

O B G Y N



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

Issue N° 27 Winter Newsletter 2018

Our lives are dedicated to yours

CHRISTMAS ON THE ORIENT EXPRESS



As usual, the Christmas gathering at the Department of OBS/GYN this year was unique. On December 16, 2017, our faculty and staff went back in time to 1934 and travelled on the Orient Express, a train going from Istanbul to London. During their journey, they unveiled the secrets of a murder which took place on the train. Everybody enjoyed watching "Murder on the Orient Express" movie at the Empire Cinemas Premiere's VIP theaters. This was preceded by a brunch which included both Lebanese and Japanese delights. We wonder what surprise is hidden for next year's event!

With 2018 kicking off a couple of weeks ago, we wish all our readers a fruitful and prosperous year at the professional and personal level. This winter issue highlights some departmental activities and sheds light on the talent of one of our residents. In addition, some interesting facts about skiing during this season are highlighted in the "Did you know?" section. Enjoy.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief

PART 1 MRCOG AT AUB FOR THE THIRD TIME

For the third year in a row, AUB was an exam venue for the Part 1 MRCOG exam on September 4, 2017. Candidates who pass this exam are eligible to apply for the Medical Training Initiative (MTI) program scheme which allows international trainees to train in the United Kingdom for a maximum of two years under the National Health Service (NHS). We are looking forward to more future collaboration with the Royal College of Obstetricians and Gynaecologists.



BEST PRACTICES IN WOMEN'S HEALTH: TIME TO CHANGE!



This was the title of the 21st International Annual Congress of the Lebanese Society of Obstetrics and Gynecology (LSOG) that was held in Beirut on November 9-11, 2017. The meeting featured an extraordinary group of speakers from the US, Canada, UK, France, Belgium, Denmark, Germany, Italy, and several Arabic countries. Over the past 20 years, this meeting has grown to reach international standards, and this year's meeting proved to be one of the most successful scientific meetings in the region, with the number of Lebanese and foreign delegates approaching 1000. A wide variety of topics were elegantly covered. Four outstanding and well-attended pre-congress workshops were also offered. Like previous years, faculty members from the Department of OBS/GYN at AUBMC had a strong presence. The 2017 LSOG congress was particularly special for AUBMC, with the presence of Dr. Antoine Abu-Musa as President of LSOG and Dr. Fadi Mirza as Chairman of its Scientific Committee.



LACTATION CONSULTANT SERVICE: NEWLY INTRODUCED ON THE MATERNITY FLOOR

Benefits of breastfeeding extend well beyond basic nutrition. Research about breastfeeding continues to show important health benefits for baby and mother. With this background and with the support of the nursing leadership and the Department of Pediatrics and Adolescent Medicine, we envisioned the need for a lactation consultant service. Ms. Lama Chanouha, a registered nurse on 7 North, recently became a certified lactation consultant and started to work in this capacity on a part-time basis. This newly established service is already very well received by new mothers, and we continue to receive very encouraging feedback highlighting the highly positive experience with this service. We are hoping that this program will expand to become a daily service that includes the prenatal areas and postpartum home visits.

PUBLICATIONS

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- El Kak F, El Salibi N, Yasmine R, Ghandour L. Hymen protection and the sexual practices, perceptions, and attitudes of female university students from Lebanon. *Int J Gynecol Obstet* 2017 Nov;139(2):155-163.
- Yared G, Jaffal M, Ayoubi M, Hasbini M, Chahine R. When the mirror's image deceives: A case review. *LMJ* 2017;65:237-240.

UNICEF TRAINING OF THE TRAINERS WORKSHOP

Dr. Anwar Nassar, Dr. Khaled Yunis, Dr. Lilian Ghandour, Dr. Ramia Zakkour and Ms. Ayah Bizri were invited by UNICEF to the Training of Training of the Trainers Workshop on EQUIST that was held at the UNICEF Global Supports Services Centre in Budapest, Hungary on Dec 11-15, 2017. Over a period of five days, various functionalities of EQUIST, a powerful web-based analytical platform designed to help decision-makers develop equitable strategies to improve health and nutrition for the most vulnerable children and women, were discussed. The participants are now competent in the use of EQUIST and will be able to train country teams on its use as well.



TALENTS UNVEILED

In this section, we continue to shed light on the non-medical talents of our team. Dr. Sebastian Nasrallah, the administrative chief resident, is fond of photography. What starts out as a hobby often develops into a passion and a way of life. As a kid, the idea of a camera and its ability to capture a moment in life and eternalize it fascinated him. Over the years, his interest kept on growing as the hours he spent practicing steadily increased. Reading through usage manuals, combined with the help of tutorials on the internet, helped him self-learn the necessary techniques to develop his photography skills and tackle life from a new angle. From landscapes to portraits to conceptual images, he has learnt through photography a universal language that speaks to people anywhere around the world. Dr. Nasrallah always refers to a quote that beautifully compares life to a camera: "Just focus on what's important, capture the good times, develop from the negatives, and if things don't work out, just take another shot."



ACADEMIC NEWS

- Dr. Muhieddine Seoud was an invited speaker at the Best of ASCO 2017 Annual Meeting on July 14, 2017 at Phoenicia Hotel, Beirut-Lebanon; and at the 3rd Annual OBGYN Symposium on July 15 at Ain W Zein Medical village. He also gave an abstract presentation as an invited speaker at the 20th International Meeting of the European Society of Gynecological Oncology in Vienna, Austria on Nov 4-7, 2017. In addition, he presented three lectures as an invited speaker at the 7th Annual Meeting of the Egyptian Gynecological Cancer Society in Cairo, Egypt on November 16-17, 2017.
- Dr. Tony Bazi was invited by the Lebanese Society of Endocrinology Diabetes and Lipids to give a presentation titled "bladder dysfunction in diabetic women" during the 13th Diabetes Day held in Beirut, Lebanon on November 11, 2017.
- Dr. Joseph Nassif was an invited surgeon for live transmission at the 26th European Society of Gynecological Endoscopy (ESGE) held in Antalya, Turkey on Oct 18-21, 2017 where he performed a case of deep pelvic endometriosis. He also presented two talks in the pre-congress course on laparoscopic hysterectomy and gave a plenary lecture on the management of endometriomas. In addition, he was elected as the president of the Middle East Society of Gynecological Endoscopy for a mandate of two years.
- Dr. Faysal El Kak was appointed as a member of the Global Advisory Board on sexual health and wellbeing for a three-year period (2017-2020). He also participated as an expert on the use of family planning in population under conflict in the World Health Organization Technical Meeting on Family Planning under Humanitarian Setting. The meeting was held in New York, USA in September, 2017. Lastly, Dr. El Kak was asked by the Royal College of Obstetricians and Gynaecologists (RCOG) to take the role of RCOG Associate Champion for Lebanon.

IN THE SPOTLIGHT FADI CHOUCAIR



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

A: In May 2013.

Q: What is your title?

A: I am the senior embryologist at the Haifa Idriss Assisted Reproductive Technologies (ART) Unit.

Q: What are your main duties?

A: In addition to performing and monitoring all ART laboratory techniques, I manage the workload of the embryology and andrology laboratories and provide clinical and administrative support to junior staff.

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

A: I worked as an embryologist in a private fertility clinic.

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

A: I have always had a passion for teaching, and I am in the process of fulfilling that dream.

Q: What is most enjoyable about your job?

A: Making a difference in a couple's life and getting to witness the human development from a single 'static' cell to a fully grown live 'crying' baby.

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

A: Troubleshooting in the laboratory, and getting emotionally involved with the patient.

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

A: Nice, France, where I am currently studying. It is a stunning and calm city that combines the French and the Italian culture, architecture, and cuisine.

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

A: I enjoy eating, going out with my friends, and did I mention eating? I have also been recently introduced to crossfit classes. They're a great way to relieve stress and get some exercise.

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

A: I have always been told that people think I am a very serious person. However, they always seem to change their mind once they get to know me.

Q: What is your point of weakness?

A: My niece Elissa.

Q: Who is your favorite artist?

A: For the past few years, Charlie Puth has captured my attention as a young talented singer.

Q: What is your favorite song these days?

A: "Perfect" by Ed Sheeran featuring Beyoncé.

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

A: I am a big fan of the Investigation Discovery Channel. I have also recently enjoyed the movie "Maigret in Montmartre."

Did you know?

- The word 'ski' comes from the old Norse word 'skið', which means a piece of wood.
- Morgedal, a village in Norway, is considered to be the origin of skiing as a sport, and hence is known as the cradle of ski sport.
- The noun 'ski' was first recorded in English in 1755 but it wasn't until 1893 for the verb 'to ski' to come into use.
- The first recorded downhill skiing race was held in Sweden in 1879.
- Astronaut Harrison Schmitt believed that astronauts should learn the art of cross country skiing as he thought that the techniques involved in skiing will help them walk easier on the moon and anticipated 'lunar skiing holidays' in the future.
- Mzaar Ski Resort in Kfardebian, Lebanon is considered the largest ski resort in the Middle East.
- Skiing was introduced to Lebanon in 1913 when Ramez Ghazzaoui, a Lebanese engineer, returned from Switzerland and introduced this sport to his friends in the mountains near Aley in Mount Lebanon.
- The world's largest ski resort is the 3 Valleys 'Les Trois Vallees' in France combining Courchevel, Meribel, Val Thorens and four other stations with nearly 600 km of trails linked by 170 lifts.
- 'Les Suites de la Potiniere', which is located in Courchevel, is the most expensive ski resort in the world with a cost of \$10,295 per night!

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