

Little Ones



Our lives are dedicated to yours

By The Department of Pediatrics and Adolescent Medicine at AUBMC - Issue N° 6

Fundraising for our little ones

Many pediatric illnesses incur huge medical expenses not only for the parents of sick children but for their extended families as well. Parents give all that they have to treat their children, but sometimes expenses exceed their financial abilities. To help these children acquire the care they need at AUBMC, the Department of Pediatrics and Adolescent Medicine hosts a number of fundraising activities annually.

Sickle Cell Needy Children's Fund: "Hope and Decent Life for Patients with Sickle Cell Disease"

Almost 150 patients regularly visit the sickle cell clinic at the Department of Pediatrics and Adolescent Medicine at AUBMC, and approximately 20 new cases are enrolled yearly. Most of the patients are underprivileged with low socio-economic backgrounds. Most importantly, very few have health care coverage. Our social responsibility towards these patients motivated department members, assisted by a group of friends and donors, to raise around \$6000 and kick off the Sickle Cell Needy Children's Fund.

Today, this fund has grown due to the benevolent support of an increasing number of donors amongst who is the Mohamad Cheaib Foundation (MCF). MCF, a non-governmental organization led by Mrs. Nadia Cheaib, has had a major impact on the fund through its leading efforts in fundraising. The foundation organizes a yearly fundraising dinner event every summer. This

Fundraising for our little ones year, the 4th Annual gala dinner was held on September 9, 2015 at Biel with the usual organization of "Hope and Decent Life – MCF". The event featured important artists and was attended by prominent social figures, also supporting the mission of this organization. For four years in a row, all proceeds from the dinner have been earmarked for the pediatric sickle cell disease patients at AUBMC.



In addition to the above, the foundation supports patients of sickle cell disease through awareness campaigns that highlight the early discovery of this disease and help save the lives of many children in Lebanon and the region. The Sickle Cell Needy Children's Fund at AUBMC is intended to cover the comprehensive care provided for patients visiting the clinic including regular follow-ups for physical assessment, counseling, blood tests, imaging and adequate treatment. It might also cover inpatient visits for those who come with vaso-occlusive episodes or bacterial infections.



Healing Through Books: Al Khayyat Al Saghir Book Reading and Donation to Children at AUBMC

On August 6, Mrs. Rania Zaghir, author and publisher of Arabic children's books, and founder of Al Khayyat Al Saghir publishing, volunteered a one-hour-book reading session for the children admitted to the 6th North general pediatrics floor and the Children's Heart Center. Stories were read to children gathered in the Children's Heart Center, while others had a story read to them while in their beds. Each child received a book to take home, and Mrs. Zaghir generously donated a beautiful collection of Arabic children's books and a set of Arabic stories CD, Rin Rin Ya Jaras, to the 6th floor pediatric playroom and the Children's Heart Center.

Brave Heart Fund: "No Child Should Die of Heart Disease because of Lack of Funds"

On October 24, 2015, the Brave Heart Fund held a successful fundraising evening at BO18. The event was attended by more than 200 people.



To raise funds for children with congenital heart disease, the Brave Heart Fund participated as every year with enthusiasm and momentum in the annual Beirut Marathon. Thank you for all supporters.



The Children's Heart Center celebrates its 20 years landmark

Year 2015 marked the 20 years anniversary of the Children's Heart Center (CHC). On this occasion, a press conference and celebration were held at Issam Fares Lecture Hall on September 15, 2015. The event was attended by AUB President Fadlo Khuri, members of the Board of Trustees at AUB, AUBMC faculty and staff, friends and founders of the CHC, and several dignitaries.

Dr. Fadi Bitar, Director and Professor - CHC and Associate Dean for External Medical Affairs, restated the mission of the CHC and affirmed the center's current stand as a leading resource in congenital heart disease not only in Lebanon and the region but in the Middle East at large. During its 20 years, the center has saved the lives of many children with CHD through the high standards of care which have even surpassed international benchmarks (with 98% success rate for

New faculty

cardiac surgeries performed at CHC). Dr. Bitar dwelled on the fact that the highly positive outcomes could not have been possible without the highly qualified care team of surgeons, cardiologists and staff with extensive complex care experience who have been working diligently since its inception. The benevolent support of donors and the establishment of the well-known Brave Heart Fund were key elements that contributed to the center's success. In addition, the CHC has led the way through innovation in research and the provision of outstanding training for future doctors.

Its groundbreaking research conducted on the genetics of CHD has been developed in joint collaboration with Dr. Georges Nemer from the AUB Faculty of Medicine. The program featured speeches by Deputy VP Dean and Associate Dean for Clinical Affairs, Dr. Ziyad Ghazzal, representing Executive VP for Medical Affairs and Global Strategy and Dean of the Faculty of Medicine, Dr. Mohamed H. Sayegh, President of the Pan Arab Congenital Heart Disease Association, Dr. Riyad Abu Sleiman), Founder of the Brave Heart Fund, Ms. Joumana Atallah, and a medical student and former patient at CHC, Ms. Rayan Hafez who gave her testimony thanking the center on behalf of all patients. During the celebration, two moving videos were shown to raise awareness about Congenital Heart Disease. Attendees were entertained by the live music played by Elias Rahbany Music Academy band. A cocktail reception followed; all attendees wished the CHC continued success and greater achievements.

Dr. Ziad Bulbul, pediatric cardiologist, joined the department on September 1, 2015 as an associate professor of clinical pediatrics. Dr. Bulbul is certified by the American Board of Pediatric Cardiology and has a record of significant contributions to the field. He will be the Director of the Fellowship Program in Pediatric Cardiology and the Director of the Echocardiography Laboratory at the Children's Heart Center at AUBMC.



Dr. Nidale Tarek, pediatric hematologist-oncologist, joined the department on September 8, 2015 as an assistant professor of clinical pediatrics. Dr. Tarek is American Board certified in Pediatrics and in Pediatric Hematology-Oncology. Her main focus is solid tumors and stem cell transplantation.



She will be the fellowship program director at the Children's Cancer Institute and will be seeing patients with all types of hematologic and oncologic disorders in the Inpatient and Outpatient Services.



The Department of Pediatrics Organizes Workshops for Daycare Centers in Lebanon

In collaboration with World Vision and the Lebanese Ministry of Health, Dr. Durriyah Sinno and Dr. Lama Charafeddine are conducting a study on the Implementation of Care for Child Development and Its Implications on Early Child Development in Daycare Centers. Their study team organized and presented three workshops on August 29 and September 10 and 12 in Beirut. The workshops were attended by more than 60 early childhood educators.

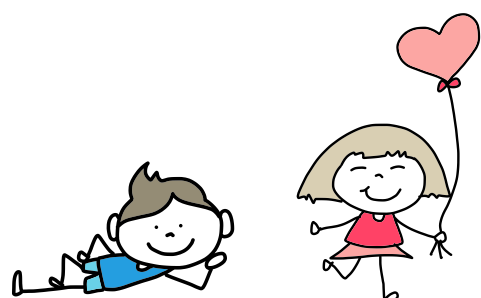
Thank you Our Private Clinics Staff

On November 12, the department held a breakfast for all staff members at the pediatrics private clinics including the general pediatrics in both Sawwaf and Abu Khater building, the Special Kids Clinic, and the Children's Heart Center clinics. The gathering was a joyous event which brought together the different teams of clinical assistants and nurses, and pediatric and specialty clinics faculty members, in addition to the call center administrator, Mrs. Diala Abu Daher, and service excellence manager, Mrs. Linda Lahham. Drs. Miguel Abboud and Marianne Majdalani thanked the teams and noted their commitment to providing excellent care for their patients as evidenced by the high patient satisfaction scores and the efficiency achieved in the clinics.



Research Day 2

The department faculty and residents gathered for the 2nd Pediatric Research Day on Saturday November 28 to discuss part of the latest research activities conducted by our faculty. Dr Ghassan Dbaibo, Associate Chair for Research and Faculty Development, welcomed the attendees and highlighted the importance of the department's research program. Dr Raya Saab presented her groundbreaking basic research on rhabdomyosarcoma and molecular pathways of cellular senescence. Dr Sanjad summarized his collaborative work with the Department of Genetics at Yale University School of Medicine over the past 2 decades. He was a major contributor to work that led to the discovery and identifications of several new genes in diseases such as Bartter's syndrome and familial hypomagnesemia. Pioneering research of the Inherited Metabolic Diseases Program was presented by Dr Pascale Karam, highlighting projects on the prevalence and management of the different disorders including mitochondrial diseases and organic acidemias. Dr Lama Charafeddine presented her new research on Noninvasive Monitoring and Diagnosis of Physiologic Disturbances in Newborns Using Video Analysis Techniques. Dr Durriyah Sinno presented her research about the Care for Child Development program implementation in daycare centers in Beirut. The attendees then participated in a discussion about different research methodologies and challenges.



Social Events

This fall, pediatric residents and fellows were full of vitality so they decided to benefit from the nice weather by arranging two memorable hikes to Laklouk village on September 14 and to Taanayel and South Bekaa on October 26. Faculty members joined together with children and friends; everyone enjoyed great times.



Happy Birthday Dr. Abboud!

On November 4, pediatric residents planned a birthday surprise gathering for Dr. Miguel Abboud to wish him happiness and success for years to come.



Health Tips

Ways to calm your fussy baby?

Babies cry more often around their mothers because they are communicating in the only way possible. Infant fussiness is normal, and it usually starts at around two weeks of age. Fussiness might not be caused by hunger, wet/dirty diapers, or any other known cause that can be easily handled by parents. Both breastfed and formula fed babies might experience such a feeling although the patterns of fussiness and crying might differ from one baby to another. Parents can easily recognize if the fussiness is normal especially if it occurs about the same time each day. Parents are usually afraid the baby is still hungry. If the baby is growing and gaining weight as per her/his pediatrician, and at other times is eating and happy, then there is no reason for them to worry.

Try the below tips to comfort your crying baby. It may take a few tries, but with patience you'll find out what works and what doesn't.

1. Wrap your baby in a thin blanket and hold him/her in your arms so he/she feels secure.
2. If you are placing your baby on the bed, keep the body on the left side or on the stomach.
3. You can try to massage the baby's back gently.
4. Turn on sounds that simulate the inside of the womb; repetitive soft sounds are helpful.
5. Put your baby in a kangaroo carrier and walk around. This motion also reminds the baby of the mother's womb.
6. Avoid overfeeding your baby if it is not meal time. You can give him/her the pacifier which calms through the sucking reflex.
7. Changes in diet may help. For breastfed babies, mothers can decrease the dairy product and caffeine intake and check if the baby gets better. For formula-fed babies, ask your doctor if it is necessary to change to another formula.
8. Keep the environment calm and quiet when you feed or change for your baby during the night; keep the light dim and do not put on the TV.

Dr. Joanne Saade, PGY3