

OB GYN

Issue N° 17 Summer Newsletter 2015



Our lives are dedicated to yours

SUMMERTIME AND THE LIVIN' IS EASY



Unique, vibrant and unforgettable are the words that best describe this year's resident graduation party. Held by the shores of the Mediterranean Sea at the Orchid Beach Resort, the night kicked off with a Tango performance presented by two professional ballroom dancers who set the mood of enjoyment for the rest of the night. During the event, Dr. Anwar Nassar announced the name of the resident who received the Best Resident Award, Dr. Alain Abdallah and the recipient of the highest score on the CREOG In-Service Exam, Dr. Anastasia Salame. In addition, prizes were handed to the three medical students with the Best Student Presentation for 2014 - 2015: Mohamad Raad, Nader Makarem and Christopher El Khuri. Dr. Nassar congratulated the graduating residents, Drs. Alain Abdallah, Elie Moubarak, Sally Khoury, Amal Nasser Eddin and Stephanie Fellas, and reminded them to focus on the humanitarian aspect of medicine wherever they might go. The long night ended with a spectacular firework show that followed a breath-taking musical show. For the full 'speech' of Dr. Nassar, follow the link: <https://www.youtube.com/watch?v=sBk6kgEhJzs&feature=youtube>



Spring is always a busy season during which several engaging activities are held at our department. This issue highlights these activities, shedding special light on the Part 1 MRCOG Exam that will be offered for the first time in Lebanon during September 2015. Interesting news about the resident graduation party, the Sixth Resident Research Day, and educational activities at the department also await our readers throughout this issue. The "Did you know?" section presents some intriguing facts about animals. Enjoy.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief



AUB: A PART 1 MRCOG EXAM CENTER

AUB has been officially declared as a Part 1 MRCOG Exam center after the four-day preparatory course, an introduction to the Part 1 MRCOG Exam, was held by our department at AUB between May 2 - 5, 2015. OBS/GYN residents from six medical schools all over Lebanon took the course which was provided exceptionally free of charge this year as a tribute to resident education. The course was delivered by three experienced lecturers from the Royal College of Obstetricians and Gynaecologists (RCOG), UK, whose talks were tailored to address the exam syllabus. The training covered typical exam questions with daily practice papers and provided general advice about preparing for and taking the exam. The lecturers were impressed by the level of knowledge our residents demonstrated. Furthermore, during this course, 12 local senior faculty members from our department were invited to participate in "Training the Trainers" workshop to learn about the exam syllabus and to adopt ways that would help them support and coach candidates preparing for their exam. In addition, they learned how to organize a Part 1 MRCOG revision course in the future. The first official exam will be held on September 7, 2015 at AUB for all Lebanese and regional applicants who have already registered.



MRCOG FINAL PREPARATION: PART I PREPARATORY COURSE at the American University of Beirut Medical Center



IN MEMORY OF DR. IBRAHIM MUFARRIJ

On May 8, 2015, AUBMC celebrated the dedication of the newly renovated Suite 711 in the Department of OBS/GYN, in perpetuity of Dr. Ibrahim K. Mufarrij. Born in 1919, Dr. Mufarrij obtained his BA in General Sciences ('42) and his MD ('48) from AUB. It is through the Mufarrij family determination to honor the legacy of Dr. Ibrahim Mufarrij that women will benefit from the highest-quality of patient care which AUBMC is dedicated to provide. The ceremony was attended by Deputy Vice President and Associate Dean for Clinical Affairs, Dr. Ziyad Ghazzal, representing Vice President of Medical Affairs and Raja N. Khuri Dean of the Faculty of Medicine at AUB, Dr. Mohamad Sayegh, Chief of Staff, Dr. Hassan El- Solh, Chairperson of the Department of OBS/GYN, Dr. Anwar Nassar, members of AUBMC leadership, faculty, and staff. Dr. Nassar stressed in his speech on the qualities of Dr. Mufarrij who embodied the values of love, passion, dedication, and excellence to the last minute. "At a time when obstetrics was an art, he was one of the best artists," he added. Dr. Ali Khalil, a close friend of the family and a former student of Dr. Mufarrij, spoke of Dr. Mufarrij's long-term commitment to his students and his devotion to his family.



WOMEN'S HEALTH MATTERS: TIPS AND STEPS

To enhance our mission of disseminating knowledge to the community, the Women's Health Center at the American University of Beirut Medical Center (AUBMC) held its third workshop titled "Women's Health Matters: Tips and Steps," at the Mövenpick Hotel and Resort in Beirut on April 25, 2015. The event that was attended by 140 women focused on important health issues that any woman might encounter during her lifespan. The interactive sessions were delivered by specialists from different departments which are the Department of OBS/GYN, Diagnostic Radiology, Internal Medicine, Nutrition, and School of Nursing at AUBMC, and they covered topics including normal and abnormal menstruation, body weight management, a fertility overview, screening modalities, mental wellness, menopause, and breast and bone health.



RESIDENT RESEARCH DAY IS BACK!

After a two-year period of discontinuation, the Sixth Resident Research Day was held on June 6, 2015 at the Gefinor Rotana Hotel. The hard work of the residents and their mentors resulted in an extensive and exciting program that featured 12 oral presentations equally split between completed studies and study proposals. Dr. Nassar promised that "this important departmental activity will be organized on an annual basis, and there will be no breaks after today." Dr. Karam highlighted the high-caliber of the presentations that matched international standards. Dr. Salma Jabak and Dr. Alaa El Housheimi received the prize for the "Best Proposal" and the "Best Study," respectively.



PUBLICATIONS

- Dany M, Chidiac A, Nassar AH. Human papillomavirus vaccination: assessing knowledge, attitudes, and intentions of college female students in Lebanon, a developing country. *Vaccine* 2015; 33(8):1001-7.
- Farran HE, Haddad AG, Radwan AH, Nassar AH, Hourani R, Taher AT. Post-partum ovarian vein thrombosis: combined effect of infection and factor V Leiden mutation. *Turk J Haematol* 2015; 32(1):80-81.
- Yasmine R, El Salibi N, El Kak F, Ghandour L. Postponing sexual debut among university youth: how do men and women differ in their perceptions, values and non-penetrative sexual practices? *Cult Health Sex* 2015 May; 17(5):555-75.
- Kabakian- Kasholian T, Shayboub R, Kanaan M, Mahfoud Z, El Kak F. Promoting women's participation in maternity care in Lebanon. *Int J Childbirth* May 2015 [ahead of print].
- Ghulmiyyah L, Alame MM, Mirza FG, Zaraket H, Nassar AH. Influenza and its treatment during pregnancy: A review. *J Neonatal Perinatal Med* May 2015 [ahead of print].

ACADEMIC NEWS

- Dr. Fadi Mirza was a member of the intrapartum fetal monitoring consensus panel of the International Federation of Gynecology and Obstetrics (FIGO). The expert group has recently concluded its deliberations and published the new FIGO guidelines for fetal monitoring. Five associated publications can be found on the following link: <http://lsog.org.lb/index.php?id=news&name=News>. Dr. Mirza was also an invited speaker at the Women's Health Summit held in Dubai on May 9 - 10, 2015, the Middle Eastern Summit held in Dubai on May 29 - 30, 2015, and the Annual Meeting of the Swiss Society of Obstetrics and Gynecology held in Lugano, Switzerland on June 24 - 26, 2015.
- Dr. Faysal El Kak presented a talk on maternal mortality trends in Lebanon during the RHUH scientific seminar held on April 28, 2015.
- Dr. Joseph Nassif was elected Vice President for the Middle East Society of Gynecological Surgery (MESGE) during the annual meeting which was held in Antalya, Turkey on April 8 - 12, 2015. Being an invited speaker, he presented: "Laparoscopic myomectomy: can we still do it?" He also chaired a session on the current treatment of endometriosis. During the event, three of his accepted video presentations were presented by our chief residents: Drs. Alain Abdallah, Elie Moubarak, and Sally Khoury. The video about "Laparoscopic excision of vaginal nodule for rectovaginal endometriosis" that was presented by Dr. Moubarak won the "Best Video Presentation."
- In his capacity as regional director of the Ian Donald Inter-University School (IDS) of Medical Ultrasound, Dr. Abdallah Adra was an invited speaker at the Third World Congress of the IDS, which took place in Cagliari, Sardinia, from June 19 - 21, 2015, where he gave a presentation on "Ultrasound training and education in the Arab world." In addition, Dr. Adra was invited to the Mediterranean Congress of Pediatrics that was held in Sofia, Bulgaria, on April 14 - 16, 2015. He delivered a keynote lecture entitled, "Prevention of preterm birth: what works and what doesn't."

CONGRATULATIONS



Resident of the Year 2014 - 2015 (Alain Abdallah, MD)



Highest Score in the In-Service CREOG exam 2014 - 2015 (Anastasia Salame, MD)



Best OBS/GYN Auxiliary 2014 - 2015 (Hasiba Bou Ghannam)



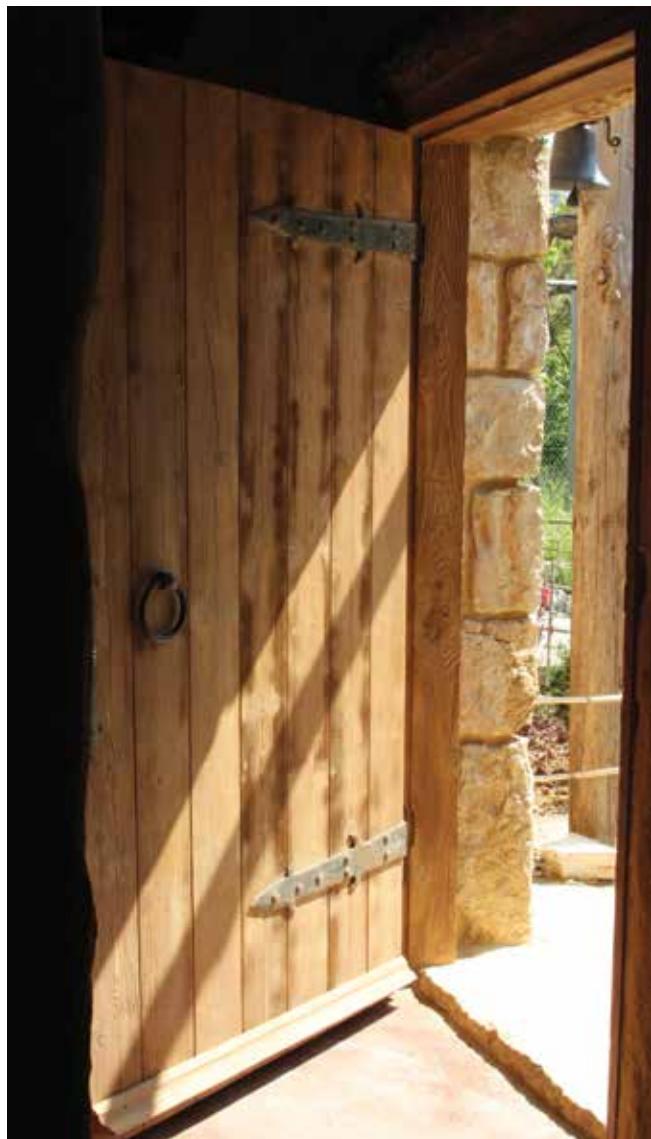
Best OBS/GYN RN by physician 2014 - 2015 (Iman Ahmad, RN)

CAPACITY BUILDING WORKSHOPS

In view of the overwhelming crisis in Syria and the burden of displaced people on the health system, the World Health Organization (WHO) and in collaboration with the Lebanese Society of Obstetrics and Gynecology (LSOG), the Department of OBS/GYN at AUBMC, and the Ministry of Public Health (MOPH) have conducted jointly a series of training workshops in different parts of Lebanon. The project titled "Capacity Building Workshop in Normal and Emergency Obstetrical Care" aimed to enable obstetricians and midwives to provide essential quality prenatal and preconception care, identify early signs of high risk obstetrical conditions, and adequately manage them. Five modules were prepared by several faculty members at the Department of OBS/GYN (Drs. Anwar Nassar, Labib Ghulmiyyah, Abdallah Adra, Fadi Mirza, Rabih Chahine, and Faysal El-Kak - coordinator), who also conducted most of the training. The 18 workshops that reached out to more than 200 attendees were very well received.

TALENTS UNVEILED

This new corner will shed light on hidden talents in our department. Dr. Antoine Abu-Musa, Professor of Clinical Obstetrics and Gynecology and the Vice Chair for Research and Outreach Programs, is fond of photography. The story started back at school at the time when he joined the photography club. With the spark of the Lebanese war, he set up a dark room at home where he spent most of his time developing and printing his films. He also took few advanced courses in photography that enabled him to participate in five exhibitions to date. His main interest is portrait, landscape and abstract photography.



IN THE SPOTLIGHT

MRS. MARIAM HANNA

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

A: My journey started back in September 1992.



Q: What is your title?

A: I am a senior ultrasound technician.

Q: What are your main duties?

A: My main duties are scheduling ultrasound appointments in the Prenatal Diagnosis Unit, scanning patients, and preparing patient reports.

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

A: I was a clerk on 9 South.

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

A: I would have chosen to be a chef since cooking, which by the way I am excellent at, is my favorite hobby.

Q: What is most enjoyable about your job?

A: Everything is enjoyable since most of the times we convey good news to patients, and seeing them happy is always a pleasure for me.

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

A: The most challenging is the effort I need to exert to be perfect at doing everything at the right time.

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

A: I would have chosen to go to Palestine to visit the places where Jesus once lived.

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

A: I take care of my family and try to have more plans with my two young men.

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

A: I am so emotional when most people think I am rather tough.

Q: What is your point of weakness?

A: My children.

Q: Who is your favorite artist?

A: Ziad Rahbani is my favorite artist of all times.

Q: What is your favorite song these days?

A: A song called "When You Fall in Love" by a new band called 3two5, in which my son plays on the lead guitar.

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

A: 'Focus' is the latest movie I watched, but the movie that I enjoy watching every day is "The Sound of Music".

Did you know?

- An Octopus represents one of the most amazing examples of altruism in the animal kingdom. After laying its eggs, an octopus guards them fiercely, never leaving them, not even for food. Many have even been observed eating their own tentacles, rather than leaving their offspring!
- Another example of unselfishness is that of the female salmon which completes an extremely difficult journey of swimming upstream against the current just to spawn in the same place where it initially hatched.
- Killer whales experience menopause, just like humans.
- When a giraffe is ready to give birth, it often returns to its birth location to deliver the baby.
- A mother hen will cluck softly to its unborn chicks that tend to chirp back and communicate with one another from within their shells.
- Female koala bears have two vaginas, and more interestingly, male koala bears have a bifurcated (i.e. forked) penis!
- The bond between a chimpanzee mother and its daughters is one of the strongest in nature. Female chimpanzees are known to visit their mothers until they reach the age of 15.
- Perhaps the most famous “bad” mothers in the animal kingdom are the cuckoo birds; they lay their eggs in the nests of other birds thus tricking them into raising their own youngsters. This will free them up to enjoy their life as single birds!

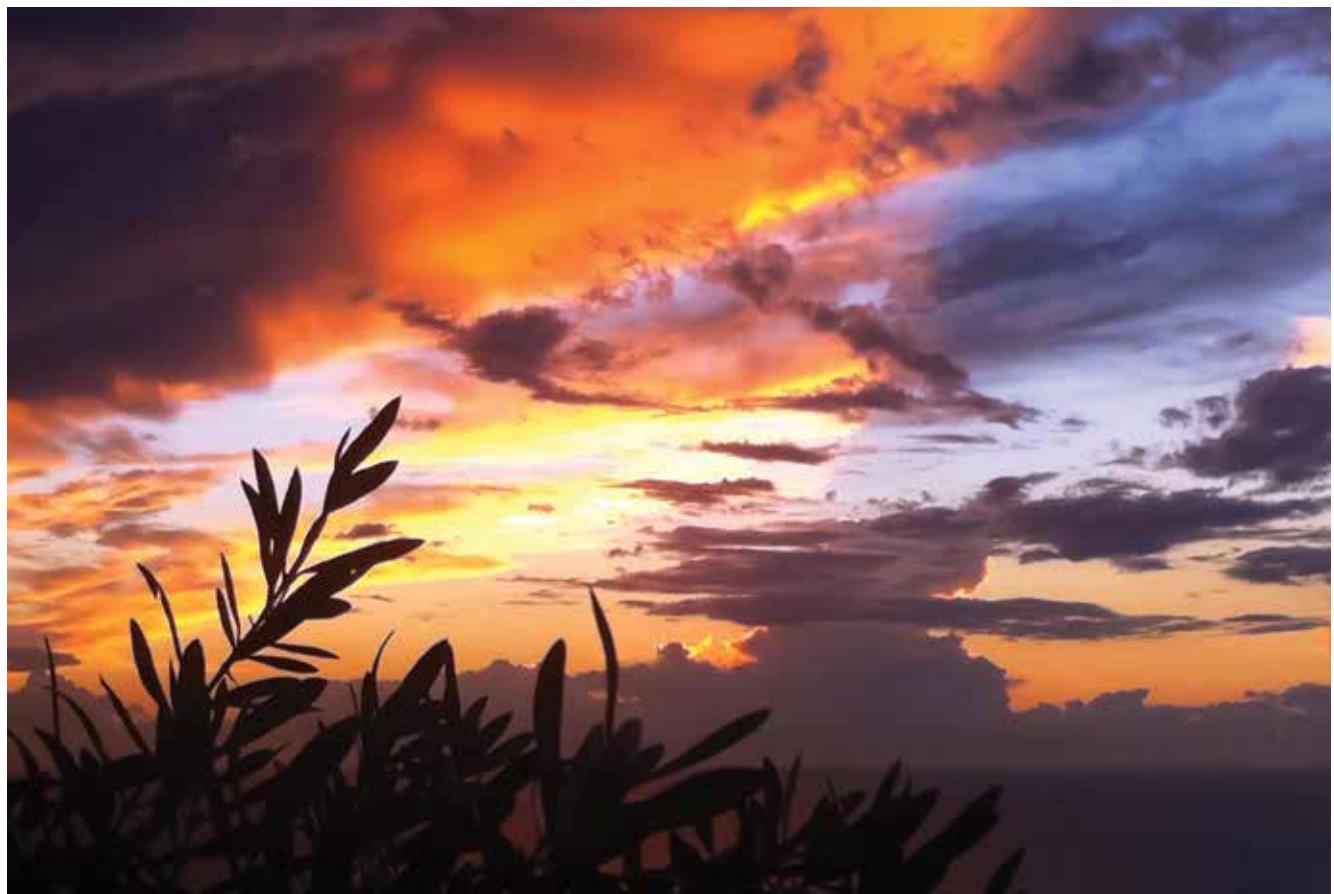
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Courtesy of Dr. Antoine Abu-Musa