

# OBGYN



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

Issue N° 15 Winter Newsletter 2015

Our lives are dedicated to yours

## A WEEK TO REMEMBER



Think big, go MAGNET! This was the theme of the 2014 Annual Magnet Conference held in Dallas on October 8-10, 2014 and attended by over 7500 nurses from all around the world who gathered to learn, network, enjoy and celebrate the journey of excellence.

It was a memorable week full of excitements and rich in enlightening sessions presented by elite professionals in the medical field. AUBMC was not a silent attendee in the conference; Ms. Iman Al Kouatly, the Director of Nursing, presented a discussion in an international panel and shared the success elements which led to attaining Magnet Recognition. Her discussion emphasized the importance of collaborative nurse-physician practice in providing high quality patient care.

October 8, 2014 marked a day full of honor, distinction and glory for AUBMC; it was the day when the Commission on Magnet Recognition announced that AUBMC has earned its Magnet designation for the second time despite all the challenges.

The nursing team members returned to Beirut with innovative ideas and a stronger commitment to sustain the high quality of care that is provided to our patients and the community.

The Editorial office of WIRE, the OBGYN newsletter, wishes all our readers a year full of achievements on the academic and personal level. This issue will highlight several topics amongst which we honorably present the MAGNET triumph and congratulate Miss Iman Kouatly and her team for their tremendous efforts in achieving that in addition to a peek into our newly renovated Suite 712, which was dedicated to Ghalia Ayman Jomaa. Many other refreshing news await our readers throughout our newsletter. Enjoy.

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



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## CHRISTMAS 2014: SPECIAL AND UNIQUE

This season's celebrations were special at our department. They started with the Women's Health Center receiving the first prize for the "Best Christmas Tree" at AUBMC and ended with a cozy Christmas dinner that was held on December 18, 2014 at the Smallville Hotel. In a unique setting overlooking Beirut by night, Christmas gifts were distributed to all invitees by Santa Clause, a fresh graduate of the department. The special night unveiled hidden singing talents of many department members and guests!



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## SECOND WORKSHOP

As was expected, the second workshop “My Path to Motherhood” organized by the Women’s Health Center and held at the Phoenicia Hotel on December 13, 2014 was a huge success. From pre-conceptual counseling to dietary advices and demonstrations about exercise during pregnancy, the close to 150 attendees enjoyed a series of interactive educational sessions given by invited speakers and experts from different fields at AUBMC. A rich brunch intercepted the 4-hour program. Work is ongoing in preparation for the third workshop “Women’s Health Matters: Tips and Steps” scheduled for April 25, 2015.

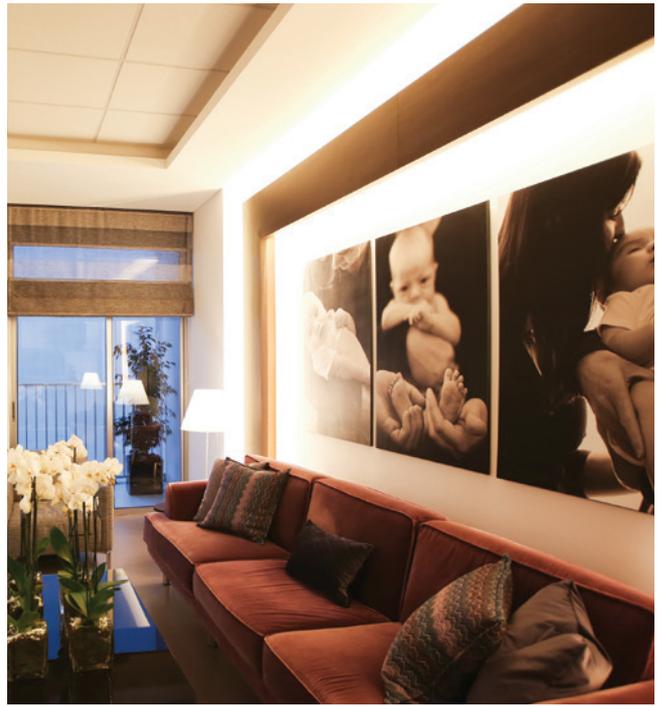


## GHALIA AYMAN JOMAA SUITE INAUGURATION

On January 16, 2015, AUBMC celebrated the dedication of Suite 712 in the Department of OBS/GYN after Ghalia Ayman Jomaa. Dr. Anwar Nassar, Chairman of the Department, welcomed the guests to the recently renovated room 712, which "has always been a special room that has positively affected the lives of hundreds of women during the past years but now has become even more special as it witnessed a rebirth, thanks to the generous donation of Ayman and Mayssa." Dr. Nassar, who was the first person to hold Ghalia as she took her first breaths in this world along with her twin brother Jassem, stated that he "cannot find a better word other than Ghalia, the precious, to describe the precious moments that will be spent in this room between mothers and their newborns for years to come." Dr. Ziyad Ghazzal, Deputy VP/ Dean and Associate Dean for Clinical Affairs, on behalf of Dr. Mohamed Sayegh, Vice President for Medical Affairs and the Raja N. Khuri Dean of the Faculty of Medicine, thanked the Jomaa couple for their philanthropy and stated that AUBMC "could not be more proud than to have a room named after baby Ghalia." He also stressed on the dedication of AUBMC to provide patients with the highest standards of care, evident in the positive experiences shared by patients such as the kind contribution from Ayman and Mayssa Jomaa, "a testament and affirmation of the quality of care and service provided by our OBS/GYN team."

Finally, Mrs. Mayssa Jomaa mentioned that her family's gift to AUBMC is to honor through Ghalia all women who "had to fight a long stressful and sometimes a traumatizing battle to reach motherhood. A woman is never complete before she becomes a mother, and no woman should be deprived of this blessing," added Mrs. Jomaa who also stated that "it is because I trust AUBMC and its entire medical staff" that she chose to donate to AUBMC.





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## PUBLICATIONS

- Ghulmiyyah LM, Eid J, Nassar AH, Mirza FG, Nassif J. Recurrent twin pregnancy, with the second a heterotopic pregnancy, following clomiphene citrate stimulation: An unusual case and a review of the literature. *Surg Technol Int* 2014;25:195-200.
- 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* 2014;12:1-21.
- Kabakian-Khasholian T, Ataya A, Shayboub R, El Kak F. Mode of delivery and pain during intercourse in the postpartum period: Findings from a developing country. *Sex Reprod Healthc* 2014 [in press].
- Seoud T, Seoud M, Salameh A, Taher A. Chronic lymphocytic leukemia of the genital tract. *Eur J Obstet Gynecol Reprod Biol* 2015;184:126.
- Msan AK, Usta IM, Mirza FG, Nassar AH. Use of antenatal corticosteroids in the management of preterm delivery. *Am J Perinatol* December 2014 [ahead of print].
- Jeha D, Usta IM, Ghulmiyyah L, Nassar AH. A review of the risks and consequences of adolescent pregnancy. *Am J Perinatol* December 2014 [in press].

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## MEET THE ALUMNI

- Dr. Marwan Yared moved to USA in 1994 after attending medical school and doing 2 years of residency in OBS/GYN at AUB. His 3.5 years of research in Maternal Fetal Medicine at the Baylor College of Medicine in Houston yielded publications in major journals and five patents. During that time, he came to appreciate pathology and made the tough decision to switch specialties and pursue pathology as a career. After four years of Anatomical & Clinical Pathology residency training at the University of Texas HSC and surgical pathology and hematopathology fellowship training at MD Anderson Cancer Center, he joined the University of Arkansas for Medical Sciences (UAMS) as an assistant professor where he was appointed as the residency program director and associate vice-chair for education. In 2012, he was selected as the residency program director of the year. In 2013, he received the Lutterloh Medical Education Excellence Professorship, an endowed position bestowed on only 4 other recipients during UAMS's long history. In 2014, he moved back to Baylor as a tenured associate professor and the residency program director in the Department of Pathology & Immunology. On a personal note, Dr. Yared is married to Catherine, a wonderful wife, mother, dermatologist and best friend! They have a five year-old Sofia and a three year-old Antoine.
- Dr. Houssam Abdel Reda received his M.D. from Saint Joseph University of Beirut. He then joined the OBS/GYN residency program at AUB. After completing 4 years, he did a two-year fellowship in Reproductive Endocrinology and Infertility at the Assisted Conception Unit, Guy's and St Thomas' Foundation Trust, King's College, London. This provided him with the highest clinical and academic skills besides the opportunity to acquire a subspecialized training in Fertility Preservation and Reproductive Medicine Imaging with the state-of-the-art 3D ultrasound gynecological imaging. Academically, Dr. Abdel Reda had the chance to work on many research projects and lectured at international conferences. In 2013, Dr. Abdel Reda joined CMC as an infertility specialist. He then expanded his services and started his own infertility satellite clinic at Tyre, his area of origin.

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## ACADEMIC NEWS

- Dr. Joseph Nassif was invited as an expert in the “Current Techniques in the Treatment of Severe Endometriosis” course in IRCAD – Strasbourg, France on September 8-10, 2014. He was also an invited speaker at the European Society for Gynecological Endoscopy meeting that was held in Brussels, Belgium on September 24-27, 2014 where he gave a talk about the urinary complications of laparoscopic gynecological surgery. Dr. Nassif was also invited as a guest speaker and trainer in the “New Insights in Prolapse Surgery: Vaginal and Laparoscopic Route” course in IRCAD Strasbourg, France that was held on October 13-15, 2014.
- Dr. Abdallah Adra and Dr. Fadi Mirza were invited as guest speakers at the 12<sup>th</sup> International Congress of the Jordanian Society of Obstetricians and Gynecologists that was held in Amman on September 3-5, 2014. They were also speakers at the 5<sup>th</sup> regional bi-annual meeting of the National Collaborative Perinatal Neonatal Project (NCPNN) that was held in Crowne Plaza Hotel, Beirut on November 6-8, 2014. Finally, they presented at the first Gynecology Experts Annual Meeting that was held in Casablanca, Morocco on November 20-21, 2014.
- Dr. Adra was also an invited speaker at the 11<sup>th</sup> Annual Congress of the Mediterranean Association of Ultrasound in Obstetrics & Gynecology that was held in Antalya, Turkey, on October 9-11, 2014. He received a certificate of appreciation from the Turkish Society of Perinatal Medicine for his valuable contribution to the success of the congress.
- Dr. Mirza was an invited speaker at the 21<sup>st</sup> annual meeting of the Middle Eastern Fertility Society, which was held in Abu Dhabi, United Arab Emirates on September 25-27, 2014.
- On December 6, 2014, Dr. Mirza and Dr. Labib Ghulmiyyah were guest speakers at the 23<sup>rd</sup> Annual Congress of the Lebanese Society of Anesthesiology that was held at the Metropolitan Hotel, Beirut. The topic of their presentation was preeclampsia. Dr. Ghulmiyyah was also an invited speaker at the Lebanese International Nutrition Conference on December 13, 2014 that was held at AUBMC where he gave a lecture about “Management of diabetes during pregnancy.”
- Dr. Faysal El Kak presented at the 15<sup>th</sup> American Public Health Association meeting that was held in New Orleans on November 16-20, 2014 and at the “Strategizing for Sexual Health Issues in MENA” meeting organized by ISSACS held in Istanbul, Turkey on November 25, 2014. He was a clinical visitor at the University of Michigan, Women’s and Children Hospital, Von Voiglander Women’s Clinic on November 19-21, 2014.
- Dr. Elie Hobeika was interviewed by Manar TV during the breast cancer awareness campaign on November 22, 2014.
- The presence of AUBMC faculty at the 18<sup>th</sup> Annual Congress of the Lebanese Society of Obstetrics & Gynecology that was held at the Habtoor Hotel on November 13-15, 2014 was striking. Speakers during the meeting and the courses and workshops that preceded it included Drs. Adra, El Kak, Ghulmiyyah, Mirza, Nassif, Usta and Seoud.

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## CONGRATULATIONS

- Dr. Muhieddine Seoud was invited to become one of the editorial board members for HPV, the first journal entirely dedicated to human papilloma virus. HPV is a multidisciplinary, open access publication launching early 2015 that aims to bring together epidemiologists, virologists, immunologists and health care professionals working in the emerging field of HPV.
- October 30, 2014 was a special day for our department. It witnessed the addition of Sophia Joseph Nassif to our big family. Congratulations to Mom Sally Khoury and Dad Joseph Nassif.



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## IN THE SPOTLIGHT

### DR. ELIE HOBEIKA

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

A: January 2014. This is my first year anniversary!

**Q: What is your title?**

A: I am a Clinical Assistant Professor and will have a major role in the Department of OBS/GYN at Keserwan Medical Center, an AUBMC affiliate.

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

A: In addition to my clinical duties, I am mostly involved in teaching students and residents, including the coordination of the obstetrical simulation case scenarios.

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

A: I practiced OBS/GYN in the private setting in USA and was the director of the Department of OBS/GYN at Sutter Coast Hospital, California for the last 4 years.

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

A: I cannot see myself outside the medical field, but I might have chosen a less demanding specialty, maybe plastic surgery.

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

A: There is a saying: "Internists know it all but don't do much while surgeons don't know much but do everything." Well, our specialty combines both, adding to it the joy of witnessing 'miracles' on a daily basis, which is priceless!

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

A: The time away from my family especially my youngsters.

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

A: I will go back to USA; it was my home for 10 years and what I acquired there has defined me for the years to come.

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

A: Traveling and exploring whenever feasible, playing sports, namely volleyball and snowboarding, and watching movies when the time allows.

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

A: I'm very hard on the outside but very gentle once you crack that hard shell.

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

A: My wife and our two angels.

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

A: I am a big movie fan; I love Russell Crowe and Gerard Butler. As for music, Wadih El Safi is my favorite artist of all times.

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

A: My wife hooked me up on the new Wael Kfoury album; too romantic for me but love it nonetheless.

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

A: As a big fan of science fiction/historic movies, I have recently watched "The Hobbit, Battle of the Five Armies." In addition, I enjoyed reading "The Alchemist" by Paulo Coelho.



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## Did you know?

- Freud never quit smoking despite having over 30 cancer surgeries because of it.
  - In Argentina, political parties have their own brands of beer.
  - Pencil sales increased 700% in the year after the puzzle "Sudoku" became popular.
  - About a quarter of the world's hazelnuts, 100,000 tons a year, are used to make Nutella.
  - Mars is populated entirely by robots, 7 in total!
  - Bruce Lee could perform push-ups using only his thumbs.
  - Doctors grow skin for burn victims using foreskins of infants.
  - There are no 24 hours in a day. A typical day has 23 hours, 56 minutes, and 4 seconds which is the time it takes earth to rotate on its axis.
  - In Germany, it is illegal to run out of fuel on highways.
  - When Charlie Chaplin received his honorary Oscar, he got a 12-minute standing ovation, the longest in Oscar history.
  - The youngest soldier to serve during World War I was only 8 years old.
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### Departmental Leadership

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