and workshop held at the European Institute of Telesurgery (IRCAD) in Strasbourg, France from Oct 20-23, 2013. He gave a presentation and trained attendees in the workshop.
- Dr. Fadi Mirza was an invited speaker at the annual meeting of the Middle Eastern Fertility Society (MEFS) in the Dead Sea, Jordan on November 8, 2013. He delivered two lectures entitled "Progesterone supplementation and threatened abortion: Evidence-based or en vogue?" and "Perinatal outcome of singleton pregnancies following in vitro fertilization." He was also an invited speaker at the International Annual Meeting of LSOG held on November 15-16, 2013. Additionally, Dr. Mirza, along with Dr. Abdallah Adra, were co-directors of a Pre-congress workshop entitled "Hot Topics in Day-to-Day Obstetrics."
- Dr. Abdallah Adra was an invited speaker at the 10th annual meeting of the Mediterranean Association of Ultrasound in Obstetrics & Gynecology (MEDUOG), which was held in Bari, Italy on September 27-28, 2013. He gave a presentation entitled "Fetal abdominal cysts: challenging diagnosis."
- Dr. Tony Bazi was invited to join the Editorial Board of the International Urogynecology Journal (Official Journal of the International Urogynecological Association – IUGA).
- Dr. Faysal Kak was invited to the XI meeting of International Association for the Study of Sexuality, Culture and Society (IASSCS) to present on "Gender and other determinants of sexual abstinence among young people" in Buenos Aires, Argentina in August, 2013. He was also invited to 21st congress of the World Association for Sexual Health to give a presentation and conduct a workshop on sexuality education. He also co-participated in the workshop on "Clinical Pearls in Cervical Cancer Prevention" presented in the International Annual Meeting of LSOG, November 15-16, 2013.

PUBLICATIONS

- Sayegh L, El-Hajj Fuleihan G, Nassar AH. Vitamin D in Endometriosis: A Causative or Confounding Factor? *Metabolism* 2013; online October 14 [In press].
- Quincy ME, Chunhua W, Shafer SL, Smiley RM, Flood PD, Mirza FG. Impact of Cervical Effacement and Fetal Station on Progress during the First Stage of Labor: A Bi-exponential Model. *Am J Perinatol* 2013 [In press].
- Mirza FG, Sibai BM. Management of Eclampsia. Chapter. *Clinical Decision Support System on Obstetrics*. Editors: Mary E. D'Alton; William A. Grobman; Gary D. Hankins; Cathy Y. Spong.

CONGRATULATIONS

- On August 29, 2013, Dr. Stephanie Fellas was elected vice chairperson of the Resident Staff Quality Council for the current academic year.
- Dr. Alain Abdallah won the Best Poster Award during the LSOG International Annual Meeting that was held on Nov 14-16, 2013.



SPECIAL THANKS

For your continuous support and commitment. We truly appreciate your utmost devotion, prompt responses, and the work you do off-duty. *Thank you.*



Mr. Khaled Dughman, SPSM

Senior Purchasing Agent –
Capital Equipment AUBMC
Purchasing Department

WOMEN'S HEALTH CENTER THIRD CLINICAL SEMINAR

The WHC held its third clinical seminar "Women and Breast Health in OBS/ GYN practice: Assessment, workup and management plan" on Oct 23, 2013, observing the launching of the 12th National Campaign on Breast Cancer Prevention and in collaboration with LSOG and MOPH. Dr. Anwar Nassar welcomed the 125 colleagues and stressed on the importance of raising awareness and reminding women of their mammography during the campaign time from Oct-Dec 2013. Dr. Hannoun presented updates on the clinical guidelines of breast health, Dr. Ghina Berjawi highlighted the standard of practice in breast imaging, and Dr. Naji Saghir reviewed the epidemiology of breast cancer in Lebanon while discussing new treatment protocols. The seminar was then followed by a discussion and cocktail.

IN THE SPOTLIGHT MS. NELLY AYVAZIAN



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

A: 1992.

Q: What is your title?

A: Nurse Manager on 7 North.

Q: What are your main duties?

A: Leading and managing nurses.

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

A: I was studying nursing at AUB.

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

A: Studying Philosophy and Theology.

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

A: Caring for sick patients and seeing them cured.

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

A: Satisfying internal and external clients.

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

A: Armenia. And if I had the choice, I would live there.

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

A: Sports, watching movies and chatting with a friend in a cozy atmosphere.

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

A: I cry easily.

Q: What is your point of weakness?

A: I'm abnormally sensitive.

Q: Who is your favorite artist?

A: Ziad Al-Rahbani.

Q: What song are you listening to most lately?

A: Fairuz always, and recently Wadih El-Safi and some Armenian songs.

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

A: I recently watched the movie "Happiness", and I am currently reading "Emotional Intelligence" by Danielle Goleman.

Did you know?

- The country's name is known to be the oldest in the world and has remained unchanged for over 4000 years.
- Byblos is the world's oldest continuously-inhabited city.
- The cedar, a native tree of Lebanon, is mentioned 75 times in the Old Testament.
- Beirut was destroyed and built from scratch seven times and is known as the "Phoenix".
- Lebanon is the one and only Asian country that has absolutely no desert.
- Lebanon has 40 daily newspapers.
- The quote "Ask not what your country can do for you, ask what you can do for your country" was written by the Lebanese writer Gibran Khalil Gibran and was used by the American President John F. Kennedy.
- The creators of Tom and Jerry, Joseph Barbara & William Hanna, are Lebanese.
- Sir Michael Atiyah, a mathematician and the recipient of Fields Medal (1966), Copley Medal (1988) and Abel Prize (2004), is of Lebanese origin.
- Elias J. Corey, a chemist and the recipient of the Nobel Prize in Chemistry (1990), is of Lebanese origin.

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