

# O B G Y N

Issue N° 31 Winter Newsletter 2019



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## GET BOWTIED FOR A CAUSE



Under the patronage of AUBMCares, a group of brilliant and passionate medical students started year 2019 with a great initiative. It all began after three Med IV students, while enthusiastically wearing bowties to the hospital on Thursdays, decided to launch a campaign whereby AUBMC personnel could wear bowties on a particular "Bowtie Thursday" and help support an assigned AUBMC fund. Being the "Cervical Health Awareness Month," January 24, 2019 was chosen to show solidarity with 'our' HER Fund and what it represents to women in need. Many OBSGYN residents and medical students were available at a stand in the AUBMC phase II building entrance hall to answer questions of visitors, help raise awareness about HER Fund, and distribute branded tokens of appreciation for supporters.

We at HER Fund would like to thank all the medical students for this great new initiative to help the less fortunate patients receive medical care at AUBMC. We also would like to thank all those who donated and especially Interim Medical Center Director, Dr. Ziyad Ghazzal, Chief of Staff, Dr. Samir Alam, and associate Dean for Medical Education, Dr. Kamal Badr for facilitating this initiative. We hope that this Bowtie momentum will continue to grow throughout the coming year in support of other worthy AUBMC funds and with the unparalleled enthusiasm of those medical students.



The start of a new year always brings with it a stack of resolutions and hope for a better beginning. This issue highlights two recent activities that were accomplished in support of HER Fund and two departmental academic activities scheduled for February and March 2019. We also highlight some exciting facts about winter in the "Did you know?" section. Enjoy reading this issue and stay warm.

Sincerely,  
Anwar Nassar, MD  
Editor-in-Chief



## HER FUND IN TRIPOLI

HER Fund was also present at Tripoli Wonderland Christmas Village in Rashid Karami International Fair on December 14-23, 2018. Volunteers from the North, research fellow Dr. Jamil Kazma, and medical students Maryam Ibrahim and Hala El Ouweini participated to raise awareness and spread the word on HER Fund. A bake sale was also part of the activity. We received lots of positive feedback and interest in the cause from the community.



## CHRISTMAS DINNER: STYLISH AS USUAL

The departmental Christmas dinner was held on December 12, 2018 in the elegant Table D'Alfred restaurant. It was a neat and cozy event attended by nearly 100 members and friends of the department. Everyone enjoyed a rich menu exclusively prepared by Chef Alfred along with the live performance by the lovely singer Nour and the music compilation by DJ Samer Atallah.



## CONGRATULATIONS

- Dr. Dina Chamsy passed her oral board exam on January 14, 2019 in Dallas, Texas. She is now a diplomate of the American Board of Obstetrics and Gynecology. Congratulations!
- Dr. El Kak received an award shield of appreciation from the Ministry of Public Health for the work on promoting maternal health on January 16, 2019. Congratulations!

## UPCOMING EVENTS

The Continuing Medical Education (CME) office and the Department of Obstetrics and Gynecology at the American University of Beirut Medical Center invites you to its:

**PRACTICE GUIDELINES  
IN OBSTETRICS &  
GYNECOLOGY SYMPOSIUM**

Saturday, March 9, 2019  
Time: 8:15 am - 3:30 pm  
Location: Gefinor Rotana Hotel, Beirut, Lebanon  
Activity Director: Dr. Antoine Abu-Musa

Registration (free):  
For registration and more information, please check our website: [cme.aub.edu.lb](http://cme.aub.edu.lb)

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The Division of Maternal Fetal Medicine at the American University of Beirut Medical Center invites you to attend

**THE FIRST ROUNDTABLE  
DISCUSSION OF MATERNAL  
MEDICAL DISORDERS**

Date: Thursday, February 21, 2019  
Time: 5:00 pm - 7:00 pm  
Location: Multipurpose Room (3), Hallim and Aida Academic and Clinical Center (Daniel ACC), first floor

**Overview:**  
An open interactive discussion between Maternal Fetal Medicine specialists about the most recent evidence-based approaches and cutting-edge knowledge for the diagnosis and management of common medical disorders of pregnancy.

**Target Audience:**  
The roundtable is designed for expert general obstetricians and gynecologists in the community with the purpose of unifying standard of care and management plans for high risk pregnant women with medical disorders in Lebanon.

[www.aubmc.org](http://www.aubmc.org)



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## RESIDENTS AND FELLOWS IN INTERNATIONAL CONFERENCES

Drs. Marco Mouanness (PGYIII) and George Rameh (PGYII) had two oral and one poster presentation at the European Uro-Gynecology Association Congress that was held in Milan, Italy, on October 25-27, 2018. They presented with their mentor, Dr. Tony Bazi, about "Cochrane Incontinence: Who is contributing?" and "Atypical presentation of labial adhesions." Drs. Mohammad Jaffal (PGY IV) and Dima Salloum (PGYI) will be presenting 2 video abstracts with their mentor, Dr. Joseph Nassif on February 21-23, 2019 during the Endo Dubai meeting in Dubai, UAE. Over the past few years, 8 residents and fellows had the opportunity to present their research at 10 regional and international meetings with the sponsorship of the department.



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## ACADEMIC NEWS

- Dr. Nassar was selected to be an editorial board member of the Maternal-Fetal Medicine Journal founded by the Chinese Medical Association.
- Dr. Muhieddine Seoud was the principle coordinator of the First Lebanese Percreta Day that was organized by the Lebanese Percreta Group on December 15, 2018, Beirut, Lebanon. He was also an invited speaker at the First International and 16<sup>th</sup> Turkish Gynecologic Oncology Annual Meeting, on November 20-24, 2018 in Antalya, Turkey. In addition, he presented at the Lebanese Society of OBS/GYN Annual Meeting on November 8, 2018 and at the Pediatrics Conference on November 24, 2018 in Beirut, Lebanon. He was also an invited speaker at the North Lebanon Society of OBS/GYN Annual Meeting in Tripoli, Lebanon on January 19, 2019 where he talked about "Cosmetic gynecology: Ethical dilemmas" and "The Lebanese Percreta Group: Data from the centers." Dr. Seoud was later honored by the organizing committee of the meeting as the founding member of the Lebanese percreta group.
- Dr. Faysal El Kak presented on health consequences of adolescent pregnancy in the parliamentary meeting on adolescent marriage in the Lebanese Parliament on December 4, 2018 and on HPV vaccine at the SCORA activity at USJ the same month. He also presented on the maternal health rights of refugees at London School of Hygiene and Tropical Medicine, in London, UK on December 6, 2018. In his role as a Vice Chair of FIGO, Dr. El Kak participated in the 144<sup>th</sup> Executive Board of WHO discussing strategies related to refugees, cervical cancer, and other topics that was held in Geneva, Switzerland on January 23-27, 2019. He gave three talks during the OBS-GYN Conference at Arab Health that was held in Dubai, UAE on January 28-31, 2019. Lastly, Dr. El Kak was selected to be an editorial board member of the Reproductive Health Matters Journal.
- Dr. Suleiman Ghunaim, first year REI fellow, presented an abstract at the Mediterranean Academy of Emergency Medicine Congress which was held at AUB on September 13-16, 2018. The abstract "Coronary artery bypass grafting urgency status is not a predictor of mortality," which was Dr. Ghunaim's SHARP summer course project, was published in the Journal of Emergency Medicine.

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## PUBLICATIONS

- Farra C, Dagher C, Badra R, Hammoud M, Alameddine R, Awwad J, Seoud M, Abbas J, Boulos F, El Saghir N, Mukreij D. BRCA mutation screening and patterns among high-risk Lebanese subjects. *Hered Cancer Clin Pract* 2019 Jan;17:4.
- Khalife D, El Housheimi A, Khalil A, Saba CS, Seoud M, Rammal R, Abdallah IE, Abdallah R. Treatment of cervical cancer metastatic to the abdominal wall with reconstruction using a composite myocutaneous flap: A case report. *Gynecol Oncol Rep* 2018;27:38-41.
- Khalife D, Ghazeeri G, Kutteh W. Review of current guidelines for recurrent pregnancy loss: New strategies for optimal evaluation of women who may be superfertile. *Semin Perinatol* 2018, Dec 20. [ahead of print].
- Khalife D, Nassif J, Khalil A, Ghazeeri G, Taher A. Ovarian teratoma: Yet another cause of immune thrombocytopenia. *Int J Womens Health* 2018;10:567-570.
- Ghunaim S, Ghazeeri G. Polycystic ovary syndrome: Facts beyond reproduction. A short review. *J Genitourin Disord* 2018;2(1):1007.
- Abiad F, Khalife D, Safadi B, Alami R, Awwad J, Khalifeh F, Ghazeeri G. The effect of bariatric surgery on inflammatory markers in women with polycystic ovarian syndrome. *Diabetes Metab Syndr* 2018;12(6):999-1005.

## IN THE SPOTLIGHT LAYAL KHOICHE



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

A: I joined the department in August 2016.

**Q: What is your title?**

A: Senior Office Assistant.

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

A: Managing the day-to-day operational activities of the department and of Dr. Nassar's by organizing the incoming workflow and following-up on various issues to ensure timely response.

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

A: I was in the United States of America, working at a medical billing office.

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

A: Psychomotor therapy; I love working with kids.

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

A: My co-worker Maha Jaafar.

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

A: The long working hours away from my daughter, Maryam.

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

A: Michigan, because my family is all there.

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

A: I enjoy spending time with my daughter and reading.

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

A: I'm not as shy as I seem.

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

A: My daughter Maryam.

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

A: Jana Kramer.

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

A: "See You Again" by Wiz Khalifa.

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

A: "Reclaim Your Heart" by Yasmin Moghad.

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## Did you know?

- Not all raindrops are made of water. On other planets and moons, rain is made of sulfuric acid, methane or even iron.
- In the African nation of Botswana, the currency is the Botswanan pula. The word 'pula,' also means rain; its use as the name of the primary currency demonstrates how rare and precious rain is in this sub-Saharan country.
- The wettest place on Earth is Mawsynram, a village in north-eastern India, with an average annual rainfall of 11.9 meters.
- The lowest temperature ever recorded was  $-89.2^{\circ}\text{C}$ , recorded on July 21, 1983, in Vostok, Antarctica.
- Antarctica is reported to be the driest continent and the largest desert on Earth. The 9.1-million-kilometer-square Sahara is only the biggest hot desert.
- The biggest rainfall ever recorded in 24 hours occurred during the tropical cyclone Denise in Foc-Foc, La Réunion, an island in the southern Indian Ocean. Some 1.8 meters of rain fell over 24 hours, from January 7 to 8, 1966.
- There are 16 million thunderstorms each year around the globe and 2,000 happening at any moment.
- The coldest permanently inhabited place is the Siberian village of Oymyakon, Russia. The temperature once dropped to  $-68^{\circ}\text{C}$  in 1933.
- Each second, approximately 16 million tons of water evaporate from the surface of the Earth. This is the same amount in raindrops that falls back to earth each second.
- The longest dry period in history was noted in Arica, Chile. There was not a single raindrop, for more than 14 years, from October 1903 to January 1918 - a total of 173 months.
- With an average high of  $46.7^{\circ}\text{C}$  in July, summer in Death Valley, California, can be baking. The hottest temperature ever recorded there was  $56.7^{\circ}\text{C}$  in 1913.