



AMERICAN  
UNIVERSITY OF BEIRUT  
MEDICAL CENTER

المركز الطبي في الجامعة الأميركية في بيروت

# OBGYN

## Newsletter

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It's hard to believe it's September already; time flies. A new issue is being released in a season that is almost concluding. This issue celebrates women in several aspects as you can infer after skimming through the pages. Even the "Did You Know?" section that provides interesting random facts, includes a few about women. Also, highlighted in this issue is the graduation dinner that was held in June to salute our departing OBS/GYN residents, all of whom were women. We hope that you enjoy reading this issue, and we cannot wait for the next issue, the golden jubilee marking our newsletter 50<sup>th</sup> anniversary. Time is flying indeed!

*Sincerely,*  
**Anwar Nassar, M.D.**  
*Editor-in-Chief*



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## 2025 OBS/GYN GRADUATION DINNER, LIKE NO OTHER DINNER

On Saturday, June 7, 2025, the Department of OBS/GYN gathered at Le Petit Gris to celebrate the graduating residents. The event brought together faculty, staff, family, and friends in a joyful atmosphere filled with music, dancing, laughter, and exquisite cuisine.

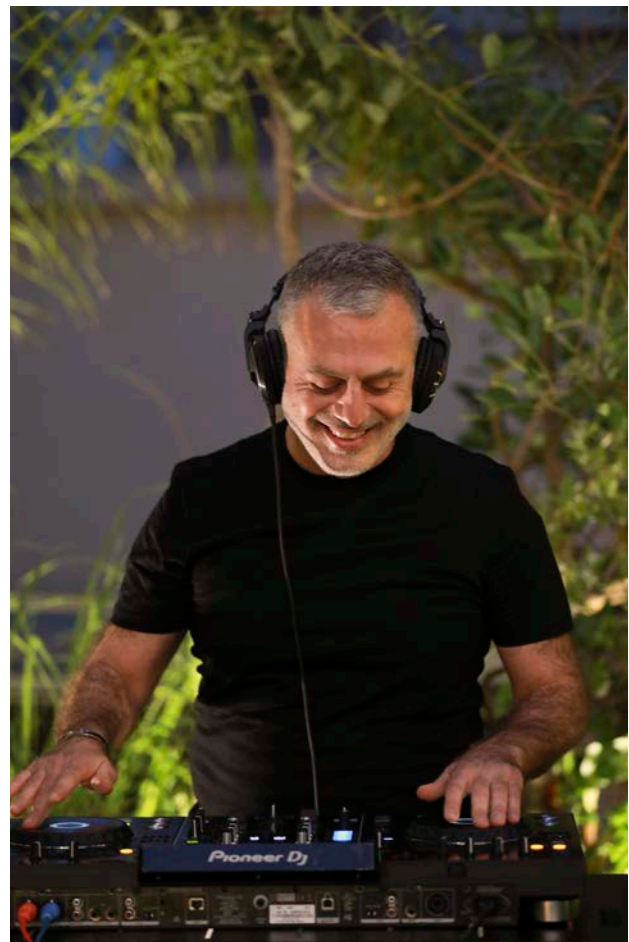
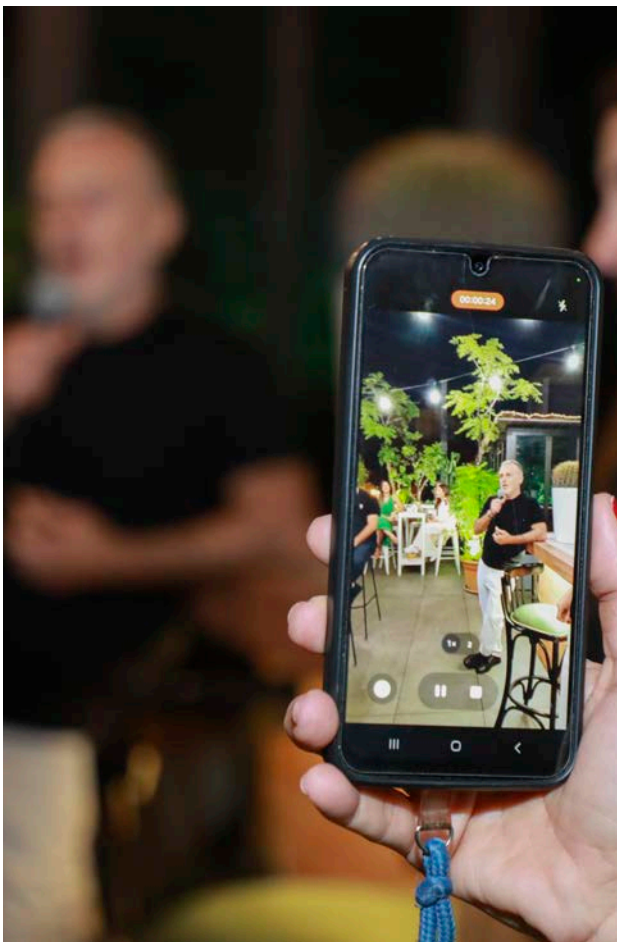
This year's graduates—Drs. Hanan Aghar, Ghadir Aouad, Alaa Daher, Zeinab Haidar, and Ghida Sabra—were honored for completing their residency training. The evening was vibrant and heartfelt. The mood was lifted by DJ Jamal Aziz, whose performance filled the entire venue with sound keeping the crowd energized throughout the night. On behalf of her fellow graduates, Dr. Ghadir Aouad delivered a touching speech, expressing gratitude to the department's faculty for being inspiring mentors and role models and to her peers for their unwavering support during this journey.

Drs. Anwar Nassar and Dina Chamsy both addressed the gathering with heartfelt words. They reminded the residents that beyond clinical skill, what truly matters is character, emphasizing that ethics should guide every physician and that medicine is a lifelong process of learning and service.

What a feast of music and food and, in such a wonderful setting, a fitting farewell to residents who now step forward into the next chapter of their professional lives.

















## CELEBRATING WOMEN LEADERS IN LEBANON'S HEALTHCARE SECTOR

The Department of OBS/GYN at AUBMC proudly participated in the workshop "By Women, For Women: Leadership Mastery in Healthcare," that was held at the Suliman S. Olayan School of Business (OSB) in collaboration with the Division of Reproductive Endocrinology and Infertility (REI). Dr. Ghina Ghazeeri, Manal Ayoub, RN, and Dr. Lara Nahouli (second year REI fellow) were among the presenters with active participation from Dr. Ghadir Aouad (first year REI fellow), Dr. Nathalie Chamseddine (administrative chief resident), and Maha Jaafar (senior GME program coordinator). Together, they engaged in powerful discussions on

leadership, emotional intelligence, overcoming gender bias, resilience, and work-life balance. The workshop fostered a dynamic environment where women leaders shared experiences, exchanged strategies, and built meaningful networks.

The event concluded with a certificate distribution ceremony, celebrating the transformational dedication of 18 remarkable women leaders from across Lebanon. Inspired by the success of this pilot launch, participants strongly expressed the value of holding similar events in the future.





## AN ENRICHING EXPERIENCE OF OUR REI FELLOW



We are proud to highlight the enriching experience of our second year REI fellow, Dr. Lara Nahouli, who recently had the unique opportunity to work alongside Dr. Ranjith Ramasamy, a globally recognized leader in reproductive urology and male fertility. Dr. Ramasamy is a recipient of the prestigious American Society for Reproductive Medicine (ASRM) Award and has co-authored over 500 publications in the fields of male infertility and sexual dysfunction.

Two abstracts from the Division of REI were accepted for poster presentation at the upcoming ASRM Scientific Congress and Expo, the most famed fertility congress in the world.

## A LIFESTYLE APPROACH TO FERTILITY

On June 23, 2025, the AUB and AUBMC community came together for "A Lifestyle Approach to Fertility" session organized by the Department of OBS/GYN in collaboration with the Health and Wellness Center. The session offered valuable insights into how nutrition, exercise, sleep, stress, substance use, and emotional wellbeing shape reproductive health.

With Dr. Ghina Ghazeeri, Dr. Maya Romani, Dr. Lina El-Taha, and Rewa Youness on the panel, and Manal Ayoub (RN) moderating, the discussion quickly turned into an interactive dialogue. The audience actively participated, asking thoughtful questions and sharing their perspectives, which enriched the conversation.

The session ended with a laughter yoga session and then a lunch followed, offering space for connection and continued conversation. To top it off, three wellness vouchers were distributed to participants. Those who attended the session left empowered and connected. And for those who missed it, this was just the beginning of a series of inspiring sessions to come.



## A JOYOUS ANNOUNCEMENT

We are delighted to share some heartwarming news from our OBS/GYN family. Our beloved resident, Dr. Pamela Moukarzel (PGY3), got engaged in the most wonderful surprise. What was supposed to be a girl's night out, turned out to be her own proposal. Surrounded by loved ones, the special moment was filled with joy, laughter, and happy tears! This wonderful occasion reminds us of the enduring power of love and the happiness it brings at every stage of life. Please join us in extending warm congratulations to Pamela and her Fiancé Ghady El Kassis as they look forward to their journey ahead together.





## RESIDENT WELLNESS DAY 2025

On Sunday, May 25, 2025, the residency program dedicated a day to wellbeing, and where better to recharge than in nature? This year's Resident Wellness Day took place in Tannourine, with a scenic hike leading to the breathtaking Balou Balaa Falls.

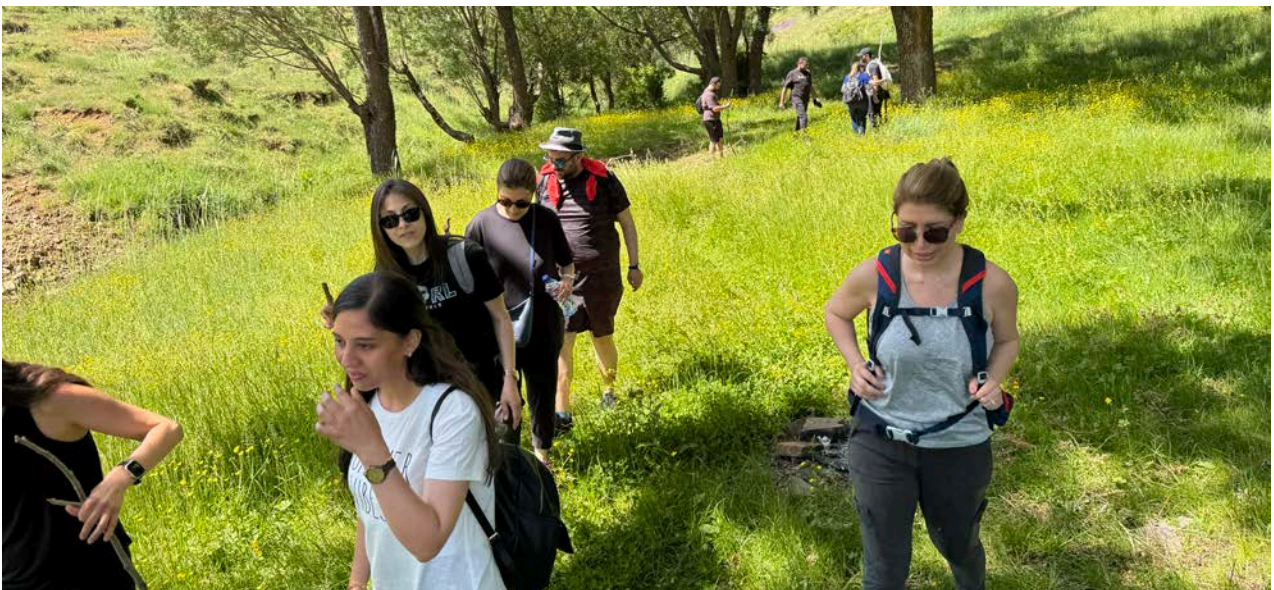
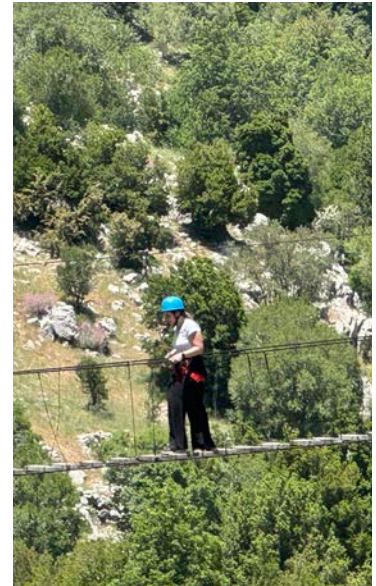
The outing blended adventure with relaxation where residents enjoyed outdoor activities such as ziplining and the monkey bridge, before gathering for a hearty

lunch buffet at Dar El Chaer, a charming local guesthouse. Felicity, fresh air, and good food made for the perfect setting to step away from the hospital routine and reconnect with one another.

The day served as a reminder that caring for one's own wellness is as essential as caring for patients, reaffirming the program's efforts to promote balance, empowerment, and joy in the journey of residency.









## ACADEMIC NEWS

Dr. Ihab Usta was invited by the Arabian Gulf University, College of Medicine and Health Sciences, Bahrain (accredited by ACCM-Ireland) to participate as an examiner for the final qualifying MD oral and written OSCE from May 26–30, 2025. This included reviewing the questions in the final written examination, overseeing all stations for oral OSCE, and serving as an examiner in a 3-hour session for over 160 medical doctors.

Dr. Faysal El Kak was elected as the president of the World Association of Sexual Health (WAS), 2025–2029. He also participated as a speaker and moderator in the regional advisory board meeting on menopause, that was held on June 27, 2025, and he presented a grand round in the Department of Family Medicine on "Female sexual pain," on May 21, 2025. On August 11, 2025, Dr. El Kak participated in the launching of the 2023–2024 Annual Report on Maternal Mortality, titled "Every Mother Counts: Data for Action, Equity, and Accountability," in his capacity as chair of the National Committee for Safe Motherhood. The event was held under the patronage of the minister of Public Health, Dr. Rakan Nassereldine, and organized in collaboration with the Department of Primary Health Care at the Ministry of Public Health (MOPH) and the United Nations Population Fund (UNFPA).

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## PUBLICATIONS

Ajjour S, Chakhtoura M, Nassar A, et al. Vitamin D insufficiency in pregnant women from Lebanon: prevalence and key predictors. *Reprod Health* 2025;22(1):158.

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Bazi T. Words matter, acronyms too. *Int Urogynecological J* 2025;36(6):1121–1122.

El Kak F, El Fakahany S, Kabakian-Khasholian T, et al. Health policy challenges in Lebanon's healthcare system: On sexual and reproductive health and rights. *Sex Reprod Health Matters* 2025 Dec;33(1):2525600.

El Kak F. Women's health and rights in conflict: the impact of renewed violence in Lebanon. *Sex Reprod Health Matters* 2025;33(1):2506263.

Sobh A, Al Achkar Z, Tawil S, et al. The pagers explosions in Beirut: Injury profiles, surgical care, and medical interventions – A descriptive study from a tertiary care medical center. *J Trauma Acute Care Surg* 2025 Aug 4. [ahead of print].



## WISH PROGRAM ACTIVITIES

The WISH Program, in collaboration with the Jordanian Society of OBS/GYN, conducted a one-day course on "Management of Female Sexual Dysfunction" on June 13, 2025. The session was led by Dr. Faysal El Kak and supported by Dr. Nathalie Chamseddine (PGY4), with participation from approximately 100 OBS/GYN Jordanian colleagues.

The WISH Program led the development and implementation of a four-month project focused on National Clinical Protocols on sexually transmitted infections (STIs), in collaboration with the MOPH, UNFPA, and the Lebanese Society of Infectious Diseases (LSIDCM).

Dr. El Kak, director of the WISH Program, co-edited a policy brief in collaboration with the Asfari Institute titled "Reframing Menopause: A Right-Based Approach to Health and Work." He also participated in the Sexual Reproductive Health and Rights Policy Gaps and Priorities in the MENA Region meeting, addressing "Menopause: Rights, Access, and Advocacy," held at the Asfari Institute for Civil Society and Citizenship on July 4, 2025.





## MEET THE ALUMNI

Dr. Rania Fayoumi earned her MD from AUB in June 2001 and went on to complete four years of residency training in OBS/GYN at AUBMC. Following the completion of her specialty training in 2005, she joined the Saad Specialist Hospital in Saudi Arabia, where she gained valuable experience providing patient care, performing surgeries, and working in both outpatient clinics and the emergency room. This was the professional foundation she had long aspired to—delivering the highest quality of care to her patients. Eager to do more, Dr. Fayoumi opened her own clinic in the Mazraa district, Beirut, in 2006, followed by another one in the Barbir district. When the economic crisis struck Lebanon in 2019, she relocated to Istanbul with her children, where she continues to reside today. Dedicated to making a lasting difference, Dr. Fayoumi remains committed to serving others. She devotes her time and expertise to providing medical care for the underprivileged communities through volunteering, reflecting her life-long passion for compassionate service.



## IN THE SPOTLIGHT



**HIBA MNEIMNEH**

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

A: I joined the Department of OBS/GYN in February 2024.

**Q: What is your title?**

A: I am a registered nurse on 7 North.

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

A: They include monitoring the mother's vitals and watching for bleeding, assessing perineal wounds and cesarean delivery incisions. I also provide postpartum education and prepare patients for gynecological surgeries and monitor them post-operatively.

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

A: I was completing my undergraduate nursing degree.

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

A: If I weren't in this role, I would've likely pursued a position in pharmaceutical or corporate healthcare setting. I also have a strong interest in art so I might have explored a creative path alongside my professional career.

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

A: Being able to support women during some of the most important moments of their lives.

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

A: The most challenging would be managing multiple high acuity patients at the same time while ensuring that each one receives safe, individualized, and compassionate care.

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

A: I would choose to visit Italy because of its rich history, art, and architecture, as well as its beautiful landscape.

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

A: I love drawing and spending quality time with my friends and family. These activities help me relax and keep a healthy balance between my personal and professional life.

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

A: Most people don't know that I like drawing.

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

A: One area I'm working on is being more comfortable with delegating tasks. Sometimes, I tend to take on too much myself because I want to ensure everything is done.

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

A: Elissa.

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

A: *Hob Kol Hayate* by Elissa.

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

A: I recently enjoyed reading *The Alchemist*.



## DID YOU KNOW?

The world's deadliest animal is the mosquito. Around 725,000 people die each year from mosquito-borne diseases, such as malaria and yellow fever.

Flamingos are born gray. Their diet of brine shrimp and blue green algae is rich in carotenoids that gradually deposit in their feathers changing their color from gray or white to vibrant pink.

The pupils in the eyes of goats are rectangular.

Elvis Presley was a natural blonde. He began dying his hair black as a teenager with shoe polish.

The oldest continuously operating university in the world is the University of Karueein, in Fez, Morocco. It was originally founded as a mosque in 859 AD.

Identical twins don't have the same fingerprints.

Australia is wider than the moon, measuring around 4,000 kilometers in diameter while that of the moon is about 3,400 kilometers.

Peanuts are indirectly involved in making dynamite. Their oil is extracted to make glycerol, a key ingredient in nitroglycerin, which is the explosive component of dynamite.

The life expectancy of women in the USA reached 81.1 years in 2023, rising by eight years from 1960.

Women find men more attractive when other women rate them highly.

Women remember faces better than men since they spend more time studying the features of a new face.

The average amount of time a woman can keep a secret is 47 hours and 15 minutes.

