

OBGYN

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Our lives are dedicated to yours

CHRISTMAS SEASON: A TIME FOR FAMILY



The pandemic and the inability to socialize has taken a toll on all of us, healthcare workers, in so many ways. Thus, the Department arranged for a small Christmas dinner for faculty, residents, and administrators for the first time since the beginning of the COVID-19 pandemic to gather and enjoy the Christmas spirit. The gathering enjoyed Italian cuisine delights at Tavolina on December 20, 2021. After all, the best memories are made when gathered around the table; delicious food and good company - the perfect recipe.



Happy New Year to all our readers. We hope that this year will bring tranquility and peace of mind to all. Highlighted in this issue are news about the departmental symposium that was held on November 13, the Christmas gathering that took place in December, and other departmental news, including the corner "Talents Unveiled". We will also share some interesting facts about pregnancy in the animal kingdom in the "Did You Know?" section. Enjoy reading this issue.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief

DEPARTMENTAL SYMPOSIUM 2022: A HUGE SUCCESS



On November 13, 2021, the Department of OBS/GYN hosted its annual symposium. This year's meeting was exceptional. Though it was a hybrid where only members of the Department could attend live, a sizable number of our colleagues in Lebanon and in the region joined this practical educational symposium that offered updates and recommendations that can be incorporated in the daily practice of obstetricians and gynecologists to optimize patient care and improve outcomes. The caliber of the speakers was impressive. Thirteen world renowned speakers from nine different countries (Australia, Belgium, Canada, Greece, Hong Kong, Italy, Ireland, United Kingdom and United States) delivered top notch lectures about the latest in obstetrics and gynecology. Topics tackled included fetal growth restriction, intrauterine transfusion, antenatal corticosteroids, first trimester topics, premature ovarian failure, and egg freezing. Expectedly, COVID-19 was among the hot topics discussed and the audience was updated about maternal and perinatal outcomes and the trends in COVID-19 vaccination for pregnant and breastfeeding women.

LAPAROSCOPY WORKSHOPS

As part of resuming our educational activities following the strict covid restrictions, a two-day laparoscopy workshop was held on October 21-22, 2021. The workshop was attended by all our OBS/GYN residents. It provided residents with the opportunity to practice hand-eye coordination, precision cutting, suturing, and knot tying. It also included balloon and pelvic organ silicone models that allowed residents to practice performing ovarian cystectomies and hysterectomies.



TALENTS UNVEILED

This corner sheds light on hidden talents in our Department. Right from his childhood, Dr. Ali El Safadi, currently a house physician at the Department of OBS/GYN, always had a special interest in music and singing. His first time singing at the age of 9 was a spontaneous one at a family wedding. That experience encouraged him to join his school and later university choirs and eventually release several cover songs and an original song on Anghami and Apple Music. However, due to the demanding schedule of his medical education, Dr. El Safadi now only participates in group organized concerts for fundraising and humanitarian purposes. This provides him with relaxation and allows him to practice the thing he loves the most. Dr. El Safadi describes his fondness to music by referring to a quote by Debasish Mridha: "Music can heal the wounds which medicine cannot touch".



ACADEMIC NEWS

- Dr. Faysal El Kak presented two talks on maternal vitamin supplementation in UAE on November 26, 2021 and on COVID-19 national response in pregnancy in Beirut on December 14, 2021. He also had several media appearances to talk about COVID-19 vaccination in pregnancy and the status of women's health under crisis in December 2021. Finally, Dr. El-Kak was elected as the Chair of Arab Women Health Group in the Federation of Arab Gynecological and Obstetrical Societies (FAGOS).
- Dr. Sandrine Atallah was appointed as a member of the scientific committee of the World Meeting on Sexual Medicine (WMSM) 2022 which will be held in Miami, USA in October 2022 and as a member of the organizing committee of the 6th Middle East Society for Sexual Medicine (MESSM) biennial meeting which will be held in Amman, Jordan in January 2022. She was also an invited speaker of several webinars/hybrid conferences including the 22nd World Meeting on SM – virtual meeting, the 6th Congress of SM organized by the Tunisian Society of SM and Quality of Life (QoL): Monocle to Augmented Reality - 2021 regional UAE forum – hybrid.

PUBLICATIONS

- Ghulmiyyah LM, El-Husheimi A, Usta IM, Colon-Aponte C, Ghazeeri G, Hobeika E, Mirza FG, Tamim H, Hamadeh C, Nassar AH. Effect of sustained uterine compression versus uterine massage on blood loss after vaginal delivery: A randomized controlled trial. *Am J Perinatol* Nov 14, 2021. [Ahead of print].
- El Kak F, Harb H, Daouk S, Nassar A, Kabakian-Khasholian T. Maternal mortality in Lebanon: Increased vulnerability among Syrian refugees. *Int J Gynaecol Obstet* Dec 9, 2021. [Ahead of print].



MEET THE ALUMNI

* Dr. Anastasia Salame received her M.D. with honors from the Lebanese University. She then completed a 4-year residency in OBS/GYN followed by a 2-year fellowship in Reproductive Endocrinology and Infertility (REI) at AUB. After graduation, she joined the Fakih Fertility Center in the United Arab Emirates where she has been working as a REI specialist for the past 3 years. On a personal level, she is married to our alumnus Dr. Mohammad Jaffal and they have a baby girl named Anna.

* Dr. Elie Ahmar finished an OBS/GYN residency at AUB in 2014, then completed a fellowship in Minimally Invasive Gynecology from Université Libre de Bruxelles in Belgium. He also obtained a Bachelor in Endoscopy and Minimal Invasive Gynecology Surgeon Certificate from the European Academy of Gynecological Surgery, and a diploma in Obstetrical and Gynecological Ultrasound from the Université Catholique de Louvain. For the past 2 years, he has been working at Emirates Hospital Jumeirah in Dubai with a focus on Laparoscopic surgeries. On a personal level, he got married to an AUB alumnus Tara Bardawil, who is a dermatologist.

IN THE SPOTLIGHT

SALLY DIRANI

Q: When did you join the Department of OBS/GYN?
A: I joined the Department in 2016.

Q: What is your title?
A: I'm a Registered Nurse.

Q: What are your main duties?
A: I'm an inpatient OBS/GYN nurse. I take care of patients after assessing their needs. I'm Epic's superuser on 7 north. Also, recently I became an Epic Ambulatory and Stork analyst.

Q: Prior to joining this Department, what were you doing?
A: I was pursuing my Bachelor's degree in Nursing at AUB.

Q: If you were not doing this job, what would you have chosen to do?
A: I would have chosen to be an engineer or a mathematician.

Q: What is most enjoyable about your job?
A: My favorite part of my job is providing patients with the latest up-to-date education. I also enjoy hearing their stories and addressing their needs.

Q: What do you find most challenging about your job?
A: Taking care of terminally ill patients is emotionally exhausting and challenging.

Q: If you could go anywhere in the world, where would you choose to go and why?
A: I would visit Lapland in Finland to see the Aurora Borealis.

Q: What do you enjoy doing during your free time?
A: During my free time, I enjoy spending quality time with my family and visiting my village Qsarnaba.

Q: What is something that most people don't know about you?
A: I'm a football fan and math is my favorite subject.

Q: What is your point of weakness?
A: I'm extremely sensitive.

Q: Who is your favorite artist?
A: Melhem Zein.

Q: What is your favorite song these days?
A: I don't have one specific favorite song. However, lately I've been listening to Amr Diab's song "Enta Al Haz" and to the Weekend's song "Save Your Tears".

Q: What is the movie or book you recently enjoyed watching or reading?
A: The last story I read and enjoyed was a novel by Khaled Hosseini called "A Thousand Splendid Suns". The last movie I watched was "Spider-Man No Way Home".



Did you know?

- Giraffes have a peculiar way of giving birth. When they go into labor, they stand up to push the calf out. The baby giraffe drops to the ground and the fall can be about 1.8 meters, and it helps the umbilical cord break. The baby is able to stand on his own usually within 20 minutes.
- Cichlids are from the large fish family called Cichlidae. When they reproduce, the male puts the fertilized eggs in his mouth, and they stay there until hatching. The male fish is unable to eat at this time.
- Neapolitan Mastiff, a breed of large dogs, named Tia gave birth to a record-breaking litter (4=24 of them) in the United Kingdom in 2004; 20 of the puppies survived.
- Guinea pig mamas are champion breeders. They can get pregnant at an early age, as early as 4 weeks. And there's no rest for the weary: most mamas go into heat only 2 to 15 hours after giving birth to a litter.
- Chimpanzees are human's closest relatives, so it's no surprise that they give birth like us. Baby chimps emerge from the birth canal facing downward like human beings and unlike most primates, where babies are born facing the mother.
- Although rarely observed by humans, some monkeys have been known to step in as midwives to assist in the birth of another monkey's baby.
- It's very difficult for female pandas to become pregnant – they only ovulate for a couple days in an entire year.
- Orangutans, great apes native to the rainforests of Indonesia and Malaysia, are extremely caring. They nurse their kids for six to seven years! That is the longest time for any animal to take for raising a child excluding humans.
- Mother octopuses die after giving birth to the young ones. During the gestation period, they neither move nor eat, they simply guard their eggs.
- A female oyster gives birth to 100 million young oysters in her lifetime! A hen produces around 19 dozen eggs a year; one female cat is responsible for giving birth to 20,736 kittens in 4 years.

**Department of Obstetrics
and Gynecology**
American University of Beirut
Medical Center
Office C-827, Phase I

Newsletter Editor
Anwar Nassar, MD
To submit news,
comments or queries:
Email: rb01@aub.edu.lb
Phone: 01-340460 ext. 5610

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