

O B G Y N



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

Issue N° 26 Fall Newsletter 2017

Our lives are dedicated to yours

NURSES FAREWELL: HALF A CENTURY OF DEVOTION



It is with mixed feelings that we bid farewell to two of our senior nurses who have been with us for almost half a century on 7 North. Mrs. Aida Ruhana joined us on April 20, 1971, less than one year after the inauguration of the current Medical Center in 1970. Aida has been an esteemed member of AUBMC for the past 46 years. She is the recipient of the Nursing Director Award in 2004 and the Best OBS/GYN Auxiliary Award in 2016, both attesting to her superior skills and unconditional devotion. Mrs. Sonia Bustani joined AUBMC on March 6, 1972. During her 45 years of service, Sonia has been a competent Nurse Aide who excelled in providing nursing care to patients. She was recognized by colleagues for her nice personality and commended for her patience, good listening skills, and her ability to build rapport with patients. Sonia and Aida, you will be greatly missed, and we really appreciate your loyalty to AUBMC and your devotion to your mission. You are an inspiration to the young generation of nurses and to every one of us.

A new season comes and brings with it a new issue of the OBGYN newsletter. Our fall issue is rich in departmental activities with a tribute to two senior members from the nursing team. In addition, some interesting facts about hurricanes are highlighted in the "Did you know?" section. We hope you enjoy the read.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief



DEPARTMENTAL RETREAT

On July 22-23, 2017, the Department of OBS/GYN held a two-day retreat at the Printania Palace in the magical area of Broumana. Department faculty members actively engaged for hours in extensive discussions that pertained to medical education, resident training, outpatient practice, inpatient operations, expansion plans, group practice, quality initiatives, in addition to a number of other internal matters. During the fruitful retreat, attendees and their spouses enjoyed a cozy dinner at the nearby Mounir restaurant.



ARAB BOARD OSCE IN OBS/GYN

On July 29, 2017, the Department of OBS/GYN at AUBMC was proud to host, for the second time, the Arab Board of Health Specializations Objective Structured Clinical Examination (OSCE) in OBS/GYN. The collaboration between the two parties first started in February 2016. This year, 19 applicants from Syria took the membership exam.



SPECIAL SEVENTEENTH WHC SEMINAR AT KMC

The Women's Health Center held its Special 17th Clinical Seminar, the 2nd joint activity with Keserwan Medical Center (KMC), titled "Challenging Cases in Clinical Practice" on July 26, 2017 at KMC. The seminar, attended by around 45 colleagues practicing in the area, covered a diverse range of OBS/GYN topics. Speakers were Drs. Antoine Abu-Musa, Abdallah Adra, and Faysal El-Kak. The discussion that followed each lecture focused on the various aspects of clinical management and the ways toward a standard approach to practice. The seminar was followed by a dinner at Al Finic restaurant.



MEET THE ALUMNI

*Dr. Salma Jabak received her B.S. in 2008 and M.D. in 2012 from the American University of Beirut (AUB). She then completed a four-year residency in the Department of OBS/GYN at AUBMC in 2016. Following that, she joined the Fetal Medicine Foundation program, which is a two-year fellowship program, at King College Hospital, London, United Kingdom. She is currently a senior fellow, more than half way through her fellowship where she is very active in several research projects. In addition, she is responsible for supervising and teaching junior fellow colleagues. On a personal level, she is married to Youssef Yahfoufi.

* Dr. Alain Abdallah received his M.D. from the Holy Spirit University of Kaslik – USEK in 2011 following which he completed his residency in the Department of OBS/GYN at AUBMC in 2015. He then relocated to Belgium where he did a fellowship in Minimally Invasive Gynecological Surgery in CHR de Liège and received his Bachelor of Endoscopy Diploma and Minimally Invasive Gynecological Surgeon Certificate from the European Society of Gynecological Endoscopy. He then moved to reside in Abu Dhabi where his main practice is in minimally invasive gynecologic surgery. Dr. Abdallah is passionate about the latest inventions in gynecological endoscopy, and his main goal is to offer the best healthcare to his patients based on the latest evidence.

SEVENTH EDUCATIONAL WORKSHOP ORGANIZED BY WHC

The Women's Health Center (WHC) holds monthly focused educational activities that are addressed to women in AUBMC premises. These activities tackle different health-related issues. The Center, and twice yearly since 2014, has been organizing a two half-day activities that are held outside AUBMC premises. The seventh of such workshops that was held this year at Phoenicia Hotel proved to be an exceptional one. With more than 150 participants who gathered on September 16, the event was the most attended. Participants learned about various health issues related to women of all ages. They were very pleased with the quality of information presented and the discussions that followed. Attendees also had the chance to provide their feedback regarding topics they would like to discuss in future workshops.



ACADEMIC NEWS

- During the annual meeting of the International Urogynecological Association (IUGA) held in Vancouver, Canada in June 2017, Dr. Tony Bazi joined the IUGA advisory council closed meetings in his capacity as Chair of Research and Development committee of IUGA.
- Drs. Labib Ghulmiyyah and Elie Hobeika were invited speakers at the Lebanese Society of OBS/GYN seminar at Ain Wzein Medical Village on July 15, 2017 where they discussed "Pregnancy As Window to Future Health" and "IUD Contraception and Beyond." In August, Dr. Ghulmiyyah was an invited speaker at the Department of Neurology at AUBMC where he discussed "Preeclampsia and Eclampsia Management."
- Dr. Fadi Mirza was an invited speaker at the 24th Annual Scientific Meeting of the Middle Eastern Fertility Society (MEFS) that was held in Dubai, UAE on September 28-30, 2017.

PUBLICATIONS

- Nassif J, Nahouli H, Khalil A, Mikhael E, Gharzeddine W, Ghazeeri G. Epinephrine-induced Takotsubo cardiomyopathy during laparoscopic myomectomy: Case report and review of the literature. *J Minim Invasive Gynecol* 2017 Sep-Oct; 24(6):1037-39.
- Fardoun MM, Nassif J, Issa K, Baydoun E, Eid AH. Raynaud's phenomenon: A brief review of the underlying mechanisms. *Front Pharmacol* 2016 Nov 16;7:438.
- Mirza F, Houry S, Ghulmiyyah L, Eid J, Nassif J. Advanced paternal age: How does it affect fertility and pregnancy related outcomes? *LMJ* 2017. [ahead of print].
- Nassif J, Lakissian Z, Suleiman A, Nassar A, Sharara-Chami R. Hybrid simulation in teaching breast examination to medical students. *J Cancer Educ* 2017. [ahead of print].

IN THE SPOTLIGHT MANAL AYOUB



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

A: On December 4, 2011.

Q: What is your title?

A: Registered Nurse at the Women's Health Center.

Q: What are your main duties?

A: Assessing patients during their clinic visits. In addition, I provide direct care, do telephone triaging, screen results and call patients back, identify urgent cases, and provide psychological support.

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

A: I was a Registered Nurse at the Department of Emergency Medicine at AUBMC, and then I worked as a nurse at the International College (IC).

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

A: I would have chosen to be a school teacher because kids are the purest and the most innocent creatures to deal with.

Q: What is most enjoyable about your job?

A: The feeling of being appreciated by physicians, patients, and colleagues.

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

A: Building trust with patients.

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

A: There is a place in Mexico, "Monarch Butterfly Biosphere Reserve," where pine trees are loaded with hundreds of thousands of butterflies and the whisper of their wings is audible. To get there, one must hike or ride a horse up the mountain.

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

A: My free time is totally devoted for my loving husband and two adorable kids.

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

A: I get bored easily, and the only cure for my boredom is curiosity which I master.

Q: What is your point of weakness?

A: I cry easily.

Q: Who is your favorite artist?

A: Flavie Audi, a Lebanese artist based in London. She creates sculptures with glass.

Q: What is your favorite song these days?

A: Lately, I have been listening to "Subeme La Radio" for Enrique Iglesias.

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

A: "Women Who Run with the Wolves" by Clarissa Pinkola Estés. This book shows how glorious it is to be daring, to be caring, and to be a woman.

Did you know?

- The word "hurricane" comes from Huracan, a name for the god of evil on some islands in the Caribbean.
- The largest and most intense hurricane in history is Typhoon Tip, which occurred in the northwest Pacific in 1979. With a diameter of 2,220 km, it was nearly half the size of the United States.
- Hurricane insurance usually only covers wind damage. To be completely covered for hurricane damage, one should get flood insurance as well.
- Christopher Columbus reported the first hurricane in 1495.
- The hurricane with the highest number of casualties took place in 1970 in Bangladesh. More than one million people were killed by the flood it created.
- Clement Wragge, an Australian weatherman was the first to name hurricanes in the 19th century; he named them after people he disliked.
- The National Hurricane Center began giving official names to hurricanes in 1953; these were all female names which continued as a trend until 1978 when this practice ended.
- Hurricane-generated waves frequently toss tons of fish onto beaches. The eyes of many of the fish are popped out because of sudden changes in pressure.

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