

OBGYN

Issue N° 04 Spring Newsletter 2012



Our lives are dedicated to yours

DEPARTMENT OF OB/GYN WEBSITE REVAMPED

After undergoing major changes, the website of the Department of OB/GYN was featured "In the Spotlight" for the month of April. Many new sections were added. Visit our website at <http://staff.aub.edu.lb/~webobs/> and let us know what you think.

SPECIAL MOTHER'S DAY CELEBRATION AT AUBMC MATERNITY FLOOR

Mother's Day is a special day for everyone. This year, March 21 was particularly special at AUBMC, where gifts were distributed to all of our admitted postpartum women, thanks to the support of the administration. The women expressed their appreciation not only of the exemplary clinical care that they received from our physicians and nurses, but also for being able to share their happiness and celebration through this well-received step.

This issue marks the beginning of spring, a unique season that kicks off with a celebration of motherhood on March 21. This year, Mother's Day was particularly special at the AUBMC Maternity Floor, as you will read in this issue. During this quarter, our faculty participated in numerous national and regional scientific meetings in many Lebanese regions and a number of Arab countries. We will also continue to revamp our department's website, which has undergone a major facelift to include several new sections.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief

STRONG DEPARTMENTAL PRESENCE IN THE FIRST BEKAA DAY IN OBSTETRICS AND GYNECOLOGY

The Lebanese Society of Obstetrics and Gynecology (LSOG) held its first Annual Bekaa Day in Obstetrics and Gynecology. Faculty members of the Department of OB/GYN at AUBMC were the major contributors to this event, which was held on March 10, 2012 at the Masabki Hotel, Chtaura. Dr. Fadi Mirza was the first speaker. He discussed the evaluation and management of antepartum hemorrhage, before giving the floor to Dr. Muhieddine Seoud to discuss the management of placenta accreta. Next came Dr. Anwar Nassar, who gave a presentation entitled "New Guidelines for Endocrine Disorders in Pregnancy" and Dr. Labib Ghulmiyyah, who talked about the new guidelines for vaccination in pregnancy. Dr. Abdallah Adra subsequently discussed the workup of recurrent miscarriages.



PHYSICIANS TO AWARD PRIZE TO THE BEST NURSE AT THE OB/GYN DEPARTMENT

Since the mission of our physicians would not be possible without the hard work of our nurses, we have launched a new prize in appreciation of the nurses of the Department of OB/GYN. In contrast to most nursing prizes at AUBMC, the recipient of the aforementioned prize will be selected by the physicians. Criteria for this prize have been set and nominations will be out by the time this issue is published.

NEWLY CREATED DIVISION OF REI: AN EYE TOWARDS THE FUTURE

Founded in 1993, the Assisted Reproductive Technology (ART) Unit is one of the first such facilities in the country. It rapidly grew to become one of the most successful units in Lebanon, catering to some 1,700 IVF cycles a year. In line with the new vision of the Faculty of Medicine and its new leadership, the Division of Reproductive Endocrinology and Infertility (REI) was founded in early 2012. The REI Division aims to achieve several goals to support its three-year strategic plan, which falls under the AUBMC 2020 vision:

- Restructuring the ART Unit's physical space, including an expansion in surface area, to accommodate a larger ART laboratory facility and a friendlier patient area with improved functionality and external appeal.
- Expanding the Fertility Preservation Unit, which complements the busy oncology services at AUBMC, and offers the unique opportunity of preserving the gametes (sperm or eggs) of young adults undergoing chemotherapy and radiotherapy for future use.
- Recruiting a new REI specialist and laying the foundation for an REI fellowship.
- Creating the Pre-Implantation Genetic Diagnosis (PGD) Unit, in collaboration with Dr. Chantal Farra, Director of Medical Genetics. The PGD Unit will provide the option of assessing embryos for single gene defects prior to replacing them into the uterus, thus saving couples the difficult decision of terminating an affected pregnancy.
- Certification of laboratory personnel and accreditation of the ART laboratory by CAP and ABB, in order to build a platform of trust and confidence that bolsters our image as a Center of Excellence. Accreditation and competitive prices will serve to improve reproductive medical tourism, not only from the region but mostly from nearby Europe.

BEYOND LEBANON: JORDAN, CYPRUS, SAUDI ARABIA AND THE EMIRATES

Over the past few months, our faculty members have taken part in several regional conferences as invited speakers.

- The first was the 13th Congress of the Royal College of Obstetricians and Gynecologists (RCOG) Representative Committee in Jordan, Palestine and Syria, held on February 29-March 2, 2012 in Amman. Drs. Ihab Usta, Joseph Nassif and Abdallah Adra were the course directors of the workshops on Obstetric Ultrasound, Operative Hysteroscopy and Management of Acute Obstetric Emergencies respectively. They also gave several presentations along with Dr. Fadi Mirza.
- Dr. Joseph Nassif was a speaker at the European Society of Human Reproduction and Embryology (ESHRE) workshop on "The Reproduction and Management of Fibroids: From Basic Research to Innovative Operative Techniques". The workshop was held on March 16-17, 2012 in Larnaca, Cyprus.
- Dr. Labib Ghulmiyyah was an invited speaker at the 4th Symposium on Women's Health that was organized on March 20-21, 2012 by the Specialized Medical Center Hospital in Riyadh, Saudi Arabia.
- Most recently, Drs. Muhieddine Seoud, Anwar Nassar, Abdallah Adra and Joseph Nassif participated in the 8th Middle East Obstetrics and Gynecology Conference held on April 1-3, 2012 at the Dubai International Convention & Exhibition Center, United Arab Emirates.

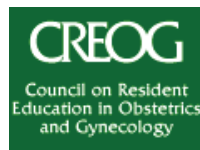
HYPERTHERMIC INTRAPERITONEAL CHEMOTHERAPY OFFERED AT AUBMC

The 10th hyperthermic intraperitoneal chemotherapy on a patient with extensive abdominal carcinomatosis was just completed. AUBMC is among the very few centers in the Middle East offering this therapy for women with advanced abdominal carcinomatosis (ovarian, colonic, appendiceal, and primary peritoneal carcinomatosis). The team includes, in addition to Drs. Muhieddine Seoud and Ali Khalil (Gynecologic Oncology), Dr. Fayek Jamali from the Department of Surgery and Dr. Ali Shamseddine from the Division of Medical Oncology.

PALESTINIAN DOCTORS VISIT THE DEPARTMENT OF OB/GYN

On the occasion of a regional research meeting on "Near Miss Maternal Mortality" held by the Choices and Challenges in Changing Childbirth research group and the World Health Organization at the Faculty of Health Sciences, AUB, a group of Palestinian obstetricians and gynecologists and pediatricians from hospitals in Ramallah and Jerusalem visited the OB/GYN Department, and met with Dr. Anwar Nassar. Dr. Nassar described the clinical and training work at the Department, and discussed potential opportunities of collaboration. Then, he took the group of visitors on a tour of the Women's Health Center and the Delivery Suite, where they were introduced to the staff and the various processes and monitoring methods involved during labor and delivery.

OUTSTANDING PERFORMANCE BY AUBMC RESIDENTS ON THE IN-TRAINING EXAM



On January 21, 2012, the OB/GYN residents sat for the Council on Resident Education in Obstetrics and Gynecology (CREOG) exam. A national test given annually to all OB/GYN residents in US training programs, the CREOG exam is used for self-assessment and residency program assessment. Please join us in congratulating our residents on their outstanding performance. The scores surpassed those of previous years and were way above those of most US programs.

PUBLICATIONS

- Ghazeeri GS, Nassar AH, Younes Z, Awwad JT. Pregnancy outcomes and the effect of metformin treatment in women with Polycystic Ovary Syndrome: An overview. *Acta Obstet Gynecol Scand* 2012 Feb 29. [Epub ahead of print]
- Messaed C, Akoury E, Djuric U, Zeng J, Saleh M, Gilbert L, Seoud M et al. NLRP7, a nucleotide oligomerization domain-like receptor protein, is required for normal cytokine secretion and co-localizes with golgi and the microtubule-organizing center. *J Biol Chem* 2011;286(50):43313-23.
- Seoud M. Burden of Human Papillomavirus-related disease in the Extended Middle East and North Africa (EMENA) - A comprehensive literature review. *J Low Genit Tract Dis* 2012 Apr;16(2):106-20.
- Schuit E, Stock S, Groenwold RH, Maurel K, Combs CA, Garite T, Spong CY, Thom EA, Rouse DJ, Caritis SN, Saade GR, Zachary JM, Norman JE, Rode L, Klein K, Tabor A, Cetingoz E, Morrison JC, Magann EF, Briery CM, Serra V, Perales A, Meseguer J, Nassar AH, et al. Progesterone to prevent preterm birth in twin pregnancies: an individual participant data meta-analysis of randomized trials. *BMC Pregnancy Childbirth* 2012 Mar 15; 12(1):13. [Epub ahead of print]

ACADEMIC NEWS

- On January 31, 2012, Dr. Tony Bazi gave a Grand Round entitled "The Spectrum of Urogynecology across the Medical Disciplines" at Saint George Hospital, Beirut.
- On February 24, 2012, Dr. Fadi Mirza was an invited speaker by the Lebanese Society of Obstetrics and Gynecology in the Rest House, Saïda.
- On March 16, 2012, Dr. Tony Bazi gave a presentation entitled "Urinary Disorders in Women with Multiple Sclerosis" at the AUBMC Department of Neurology, during the Multiple Sclerosis Weekly Conferences.
- Drs. Muhieddine Seoud and Labib Ghulmiyyah were the recipients of an unrestricted grant worth \$5,000 from the Saab Foundation to study the Human Papillomavirus (HPV) in Lebanon.
- On January 29, 2012, Dr. Karam Karam was invited to the WHO meeting of the Steering Committee on Genomics and Biotechnology at Pasteur Institute, Tehran.
- Dr. Joseph Nassif was nominated as a faculty member on the SurgeryU website, the official multimedia site of the American Association of Gynecological Laparoscopists (AAGL).

CONGRATULATIONS

- Dr. Fawzi Saoud, a preliminary PGYI, will start his residency at the University of Texas Medical Branch, Galveston, Texas, in June 2012.
- Dr. Reem Abdallah, who graduated in 2010 from the Department of OB/GYN at AUBMC, will start a fellowship in Gynecologic Oncology at the University of Tampa, Florida, USA.



Alumni News

*Dr. Dina Chamsy completed an internship in OB/GYN at AUBMC in 2008 and then joined the OB/GYN residency program at the University of Texas Southwestern Medical Center in Dallas, Texas (Parkland Hospital). She graduates in June 2012 and will then enter a two-year fellowship program in Minimally Invasive Gynecologic Surgery at the University of Pittsburgh. Dr. Chamsy has won an award of excellence in medical student teaching. She feels blessed to have trained in the largest OB/GYN program in the United States, yet longs to return to Lebanon to practice medicine and contribute to the education of medical students. Dr. Chamsy is happily married to Salim Badrane and is thankful to him for always being supportive of her professional aspirations.

*Dr. George R. Saade graduated from AUBMC as an obstetrician/gynecologist in 1987. In 1991, he completed a residency in OB/GYN at Union Memorial Hospital, Baltimore, US. He then joined Baylor College of Medicine as a fellow in Maternal Fetal Medicine (MFM) for three years and became board certified. He is currently a professor and director of the MFM Division, and the Perinatal Research Division in the Department of OB/GYN in the University of Texas Medical Branch. His research work is focused on MFM topics, including preeclampsia, preterm labor, and fetal physiology and therapy, and has resulted in the publication of more than 400 manuscripts in major peer-reviewed journals. He is the president of the Society for Fetal Maternal Medicine, a member of several scientific societies and the Editor of the *American Journal of Perinatology*. He is the recipient of many honors and awards, including the Duane Alexander Award for excellence in mentoring by the NICHD.

IN THE SPOTLIGHT: DR. IHAB USTA



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

A: In 1990, just after finishing my OB/GYN residency.

Q: What is your title?

A: Professor.

Q: What are your main duties?

A: Three main roles: teaching, clinical work and research.

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

A: I was a resident at the Department. Two years after joining the Department, I felt motivated to pursue a fellowship and I took a two-year leave to complete a fellowship in Maternal Fetal Medicine in Memphis, TN.

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

A: I would have become an engineer. This was actually my initial passion. I was very good in arithmetic and geometry and I thought that I would be a good engineer. However, practically, engineering at that time was not a good option for women and I had to think of my future.

Q: What do you enjoy most about your job?

A: The excitement you get from managing tough cases and challenging clinical situations. It is a blessing and a curse: On the one hand, there's the responsibility of having to take decisions that might affect the health of the mother and child. On the other hand, you feel the elation and relief when the outcome is good.

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

A: Staying up to date with the recent literature and advanced technologies after at least 12 hours of clinical work. I have a daily to-do list, which I have to complete at home.

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

A: Italy. It combines history, culture, beauty, and ice cream. The language is music to the ears; the people take it easy and enjoy life.

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

A: I am the laziest person ever when I have free time. I like to lie on the couch, and watch TV until I fall asleep. If I were to have plenty of free time, I would travel around the world. Every now and then, I enjoy reading the Koran, and I hope that one day I will know it by heart. I wish I had more time and energy to exercise. I love swimming.

Q: Tell us something that most people don't know about you.

A: I love cats and I drink a lot of diet Pepsi.

Q: What is your weakness?

A: I get irritated easily at work when things do not go as planned. Despite our chaotic specialty, I try to create some kind of order in the things I have the ability to plan, like the schedule in the clinic and timing of lectures and meetings. I expect the paramedical staff to cope with my demanding attitude, which I realize might not always be a reasonable expectation.

Q: Who is your favorite artist?

A: I am not much into arts. In fact, I think God is the ultimate artist. He created the human body, the beautiful scenery, and the ability to initiate motion which is captured by the greatest artists. I love Fairuz and Oum Kalthoum, if this answers your question.

Q: What is your favorite song these days?

A: Whatever is on the radio on my way to and from the hospital.

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

A: The last book I read was "The Best Friends Approach to Alzheimer's Care" by Virginia Bell and David Toxel and the last movie was "Due Date".

Did you know?

- The largest cell in the human body is the female egg and the smallest is the male sperm.
- Women have a better sense of smell than men.
- A woman's sense of smell is most sensitive during ovulation.
- Women have about four times as many foot problems as men; lifelong patterns of wearing high heels often are the culprit.
- You mostly breathe from only one nostril at a time.
- The average female will have 3.3 pregnancies in her life.
- A fetus develops fingerprints at eighteen weeks.



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