

# OBGYN

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

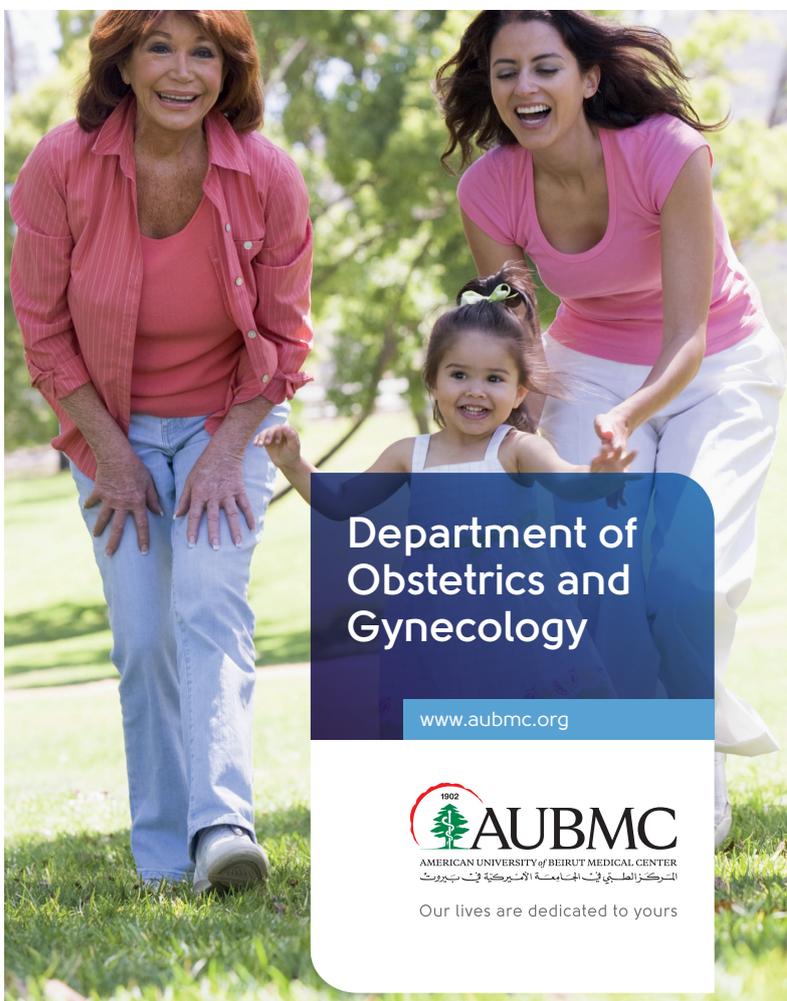
Our lives are dedicated to yours

## DEPARTMENTAL BROCHURE

We are proud to announce the publication of our departmental brochure. The brochure provides the reader with an overview of the history, mission and vision of the Department of Obstetrics and Gynecology in addition to the clinical and academic services provided at our department. This brochure will offer guidance for women who intend to entrust us with their reproductive and sexual health. We truly believe that when you meet our dedicated faculty, residents, nurses, technicians and administrative staff, you will realize the true strength of our department.

The Editorial Office of WIRE congratulates all mothers on the occasion of Mother's Day that coincides with the first day of spring. Our issue highlights many educational activities that have been carried out in the department during the winter season. The "Did you know?" section presents some fascinating facts about social media. Other news await our readers throughout the issue.

Sincerely,  
Anwar Nassar, MD  
*Editor-in-Chief*



Department of  
Obstetrics and  
Gynecology

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## CONTINUED EDUCATION IS ONE OF OUR PRIORITIES

As part of our efforts to improve patient care and contribute to our nurses' education, we began in January, 2015 a series of didactic lectures addressed to 7 North nurses. Faculty members volunteered to deliver the lectures which cover topics of interest related to day-to-day nursing care and shed the light on the management of common obstetrical, gynecological and postoperative complications, as well as assisted reproductive technology complications and palliative care in the gynecologic oncology patient population. Nurses attending these lectures will receive credit from the American Nurses Credentialing Center. Lectures will be available on Moodle for nurses unable to attend.

## SECOND SPECIALTY SYMPOSIUM

The Department of OBS/GYN and the Continuing Medical Education Office organized the second specialty symposium "Gynecological Oncology and Minimally Invasive Surgery (MIGS)" on January 9-10, 2015 at the Hisham Jaroudi Auditorium, Hariri School of Nursing, AUB. Drs. Muhieddine Seoud and Joseph Nassif directed this activity that aimed to address the latest advances in minimally invasive gynecological surgery specifically in gynecological oncology. International speakers, Drs. Eric Leblanc and Frederic Kridelka and local speakers, Drs. Antoine Abu-Musa, Johnny Awwad, Elie Hobeika and David Atallah, presented updates on MIGS and its applications in gynecological oncology. Drs. Nassif and Dina Chamsy also participated in the workshop about basic laparoscopy skills that was held during the symposium.

## WOMEN'S HEALTH ACROSS THE LIFESPAN

A two-day symposium entitled Women's Health Across the Lifespan was organized by the Department of OBS/GYN and the Continuing Medical Education Office on March 6-7, 2015 in the Gefinor Rotana Hotel. The symposium was directed by Drs. Johnny Awwad and Fadi Mirza and featured lectures and workshops by several AUBMC faculty members. A variety of topics related to obstetrics, gynecology, fertility, menopause, mental health, and faculty development were covered and were extremely well-received by the 100 national and international attendees.



## MEET THE ALUMNI

- \* Dr. Randa Jalloul earned her M.D. from Saint Joseph University in 2005 where she also had a master's degree in Biological and Medical Sciences. She trained in OBS/GYN at Henry Ford Health System, in Detroit, Michigan after a four-year residency at AUB. Dr. Jalloul was the recipient of the 2012 and 2013 Hippocrates Award given to the resident who "best practices the art of medicine." She was nominated for the Outstanding Resident Award and selected as Special Resident in Minimally Invasive Gynecology. She is currently an Assistant Professor in OBS/GYN at the University of Texas in Houston, where she enjoys teaching residents and medical students. In 2014, she received the Dean's Teaching Excellence Award from the University of Texas Health in recognition of outstanding contributions to education. Dr. Jalloul is married to Jaafar El Annan, an ophthalmologist and vitreoretinal surgeon, also an AUB alumnus. They have a two year-old daughter Alina and six month old twin boys, Adam and Amir.
- \* Dr. Farid Mattar received his M.D. from AUB in 1993, after which he completed a residency in OBS/GYN in 1997, followed by a fellowship in Maternal-Fetal Medicine (MFM) from University of Tennessee in Memphis. Since the year 2000, Dr. Mattar has been in private practice of Obstetrics and Gynecology, as well as a MFM consultant providing referrals and related procedures. He has participated in and attended numerous local and international conferences and workshops and is currently the Director of Obstetrics and MFM at Trad Hospital and Medical Center. On a personal level, Dr. Mattar spends his free time between Beirut and the mountains. He loves to unwind with family and friends and to invest the most wonderful moments of his life with his wife, his two boys, and their yellow Labrador. He enjoys jogging, hiking, music, photography, reading, and collecting Lebanese art work.

## ACADEMIC NEWS

- Dr. Fadi Mirza was an invited speaker at the Makassed General Hospital grand rounds on February 18, 2015. He gave an update about Preeclampsia and Hypertensive Disorders of Pregnancy. He was also an invited speaker at the Fourth UAE Reproductive Symposium held in Dubai, UAE on February 25-26, 2015 where he gave two fertility-related lectures. In addition, Dr. Mirza was an invited speaker at the Arab Health OB GYNE conference held in Dubai on March 29-31, 2015. His talk was entitled "Screening for Aneuploidy: From NT to NIPT".
- Dr. Abdallah Adra was invited by the Arab Maternal Fetal Medicine Expert Group to deliver the key note lecture on "Prevention of Postpartum Hemorrhage," at the symposium on "Ending Maternal Death in the Middle East," which was held in Sharm El Sheikh, on December 12-13, 2014.
- Drs. Adra and Antoine Abu-Musa were guest speakers at the workshop organized by the Kurdistan-Iraq Society of OBS/GYN, in Erbil on January 14, 2015. They were both awarded an honorary membership in the society.
- Dr. Anwar Nassar was featured in The Main Gate Winter issue 2015 where he elaborated on the range of services offered by the department to women of all ages.

## PUBLICATIONS

- Ghazeeri G, Abbas HA, Skaff B, Harajly S, Awwad J. Inadequacy of initiating rosuvastatin then metformin on biochemical profile of polycystic ovarian syndrome patients. J Endocrinol Invest February 2015 [ahead of print].
- El Saghir NS, Zgheib NK, Assi HA, Khoury KE, Bidet Y, Jaber SM, Charara RN, Farhat RA, Kreidieh FY, Decousus S, Romero P, Nemer GM, Salem Z, Shamseddine A, Tfayli A, Abbas J, Jamali F, Seoud M, et al. BRCA1 and BRCA2 Mutations in Ethnic Lebanese Arab Women With High Hereditary Risk Breast Cancer. Oncologist March 2015 [ahead of print].
- Seoud T, Seoud M, Saliba A, Taher A. Chronic lymphocytic leukemia of the genital tract. Eur J Obstet Gynecol Reprod Biol 2015;184:126.

## MOTHER'S DAY: ALWAYS SPECIAL

Mother's Day has always been a special occasion. In what has become a yearly tradition and as a token of appreciation for the role mothers play in our lives, the Department of OBS/GYN pitched in and dedicated special gifts to mothers who delivered on or close to Mother's Day. We cannot but thank the continuous support from the AUBMC administration.



## THIRD EDUCATIONAL WORKSHOP

As previously announced, the Women's Health Center is organizing its third educational activity entitled "Women's Health Matters: Tips and Steps" at the Mövenpick Hotel and Resort on April 25, 2015. All women are welcome to attend.



## CONGRATULATIONS

Dr. Abdallah Adra was recently appointed by the Executive Board of the Ian Donald Inter-University School of Medical Ultrasound, as the regional director for the Arab World, which includes branches of the school in thirteen Arab countries.

# IN THE SPOTLIGHT DR. ABDALLAH ADRA



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

A: I have been a full-time faculty member since January 2011.

**Q: What is your title?**

A: I am an Assistant Professor in the Division of Maternal Fetal Medicine (MFM).

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

A: For the past four years, I have been supervising our OBG/GYN residents during their training periods at Tripoli Governmental Hospital. I also mentor residents in the Prenatal Diagnosis Unit and the High-Risk clinic at AUBMC.

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

A: Upon completing my fellowship in MFM in the US, I joined the department as a Clinical Associate and went into private practice in my hometown, Tripoli, where I continue to chair the Department of OBS/GYN at Nini hospital, the largest private maternity unit in the north.

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

A: At this stage, I cannot picture myself doing any other job.

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

A: The sense of fulfillment that I feel every time I see ecstatic parents holding a healthy perfect newborn is incomparable.

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

A: The complications of a high-risk pregnancy and the unexpected emergency that can happen during any delivery.

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

A: Italy has always been a favorite destination of mine; everything about it is so enchanting - I would not hesitate to go there anytime I get the chance. The Greek Island of Santorini would be second on my list.

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

A: Spending quality time, away from it all, with family and loved ones – you cannot beat that!

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

A: I am a perfectionist; mediocrity is inconceivable to me.

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

A: My three children.

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

A: The Beatles, the Dutch violinist and conductor Andre Rieu, the impressionist painters, Monet and Renoir, and the Lebanese icon, Fairuz.

**Q: What song are you listening to most lately?**

A: Love in Portofino, a beautiful song from the latest album by the great Italian Tenor, Andrea Bocelli.

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

A: On the Shoulders of Giants; Eponyms and Names in Obstetrics and Gynecology is a book I recently got as a gift. Written by Thomas Basket, the book depicts the profiles of some of the most influential physicians whose footsteps we follow.

## Did you know?

- Filipinos are the world's most active social media users, with over 75% of the population being active online using social media as compared to the approximate global average of 50%.
- The fastest-growing group of Facebook users is females whose ages range between 55 and 65.
- Americans spend an average amount of 40 minutes per day on Facebook.
- The most "liked" person on Facebook is Shakira with over 100 million likes.
- The "like" button is clicked 3,125,000 times every minute on Facebook.
- The number of Facebook profiles created every second (5) is more than that of newborns (4.5).
- Al Pacino's face was posted on the original Facebook homepage.
- If Wikipedia were a book, it would be more than two billion pages.
- Saudi Arabia has the highest percent of internet users active on Twitter.
- On a daily basis, five million photos are uploaded to Instagram.
- Presumably, the first use of SMS (short message service) appeared in December 1992 by a 22-year-old engineer who used a computer to send the text message "Merry Christmas."

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