

# O B G Y N



Issue N° 32 Summer Newsletter 2019

Our lives are dedicated to yours

## DEPARTMENTAL SYMPOSIUM: A SUCCESS



The Department of OBS/GYN organized an international caliber, one-day symposium entitled "Practice Guidelines in Obstetrics and Gynecology Symposium." The event was held in collaboration with the Lebanese Society of Obstetrics and Gynecology (LSOG) on March 9, 2019 at the Gefinor Rotana, and it was attended by over 100 healthcare providers from all over Lebanon. The audience were impressed by the level of organization of the activity, the richness of the program, and the caliber of the presentations that were delivered. This success would not have been possible without the support of the Continuing Medical Education (CME) office and the participation of international world-renowned experts in the field.

In our Spring issue, we bring you news about a series of our department's educational activities that marked the past two months. Also highlighted in this issue is the Women's Integrated Sexual Health Program (WISH Program) that will be launched this Spring. The "Did you know?" section highlights some intriguing facts about Lebanese food, and the "Talents Unveiled" section is back. Enjoy the read.

Sincerely,  
**Anwar Nassar, MD**  
*Editor-in-Chief*



## DIVISION OF MFM ROUNDTABLES: A SERIES

On February 21, 2019, the Division Maternal Fetal Medicine (MFM) held its first of several planned roundtable discussions on maternal medical disorders in pregnancy. Around 30 general OBS/GYN practitioners from around the country were invited to attend this open interactive discussion about the most recent evidence-based approaches and cutting-edge knowledge for the diagnosis and management of common medical disorders of pregnancy. These educational activities are also an opportunity to introduce community OBS/GYN specialists to services that are offered at AUBMC. This activity was followed by a dinner at Abed El Wahab restaurant.



## EDUCATIONAL ACTIVITIES FOR WOMEN

For the 8<sup>th</sup> year in a row, the annual workshop “My Path to Motherhood” that is organized by the Women’s Health Center was held at Le Bristol Hotel on March 16, 2019. Again, this year it was a huge success. The attendees who included pregnant women and their spouses enjoyed the sessions that covered topics of interest to all pregnant women or those planning to conceive. The lectures were provided by residents, fellows, and nurses from the Department of OBS/GYN in addition to faculty members from the Department of Anesthesiology, Psychiatry, and Clinical Nutrition. A rich brunch intercepted the 4-hour program.



# TRENDS IN REPRODUCTIVE MEDICINE SYMPOSIUM 2019

The 1<sup>st</sup> Annual Symposium of the Division of Reproductive Endocrinology and Infertility was held on April 13, 2019 and carried the name "Trends in Reproductive Medicine." Two renowned international speakers and members of the Division gave state-of-the-art presentations. The symposium, which focused on fertility preservation, was very successful and well attended, hoping that it will recur annually.



## THE WOMEN'S INTEGRATED SEXUAL HEALTH PROGRAM

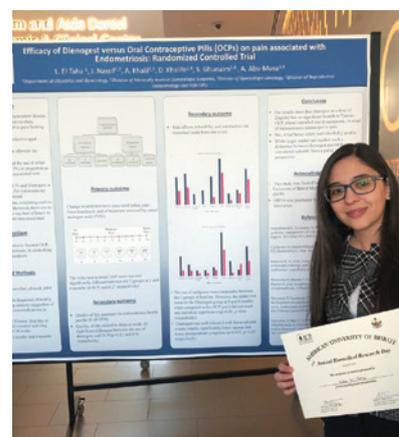
We are glad to announce that the Women's Health Center (WHC) at the Department of OBS/GYN, in its role as a dedicated center to improving the lives of women in Lebanon and the region, will be soon launching the Women's Integrated Sexual Health Program (WISH). A multidisciplinary team of various specialties including OBS/GYN, sexology, psychiatry, urology, and oncology will provide a comprehensive service in matters of sexuality and sexual health to women and their partners. The WISH program aims to promote and advocate sexual well-being to all women and concerned couples/individuals through working with partners and policy makers towards curricula of sexual health. The program is expected to operate within the human rights framework observing values such as dignity, respect, privacy, confidentiality, no-judgement, and choice that are integrated within holistic women's health.

# COMING SOON



## CONGRATULATIONS

Dr. Lina El Taha, a fourth-year resident, won the outstanding poster presentation in the clinical field during the 9<sup>th</sup> Annual Biomedical Research Day that was held on March 9, 2019. Her poster was entitled: "Efficacy of Dienogest versus Oral Contraceptive Pills on Pain Associated with Endometriosis: A Randomized Controlled Trial." The principal investigator of the study is Dr. Antoine Abu Musa and co-investigators are Drs. Joseph Nassif, Ali Khalil, Dalia Khalife, and Suleiman Ghunaim. The same abstract was accepted as a poster at the international meeting of ESHRE to be held in June 2019.



Dr. Suleiman Ghunaim passed the membership of the Royal College of Obstetricians and Gynecologists (MRCOG) Part 2 exam which was held on January 29, 2019.

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## ACADEMIC NEWS

- Dr. Nassar was an invited speaker at the 2<sup>nd</sup> World Congress on Maternal Fetal Neonatal Medicine that was held in London, UK on April 4-6, 2019. Dr. Nassar had a radio interview with Monte Carlo International on April 15, 2019 where he discussed how to deal with high risk pregnancies.
- Dr. Antoine Abu-Musa was invited as a speaker at the international meeting of the Jordanian Infertility Society that was held on April 24-25, 2019. He had two presentations entitled: "ART in Patients with Endometriosis" and "Stem Cells in Ovarian Insufficiency: Myth or Reality."
- Dr. Fadi Mirza gave a talk during the Pediatrics Grand Round on January 22, 2019. He was also an invited speaker at the 44<sup>th</sup> Annual Pan Arab International Congress that was held in Tripoli, Lebanon on March 1-2, 2019. Dr. Mirza lectured on "Diabetes and Pregnancy" during the 14<sup>th</sup> Annual Congress of the Lebanese Society of Internal Medicine on March 7-9, 2019 as well. Lastly, he was re-elected as member of the managing board of the LSOG and as Chairman of its Scientific Committee for a second term.
- Dr. Sandrine Atallah was an invited speaker at the 13<sup>th</sup> National Congress of Morphologic and Antiaging Medicine that was held in Paris, France on January 26-27, 2019. She was also an invited speaker at the 21<sup>st</sup> Congress of the European Society for Sexual Medicine that was held in Ljubljana, Slovenia on February 14-16, 2019. As the social media editor of the Journal of Sexual Medicine (JSM) and as the communication committee chairman of the International Society for Sexual Medicine (ISSM), Dr. Atallah actively covered the event on social media. In addition, she participated as a speaker at the yearly CBT colloquium of the Lebanese Association of CBT that was held at the Cross Hospital in Lebanon on March 1-2, 2019. Finally, Dr. Atallah participated as a speaker at the 3<sup>rd</sup> Annual Conference on lesbian, gay, bisexual, and transgender (LGBT) health that took place in Beirut, Lebanon on March 16, 2019.
- Dr. Faysal El Kak participated as an invited speaker in the NSOAP Conference for WHO Regional Officers, High-Level Authorities, and Funders that was hosted by Harvard Medical School Center for Global Health Delivery in Dubai, UAE on March 20-21, 2019. He also gave two talks on emergency contraception to pharmacists on February 27 and March 27, 2019 in Beirut, Lebanon. Dr. El Kak presented in the LSOG symposium on Polycystic Ovarian Syndrome in adolescence that was held on February 13, 2019 in Beirut, Lebanon.
- Dr. Suleiman Ghunaim, a first year REI fellow, presented a poster on family history of breast cancer as a predictor of poor ovarian reserve during the 9<sup>th</sup> Annual Biomedical Research Day which was held on March 9, 2019.

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## PUBLICATIONS

- Stones W, Visser GHA, Theron G, Nassar A for FIGO Safe Motherhood and Newborn Health Committee. FIGO Statement: Staffing requirements for delivery care, with special reference to low- and middle-income countries. *Int J Gynaecol Obstet* 2019, Mar 30. [ahead of print].
- Shobeiri SA, Kerkhof MH, Minassian VA, Bazi T. IUGA Research and Development Committee. IUGA committee opinion: Laser-based vaginal devices for treatment of stress urinary incontinence, genitourinary syndrome of menopause, and vaginal laxity. *Int Urogynecol J* 2019;30(3):371-376.
- Talab S, Al-Badr A, AlKusayer GM, Dawood A, Bazi T. Correlates of vaginal laxity symptoms in women attending a urogynecology clinic in Saudi Arabia. *Int J Gynaecol Obstet* 2019, Mar 29. [ahead of print].
- Feghali J, El Semesmani H, Abboud A, Chacra L, Choucai K, Feniano M, Al Jebbawi L, El Sayed F, El Kak F, Adib S. Disclosure of diagnosis and prognosis to cancer patients in traditional societies: A qualitative assessment from Lebanon. *J Epidemiol Pub Health* 2019;4(2):109-116.

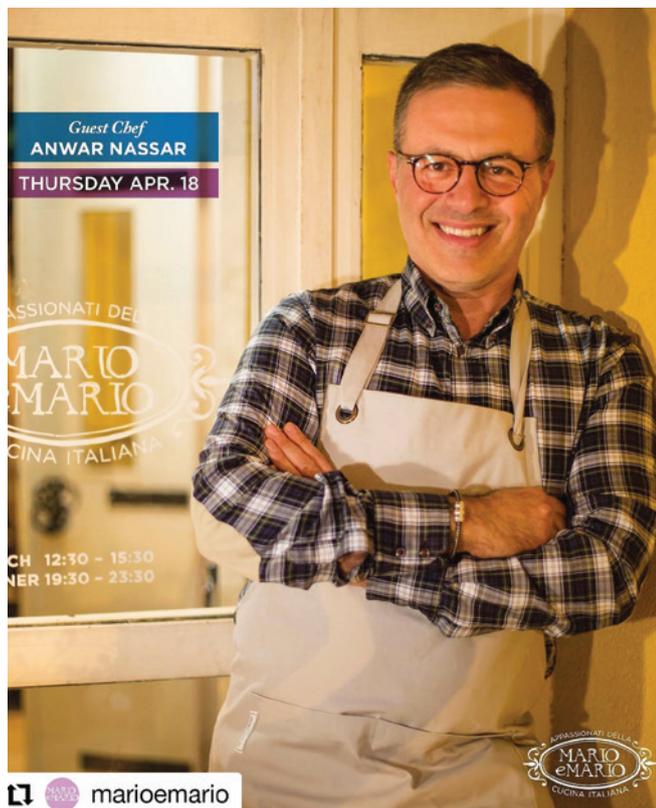
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## MEET THE ALUMNI

- Dr. Salah Malas received his MD from Beirut Arab University (BAU) after which he completed his residency program at the Department of OBS/GYN at AUBMC in 2014. He then started his clinical practice in Lebanon. In 2015, he started an academic career at BAU as a lecturer and program director for the OBS/GYN residency program there. In 2017, he graduated from the Lebanese American University, with a diploma in Medical Simulation. In addition, he is a Clinical Associate at AUBMC – Department of OBS/GYN. Dr. Malas has special interest in medical education and family planning and is very enthusiastic about women empowerment.
- Dr. Sally Khoury received her MD from AUB in 2011. After that, she continued her four-year specialization in OBS/GYN at AUBMC till she graduated in 2015. Since graduation, she started private practice sharing a clinic with Dr. Ali Khalil along with patient care at Trad hospital and Bekhazi Medical group. Her focus is to offer the best antenatal follow up, delivery experience and gynecological care. On a personal level, she is married with two kids.

## TALENTS UNVEILED

This corner sheds light on hidden talents in our department, sometimes 'hidden' to only few! On April 18, 2019, Dr. Anwar Nassar was the guest chef at the Italian restaurant Mario e Mario where he cooked some of his favorite Italian dishes to a full house. During his fellowship training in USA, Dr. Nassar discovered that he has a passion for cooking, and it is in Miami that he started to experiment with flavor combinations. The Italian cuisine is his favorite, and he loves to cook for close friends. "Cooking in public for the first time was a very pleasant experience," said Dr. Nassar. For those who missed this event, stay tuned!



## MOTHER'S DAY: A DAY TO REMEMBER

Mother's Day is always special. This year again, the Department of OBS/GYN dedicated unique gifts to mothers who delivered on or close to Mother's Day. Mothers appreciated this nice gesture and hoped they could always manage to deliver close to Mother's Day!



## IN THE SPOTLIGHT SUMAYA KANAAN

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

A: I joined back in December 2003.

**Q: What is your title?**

A: I am a Senior Clinic Receptionist.

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

A: Check in, appointment booking and schedule management, new patient registration, and handling store and oracle requests.

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

A: I was an employee at the Swiss embassy.

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

A: A psychologist.

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

A: Gaining knowledge and experience.

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

A: Maintaining a calm attitude with difficult patients.

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

A: All over the world to break the routine and discover different cultures.

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

A: The company of my friends and family.

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

A: I am a person who likes to take risks although this is not apparent to people who are even close to me.

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

A: Watching the suffering of patients with hopeless medical conditions.

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

A: Claude Monet.

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

A: "Candle in the Wind" by Elton John.

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

A: All Osho books.



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## Did you know?

- Immediately after the release of the movie “The Avengers”, shawarma sales increased incredibly worldwide.
- Falafel may be traditionally made in a meat grinder, but no meat is found in this delicious plate; you’ll only find chickpeas, coriander, garlic, cumin, salt, and pepper.
- In 2009, Lebanon broke the Guinness World Record for the largest plate of Tabbouleh, Lebanon’s national salad. 100% vegan and vegetarian and super healthy, tabbouleh is made primarily from parsley and tomatoes.
- Hummus, in one form or another, is one of the oldest spreads in the world, thought to be over 7,000 years old. In fact, archaeological records in the Middle East show that hummus precedes the very concept of pottery.
- The word Burghul, also Bulgur, comes up in Lebanese dishes very often. It refers to a cereal food made from cracked processed durum wheat and is probably the oldest cooked cereal in the world.
- Although Baklava or Baklava is considered as a very traditional Lebanese dessert, it is believed that in its current form it was probably developed in the imperial kitchens of the Topkapı Palace in Istanbul. The oldest baklava recipe ever found was in a Chinese cookbook that dates back to 1330. November 17 is celebrated worldwide as the National Baklava Day.
- Almidan, a Lebanese NGO, made the biggest kibbeh in the world where twenty-five women from Ehden prepared the dish. It weighed 233 kilograms!
- Based on the annual World’s Best Awards survey, Beirut ranked as the best international city in the world for food in 2018.
- Lebanese chef Alan Geaam was homeless when he first arrived in Paris. Last year, Geaam who started his career as a dishwasher received his first Michelin star for his acclaimed restaurant within a stone’s throw of the Arc de Triomphe.

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From the “Practice Guidelines in Obstetrics and Gynecology Symposium” that was held on March 9, 2019