

O B G Y N



AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER
المركز الطبي في الجامعة الأميركية في بيروت

Issue N° 13 Summer Newsletter 2014

Our lives are dedicated to yours

THE FIRST FELLOWSHIP IN OBS/GYN



The Department of OBS/GYN is pleased to announce the opening of a two-year fellowship training program in Reproductive Endocrinology and Infertility. This is the first official subspecialty training program in Lebanon and the first fellowship offered at the Department. The fellowship program is dedicated to providing a balanced and comprehensive training that equips fellows with the clinical skills and the research experience necessary to launch and maintain successful careers as leaders in academic medicine and clinical practice. It will provide the fellows with the technical and clinical experience in artificial reproductive techniques, advanced laparoscopic techniques, hysteroscopy, andrology and other specialized fertility procedures. In addition, fellows will have protected time that permits them to completely focus on a research thesis project. Dr. Sara Faour, our fresh graduate was selected as the first fellow this year.

This season marks the departure of the graduating residents. To celebrate this occasion, a dinner was held on June 5, 2014, the details of which are presented in this issue. In addition, a variety of departmental news is featured. Finally, the "Did you know?" section presents some fascinating facts about the Mediterranean Sea. Enjoy.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief

WOMEN'S HEALTH CENTER – FIFTH CLINICAL SEMINAR

The WHC held its 5th clinical seminar "When should the obstetrician take the baby out? A continuing debate," in collaboration with LSOG on April 28, 2014. Dr. Anwar Nassar emphasized the need for evidence-based guidelines in maternal health care, specifically in the topic of the debate. Then four speakers highlighted the pros and cons of each practice. On the topic of induction of labor, Dr. Fadi Mirza argued for continuing with the traditional practice of inducing labor by 41 weeks whereas Dr. Rabih Chahine presented evidence to support inducing labor as early as 38 weeks. Regarding the timing of an elective cesarean delivery, Dr. Muhieddine Seoud reviewed the accumulating evidence on the benefits of an early scheduling of a cesarean delivery while Dr. Abdallah Adra argued that this should not be done earlier than 39 weeks.

The seminar was followed by a discussion and a cocktail.

RESIDENT GRADUATION PARTY: BEYOND EXPECTATIONS!

The Department of OBS/GYN celebrated the graduation of its residents on June 5, 2014 in the Lancaster Plaza Hotel. This joyous dinner gathering, which was untraditional at all levels, exposed the multiple talents of the department's faculty and staff which went beyond delivering babies. With television as the theme, the evening kicked off with a short movie starring the graduating residents, Drs. Sara Faour, Rouba Obeid, Dima Ezzeddine, Alain Chalhoub and Salah Malas. This was followed by a news report by OBGYN TV delivered by Dr. Anwar Nassar, a weather forecast and a special report about the graduating residents by Dr. Labib Ghulmiyyah. The audience then enjoyed a comic section "Roasting the Docs" prepared by Dr. Rami Helou. Marvelous performances by Dr. Alain Chalhoub and friends, the guitarist Jihad Wehbe, and Ziad Sahab with his band followed. The highlight of the evening was "Dancing with the Docs," a replication of the famous TV show "Dancing with the Stars." Three residents executed breathtaking performances with professional dancers. The jury, which consisted of the well-known Elissar Caracalla, Zei Khawli – a professional choreographer, and Daniella Rahme – the winner of the last season of "Dancing with the Stars," agreed on the talents of the residents and chose Dr. Salah Malas as the winner. Dr. Nassar then surprised the audience with an Argentinian Tango dance! At the end, lovers of traditional Arabic music enjoyed a diverse oriental program by 'friends' of the department. The audience agreed that the program was creative, different, entertaining and full of talent and taste. In short and as one of our esteemed faculty put it: "It is the best party I have ever attended here or abroad, at AUB or elsewhere."



ACADEMIC NEWS

- Dr. Muhieddine Seoud co-organized and gave a presentation at the 5^{ème} Congres d'Oncology Francophone and the 2nd Lebanese Gynecologic Oncology Group of the LSOG meeting, held on March 14-15, 2014. He was invited to present about cervical and ovarian cancer in several regional and international meetings; RCOG Representative Committee in Jordan, Palestine and Syria Annual Meeting, Amman, Jordan on Feb 27-28, 2014, the Society of Gynecologic Oncology Meeting, Tampa, Florida in March 2014 and the OBS-GYNE Arab Health Conference on March 29-April 1, 2014. He also participated in the FIGO Gynecologic Oncology Committee taskforce that resulted in two publications about hereditary gynecological cancers and staging classification for cancer of the ovary, fallopian tube, and peritoneum.
- Dr. Elie Hobeika had a TV interview on LBCI about immunization in females on May 16, 2014. He was also an invited speaker at the 6th South Contraception Day on May 31, 2014, where he delivered a lecture entitled "Contraception after 40: What is Left to Use?"
- Dr. Fadi Mirza was an invited speaker at the Spotlights on Obstetric and Gynecological Practice conference held in Dubai, UAE on May 23-24, 2014. His lecture was entitled "Screening for Aneuploidy in Pregnancy: From NT to NIPT."
- Dr. Abdallah Adra was an invited speaker at the 23rd Annual Congress of the Saudi Obstetrics & Gynecology Society, held in Jeddah on April 1-3, 2014 where he co-chaired "The Advanced Fetal Ultrasound Pre-Congress Course." Dr. Adra was also invited to the World Congress in Perinatal Medicine for developing countries that will be held in Cancun, Mexico, where he will be chairing a session on "Prevention of Preterm Birth" & presenting on thrombophilia & adverse pregnancy outcome.
- Dr. Labib Ghulmiyyah was an invited speaker at the Diabetes Workshop organized by the Department of Clinical Nutrition at AUBMC on April 4, 2014. His lecture was entitled "Medical Management: When, How and What?" Dr. Ghulmiyyah was also the invited keynote speaker at this year's LeMSIC Research Day that was held on April 5, 2014. His talk to the medical students was about his own experience with LeMSIC and how it has helped him so far in his career.
- Dr. Faysal El-Kak was invited to the First Kurdistan Iraq meeting of OBS/GYN, Irbil, and presented three talks on Gynecology issues. He was also invited to write a chapter on "HPV in Lebanon" in the upcoming book "Emerging Reproductive Health Technologies in Middle East North Africa" edited by Wyne L and Foster A. Dr. El-Kak coordinated the 2nd activity of WHC and Bekaa Hospital in Bekaa that was held on April 18, 2014.

PUBLICATIONS

- Lataifeh I, Jaradat I, Seoud M, et al. Survival outcome after radiation therapy for patients with early cervical carcinoma undergoing inadequate primary surgery. *Int J Gynecol Cancer* 2014;24:124-129.
- Shamseddine A, Saleh A, Charafeddine M, Seoud M, et al. Cancer trends in the Lebanese population: A review of incidence rates for the period of 2003-2008 and projections until 2018. *Popul Health Metr* 2014;12:4.

CONGRATULATIONS

- Drs. Tony Bazi and Dima Ezzeddine received an Honorable Mention in the John J. Sciarra IJGO Prize Paper Award for 2013. Their article "validation of an Arabic version of the global pelvic floor bother questionnaire" was among 72 clinical research articles from low- and middle-income countries that were considered for this prize.
- Dr. Muhieddine Seoud was invited to be a member of the American Society of Clinical Oncology Resource Stratified Guideline Advisory Group in Jan 2014.
- Dr. Rami Helou, a PGY III, has developed a mobile game called "Cannon Bee" which is now available free to download on the Appstore and Google Playstore. Find out more at www.hayloworks.com
- MED III students Karl Seif, Anthony Obeid and Reem Al Assaad received the Excellence Award for the best presentation by a Med III student for the academic year 2013-2014.



MEET THE ALUMNI

* Dr. Marc Zerbe received his M.D. from AUB in 1994 following which he spent three years of residency in OBS/GYN at AUBMC. In 2001, he completed a four-year residency at Greater Baltimore Medical Center, a Johns Hopkins affiliate program. He then joined a multidisciplinary practice in Washington County Hospital - Southern Illinois, where he held multiple leadership positions including Medical Director, Chairman of the Department of OBS/GYN and was a member of the Board of Trustees. Two years ago, he moved with his family to Massachusetts where he joined an OBS/GYN group that oversees a large midwifery practice at Holyoke Medical Center. He is involved in the education of medical students from the University of Massachusetts Medical School. Dr. Zerbe has several peer-reviewed papers and is certified by the ABOG and is a fellow of ACOG.

* Dr. Gaël Abou Ghannam received her M.D. from AUB in 2008 followed by a four-year residency training in OBS/GYN at AUBMC. She is completing a two-year fellowship in Reproductive Endocrinology in the Department of GYN and Andrology of the "Les Cliniques Universitaires Saint Luc" in Brussels where she is getting training in reproductive sciences with an advanced focus on fertility preservation in adult and pediatric patients. During her residency at AUBMC, Gaël received the best research award. This enthusiasm for research continued in Belgium where she is involved in basic science and clinical research and has published on fertility preservation. Dr. Abou Ghannam is planning to return to Lebanon in September 2014 to start her career and family. Outside work, she enjoys comic books, traveling and photography.

IN THE SPOTLIGHT DR. JOSEPH NASSIF



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

A: November 2010.

Q: What is your title?

A: Assistant Professor of Clinical Obstetrics and Gynecology.

Q: What are your main duties?

A: Besides my clinical activity in Obstetrics and Gynecology, I am involved in teaching (MED III clerkship coordinator and Minimally Invasive Training sessions for residents) and in research.

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

A: I was an Assistant Professor in Strasbourg University Hospitals, Faculty and Minimally Invasive Expert in the European Institute of Telesurgery (IRCAD-EITS) and Mentor for Minimally Invasive Surgery in the European Academy for Gynecological Surgery in Leuven – Belgium.

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

A: A profession that has contact with people and, if possible, with manual skills requirements.

Q: What is most enjoyable about your job?

A: Helping patients in achieving better health status and understanding their illness more.

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

A: Accepting that Obstetrics and Gynecology is a lifestyle and not a job, and enjoying it for this reason.

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

A: I have been to many countries, but I prefer to stay in Lebanon. It seems strange to some, but for me, it is the best place to be!

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

A: Swimming, horseback riding and reading.

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

A: I am a fossil collector.

Q: What is your point of weakness?

A: My wife!

Q: Who is your favorite artist?

A: Celine Dion, and I also like Frank Sinatra's songs.

Q: What song are you listening to most lately?

A: 'Just give me a reason' by Pink.

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

A: The movie 'El Nuovo Cinema Paradiso' by Giuseppe Tornatore and the book 'The Physician' by Noah Gordon.

Did you know?

- The Mediterranean Sea was named as such, because the Romans believed that this sea was the middle of the earth. Thus, they called it 'mediterraneus', the latin for "middle of the earth."
- The Mediterranean Sea is bordered by 21 countries on all sides.
- The sea has an average depth of 1500 meters, with the deepest recorded point being 5267 meters.
- It has been estimated that it takes a century for the Mediterranean Sea to be completely renewed through the Strait of Gibraltar.
- Some of the major islands of the world are located in the Mediterranean Sea. These include Sardinia, Rhodes, Crete, Cyprus, Malta and Sicily.
- By 2100, the overall level of the Mediterranean could rise between 3 to 61 cm as a result of the effects of climate change.
- With a unique combination of a beautiful coastline, pleasant climate, rich history and diverse culture, the Mediterranean area is the most popular tourist destination in the world, attracting close to one third of the world's international tourists.

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

Departmental Leadership

Chairperson

Anwar Nassar, MD

Vice-Chair

Antoine Abu-Musa, MD

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