

ISSUE 13 - Autumn 2018

NKBCI NEWSLETTER



Our lives are dedicated to yours



Dear Colleagues and Friends,

I would like to share with you the many milestones which have been achieved over the past year and update you on the new future goals that the institute has undertaken.

Undoubtedly, we have successfully completed our electronic medical transformation with the integration of AUBHealth with the support of our leadership and the superb dedication of NKBCI faculty and staff. We could also finalize our oncology clinics move to the new Aida and Halim Daniel Academic and Clinical Center and settle into our offices. AUBHealth has helped us in controlling our financial resources and accordingly in compiling a new strategic financial plan for the institute.



Throughout the past months, several initiatives involving different team members took place. A few of these included launching of the Cancer Support Fund and here I would like to share with you that we are in the process of organizing our first benefit dinner on June 12, 2019, and lighting the Daniel ACC building on the occasion of World Cancer Day on February 4, 2019. In addition, a series of awareness activities and conferences were organized inside and outside AUBMC. Several local and regional scientific Conferences were held for the first time in the Middle East amongst which is the 1st Middle East Neuro-oncology Conference. Other conferences, also underway, the 1st Middle East Lung Cancer Conference to be held in June 2019 and Connecting Through Research to be held in March 2019 which is being done in collaboration with King Hussein Cancer Center and MD Anderson Cancer Center.

As an Adult Cancer Institute, we are in the process of establishing subspecialized Multidisciplinary collaborative teams and building multidisciplinary synergies with other departments at AUB/ AUBMC and other regional and international institutions. With such synergies, NKBCI aims to propel the educational and research programs to primarily focus on empowering junior faculty become leading cancer specialists locally, regionally, and globally

In addition to the above and to keep up with the latest developments in the healthcare industry and comply with the international standards, new policies and procedures have been established while previous ones have been revised. We have also revisited our committees' membership, bylaws, rules, and regulations to match the changes that have lately been incorporated.

Finally, I would like to mention that it is part of our mission to continuously advance our services to provide a holistic comprehensive patient care approach and enhance our patient experience.

Thank you.

Ali Taher, MD, PhD, FRCP
Professor of Medicine, Hematology & Oncology
Director – Naef K. Basile Cancer Institute
Vice Chair – Research, Department of Internal Medicine
Founding Director – Fellowship and Residents Research Program, Faculty of Medicine

DEDICATION CEREMONY OF NAGI SAGHIR CONFERENCE ROOM

On Tuesday, November 27, AUBMC dedicated the Conference Room on the Oncology floor in name of faculty member, Head of Hematology Oncology Division and Director Breast Center of Excellence at AUBMC, professor Nagi El Saghir in recognition for his efforts and achievements in teaching, research, treatment of patients, dedication and his public service at AUBMC, Lebanon and worldwide.



AUBMC LAUNCHES THE 1ST MIDDLE EAST NEURO-ONCOLOGY ANNUAL CONFERENCE

The 1st Annual Middle East Neuro-oncology Conference was held on September 21 and 22, 2018, at the American University of Beirut's (AUB) Bathish Auditorium. Organized by the Naef K. Basile Cancer Institute (NKBCI) and the Continuing Medical Education (CME) Office at the American University of Beirut Medical Center (AUBMC) in collaboration with Massachusetts General Hospital (MGH), the conference was dedicated to promote advances in neuro-oncology through continuous education and training.

One of the conference's objectives was to enhance collaboration between all relevant disciplines in the region, including medical oncology, neuro-oncology, neurosurgery, radiation oncology, pathology, and radiology. It also aimed to bridge science, knowledge, and practice gaps in the management of central nervous system (CNS) malignancies.



During the conference, experts from different subspecialties worldwide met to discuss in-depth new treatment approaches in neuro-oncology. Participants examined current updates in neuro-oncology, pathology, imaging and treatment methodologies, as well as the implementation of new techniques into current practices. They were also provided with a platform for collaborations with other disciplines to implement more effective multidisciplinary care of neuro-oncology patients in the region. The conference included 32 talks that were delivered by 22 international, regional, and local speakers.

Attending the conference were around two hundred experts in radiation oncology, pathology, pediatric oncology, pediatric neurology, neurology, neurosurgery, professors, residents, fellows, medical students, nurses, and nurse practitioners. Attendees came from Lebanon, Syria, Iraq, Jordan, Saudi Arabia, and Qatar as well as from France, Brazil, and Canada. Speakers, came from Lebanon, Saudi Arabia, US, Canada, Germany, and Turkey.

The Second Annual Middle East Neuro-oncology Conference

The conference ended by announcing that this event will be held annually, and that next year's Annual Middle East Neuro-oncology Conference will be held on September 21 and 22, 2019.



TIES INTERACTS WITH NKBCI DIFFERENT UNITS THROUGH A JOYFUL VARIETY OF ACTIVITIES

TIES held several workshops at the NKBCI different units; "TIES" which stands for Trust, Inspiration, Encouragement, and Strength, is a volunteering initiative launched by the Patient Affairs Office at AUBMC with the clear purpose of supporting and entertaining adult in-patients while receiving their treatments and aiming to help the patients in beating boredom while becoming more engaged in their own healthcare. Amongst the workshops held were the Arabic Calligraphy on November 1, 2018, Musical performance and entertaining trivia tests held by the Lebanese Scout Association-Beirut District- Group Four on November 3, 2018 in addition to a famous special.



PinkDose in a special hand embroidery workshop at the Basile Outpatient Center held on December 3, 2018. During the event, patients learned new techniques of hand embroidery and were encouraged to make their own canvas designed by beautiful positive quotes. Patients expressed their feelings of gratitude for such an engaging activity that has smoothed their stay at the center.



PALLIATIVE CARE TEAM CELEBRATES WORLD PALLIATIVE CARE DAY AND PAIN CAMPAIGN

The Palliative Care Team at the Naef K. Basil Cancer Institute (NKBCI) in collaboration with TIES gathered to support its patients on October 13, 2018 on the occasion of World Palliative Care day.

The event included a violin musical performance by Mr. Hovig Ashekian and a breathing technique session lead by Mrs. Nawal Fleihan.

The palliative care team distributed white flowers across AUBMC to patients and family members in the aim of spreading awareness about Palliative Care services at NKBCI. The event was followed by a social media campaign on Pain launched on October 22, 2018.



OCTOBER ACTIVITIES FOR BREAST CANCER AWARENESS

Lebanese Breast Cancer Foundation (LBCF) and AMALOUNA participated in the October Breast Awareness event of the Ministry of Public Health at Horj Beirut, where major NGOs and student associations were present. Doctors, nurses, survivors, and friends all volunteered and gave community lectures at different institutions, banks, universities, schools, malls, and municipalities across Lebanon.



Dr. Nagi El Saghir, Head, Division of Hematology Oncology, Director of Breast Center of Excellence, and President of LBCF, held discussions in several high schools' for students and in the UNIFIL station on the borders.

At College Notre Dame de Louaize, teachers, administrators, parents, and students addressed questions to Dr. El Saghir about breast cancer, early detection, and general cancer prevention, including the fight against smoking, a major cause of cancer all over the world. Students were interactive. Many of them said they want to study medicine, and Dr. Saghir encouraged them saying, "We always need excellent motivated doctors and researchers".



MARATHON PARTICIPATION

For the fifth consecutive year, Naef K. Basile Cancer Institute (NKBCI) in partnership with the Lebanese Breast Cancer Fund took the streets of Beirut city, running the 16th edition of the Blom Bank Beirut Marathon. On a Sunday morning on the 11th of November, runners participated to raise awareness about cancer prevention, education, and research. AMALOUNA, REVIVE Association, and TIES joined NKBCI and LBCF booth to cheer and welcome all runners in support of cancer awareness because most Lebanese still consider cancer as a taboo.

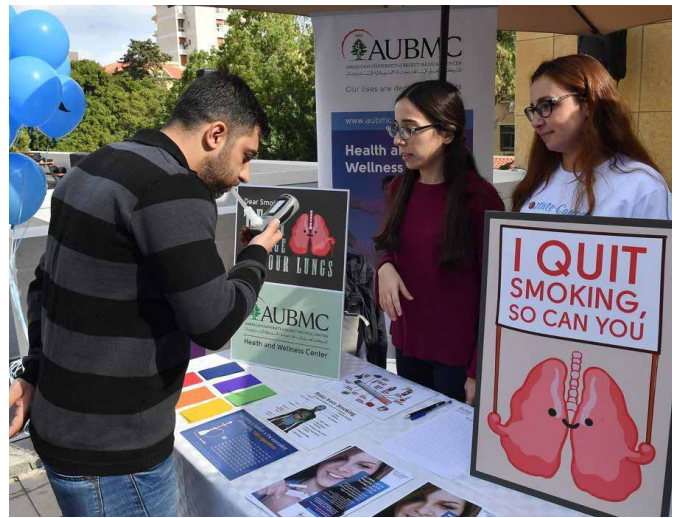
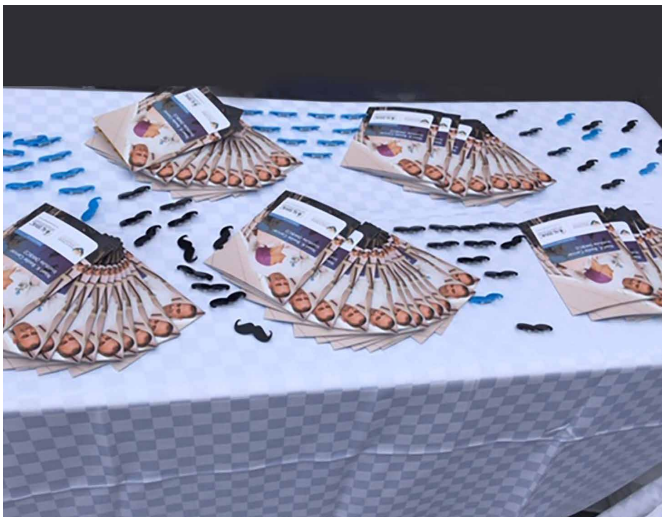
The marathon was the perfect platform to raise awareness about the disease as many organizations and companies visited our booth such as Charcutier Aoun, UNICEF ... In addition, our supporters advocated that running is an effective exercise that is one of the low-cost cancer prevention alternatives.



THE NAEF K. BASILE CANCER INSTITUTE AT AUBMC IN PARTNERSHIP WITH THE SURGERY DEPARTMENT AND IN COLLABORATION WITH THE LEBANESE BASKETBALL FEDERATION LAUNCHES PROSTATE CANCER AWARENESS CAMPAIGN

Marking the Prostate Cancer Awareness month, the Naef K. Basile Cancer Institute (NKBCI) at AUBMC launched an awareness campaign about prostate cancer. Being one of the most common cancers among men, the campaign aimed at educating men about the risks of prostate cancer, symptoms, screening, and treatments.

In an effort to create broader community outreach, NKBCI also teamed up with the Lebanese Basketball Federation (FLB) to launch a series of activities on the sidelines of one of the highly-anticipated local basketball league matches. The activities aimed to encourage men to visit their doctor and adopt a healthy lifestyle. As part of the campaign, NKBCI offered free counselling and screening PSA blood tests during November.



The initiative marked a collaborative effort between NKBCI, the Urology Division, the GI/GU Oncology Division, and the Lebanese Basketball Federation (LBF). The campaign was also supported by Mike Sports and Casper and Gambini. The campaign was launched during the FLB basketball match gathering Hoops and Homentmen clubs that took place on November 11. The launch was followed by a streetball match that was organized in collaboration with NKBCI and Smoking Cessation Program at the Family Medicine on November 24, 2018 at the Saab Medical Library Plaza at AUBMC.



NKBCI SUPPORTS AWARENESS ON IRON DEFICIENCY

The Blood Diseases Program at the Naef K. Basile Institute represented by Dr. Ali Taher, Director of Naef K. Basil Cancer Institute participated on November 26, 2018 in the Lebanese Ministry of Health Campaign Iron Deficiency Day in an effort to raise awareness on an under-recognized disease that can play a vital role in fighting off infections and illness, maintaining energy levels and normal brain function. Iron deficiency affects one third of the world's population and can lead to a reduction in physical work output. It is important to consult a specialist if you suffer from any of its symptoms.

The Blood Diseases program also distributed posters all over AUBMC to help raise awareness on Iron Deficiency different symptoms and treatment modalities.



THE MOST COMMON NUTRIENT DEFICIENCY

Iron deficiency affects 1 in 3 people around the world, making it the most common deficiency.

- Women need twice as much iron in their diet as men.
- Iron deficiency occurs when these supplies run low and iron deficiency anemia when the levels are severely depleted.
- Even in the absence of anemia, iron deficiency can be harmful, and aggravate any underlying chronic disease.

IRON DEFICIENCY

Knowing your risk

CAUSES

- Lack of iron in diet:** Lack of animal products (vegetarian or vegan diets) & plant foods rich in iron
- Blood loss:** Heavy menstruation, gastric conditions (ulcer, gastritis, diverticulitis, Crohn's disease...) or chronic heart failure or kidney disease
- Inflammation/Malabsorption:** Gastric conditions: IBS, Celiac disease reducing iron absorption
- Medications:** Used to treat these conditions causing blood loss, reduced absorption or an increased need for iron
- Increased needs:** Growth spurts - infancy or adolescence- or pregnancy

SYMPTOMS

Iron deficiency is linked to an overall decline in general health and well-being. Among other symptoms it can cause:

- ➔ Fatigue/physical exhaustion
- ➔ Trouble concentrating
- ➔ Breathlessness, dizziness
- ➔ Cold intolerance
- ➔ Susceptibility to infections
- ➔ Headaches
- ➔ Brittle hair & nails
- ➔ Paleness

WHY DO WE NEED IRON?

Without iron, the human body cannot work properly

Iron is essential to:

- Fight infection and illness
- Produce red blood cells and carry oxygen throughout the body.
- Maintain the function of the heart & skeletal muscles, energy levels & normal brain function.
- It is also essential for fetal development and developmental growth during infancy and adolescence.

TREATMENT

Treatment consists of simple steps:

- Supplementing your body with medicinal iron to get your body's iron stores replenished. At a higher amount than usually found in supplements, or with intravenous iron if needed.
- Treating the underlying cause of iron deficiency if needed.

LEARN MORE AT THE NAEF K. BASILE INSTITUTE BLOOD DISEASES PROGRAM: 01-374444 EXT. 7950 DIRECT LINE 01-759168

NKBCI ANNUAL DINNER 2018 AND EPIC CHAMPION "THANK YOU CEREMONY"

NKBCI hosted on December 14, 2018 its fifth annual party hosted by Ms. Razan Diab and Ms. Sana Murad at the Kempinski Hotel in its magnificent ballroom.

During the event, Dr. Ali Taher, NKBCI Director offered a "Thank you plaque" for the NKBCI staff who showed exceptional dedication during the Go- Live as an expression of profound gratitude.

Dr. Taher elaborated on the vital role the NKBCI staff play to ensure that the patient experience and outcome are both positive.

The party was entertained by an interactive DJ who motivated the audience and the attendants towards the dance floor. A tombola draw took place afterwards. Close to midnight, everyone gathered to cut the cake and wish their peers and colleagues a fruitful new year.



3RD ANNUAL PATIENT EMPOWERMENT WORKSHOP FOR PATIENTS

On Friday November 30, 2018, the Lebanese Breast Cancer Foundation (LBCF) held its 3rd annual patient empowerment workshop in collaboration with the Breast Center of Excellence at the Naef K. Basile Cancer Institute (NKBCI) of the American University of Beirut (AUB) at the Gefinor Rotana Hotel. The workshop aimed to spread hope and courage amongst women with advanced stage of breast cancer. It presented a great opportunity to raise awareness and discuss the disease and treatment options openly.

The workshop was followed by various interesting lectures such as "Coping with Breast Cancer", "Beauty Advice", and "Breast Cancer Beyond the Conventional". These lectures centered on providing patients with knowledge and support and arming them with coping mechanisms to strengthen their belief in their ability to continue living a normal life.

The 3rd annual patient empowerment workshop was well-received by the community at large and proved to be a great success in raising awareness and providing cancer patients and their family members with educational tips on wellness perspectives for living well through and beyond a breast cancer diagnosis.



RADIATION ONCOLOGY BEST EMPLOYEE AWARD 2018

The Department of Radiation Oncology recognizes its best employee every year during the AUBMC Annual Awards Ceremony. The Radiation Oncology Best Employee Awards for the year 2018 were for Dr. Bilal Shahine, Senior Medical Physicist & Ms. Simone Karam, Radiation Oncology RN. Congratulations for a very well-deserved recognition!



THIRD ANNUAL RADIATION ONCOLOGY AND MEDICAL PHYSICS DAY 2018

The Department of Radiation Oncology held its Third Annual Radiation oncology and Medical Physics Day 2018 on Friday, November 30, 2018 with the theme "Radiate Positivity & Glow Stronger". This Special Day is celebrated each November to commemorate the anniversary of the x-ray's discovery by Wilhelm Conrad Roentgen on Nov. 8, 1895 and honor Marie Sklodowska-Curie, born in Poland on November 7, 1867, who is known for her pioneering research on radioactivity.

On this occasion, the Department organized an entertainment program for the Radiation Oncology patients in coordination with Ties and the Patients Affairs Office at AUBMC. The event took place in the patients' waiting area and included a musical play with a special performance.

Other activities were organized on this day that included colorful Photo Booth for Radiation Oncology Patients and Awareness Stands about Radiation Oncology Services and Standards at the Radiation Oncology Department entrance and AUBMC's cafeteria.

At the end of this cheerful day, appreciation certificates were distributed by Dr. Fady Geara, Department Chairman, and Mr. Chirine Chehab, Department Administrator, to four nominated staff members in the Department: Positive Spirit Award for Ms. Helena Abdel Khalek, Dosimetrist, & Ms. Mireille Risha, Senior RN, Team Awesome Award for Dr. Paul Ramia, Radiation Oncology Resident, and Creative Thinker Award for Mr. Ali Sakr, Senior Radiation Therapist. Congratulations!!



DR. FADY GEARA: DISTINCTION AWARD DURING THE FIRST MEDICAL PHYSICS WORKSHOP IN DIAGNOSTIC IMAGING AND RADIOTHERAPY IN LEBANON

In appreciation of his leading role and contribution to the radiation oncology field, Dr. Fady Geara, Chairman of the Department of Radiation Oncology at AUBMC and Professor of Radiation Oncology was recognized with a "Distinction Award" during the First Medical Physics Workshop in Diagnostic Imaging and Radiotherapy. It was organized in partnership with the American Association of Physicists in Medicine (AAPM), the Lebanese Association of Medical Physics (LAMP) and, the Middle Eastern Federation of Organizations of Medical Physics (MEFOMP) from 1 to 4 December 2018 in Beirut.



TRIP OF THE RADIATION ONCOLOGY TEAM TO ARNAOON

The Department of Radiation Oncology organized a special trip for all the staff to Arnaoon village in the North of Lebanon on Saturday, November 17, 2018 on the occasion of the Annual Radiation Oncology and Medical Physics Day 2018. The aim of this trip was to spend a stress-free day and team building time in the serene Lebanese nature. Several fun activities and games took place to strengthen our team spirit and make this special day memorable.



ANNOUNCEMENT OF ACTIVITIES: NKBCI SCIENTIFIC CONFERENCES: SAVE THE DATE

In its role to serve the region and promote education about cancer, NKBCI in collaboration with the CME office is preparing the upcoming scientific conference:

- KHCC - NKBCI - MD Anderson Connecting through Research in March 2019
- 1st Middle East Lung Cancer Conference in June 2019
- 2nd Middle East Neuro-Oncology Conference in September 2019

**UNDER THE PATRONAGE OF
HRH PRINCESS GHIDA TALAL**

**CONNECTING
THROUGH RESEARCH**
KHCC-AUBMC-MDACC JOINT CONFERENCE

MARCH 22-23, 2019
INTERCONTINENTAL HOTEL
AMMAN, JORDAN

ABSTRACT SUBMISSION DEADLINE:
FEB. 1ST, 2019

 King Hussein Cancer Center

 **NAEF K. BASILE
CANCER INSTITUTE**
AMERICAN UNIVERSITY OF BEIRUT
مركز باسيل للسرطان في الجامعة الأمريكية في بيروت

 THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

The Breast Center of Excellence - Naef K. Basile Cancer Institute and the Continuing Medical Education Office (CME) at the American University of Beirut Medical Center present


**BBCC-7:
7TH ANNUAL BEIRUT
BREAST CANCER
CONFERENCE**

**ADVANCES IN BREAST
CANCER MANAGEMENT**

February 7 - 9, 2019
Gefinor Rotana Hotel, Beirut,
Lebanon

SYLLABUS

cme@aub.edu.lb

 **AUBMC**
AMERICAN UNIVERSITY OF BEIRUT MEDICAL CENTER
المركز الطبي في الجامعة الأمريكية في بيروت

Our lives are dedicated to yours

1st **MIDDLE EAST
LUNG CANCER
CONGRESS**

SAVE
THE
DATE

June 21-22, 2019



Overview
This congress is a platform for discussing recent advances in understanding the pathophysiology of lung cancer. It will enhance multidisciplinary collaboration between various specialties involved in the care of lung cancer patients.

Target Audience
Medical oncologists, radiation oncologists, surgeons, radiologists, pathologists, pulmonologists, residents/fellows, nurses, medical students.

 **NAEF K. BASILE
CANCER INSTITUTE**
AMERICAN UNIVERSITY OF BEIRUT
مركز باسيل للسرطان في الجامعة الأمريكية في بيروت

 **AUBMC**
AMERICAN UNIVERSITY OF BEIRUT MEDICAL CENTER
المركز الطبي في الجامعة الأمريكية في بيروت



MS. ZEINA KOUSSA

Q: When did you join the Naef K. Basile Cancer Institute?

Z: In 2007

Q: What is your Job title?

Z: Nurse Manager- Basile Outpatient, Specialty Clinics Hematology and Oncology

Q: What are your main responsibilities?

Z: Responsible for the daily operations of the unit. I manage daily issues to improve patient care. I also tend to focus primarily on managerial and administrative duties for the entire unit.

Q: Prior to joining this department, where were you working?

Z: Charge Nurse, Ambulatory Treatment Unit

Q: Where did you pursue your college studies?

Z: American University of Beirut

Q: What do you like most about your job?

Z: Promoting leadership and good learning experience with my staff, as well as facilitating the ease of work in daily operations

Q: What would you like to improve in your current job?

Z: There is always a place for improvement, however my responsibilities are quite challenging and well managed.

Q: Tell us about your ambition; in what terms would you like to develop your career?

Z: Being able and having the full capacity to set clear professional standards on the unit, this at some point creates empowerment and sense of belonging to the nurses on the unit

Q: Where is your best trip destination and why?

Z: Barcelona, it is where culture, beauty of nature, and freedom intersects

Q: What are your hobbies?

Z: Travelling, I love to visit new places, learn about different cultures, as well as enjoy shopping as much as I can.

Q: what would be your best food choice?

Z: Arnabieh

Q: Tell us more about your character.

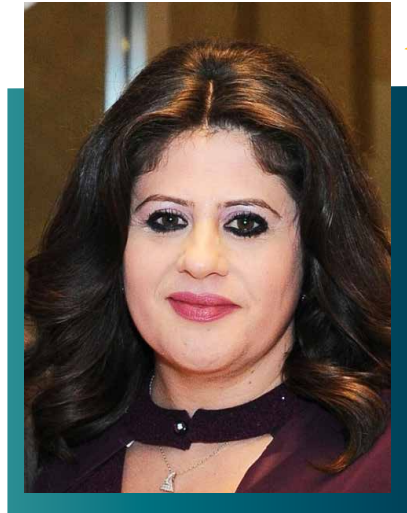
Z: I am always smiling even under pressure and am quite easy going. I always aim at achieving more and being successful. I like challenges at some point; it creates a stronger personality.

Q: What is your advice to your peers?

Z: Smile and be positive at all times; this is the path for success.

Q: What is your message to cancer patients?

Z: Be strong; it's a battle that you can conquer.





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