

# O B G Y N

Issue N° 05 Summer Newsletter 2012



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

Our lives are dedicated to yours

## RESIDENT GRADUATION DINNER CELEBRATED IN STYLE



On June 5, the Department of Obstetrics and Gynecology celebrated the graduation of its residents at a dinner party held at Le Maillon Restaurant, Ashrafieh. Dr. Anwar Nassar, Interim Chairman of the Department, welcomed the graduates and their families, residents, attendings, staff and guests of the department to a memorable night that featured a rich program of live music and entertainment (speech available on the departmental website: <http://staff.aub.edu.lb/~webobs/>). In an exceptionally elegant environment, the graduating residents, Gael Abou Ghannam, Frederic Metri, Lamia Sayegh, and Ghina Shami received their graduation gifts from Dr. Nassar. After dinner, invitees joined the graduates for hours of late night dancing.

This issue marks the first anniversary of WIRE, the OB/GYN newsletter. Your positive feedback has set the bar very high for us and made us quite determined to keep up the pace to deliver the best we have to offer. Highlighted in this issue are some of our departmental activities, including reviving a long-lived departmental tradition, the Resident Research Day. It also sheds light on the memorable Graduation Dinner, in addition to a variety of other departmental news.

Sincerely,  
Anwar Nassar, MD  
Editor-in-Chief

## FIRST SPECIALTY SYMPOSIUM

The Division of Maternal Fetal Medicine is honored to announce the First Specialty Symposium "Hot Topics in Perinatal Medicine" to be held on September 15, 2012, at AUBMC. This will be the first in a series of specialty symposia that will be organized by the Department of OB/GYN. With renowned international and local speakers, we can guarantee that the Symposium will be a rewarding scientific exchange in many aspects of pregnant women's health, from the basics of labor management to the cutting-edge science of non-invasive techniques for prenatal diagnosis. The program is broad and varied in content and should include topics of interest to every obstetrician. The website of the Symposium can be accessed from our departmental website.



Courtesy of Dr. Rabih Andary

## A UNIQUE PRIZE FOR A UNIQUE NURSE



To honor the nurses who are an integral part of the success of our Department in patient care, a unique prize was introduced this year by the Department of OB/GYN to honor one of our registered nurses. The recipient of this year's award was Mrs. Christiane Sobhieh, the coordinator of the Women's Health Center who will be travelling to Los Angeles to attend the ANCC National Magnet Conference, taking place on October 10-12, 2012. This is the official annual conference of the prestigious Magnet Recognition Program®, which serves as a showcase of the best nursing practices for the Magnet community.

## MED III STUDENT AWARDS: VERY WELL DESERVED



For the 9th year in a row, the distinguished Med III students who gave the best PowerPoint presentation during the OB/GYN clerkship were awarded certificates of excellence and a token of appreciation of their high-caliber presentations that sometimes competed with presentations given by our esteemed faculty. The awardees for the academic year 2011-2012 were: Bernard Dib, Ali Harb and Firas Kreidieh.

## STAFF DEVELOPMENT PLAN

In an attempt to promote the functional competencies and to upgrade the skills specific to In Vitro Fertilization (IVF) laboratory procedures, and as an integral part of the 2011-2012 staff development plan in the Division of Reproductive Endocrinology and Infertility (REI), Mrs. Daad Farhat, an IVF technician, attended the Alpha 2012 - 9th Biennial Conference in London, UK. From April 26-29, 2012, Mrs. Farhat participated in the vitrification workshop and attended the sessions related to clinical embryology. The workshop aimed to introduce the principles involved in vitrification, and empower participants with the practical skills used in vitrification. This is a crucial step in the process of oocyte freezing, since our IVF laboratory is in the process of establishing oocyte freezing for several indications that include cancer patients who will undergo chemotherapy or radiotherapy.



## Resident Research Day is Back

The first Resident Research Day was held back in 2004. The reason behind our determination to organize this activity stems from our belief that positive reinforcement has a major role in enhancing a healthy competitive environment that further motivates residents to use all their potential. In addition, we strongly believe that research should be an integral part of any residency program. The Research Day was a success and became a yearly departmental activity until 2008, when this activity came to a halt. The 5th Resident Research Day was held on July 16, 2012, at Le Bristol Hotel. In a very competitive environment, eleven research projects that the residents were conducting in the Department were presented. The 3 best presentations by Drs. Gael Abou Ghannam (graduate), Stephanie Fellas (PGY 2) and Lamia Sayegh (graduate) were awarded prizes. On that occasion, prizes were also distributed to distinguished residents. Dr. Ahmad Fakhri (PGY 4) was elected Best Resident in Teaching, Dr. Gael Abou Ghannam (graduate) was elected Best Resident of the Year (chosen by faculty members) and Dr. Ghina Shami (graduate) was elected Most Popular Resident (chosen by colleagues). Dr. Nassar announced that next year, a new prize will be awarded to the resident with the highest score on the CREOG in-training exam that will take place in January 2013.

## Women's Health Center Blog: Coming Soon

We are very pleased to announce that a blog for the Women's Health Center will be launched soon. Stay tuned for more information.

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## PUBLICATIONS

- Mirza FG, Strohsnitter WC, Rivera J, Gyamfi C. Intrauterine Growth Restriction with Abnormal Umbilical Artery Dopplers: A Harbinger for Preeclampsia. J Matern Fetal Neonatal Med 2012 (In press).
- Awwad J, Usta IM, Succar J, Musallam K, Ghazeeri G, Nassar AH. The Effect of Maternal Fasting during Ramadan on Preterm Delivery: A Prospective Cohort Study. BJOG 2012 (In press).
- Bazi T, Obeid R, Nassar AH. Intra-abdominal Irrigation at Cesarean Delivery: A Randomized Controlled Trial (Letter-to-Editor). Obstet Gynecol 2012 (In press).

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## ACADEMIC NEWS

- Dr. Fadi Mirza was an invited speaker at the seminar series of the Lebanese Society of Obstetrics and Gynecology that were held at the Metropolitan Hotel on April 20, 2012. Dr. Mirza gave a lecture entitled "Evaluation and Management of Antepartum Hemorrhage."
- Dr. Fadi Mirza and Dr. Tony Bazi were invited participants at the annual meeting of the National Society of Multiple Sclerosis, which was held at the Movenpick Hotel, Beirut, Lebanon on May 20, 2012.
- Dr. Anwar Nassar, along with Dr. Rose-Marie Boustany, gave a Grand Round entitled: "Trisomy 21 Trilogly: Before and After Birth and All Life Long" at the Department of Pediatrics and Adolescent Medicine. This activity was meant to raise awareness and commemorate Down Syndrome Day that was celebrated on March 21, 2012.

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## CONGRATULATIONS

- Mr. Marwan Ghawi, a clerk on 7 North since 1981, was one of the recipients of this year's AUBMC Service Excellence Award. This award is granted to the few who do services beyond job duties.
- Ms. Lama Chanouha, an RN on 7 North, received the DAISY Nurse Award. The Diseases of Autoimmune Symptoms (DAISY) Award is presented by the American Nursing Credentialing Center (ANCC). Originally founded in 1999, this award is granted to those who serve as role models for nurses. Received from the United States, the award consists of a handmade sculptor, a certificate, a bag, a pin and a jar of cinnamon in memory of Mr. Patrick Barnes who loved cinnamon.
- Rania Farhat, a Med IV student, received the SCORE-Issam Fares Grant for the best proposal by a medical student among those who had applied for the grant. The proposal is entitled: "Semen Human Papillomavirus (HPV) Shedding in Couples Undergoing Assisted Reproductive Technologies: Prevalence and Clinical Outcome." Mrs. Farhat worked closely with the principal investigator on the project Dr. Johnny Awwad and co-investigators Drs. Anwar Nassar, Ghina Ghazeeri and Rami Mahfouz.
- Dr. Ahmad Fakhri (PGY 4) and Dr. Amal Nasreddine (PGY 2) got married and Dr. Bassem Skaff (PGY 4) and Dr. Dima Ezeddine (PGY 3) got engaged.

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## RESIDENT EDUCATIONAL WORKSHOPS

On June 13, 2012, Dr. Tony Bazi conducted the 1st departmental workshop on obstetric anal sphincter injury repair at the Animal Care Facility (DTS Building). All four chief residents participated, and were able to benefit from this experience. Following an instructional video demonstration, a 6-cm long female pig perineum was used to create a fourth degree injury. Participants then performed the practice of repair, using standard-of-care methodology. Residents were asked to make suggestions in order to improve the educational experience in future workshops.



## Alumni News

\*Dr. Rabih Chahine is currently an associate clinical faculty at our Department. He is the Head of the Division of MFM at RHUH and is the designated coordinator of the residents education program there.

After completing a 4-year residency training in OB/GYN at AUBMC, he did a fellowship in MFM at the University of Tennessee, Memphis. He has over 12 years of experience in the field. He started and managed several prenatal diagnosis programs until he was selected with a group of physicians to found the Department of OB/GYN at RHUH. He has a special interest in fetal prenatal diagnosis and advances in fetal ultrasonography.

Dr. Chahine is married to Rand Baassiri, "the love of my life and my journey companion since the days at AUB" and is a proud father of Hatem (16) and Dima (13), currently students at the International College.

He is fond of traveling and does his best to visit places with his family during every vacation. He enjoys music, mostly soft Jazz, blues and classical, as well as the old Arabic heritage. Above all, he loves playing tennis with his kids.

\*After completing a residency in OB/GYN at AUBMC in 1993, Dr. Gaby Khayata worked in private practice in Lebanon for three years. In 1996, he moved to the UAE, where he joined Tawam Hospital for 9 years. In 2001, he was appointed as a Clinical Assistant Professor in the Department of OB/GYN, Faculty of Medicine and Health Sciences, UAE. In 2005, he joined Dr. Sulaiman Al Habib Medical Group in Dubai Healthcare City as a private general OB/GYN. Dr. Khayata has a special interest in HPV-related diseases and in raising public awareness in Dubai. He is married to Lina Hajji and has 2 boys, Michael (21) and Jim (17), who both study and live with their mom in Montreal, Canada. His main hobbies are marine and tropical freshwater aquariums.

## IN THE SPOTLIGHT: DR. KARAM KARAM



### Q: When did you join the department of OB/GYN?

A: In July 1972. Then in 1973, I left to Johns Hopkins as an Assistant Professor in the Department of OB/GYN, and came back as the Director of Johns Hopkins Program for International Education in OB/GYN at AUBMC in the same year.

### Q: What is your title?

A: Clinical Professor.

### Q: What are your main duties?

A: Patient care and teaching.

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

A: I would have chosen surgery, general or plastic surgery. That is where I was heading in 1967, but then shifted to OB/GYN. Anyway, it would have been the same profession, medicine.

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

A: I was a Fellow in Gynecology at Peter Bent Brigham Hospital, Harvard Medical School. Before that, I was a Fellow in Reproductive Endocrinology at the University of California, Los Angeles.

### Q: What do you like most about your job?

A: The operating theater, performing surgery, patient care and clinical work.

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

A: Staying abreast of new developments, maintaining proper standards of practice, and transmitting expertise and knowledge to younger generation of physicians.

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

A: Mougins, South France, for its charm and natural beauty. Geneva, Switzerland, for its peace and civility. Los Angeles, USA, for its weather, glamour and space.

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

A: Listening to classical music, reading biographies, memoirs, and history, painting, walking and writing prose and poetry.

### Q: Tell us something that most people don't know about you.

A: I never carry money on me, nor do I touch it. It is one of my obsessions.

### Q: What is your weakness?

A: Trust.

### Q: Who is your favorite artist?

A: Mozart and Ravel.

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

A: Mudnaka Ghafahu, Ghafnuhu Allama El Ghazal by Abdel Wahab, Aghadan Alkak by Oum Kalthoum, and Layali El Unsi by Asmahan.

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

A: House of Stone by Anthony Shadid, Myths, Illusions and Peace by Dennis Ross, and Fi Hukumatin Lam Tahkum by Salah Salman.

## Did you know?

- Every 3 seconds a baby is born, so by the time you finish reading this issue (if you are thorough in your reading), 280 babies will be born!
- About one fourth of a baby's weight is accounted for by its head.
- It is determined at around 10 weeks after birth whether the baby is right-handed or left-handed.
- When babies are born, they have 300 bones. But as adults, they only have 206 bones in their body. This is due to the fact that some bones fuse together.
- Famous premature babies include Albert Einstein, Charles Darwin, Isaac Newton, Jean-Jacques Rousseau, Napoleon Bonaparte, Mark Twain, Pablo Picasso, Auguste Renoir, Stevie Wonder, Johann Goethe, and Sir Winston Churchill.
- The word "baby" may come from a baby's babbling, as in "ba-ba-ba-ba."
- Babies develop vocal cords that are capable of crying before leaving the womb.
- It's surprisingly common for a father-to-be to start gaining weight, getting morning sickness and even feeling cramps in his lower abdomen. The condition is known as Couvade Syndrome.
- Newborns won't cry tears for at least three weeks, and sometimes not until they are 4 or 5 months old.

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