

# OBGYN

Issue N° 23 Winter Newsletter 2017



المركز الطبي في الجامعة الأمريكية في بيروت

Our lives are dedicated to yours

## HER FUND – A SPECTACULAR PERFORMANCE

Sailing The Silk Road, the latest dance musical production by the world known Caracalla Dance Theatre, will be performed at the Forum De Beyrouth on February 16, 2017. The revenues of this special event will go to support HER Fund. Over 100 performers will join together to present extravagant costumes, stunning visual effects, and grand scenery, where the past and present merge into a powerful theatrical celebration of the senses. We take this opportunity to thank Caracalla's management team and dancers for believing in our cause. Special thanks go to Alissar and Ivan Caracalla for their unconditional support. Don't miss this memorable production suitable for all generations. We are counting on your presence!

In this season of festivities, we take the opportunity to wish our readers a fruitful new year and hope to continue to be up to the standards. Our first issue in 2017 is rich in news and announcements. We particularly highlight HER Fund activities, those that unfolded and those that are in the making. The section, "Talents Unveiled", is back and some interesting facts about sexual health are featured in the "Did you know?" section. Enjoy.

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



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## CHRISTMAS DINNER: COZY AND RICH

The Department of OBS/GYN's Christmas dinner is always a delightful time for a short break away from demanding work hours. This year's Christmas dinner was held at the O Monot Boutique Hotel on December 16, 2016. A rich and varied menu was enjoyed within the cozy atmosphere of the venue. The entertainment, as always, was pleasant as it started off with a violinist who played oldies from the East and West and continued with a moving performance by the talented Joy Fayad. The Department wishes all its employees, alumni, and friends warm wishes for 2017.



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## BEIRUT VOCAL POINTS CONCERT

The Christmas spirit was welcomed early this year with the fundraising concert which was held by Beirut Vocal Points to support HER Fund on December 11, 2016. According to Mrs. Haggar, the band director, the crowd was "certainly the biggest audience we have ever had at Assembly Hall." The volunteers at HER Fund are always seeking ways to replenish the funds that are being used to support needy women who suffer from critical and life-threatening obstetric and gynecologic conditions. HER Fund thanks Beirut Vocal Points and all those who supported this event.



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## OBSGYN CHRISTMAS TREES: AT A DIFFERENT LEVEL

Once again, the Christmas trees at the Women's Health Center (WHC) and Delivery Suite were remarkable for their unique character and innovative details. Composed of more than one hundred golden aluminum plates assembled in a form of a glowing tree, the WHC tree captured the eyes of all those who visited us during this season. A much smaller version was the miniature wooden tree with hand-crafted decorative ornaments that decorated the Delivery Suite and that was brought from cold London.



## ANOTHER WOMEN'S HEALTH CENTER ACTIVITY

The Women's Health Center (WHC) held its special Fourteenth Clinical Seminar "Hot Topics in Clinical Practice" in collaboration with the LSOG and Abbott pharma, on December 21, 2016 at Phoenicia Hotel, Beirut. Attended by around 120 professionals, the seminar covered three main hot clinical topics. Dr. Anwar Nassar presented a global and local analysis of the growing number of cesarean deliveries, the determinants, and the challenges of reducing cesarean delivery rates based on international standards. Dr. Antoine Abu-Musa discussed the various regimens and clinical protocols used in the management of polycystic ovary syndrome. Dr. Faysal El Kak presented two clinical case scenarios on different algorithms of management of abnormal uterine bleeding and recurrent pregnancy loss highlighting the role of medical hormonal treatment. Discussions and questions focused on the various aspects of clinical practice in relation to the local context. The seminar was followed by a Christmas dinner.



## KESERWAN MEDICAL CENTER ACTIVITY

A marathon was organized at Keserwan Medical Center (KMC) on October 23, 2016 to walk, run, and bike against breast cancer. The race started from Fouad Shehab, Jounieh to KMC in celebration of the breast cancer awareness month. Dr. Elie Hobeika helped organize this activity. A brunch followed.



## DEPARTMENT IN REGIONAL MEETINGS

Drs. Fadi Choucair (senior embryologist), Elie Moubarak (second year fellow), and Dalia Khalifeh (chief resident) were invited to the 23<sup>rd</sup> Annual Scientific Meeting of the Middle East Fertility Society that was held on November 4-5, 2016 in Sharm El Sheikh. Dr. Choucair talked about "Non-invasive preimplantation genetic diagnosis: blastocentesis and free DNA in blastocele." Drs. Moubarak and Khalifeh presented the young scientist lecture session and talked about "The role of the low molecular heparin in recurrent implantation failure" and "The choice of the gonadotropin formulation: does it influence the reproductive outcome?"



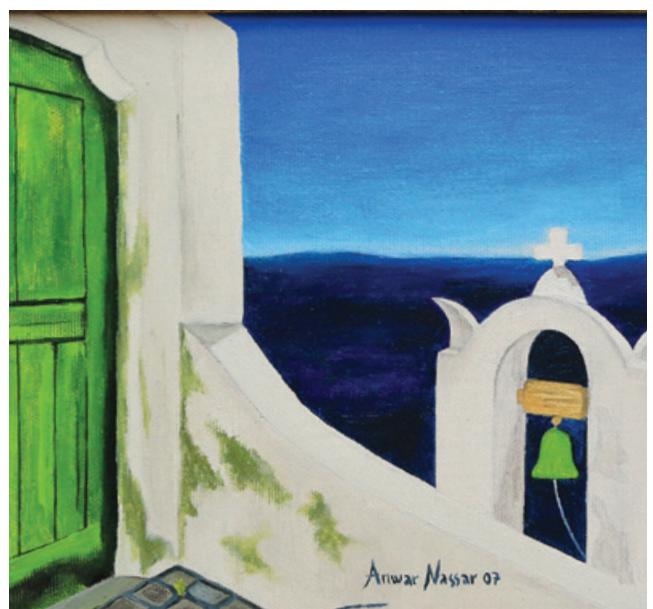
## CONGRATULATIONS

- We would like to extend our warm congratulations to Dr. Faysal El Kak on the birth of his baby boy, Daniel Luca, on October 26, 2016. Baby Daniel weighed 3340 grams at birth.  
*Congratulations.*
- Dr. Reem Abdallah was promoted to Assistant Professor of Clinical Obstetrics and Gynecology effective January 1, 2017. Well deserved Dr. Abdallah.



## TALENTS UNVEILED

This relatively new corner sheds light on hidden talents in our department, sometimes not necessarily that 'hidden.' Dr. Anwar Nassar, Professor of Obstetrics and Gynecology and Chairperson, enjoys art in general and loves to paint in particular. As early as the school days, Dr. Nassar was always fond of colors and shapes and some of his paintings in those early years were sent to Geneva to be exhibited in the UNICEF headquarters. Although he didn't further pursue the study of painting, Dr. Nassar continued to experiment and refine his technique whenever he had time to do so. Among other things that he doesn't have the luxury to do with his growing academic and administrative responsibilities, it is painting that he misses the most. His main interest was and continues to be oil painting. He enjoys painting with intricate attention to details as you can gather from a sample of his paintings that he displays at home. In fact, all his paintings are oil-on-canvas and his favorite painter of all times is Vincent Van Gogh.



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## ACADEMIC NEWS

- Dr. Anwar Nassar participated in the second meeting of the Safe Motherhood and Newborn Health Committee of the International Federation of Gynecology and Obstetrics (FIGO) that was held in Panama City, Panama on October 22-23, 2016.
- Dr. Faysal El Kak co-chaired the conference on "Rebuilding Health in Post-Conflict" held at AUB on December 6-8, 2016 and organized by the Strategic Health Initiative. He presented on "Clinical needs in transition for women's health". Dr. El Kak also presented on "Youth sexual behavior and wellness" in the "Adolescent and Youth Wellness in the Arab World" conference held at AUB, Dec 13-14, 2016. In addition, Dr. El Kak authored with Dr. Walid Ammar the book on "Reducing Maternal Mortality in Lebanon: A Story of Success" that was launched in the Ministry of Public Health on November 31, 2016.
- Dr. Sandrine Atallah was an invited speaker to the 20<sup>th</sup> World Meeting on Sexual Medicine which was held in Beijing, China in September 2016. She also covered the event on social media as the social media editor of the Journal of Sexual Medicine (JSM). In addition and as an invited faculty, she will be a speaker and chairperson to the 19<sup>th</sup> Congress of the European Society for Sexual Medicine. This meeting will be held in Nice, France in February 2017.
- Dr. Elie Hobeika was featured on MTV news in a report about breast cancer awareness on October 14, 2016. Dr. Hobeika also gave a grand round at the Balamand University (Saint George Hospital) on November 29, 2016 about hysterectomy choices.
- Dr. Muhieddine Seoud was an invited speaker at the Women Oncology Conference "Less is More" that was held in Amman, Jordan on October 20-22, 2016. He also gave a lecture at the 20<sup>th</sup> International Annual Congress of the Lebanese Society of OBS/GYN that was held on October 27, 2016 in Beirut, Lebanon. Dr. Seoud also participated in the 16<sup>th</sup> Biennial Meeting of the International Gynecologic Cancer Society that was held in Lisbon, Portugal on October 29-31, 2016. In addition, he was an invited speaker at the XVI Surgical Congress of the American College of Surgeons - Lebanon Chapter and the Annual Regional Meeting of the Advances Trauma Life Support International – MENA Region on November 4-5, 2016 in Beirut, Lebanon.

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## PUBLICATIONS

- Sharma M, Seoud M, Kim JJ. Cost-effectiveness of increasing cervical cancer screening coverage in the Middle East: An example from Lebanon. *Vaccine* Dec 22, 2016. [ahead of print].
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- Ghandour L, Minassian V, Al-Badr A, Abou Ghaida R, Geagea S, Bazi T. Prevalence and degree of bother of pelvic floor disorder symptoms among women from primary care and specialty clinics in Lebanon: an exploratory study. *Int Urogynecol J* 2017;28(1):105-118.
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- Heinemann J, Atallah S, Rosenbaum T. The impact of culture and ethnicity on sexuality and sexual function. *Curr Sex Health Rep* 2016;8:144.
- Atallah, S. Cultural aspects in sexual function and dysfunction in the geriatric population: a review of the current literature and clinical overview of clinical interventions with efficacy. *Top Geriatr Rehabil* 2016;32:56-166.

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# IN THE SPOTLIGHT

## DR. ADNAN MROUEH

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

A: On July 1, 1967.

**Q: What is your title?**

A: Professor of OBS/GYN.

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

A: Teaching and clinical care.

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

A: I was an instructor at the Department of OBS/GYN at Yale University, New Haven, CT.



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

A: I would have chosen to conduct research in reproductive physiology and pathophysiology.

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

A: Interaction with female patients and the feeling that your services are appreciated.

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

A: The unexplored terrain in the domain of reproductive medicine.

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

A: I would choose countries that have a mild weather and a responsible government that observes human rights to all citizens, or I might visit countries that have narrow differences in the quality of life of their citizens.

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

A: I am an avid farmer; it is a source of joy to see your plants healthy and growing well.

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

A: I am a family man; I enjoy spending time with my children and my seven grandchildren.

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

A: I have low tolerance for persons who compromise on basic ethical principles and physicians who are greedy and insensitive to patients' needs.

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

A: Mozart is my favorite composer.

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

A: Classical songs of Umm Kalthoum.

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

A: The book by Ian Morris titled "Why the West Rules - For Now."

## Did you know?

- Every woman (and man) questions her sexual "normality." Concerns vary from body image to sexual performance issues.
- Not all women climax by vaginal penetration and 70% of women require external stimulation to attain an orgasm.
- Masturbation is a natural behavior and has no age boundaries. However, men masturbate more frequently at younger ages while women masturbate more often after the third decade of their lives.
- Homosexuality is not a disorder with 3-7% of the population labeled as homosexual.
- Men do not always feel like having sex. Men who believe that they "must always" be ready for sex, report erectile concerns more often than those who do not share that belief.
- The average time from the moment of penetration to ejaculation is 6-10 minutes. Time drops to 3 minutes or less in men with erectile problems.
- Sex is a weekly activity for most couples. Most couples have sex 1-2 times a week. Only 7% have sex 4 or more times a week and 1% have sex less than once a year.
- There is no age limit in enjoying sex! 60% of men and 64% of women between 60-80 years are satisfied with their sexual function.
- Sexual problems are frequent in both genders; 40 to 50% of women and 20 to 30% of men face at least one sexual concern.

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Anwar Nassar, 'Van Gogh's Studio', Oil on canvas, 80x60 cm