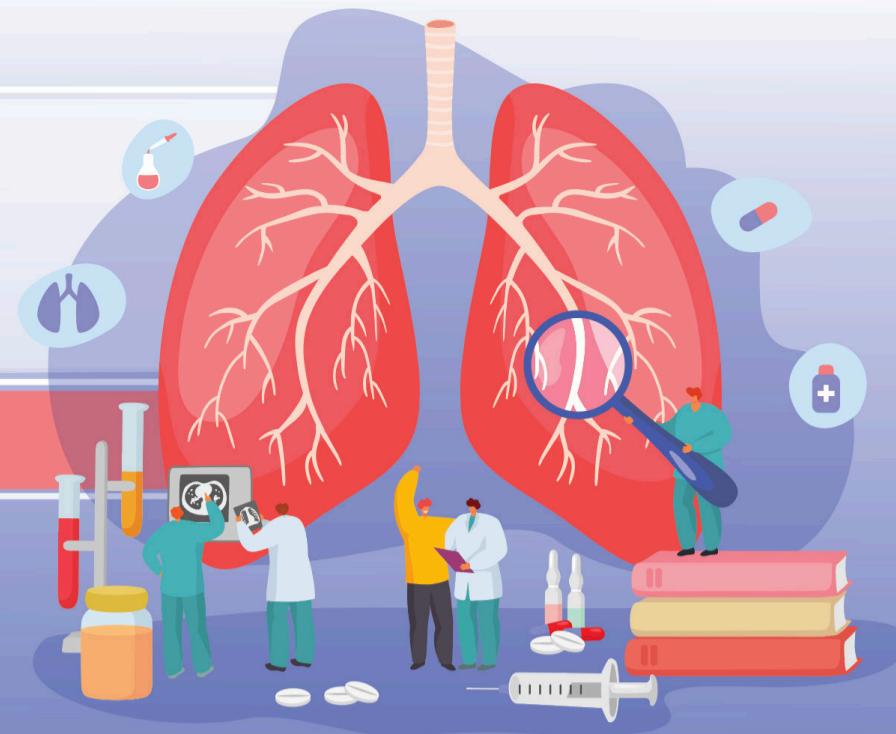


HAMDI AL-ZAIM

ILD CENTER NEWSLETTER

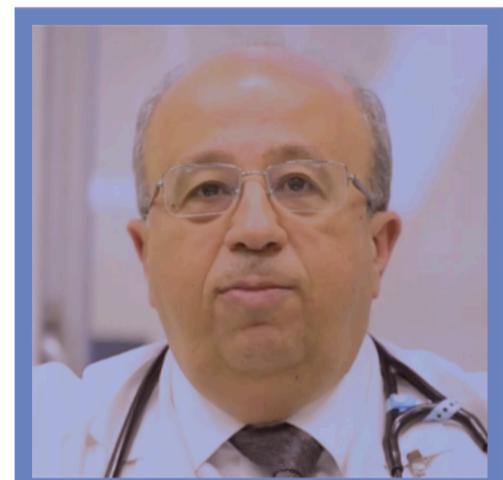
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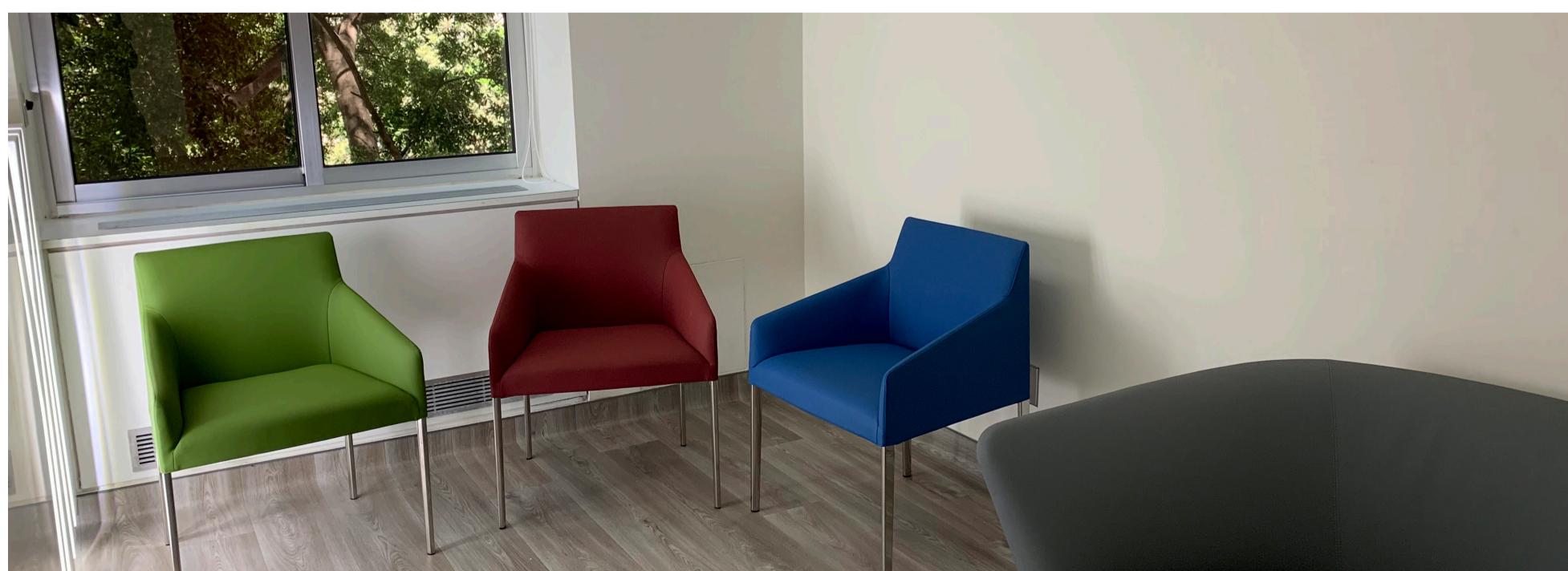
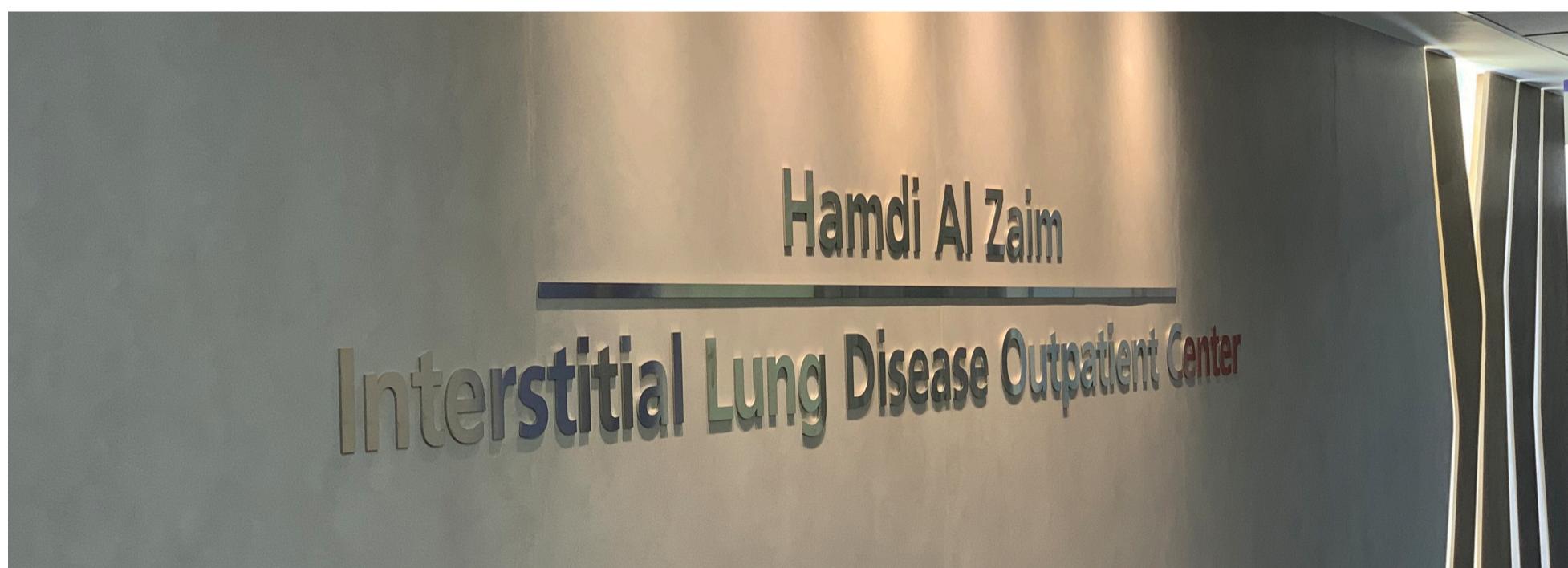
Hamdi Al Zaim Interstitial Lung Disease (Zaim ILD) Outpatient Center is now established and accepting new patients with interstitial lung diseases. We are frequently asked, "What are interstitial lung diseases?" Interstitial lung diseases (ILD) refer to a broad group of lung disorders that cause inflammation and scarring (fibrosis) of the lungs. This scarring of your lungs causes stiffness and leads to difficulty in breathing. The purpose of this newsletter is to educate the public about interstitial lung diseases.

When Mr. Hamdi Al Zaim approached us, he aimed through opening this outpatient center to provide «state-of-the-art» disease diagnosis, management, and therapy for patients with ILD.

Today, I am proud to say that Zaim ILD center is the first center in Lebanon and the MENA region that provides a comprehensive multidisciplinary care which incorporates clinicians, nurse specialists, research scientists, clinical dietitians, pharmacist, and respiratory therapists. The clinical multidisciplinary team includes experts in pulmonary, radiology, pathology, rheumatology, thoracic surgery, and other specialties as well.



Dr. Ahmad Husari

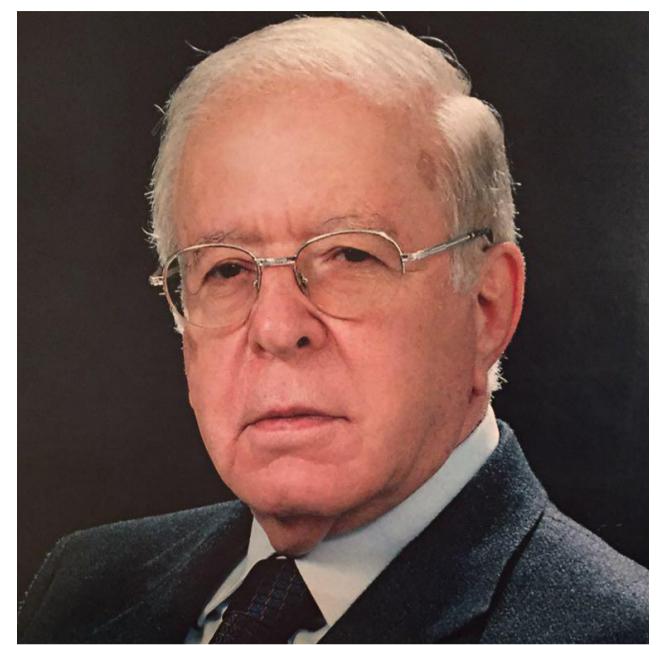


About Hamdi Al Zaim

Hamdi al Zaim was born on December 1931 in Aleppo as the eldest son in a family of eight children. He graduated with distinction from Damascus University in 1956 with a bachelor degree in law.

At the age of 22, he began his career in Aleppo at the family cotton trading and manufacturing business and later moved to the public sector at the age of 32 to serve as the President of the Cotton Marketing Authority.

His journey in Beirut started in 1968 where he established a corporation specialized in manufacturing and trading of electricity cables. Although the corporation proved to be a successful venture, the start of the Lebanese civil war in 1975 forced Al Zaim to leave Lebanon and shift his manufacturing business to Egypt and then Saudi Arabia.



In 1984, Hamdi relocated to Saudi Arabia and established Riyadh Cables, which became over the course of 35 years the pioneer of cable industry in the Middle East. Today, Riyadh Cables Group of Companies employs over 3,800 employees and is present in more than 40 countries while consistently being ranked in the top twenty corporations in Saudi Arabia.

In parallel to commercial success, Hamdi was very active in numerous philanthropic activities that will be mentioned in future newsletters.

In January 2016 and at the age of 84, Hamdi Al Zaim was diagnosed with late stage interstitial lung disease and received medical treatment until passing away shortly after.

Prior to his death, he instructed his estate to establish a medical and research center for interstitial lung disease with state-of-the-art equipment, treatments, and research capabilities. This center is the first of its kind in the Middle East and aims to provide better early diagnosis, multidisciplinary collaboration and innovative treatment of the same disease that he was diagnosed with. In addition to the center, a 5-year endowment fund was committed to financially support the treatment of underprivileged individuals.



KNOW MORE ABOUT INTERSTITIAL LUNG DISEASE

by: Dr.Jihane Fares



What is Interstitial Lung Disease?

Interstitial lung disease (ILD) is a broad group of lung disorders. The majority of these disorders cause inflammation and scarring (fibrosis) of the lungs. This scarring makes the tissue in your lungs stiff leading to difficulty breathing. ILD is a chronic condition that, for the most part, cannot be cured. However, controlling its symptoms may manage the disease, slow its progression, and improve the quality of your life.

What causes ILD?

In the majority of cases, the exact cause of ILD is unknown; however, there are several contributing factors that include:

- Long-term exposure to hazardous chemicals, toxins, or pollutants
- Autoimmune diseases (your immune system produces antibodies against your own organs)
- Some medications
- Radiation therapy (cancer treatment that uses intense form of energy, called ionizing radiation)
- Family history

What are the symptoms of ILD?

The most common symptoms of ILD include:

- Dry cough
- Shortness of breath
- Fatigue
- Chest pain
- Loss of appetite
- Weight loss

How do I know if I have ILD?

Your doctor will examine you and may request some tests and procedures to determine if you have ILD. These tests include:

1. Pulmonary function test

This test will measure your ease to inhale and exhale the air into your lungs. It allows measuring the size of your lungs and the ability of your air sacs to get the oxygen to your blood vessels. Doctors will then compare your numbers to healthy people similar to you.

2. Six-minute walk test

This test allows measuring your endurance and your oxygen level when walking on level ground at your own pace.

3. Blood tests

Based on the physician suspicion for certain diseases, routinely sent tests include blood counts, liver and kidney function tests, urinalysis and some laboratory markers of autoimmune diseases.

4. Chest X-ray:

A two-dimension picture of the lungs. It can be normal in some cases. It is important to compare to old ones to assess for progression and chronicity.

5. High resolution chest computed tomography (CT) scan

Is a volumetric picture of the lungs that allows assessing fine details of the air sacs, the interstitium and the lining of the lungs among other structures. It does not require contrast (dye) and uses low doses of radiation. It is considered one of the most important tests in making a specific ILD diagnosis.

6. Bronchoscopy

7. An endoscopy exam with a camera and light of the breathing tubes. It allows taking samples of the lung cells and tissue that can be examined under the microscope and yield a specific diagnosis in some cases.

8. Video assisted lung biopsy

This type of surgical lung biopsy is needed in some cases when the diagnosis remains unclear despite all the above testing.

9. ILD multidisciplinary discussions (MDD)

A crucial step in the diagnosis of these complex diseases is the implementation of a MDD. This entails a regular meeting among pulmonary ILD specialists, thoracic radiologists, rheumatologists, and pathologists who specialize in ILD. These meetings involve a detailed discussion of the patient case and lead to improved diagnostics accuracy. Improving upon the diagnostic ability lead to improve in prognostication and management. The MDD is recommended by the major American and European thoracic societies.

At Hamdi al Zaim ILD center, these MDD meetings occur regularly, and their outcome is documented in the electronic medical records.

How can I manage ILD?

Even if you have ILD, you can manage the disease and control its effect on your life. The following measures and lifestyle changes can help you adjust to your condition:

- Quit smoking
- Use breathing techniques
- Take all your medications as prescribed by your doctor
- Eat a healthy diet
- Use oxygen therapy as prescribed by your doctor
- Take your yearly immunizations
- Stay active
- Control your stress



ILD AND NUTRITION MANAGEMENT

by: ILD Dietitian Hind Dakhil Abboud

Patients with interstitial lung diseases often suffer from modifications in body composition manifested by progressive weight loss (especially from the lean mass). Some of these patients suffer from malnutrition, which weakens the respiratory muscle contractility and affects the lung function. This loss of fat-free body mass known as the "pulmonary cachexia syndrome" requires the measurement of percentage body fat by the Bioelectrical Impedance Analysis (BIA). Besides, cachexia can occur in patients without simultaneous weight loss as the proportion of lean body mass is reduced while fat stores are preserved. Another phenomenon known as "obesity sarcopenia" can occur as well, where patients gain weight from fat mass and not muscle mass, which is unhealthy as well.

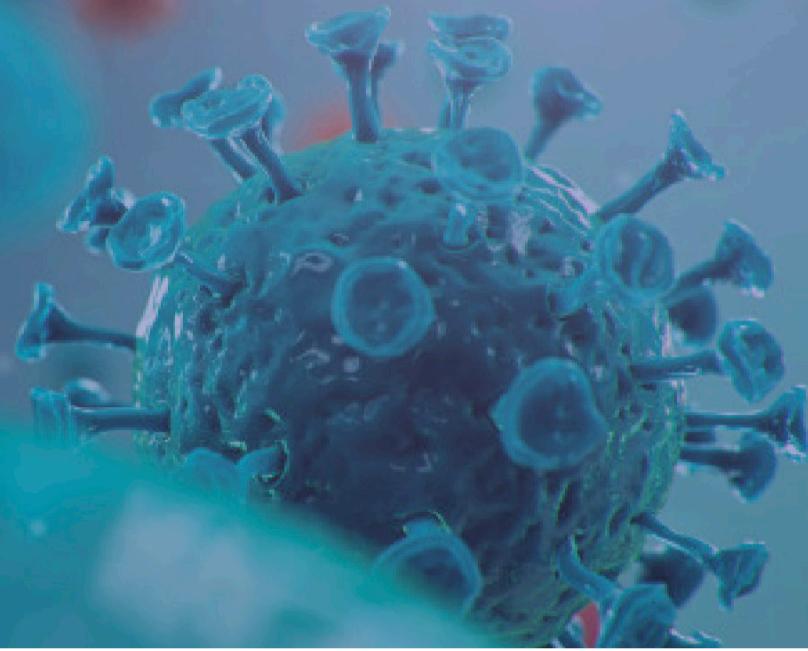
Nutritional assessment and management of ILD patients is crucial. In fact, lethargy and dyspnea can interfere with food preparation and consumption; chronic sputum production can alter food palatability, flattening of the diaphragm can cause early satiety, and some medications cause nausea and indigestion. This is why increasing appropriate macronutrient intake can be challenging in such cases and following a healthy eating pattern helps an ILD patient manage the disease in a better way while enhancing a person's quality of life

Clinical dietitians can help ILD patients manage these problems and implement a nutritional plan based on medical history and body composition. The plan would help with the below:

- Maintain a healthy weight to achieve a body mass index (BMI) and body fat mass within the normal range.
- Follow a balanced diet based on all macronutrients: protein, carbohydrates, and fats.
- Limit your sodium intake to manage ILD symptoms and prevent water retention.
- Limit your caffeine intake to 1 to 2 cups per day. Caffeine can be found in coffee, tea, cola-based soft drinks, energy drinks, matte, chocolate...
- Limit your alcohol intake.
- If you are on oxygen therapy, make sure to wear it while eating since your body requires oxygen for eating and digestion.
- If you have acid reflux symptoms, avoid food that increases your stomach acidity such as spicy foods, caffeine, and alcohol.
- Avoid lying down directly after eating; wait for at least two hours after eating.
- Eat small, frequent meals of high nutritional value.
- If you are on steroid (prednisone) treatment, avoid sodium, increase your calcium intake (mainly from dairy products and cheeses) and avoid simple sugar and sweets (such as pies, cakes, jams, honey, cookies, candies ...)

FAQ ABOUT ILD AND COVID-19

by Hamdi Al- Zaim Center



What should I do if I think I have been infected with COVID-19?

If you get sick, stay home and schedule an online visit with your ILD specialist. Now, with the availability of telehealth, you can schedule an online visit at Hamdi al Zaim ILD Outpatient Center; just drop us an e-mail on zaimild@aub.edu.lb or call us:01350000- ext:7851 The Zaim ILD center team are ready to schedule an online visit with your ILD physician. Don't wait till your symptoms worsen; the team is always ready to offer you the needed help.

Is it safe to travel for routine clinical visits?

Traveling to a routine clinic visit is always a risk for patients with ILD during COVID-19 pandemic; this is why, if you have any concerns about your appointment, kindly contact the Zaim care center team before arriving to the clinical appointment.

Should I continue traveling to my pulmonary rehabilitation appointments?

ILD patients are at a high risk for serious illness from COVID-19. To avoid crowded areas and one to one transmission of COVID-19, we recommend discussing the risks of participating in pulmonary rehab sessions with the pulmonary rehab team at AUBMC.

Is it safe to have a pulmonary function test (PFT) or spirometry during the COVID-19 pandemic?

Many patients may have some concerns regarding getting infected by COVID-19 if they do PFT and spirometry testing. It's always important, during COVID-19 pandemic, to alert your physician and/or the care team center, before you schedule any appointment. If you have any of the COVID-19 symptoms, you can check the myAUBHealth portal.

Tips for ILD patients during COVID-19 pandemic:

- Avoid exposure to settings where physical distancing may not be available.
- Set a personal plan with your doctor before resuming any public interactions.
- Use everyday preventive measures: wash your hands frequently, cover coughs and sneezes with tissue; use your elbow if tissue is not available.
- Disinfect frequently used items and surfaces.
- Wear face coverings and masks to reduce the spread of infection.
- In case you feel you are sick, contact your doctor.

UPCOMING EVENTS

by Hamdi Al-Zaim Center

Pulmonary Fibrosis Awareness Month

September marks Pulmonary Fibrosis Awareness Month as presented by Pulmonary Fibrosis Foundation (PFF) to spread the word about Pulmonary Fibrosis (PF). It is the time where clinicians and researchers aim to improve public's knowledge about the disease. This month, we will try through the social media platforms at AUBMC to spread awareness about the disease. Many people have never heard about the disease until they get the diagnosis, which can lead to late stage diagnosis when treatments are limited; it is always important to raise awareness and educate patients about this rare disease. Through the end of September, the Hamdi al Zaim ILD Outpatient Center will run an awareness campaigns on all AUBMC platforms to spread medically accurate facts about the disease. In addition, the first Hamdi al Zaim ILD Newsletter will be issued to ensure that all AUB, AUBMC staff, and patients are aware of the diseases and all services provided at Hamdi al Zaim ILD Outpatient Center.

PULMONARY
adjective
relating to the lungs.

FIBROSIS
noun
scarring of the tissue.

Pulmonary Fibrosis: Scarring in the lungs.



**PULMONARY
FIBROSIS
AWARENESS MONTH**

ILD WORD SEARCH

by Hamdi Al-Zaim Center



ALBUTEROL
GERD
NINTEDANIB
RASH

ASBESTOS
HRCT
OXYGEN THERAPY
SARCOIDOSIS

DYSPNEA
LUNG TRANSPLANT
PIRFENIDONE
SCLERODERMA

In case you have any concerns or questions you would like to discuss about ILD then you can always call Zaim ILD center 01- 350 000 ext.: 7851, and we are ready to schedule and help.