

O B G Y N

Issue N° 18 Fall Newsletter 2015



Our lives are dedicated to yours

HER FUND: HEAL HER, EMBRACE HER, REMEMBER HER

We strongly believe that no hardships endured by women should dictate their fate. We also firmly assert every woman's right to be provided with the opportunity to maintain her health through easy access to optimal medical care. HER Fund was, therefore, established to cover the medical expenses of underprivileged women with life threatening obstetrical and gynecological diseases. Increasing awareness about women's health problems is also one of our main goals. Please join us on our different social media platforms and spread the word; on Facebook: 'HER Fund at AUBMC' and on Instagram: 'herfund.' Only a few days separate us from the big event: The First Edition of HER Fund Gala Dinner. All arrangements have been set to what is anticipated to be an unforgettable night. We count on your contributions for every penny counts and leads to a change in someone's life.

This issue coincides with the launching of the first edition of HER Fund Gala Dinner. Information about this long awaited event is provided in this issue. Other activities highlighted include Keserwan Medical Center opening, and MRCOG part I that was recently and for the first time offered at AUB. Other interesting news await our readers throughout this issue. The "Did you know?" section presents some intriguing facts about women.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief

SOME WOMEN
LOSE THEIR FIGHT
WITHOUT EVER
GETTING A CHANCE TO
BATTLE



HER Fund
at AUBMC

Be part of HER Fund's 1st edition

GALA DINNER

Friday, October 23, 2015 at 8:30 pm

The Legend - Nahr El Kalb

Zekrit Road, Next to the Old Roman Bridge

For your tickets, please call
01 350 000 ext. 5607 or 03 173 521

We are a charitable fundraising initiative that aims to help cover the medical expenses of women who suffer from critical and life threatening obstetrical and gynecological conditions.



WELCOME DR. REEM ABDALLAH



Dr. Reem Abdallah received her M.D. degree from Saint Joseph University in 2006 followed by a four-year residency in OBS/GYN at AUBMC (2006-2010), before she relocated to Nancy, France where she completed a one-year fellowship (2010-2011) in Surgical Oncology and Breast Surgery at Alexis Vautrin Cancer Center, Faculty of Medicine, Lorraine University. This was followed by a three-year fellowship (2012-2015) in Gynecologic Oncology at H. Lee Moffitt Cancer Center, one of 41 NCI-designated comprehensive cancer centers across the USA, located in Tampa, Florida. Dr. Abdallah is a member of the International Gynecologic Cancer Society and the American Society of Clinical Oncology. Her work and research focus on gynecologic oncology surgery, including minimally invasive surgery and chemotherapy for gynecological cancers. In addition to her clinical duties, she will be involved in educating medical students and residents as well as research. Please join us in welcoming Dr. Abdallah to our department.

OBS/GYN ACTIVITIES AT KESERWAN MEDICAL CENTER

Located in one of the most beautiful landscapes in Lebanon, with an amazing sea-view and rapid access, Keserwan Medical Center (KMC), a major AUBMC affiliate, is dedicated to improve healthcare delivery in its community, extending to Jbeil, and Northern Mount Lebanon. The OBS/GYN service at KMC offers a comprehensive package that ranges from annual checks and obstetrical care to subspecialized care (infertility, high risk pregnancy, uro-gynecology, minimally invasive surgery and gynecologic oncology) for women who have difficulty accessing our facility at AUBMC.

Shortly following the official opening of KMC, we have been active in raising awareness about women health matters to the community. A breastfeeding awareness campaign took place on August 27, 2015. Several lectures that stressed on the benefits of breastfeeding were given. This was followed by a tour in the facility and a reception. For the same purpose, a breast cancer awareness day was organized on October 8, 2015. Lectures focused on breast cancer screening, prevention, treatment, and real life testimonies. A tour in the facility including the radiology diagnostic unit and a reception followed.

ONGOING RENOVATIONS

Our department is continuously undergoing renovations to provide higher satisfaction to all our clients including patients and staff members. After completing the renovation of the Women's Health Center, the Dr. Khaled Idriss delivery suite and two of our postpartum suites, the department is pleased to announce the completion of the renovation of the three operating rooms located in the delivery suite. To note, our Fertility Unit is currently under renovation and soon the 7 North wing will follow.



PART 1 MRCOG AT AUB

On September 7, 2015, 22 candidates from Lebanon, Iraq, Palestine, Egypt and other countries from the MENA region sat for the Part 1 MRCOG exam at AUB. Candidates who pass their Part 1 MRCOG examination are eligible to apply for the Medical Training Initiative (MTI) program scheme. The MTI scheme allows international trainees to train in the UK for a maximum of 2 years under the National Health Service (NHS). International medical graduates will benefit from the knowledge, skills and techniques offered by the UK NHS and use the skills they learn to improve the level of patient care in their home country upon their return. We are delighted to announce that the pass rate of Lebanon was above the global average. Congratulations to all the successful candidates and to AUBMC.

ACADEMIC NEWS

- Dr. Seoud was one of the members of the national panel on 'Fracture Risk Assessment Tool (FRAX) and Osteoporosis Guidelines' that updated the Lebanese national guidelines for screening, testing and treatment of bone loss.
 - On June 3, 2015, Dr. Tony Bazi conducted a workshop about repair of obstetric anal sphincter injury at the Department of OBS/GYN at Makassed General Hospital. It included hands on training in sphincter repair using fresh pig sphincters.
 - Dr. Faysal El Kak was invited as a keynote speaker to the 22nd World Congress on Sexual Health, July 25-28, 2015 in Singapore where he presented on "Sexual Health and Behavior in Middle East North Africa" and gave two additional talks. Dr. El Kak also coordinated the training of trainers on clinical scenarios in normal and problem pregnancy involving several department faculty members at AUBMC. Lastly, he was consulted by the United Nation Population Fund to produce a document on maternal mortality in Lebanon 2009 - 2015.
 - Dr. Fadi Mirza was an invited speaker at the Updates in Obstetrics and Gynecology Annual Conference held on September 12, 2015 in Beit Al Tabeeb, Beirut. He also participated as a speaker, alongside Dr. Labib Ghulmiyyah, in a workshop entitled 'Service Delivery Guidelines: An update,' a joint effort between the Lebanese Society of Obstetrics and Gynecology, Lebanese Order of Physicians, Ministry of Public Health, and the United Nations Population Fund. During the same period, Dr. Mirza was an invited speaker in Jordan, India, and Tunisia, where he addressed different high risk pregnancy topics.
 - Dr. Elie Hobeika was interviewed on September 22, 2015 on LBC Sat about breastfeeding. During the interview he stressed on the effect of smoking and other substance abuse on breastfeeding.
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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 2015;38(6):643-51.
- Richards T, Musallam KM, Nassif J, Ghazeeri G, Seoud M, Gurusamy KS, Jamali FR. Impact of preoperative anaemia and blood transfusion on postoperative outcomes in gynaecological surgery. PLoS One 2011;10(7):e0130861.
- Nassif JA, Abbasi SA, Nassar AH, Abu-Musa A, Eid A. The role of NADPH derived reactive oxygen species production in the pathogenesis of endometriosis: A novel mechanistic approach. J Biol Regul Homeost Agents 2015 Aug [ahead of print].
- Mirza FG, Ghulmiyyah LM, Tamim H, Bou Hamdan F, Breidy J, Geagea S, Usta IM, Adra A, Nassar AH. Echogenic intracardiac focus on second trimester ultrasound: prevalence and significance in a Middle Eastern population. J Matern Fetal Neonatal Med 2015;15:1-4.
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MEET THE ALUMNI

* Dr. Adba Frangieh received her M.D. from AUB in 1992 and then completed a 4-year residency in the Department of OBS/GYN at AUBMC in 1996. Following that, she moved back to Zgharta, her town of origin, where she started her private practice. Today, she mostly practices at Centre Hospitalier Du Nord (CHN) but this does not distance her a lot from academic medicine since she still supervises residents who rotate from Saint Joseph University. Dr. Frangieh got married during her residency to Dr. Youssef Bassim and had her first child Joya in 1994 and her second child Toni in 1998. Dr. Frangieh loves to travel and to read a lot. Currently, she is reading the novel 'The Goldfinch.'

* Dr. Marwan Barbir received his M.D. from AUB in 1977 after which he completed his OBS/GYN residency at AUBMC in 1981. This was followed by a one year post-graduate program about family planning at the Center for Disease Control in Atlanta-Georgia. Dr. Barbir started private practice in 1982 when he headed the department of OBS/GYN at Barbir Medical Center, where he first introduced epidural analgesia and fetal monitoring. Since his arrival from USA in 1982, he joined and is still a very active member in the Lebanese Family Planning Association. Currently, he is the treasurer in its administrative board. On a personal level, Dr. Barbir is married with three daughters and four grand children. He enjoys sports including table tennis, basketball, and swimming. In addition, he particularly enjoys listening to all kinds of music.

IN THE SPOTLIGHT DR. DINA CHAMSY



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

A: In September 2014. I can't believe it's already been a year.

Q: What is your title?

A: I am an Assistant Professor of Clinical OBS/GYN.

Q: What are your main duties?

A: In addition to my clinical duties, I am involved in education and research. I was recently appointed as a core faculty member and as the department's Morbidity and Mortality conference coordinator.

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

A: I was in USA for a 4-year residency in OBGYN at Parkland Memorial Hospital, Dallas and a 2-year fellowship in Minimally Invasive Gynecologic Surgery at Magee-Women's Hospital, Pittsburgh.

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

A: Maybe a teacher. I would not have become a doctor had I not enjoyed teaching. It is not only about teaching students and residents, but as importantly, educating patients about their health, an inherent part of a doctor's responsibilities.

Q: What is most enjoyable about your job?

A: Surgery. Yet, I must admit that delivering babies is quite exciting and gratifying.

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

A: I wouldn't trade my job for any other although it is a very demanding profession that often makes it hard to balance work and family life.

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

A: My best vacation was in the Florida Keys. You can't beat a relaxing beach holiday in the sun. I think the Caribbean is on the top of my bucket list.

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

A: I love to travel, but between work and a very active toddler at home, I feel happy just by taking a nap.

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

A: I love riding high speed roller coasters: the faster and twistier, the better!

Q: What is your point of weakness?

A: Kindness; I'm often told I'm too kind.

Q: Who is your favorite artist?

A: Freddie Mercury/Queen, a fantastic performer with an amazing voice.

Q: What song are you listening to most lately?

A: My musical repertoire has lately shrunk to baby songs. I often find myself humming "Twinkle Twinkle Little Star," a favorite of my son.

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

A: I recently re-read "Le Petit Prince" by Antoine de Saint-Exupery. I believe this is a philosophical book, disguised as a children's book. I enjoyed reading it as a 10-year-old child, and now I got to understand its depth and moral implications.

Did you know?

- It is believed that the origin of the word woman is "wyfman", a term from Middle English which means wife of man!
- On average, women blink nearly twice as much as men.
- Women speak about 20,000 words a day; that's 13,000 more words than the average man.
- Women close their ears with fingers while men use their hands.
- Men lie six times a day; twice as often as women.
- In Russia, there are 9 million more women than men.
- An average woman spends approximately five entire days a year looking at herself in the mirror.
- Women spend nearly one year of their lives deciding what to wear and over four years menstruating.
- Women cry on average 30 to 64 times per year.
- An average woman eats close to two kilograms of lipstick in her lifetime.
- The average amount of time a woman can keep a secret is 47 hours and 15 minutes!

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