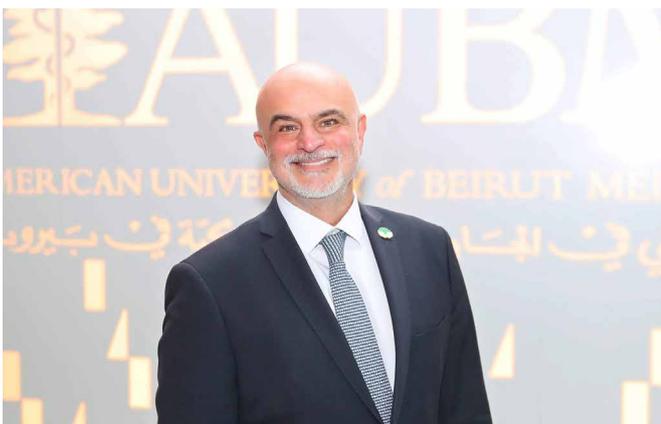


NKBCI NEWSLETTER

WORLD CANCER DAY FEB 4, 2019

On the occasion of World Cancer Day and in a joint effort with the global Union for International Cancer Control (UICC) and their action against cancer "I AM AND I WILL" campaign, the Naef K. Basile Cancer Institute (NKBCI) took the initiative to light AUBMC-Daniel ACC building with blue and orange on February 4, 2019. The event included a cancer prevention exhibition at the Daniel ACC multipurpose room where there was a Wall of Wisdom for the participants to be able to share their thoughts with cancer patients and show their support. This event highlighted a major mission of NKBCI's, that of raising awareness on cancer prevention means and promoting early detection for better patient outcome.



KHCC- NKBCI- MDACC CONFERENCE – CONNECTING THROUGH RESEARCH

The annual KHCC- NKBCI -MDACC Joint Conference held its 6th edition - Connecting through research on March 22, 2019 in collaboration with King Hussein Cancer Center (KHCC), NKBCI, and MD Anderson Cancer Center (MDACC) at the W Intercontinental Hotel in Amman, Jordan.



With Many internationally renowned speakers, the conference was full of interactive sessions that included more than 60 oral presentations and more than 80 poster presentations; the conference offered a platform for networking opportunities as well as for knowledge exchange.

PALLIATIVE CARE SERVICES ARE NOW COVERED BY THE MINISTRY OF PUBLIC HEALTH

The World Health Organization (WHO) defines palliative care as a medical approach that aims to improve the quality of life for patients and their families by managing physical symptoms, such as pain, as well as psychological, social, and spiritual sources of suffering.

While most medical specialties focus on curing disease, palliative care specialists focus on the person living with the disease, assisting them in making their choices and improving the quality of their lives.

Due to its essential value, AUBMC established the first palliative care inpatient consultation service in the country in 2013. The Naef K. Basile Cancer Institute (NKBCI), and as part of its commitment to provide holistic person-centered care to patients with serious illness, has supported the growth of this multidisciplinary program despite the limited resources available.

الجمهورية اللبنانية
 وزارة الصحة العامة
 الوزير
 رقم المرفقات: ٧/٤٤٧
 بيروت في: ١٨ آذار ٢٠١٩

قرار رقم: ٧/٤٤٧
 يتعلق بألية و تعرفه العناية التلطيفية داخل وخارج المستشفيات من قبل وزارة الصحة العامة

إن وزير الصحة العامة،
 بناء على المرسوم رقم ٤٣٤٠ تاريخ ٢١/١/٢٠١٩ (تشكيل الحكومة)،
 بناء على المرسوم رقم ٨٣٧٧ تاريخ ١٩٦١/١٢/٢٠ وتحليلته (تنظيم وزارة الصحة العامة)،
 لضرورات المصلحة العامة،
 بهدف تقديم أفضل رعاية تلطيفية لمرضى السرطان وبخاصة الأمراض المزمنة،
 بناء على الدراسات التي اجريت والبحيرة العلمية والعملية،
 وبناء على اقتراح مدير عام الصحة،

تقرر ما يلي:

المادة الأولى: تتعاقد وزارة الصحة العامة مع المستشفيات الموقعة للعناية التلطيفية والتي ترغب، بذلك، لتغطية تعرفه هذه الخدمات داخل المستشفيات، على الشكل التالي:
 بالإشارة الى تنظية الالامة والخدمات التي يحتاجها المرضى وفقاً للتعريفات الممتدة بما فيها تعرفه الالامة والعموصات والأطباء المماجين، تدفع وزارة الصحة العامة لتزويد الرعاية التلطيفية المكون من طبيب مختص بالعناية التلطيفية، ممرضة، معالج نفسي، عامل اجتماعي، صيني وأخصائي تغذية مبلغ مقطوع قدره ٦٠٠.٠٠٠ ليرة لبنانية تشمل تقيم وضع المريض وإعداد خطة للمتابعة وجلسات مناقشة الموضوع مع العائلة.
 كما تدفع وزارة الصحة لتزويد الرعاية التلطيفية مبلغ مقطوع قدره ٨٢.٠٠٠ ليرة لبنانية يومياً ابتداء من تاريخ حالته على العناية التلطيفية ولتفرد لا تتعدى ١٥ يوماً.

المادة الثانية: يكون المستشفى المعتمد لهذه العادة مسؤولاً عن متابعة خدمات العناية التلطيفية في المنزل، اما من قبل فرق منتظمة تابعة للمستشفى او من خلال التعاقد مع احدى جمعيات مساعدة المرضى المختصة بالعناية التلطيفية المعتمدة من الوزارة.
 بعد موافقة الوزارة يضاف مبلغ مقطوع قدره ٨٢٥.٠٠٠ ليرة لبنانية الى فاتورة الاستشفاء يوم خروج المريض من المستشفى.
 في حال التعاقد مع احدى الجمعيات المختصة يتوجب تقديم نسخة عن عقد التباون الى وزارة الصحة.

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On March 18, 2019, and with the roguorous follow up of Dr. Hiba Osman, the Ministry of Public Health has signed the decree on palliative care reimbursement to continue to meet our patients' needs. This decree will encourage the growth of palliative care services in Lebanon and will eventually lead to the integration of this essential service into the Lebanese healthcare system.

Congratulations to Dr. Hiba Osman and the Palliative and Supportive Care team on this important milestone for palliative care and healthcare in Lebanon!



1ST COLLABORATION OF ITS KIND BETWEEN NKBCI AND GLOBMED: LUNG SCREENING PROGRAM

The Naef K. Basile Cancer Institute at the American University of Beirut Medical Center (AUBMC) had their first collaboration with GLOBMED Lebanon to discuss the importance of lung cancer screening and early detection. The lecture was attended by representatives from drug companies, and the Naef K. Basile Cancer Institute leadership team at AUB, in addition to GlobeMed Lebanon team members of doctors and managers involved in the insured members' health and wellness.



NKBCI IN THE MIDDLE EAST HEALTH MAGAZINE

The Naef K. Basile Cancer Institute was featured in an article that was published in the Middle East Health Magazine. The article introduced the Institute's mission and vision, its history, as well as its different services.

Since its establishment, the Cancer Institute has taken the challenge of advancing itself through setting programs that enhance the detection of cancer at early stages and seeking every opportunity to provide patients with state-of-the-art medical services that would enhance patient outcome.

Oncology
American University of Beirut Medical Center

Naef K. Basile Cancer Institute leads fight against cancer in Lebanon



Dr. Ali Taher, Professor of Hematology and Oncology and Director of the Naef K. Basile Cancer Institute at the American University of Beirut Medical Center

The fight against cancer requires a team dedicated to keeping patients strong enough to face battle against one of the most devastating diseases, cancer. The Naef K. Basile Cancer Institute (NKBCI) at the American University of Beirut Medical Center (AUBMC) is a leading institute for adult cancer in Lebanon and the region. Their commitment to patients goes beyond the delivery of sophisticated and state-of-the-art medical knowledge and technology and the development of surgical and advanced programs to patients care, research, education, and prevention," says Dr. Ali Taher, Professor of Hematology and Oncology and Director of NKBCI.

The new facilities in the Helen and Adèle Daniel Academic and Clinical Center (HACC) contain a spacious patient and family reception area, with a friendly environment. Today, the state-of-the-art facility has established itself as a multidisciplinary center equipped with a specialized team of oncologists and doctors from different specialties work hand in hand providing comprehensive cancer prevention, diagnosis, and treatment.

The faculty staff are a group of national, regional, and international leaders in clinical and translational research. "We are, in fact, the first to develop a specialized program for the management of breast, lung, gastrointestinal, gynecological, head and neck and lung cancers in addition to having a Palliative and Supportive Care Program, a breast and endocrine hormonal program, and Stem Cell Transplantation Unit," said Dr. Taher.

At NKBCI, the well-being of all their patients comes first. This is why they have taken the extra mile of joining efforts with TIES (Trust, Inspiration, Encouragement and Strength), an NGO that supports inspirational activities and a variety of recreational activities, to help patients divert their attention from sickness and focus on their inner power. Through their collaboration, they were able to establish a psychosocial program that supports patients throughout their stay at the center and helps them alleviate their emotional distress.

Cancer represents a heavy burden on patients as well as on other entities in the community like the Lebanese Ministry of Public Health. As such, NKBCI plays a vital role in supporting its patients through the Cancer Support Fund (CSF) which was established in March 2018 by Hala Dabbabeh, Oncology Nurse and Dr. Taher to support newly sick cancer patients.

NKBCI consists of five main service units: Ambulatory Chemotherapy Treatment Unit (Department), Supportive Care Unit, Stem Cell Transplant Unit, and Radiotherapy Unit. They also have a Diagnostic Management and Clinical Research Unit that manage all current cancer research and ongoing clinical trials at the institution.

The history of the institute dates back to a generous donation made by the Naef K. Basile Foundation, following the death of Dr. Naef Basile, a Lebanese-American obstetrician-gynecologist whose lifelong work was to give back to his country of birth, through the establishment of the NKBCI in 1993. Since its establishment, the institute has taken the challenge of advancing itself further through setting

programs that help detect cancer in its early stages leading to improved patient outcomes.

The Bone Marrow Transplant Program is NKBCI's standard and has performed the first autologous donor stem cell transplantation in Lebanon in addition to over 100 cases of allogeneic transplant per year.

Other unique services are available at the Radiation Therapy Department whose advanced equipment provides their patients with the best quality radiation treatment with minimal side effects. The team at the Department has also performed the first radiotherapy treatment of a breast mass in Lebanon.

Being one of NKBCI's also led by a specialized group of oncology nurses (AUBMC) is the first Medical Center with MAGNET Diagnostica in the Middle East region and advanced imaging platforms.

To extend its care beyond Lebanon, NKBCI has brought international care standards to AUBMC, and accordingly, they have strong affiliations with both national and international cancer Centers of Excellence, such as King Hussein Cancer Center (KHCCC), MD Anderson Cancer Center (MDACC), and Memorial Sloan-Kettering Cancer Center (MSKCC). This collaboration is to assist the advanced research and translational cancer efforts to discover complex genetic conditions, participate in scientific conferences as well as being involved in Fellowship training programs.

"Advancing cancer care is a big responsibility and one of NKBCI's core commitments, seeking every opportunity to provide our patients with the latest technologies, specialized platforms and healthcare products as well as continuous activities with. What unites us is an overall goal of improving early prevention, screening, cancer care, and supporting outcomes for patients," said Dr. Ali Taher.

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The Naef K Basile Cancer Institute at AUBMC offers a holistic, advanced, and state-of-the-art oncology patient-centered care that encompasses physical, social, and psychological health treatments.

For more information, please contact us at 00961-1-350000 ext: 7903

nkbcia@aub.edu.lb



Our lives are dedicated to yours



COLON CANCER DAY IN COLLABORATION WITH GI NURSES

On the occasion of Colon Cancer Day, the Nursing Gastroenterology (GI) Unit, Gastroenterology Division, & the Naef Basile Cancer Institute organized on March 29, 2019 an awareness day for colon cancer to educate AUBMC visitors and patients about colon cancer prevention measures, disease development, its symptoms, risk factors, and prevention means.



DR. SALLY TEMRAZ LECTURES AT MUBS UNIVERSITY- SIMKANIEH

The Cancer Prevention and Control Program & Amalona Association held a cancer awareness day at the Modern University of Management and Science (MUBS) in Simkanieh during which Dr. Sally Temraz and Dr. Rihab Nasr provided an educational session to enhance awareness titled "Cancer Facts, Treatment, and Prevention".

The Cancer Awareness Day was attended by many associations amongst which were: New Women Association, Buqata, Al-Khuraibah Ladies Association, and the Women's Development Association, Kfernbrich.



AKKAR DAY- GHI INSTITUTE

The National Specialized Services and Support Initiatives Unit at the Institute of Global Health at AUB organized as part of its community outreach activities, a cancer awareness day on March 24, 2019, to raise awareness about cancer.

The Cancer Awareness Day was held at the Al-Ghabam stadium in Wadi Khalid, Akkar, Lebanon, and was organized in partnership between the non-governmental associations Amal, Malak, and the Akkar Development Network, and the Health and Wellness center, the Cancer Prevention and Control Program at the Naef K Basil Cancer Institute- AUBMC and Amalouna NGO.

Sixty health professionals from various disciplines including medicine, nursing, nutrition and public health, participated voluntarily in the activities.

The aim was to highlight the importance of awareness, prevention, and screening for different types of cancer.



NKBCI FACULTY ON SOCIAL MEDIA

As part of NKBCI mission to raise awareness on cancer prevention, Dr. Tfayli and Dr. Assi offered Live Facebook Interviews on Lung Cancer and on Immunotherapy on AUBMC main Face Book channel. During these interviews, Dr. Tfayli discussed lung cancer, its causes, and incidence percentage, and treatment modalities. Both doctors emphasized the importance of early screening and detection as well as following thorough measures for prevention means.

Dr. Assi discussed the importance of immunotherapy, its application on different types of cancer, as well as its side effects. He also shared the immunotherapy action mechanism and overall impact on patient outcome.



Dr. Tfayli



Dr. Assi

DR. SALLY TEMRAZ AND DR. DEBORAH MUKHERJI INTERVIEWED ON MTV ON WORLD CANCER DAY

Dr. Sally Temraz and Dr. Deborah Mukherji were interviewed on MTV on February 4, 2019. During their interview, they discussed the importance of promoting cancer awareness, prevention, and early detection.

Dr. Mukherji shared an overview about the different types of cancer. She emphasized the pressing need to follow prevention guidelines, so we can limit occurrences and detect cancer in its early stages.

Dr. Temraz shed the light on the smoking effect on health in general and on the increased risk that hurdles smokers; she advised people on following a healthy diet as well as a healthy lifestyle since these two main factors can help prevent cancer.



DR. JEAN EL-CHEIKH INTERVIEWED IN THE EBMT BY THE GVHD HUB

Dr. Jean El-Cheikh was interviewed during the EBMT conference that was held on March 26, 2019 by the GHVD Hub. During his interview, he discussed conditioning regimens in patients undergoing stem cell transplantation.

Dr. Cheikh highlighted the need for having a well-established defined regimens protocols with reduced toxicity to provide a better chance for an optimal outcome.



CHEQUE DONATION CEREMONY- LBCF

During a ceremony held on January 25, 2019 at the Nagi eL Saghir Conference Room, The Lebanese Breast Cancer Foundation delivered its annual cheque to support NKBCI breast cancer patients at AUBMC with a value of 206,635,000 L.L.

During the ceremony, Dr. Ziyad Ghazzal, Acting Medical Center Director and Dr. Ali Taher, Director of the Naef K. Basile Cancer Institute thanked Dr. Saghir and Ms. Mirna Hoballah for their efforts and their tremendous support to patients throughout their recovery journey.



AMERICAN WOMEN CLUB OFFER PILLOWS TO BREAST CANCER PATIENTS

The American Women's Club in collaboration with The Lebanese Breast Cancer Foundation and the community program at NKBCI offered free "Heart Pillows" to all breast cancer patients undergoing mastectomy when? And was there a specific occasion? Please provide a bit more elaboration to explain the initiative?.

This pillow was especially made to comfort patients after surgery and sooth their pain.



7TH BBCC DR. SAGHIR

The Breast Center of Excellence at the American University of Beirut Medical Center (AUBMC) organized its 7th Annual Beirut Breast Cancer Conference (BBCC7) on February 7, 2019 at the Gefinor, Rotana-Beirut. The conference opening ceremony was done through a debate titled: "Breast Cancer in Young Women" that focused on how research can improve the prognosis of breast cancer especially in Metastatic Breast Cancer in Young Women. The conference was attended by more than 200 participants.



APCCC: PROSTATE CANCER WORKSHOP

On Friday, March 29, 2019, Dr. Deborah Mukherji and Dr. Raja Khamli co-chaired a multi-disciplinary workshop on the management of advanced prostate cancer. Medical oncologists, urologists, radiation oncologists, and radiologists with representatives from Lebanon, Iraq, Kuwait, and Saudi Arabia discussed the latest developments in prostate cancer diagnosis and management. Referral centers such as AUBMC offer cutting-edge diagnostic and treatment options for patients; however, many patients diagnosed with prostate cancer in the region lack access to specialist multidisciplinary management.

A consensus of recommendations for the Middle East were produced by the attendees of the workshop and have been submitted for publication.

World Journal of Urology
<https://doi.org/10.1007/s00345-019-02872-x>

ORIGINAL ARTICLE

Management of patients with high-risk and advanced prostate cancer in the Middle East: resource-stratified consensus recommendations

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Abstract

Purpose Prostate cancer care in the Middle East is highly variable and access to specialist multidisciplinary management is limited. Academic tertiary referral centers offer cutting-edge diagnosis and treatment; however, in many parts of the region, patients are managed by non-specialists with limited resources. Due to many factors including lack of awareness and lack of prostate-specific antigen (PSA) screening, a high percentage of men present with locally advanced and metastatic prostate cancer at diagnosis. The aim of these recommendations is to assist clinicians in managing patients with different levels of access to diagnostic and treatment modalities.

Methods The first Advanced Prostate Cancer Consensus Conference (APCCC) satellite meeting for the Middle East was held in Beirut, Lebanon, November 2017. During this meeting a consortium of urologists, medical oncologists, radiation oncologist and imaging specialists practicing in Lebanon, Syria, Iraq, Kuwait and Saudi Arabia voted on a selection of consensus questions. An additional workshop to formulate resource-stratified consensus recommendations was held in March 2019.

Results Variations in practice based on available resources have been proposed to form resource-stratified recommendations for imaging at diagnosis, initial management of localized prostate cancer requiring therapy, treatment of castration-sensitive/naïve advanced prostate cancer and treatment of castration-resistant prostate cancer.

Conclusion This is the first regional consensus on prostate cancer management from the Middle East. The following recommendations will be useful to urologists and oncologists practicing in all areas with limited access to specialist multidisciplinary teams, diagnostic modalities and treatment resources.

Keywords Prostate cancer · Middle East · Resource-stratified recommendations · Consensus · Multidisciplinary

Introduction

The 2017 Advanced Prostate Cancer Consensus Conference (APCCC) was held in St Gallen, Switzerland in March 2017 during which a panel of 60 international experts voted on 150 questions addressing controversial topics in prostate cancer management [1]. The first APCCC Satellite Meeting for the Middle East was held in Beirut, Lebanon in November 2017 in conjunction with the Middle East Prostate Cancer Consortium (MEPCC) comprised of urologists, medical oncologists, radiation oncologists and imaging specialists largely from Lebanon, Syria and Iraq with expert urologists from Kuwait and Saudi Arabia joined by the co-chair of

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DR. SAGHIR'S APPRECIATION AWARD IN MULTAKA EL THAKAFI

On Sunday, March 3, Dr. Najj El Saghir was honored for his cultural and scientific contribution at the Antelias Book Fair Cultural Movement; Dr. Saghir is known for his extensive research on breast cancer; he is an active member of many international scientific societies and has managed through extensive work to increase awareness about early breast cancer detection and screening.

Dr. Saghir noted in his word that such awards keep him motivated to give more and more. He expressed his pride by saying that breast cancer can be cured and that he will continue to work to provide every breast cancer patient with the chance to have a healthy life.

This ceremony came in recognition to the cultural flags of Lebanon and the Arab world at the Lebanese Book Festival for the 38th year and was attended by a large number of medical, cultural, and social actors and visitors.



DR. ALI SHAMSEDDINE'S NEW RESEARCH GRANT

Dr. Shamseddine was awarded for his new clinical research trial titled "A Pilot Study of Nivolumab with Stereotactic Ablative Radiation Therapy after Induction Chemotherapy in Cholangiocarcinoma" from Bristol-Myers Squibb the amount of 1,414,327 USD - US Dollar.



DR. SALLY TEMRAZ AND DR. RIHAB NASR FAROUK JABR RESEARCH AWARD

Dr. Temraz and Dr. Nasr received the “Farouk Jabr Research Award” on their research proposal titled “ Microfluidic Herringbone Chip for the Isolation of Tumor-derived Extracellular Vesicles: A New Liquid Biopsy Platform in Colorectal Cancer ” which was ranked among the top proposals.

The aim of the “Farouk Jabr Interfaculty Grants” is to foster creative interfaculty collaborative research at AUB. It will be offered annually to members of the AUB research community.



DR. ALI BAZERBACHI'S RECEIVES KAMAL JUMBLATT'S AWARD

The Kamal Joumblatt Award for 2018, allocated this year to the field of combating cancer and its growing risks in Lebanon. It was presented to Dr. Ali Bazarbachi in an award ceremony that took place on March 14, 2019.

“Cancer is a contemporary disease, and the percentage of cancer is increasing in Lebanon as it is in the rest of the world. The reasons for this increase are numerous, including the development of society, the increase in age median, lifestyle changes, smoking and environmental pollution,” said Dr. Bazarbachi in his acceptance speech. “The fight against cancer comes only through scientific research aimed at knowing its causes, and at developing targeted therapies that lead to the healing of the largest number of patients while maintaining the quality of life and alleviating the side effects of the disease.”

The Kamal Joumblatt Award is an independent award established in 2011 by the Friends of Kamal Joumblatt Association. It is granted every two years in accordance with objective scientific criteria to be determined by a specialized committee.



LBCF'S MOTHER'S DAY LUNCH

The Lebanese Breast Cancer Foundation organized a Mother's Day Fundraising Lunch on March 13 at Phoenicia Hotel to increase awareness on breast cancer patients who also happen to be mothers and assist them in their treatment process. The lunch was attended by renowned public figures, actors, doctors,...

All revenues were collected for the support of breast cancer patients.



LBCF 'S CAKE SALE ABC VERDUN

On the Occasion of Mother's Day, the Lebanese Breast Cancer Foundation has organized a Cake and flower Sale on March 20 at ABC Verdun to support breast cancer patients.





DR. NOUR MOUKALLED

Q: When did you join the Naef K. Basile Cancer Institute?

N: I joined Naef K. Basile Cancer Institute in 2016.

Q: What is your Job title?

N: I am a clinical fellow in the division of Hematology-Oncology.

Q: What are your main responsibilities?

N: During the fellowship, we rotate in different inpatient and outpatient floors, where we are responsible for the management and follow up of patients with hematologic and/or oncologic malignancies, the preparation of chemotherapy protocols, performing bone marrow aspirate/biopsy procedures, and monitoring of patients during the infusion of stem cells in autologous and allogenic bone marrow transplants.



Q: Prior to joining this department, where were you working?

N: I joined the NKBCI after completing three years of residency in the department of internal medicine at AUBMC.

Q: Where did you pursue your college studies?

A: I have graduated with a Bachelor of Sciences in medical laboratory technology from AUB and then completed four years of general medicine at the "University of Balamand".

Q: What do you like most about your job?

N: The best thing about hematology-oncology is the unique interaction with patients throughout an extremely difficult period that leaves an everlasting mutual impact on patients as well as on physicians.

Q: What would you like to improve in your current job?

N: As I have just graduated after completing my fellowship in hematology-oncology, the only thing I feel is missing in our country and the region is the availability of support groups for patients with cancer, and thus I would seek any opportunity to create or join such groups which would aid our patients to adapt to and overcome all challenges.

Q: Tell us about your ambition; in what terms would you like to develop your career?

N: As I am preparing to travel for an additional fellowship in malignant hematology and cellular therapy, my ambition is to return to Lebanon after completing my training, bringing the newest treatment modalities in this field to our region and hoping to become one day a worldwide expert in this subspecialty.

Q: Where is your best trip destination and why?

N: Barcelona, Spain since it represents culture with a modern perspective

Q: What are your hobbies?

N: I am a clinical fellow in the division of Hematology-Oncology.

Q: What is your Job title?

N: Playing the piano and dancing dabkeh

Q: What would be your best food choice?

N: Indian food

Q: Tell us more about your character.

N: I am calm, ambitious, passionate about my work, and perseverant

Q: What is your advice to your peers?

N: Enjoy your work, always aim for excellence, use failures and errors as a bridge to a more consistent and well-deserved success; and remember "it is never what you do which distinguishes you, but rather how you do it"

Q: What is your message to cancer patients?

N: Cancer is a treatable and many times a curable disease, so never lose hope. Remember, "fear will never protect you from failure or prevent death, rather it might prevent life, and finally "pain is inevitable, suffering is optional"-a great quote that became the motto for "Sara Khatib" a unique cancer survivor that represents the proof that life is not reflected by the number of years lived, but rather by the memories we create and the impact we leave behind.



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