

O B G Y N



Issue N° 06 Fall Newsletter 2012

Our lives are dedicated to yours



THE FIRST SPECIALTY SYMPOSIUM: A HUGE SUCCESS

The First Specialty Symposium "Hot Topics in Perinatal Medicine" that was held on September 15, 2012, was a success by all standards. More than 140 participants from different areas of Lebanon agreed on the high quality of the presentations, the caliber of the speakers, the high degree of organization and the rich scientific program. The Lebanese Society of Obstetricians and Gynecologists (LSOG) congratulated the organizing committee for a job very well done. Dr. Anwar Nassar, Activity Director, announced that the Second Specialty Symposium entitled "Fertility Preservation in Women" will take place on May 10, 2013, under the umbrella of the MEMA. We would like to take this opportunity to thank the CME office and particularly Mrs. Dalya Salem Nehme for her endless support.

Another issue of WIRE comes at a time when our department is undergoing a major face-lift in its premises, mainly the delivery suite, Suite 712 on 7 North and the In Vitro Fertilization Unit. This issue highlights some of our departmental activities, including the First Specialty Symposium. Our faculty members have been very productive academically during the past few months in parallel to an unprecedented number of deliveries on our labor and delivery wards. Also featured is a new corner that is dedicated to individuals from outside departments whose efforts have been indispensable to our department. We hope that you find this issue useful.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief



OUR DEPARTMENT AT THE FIGO MEETING

The Department of OB/GYN continues its strong presence in regional and international meetings. The XX FIGO World Congress of GYN/OB was held in Rome on October 7-12, 2012. Five presentations were given by our faculty as part of the LSOG session. An overview of the use of MgSO₄ for neuroprotection was presented by Dr. Nassar, while Dr. Seoud discussed

the management of placenta accreta. Dr. Adra tackled the topic of recurrent pregnancy losses and Dr. Mirza gave a talk on the potential role of antenatal steroids in the late preterm period.

REUTERS HEALTH PRESS RELEASE



A study that was recently published in the BJOG, an International Journal of Obstetrics and Gynaecology, has concluded that fasting during the month of Ramadan does not seem to increase the baseline risk of preterm delivery in pregnant women regardless of the gestational age during which this practice is observed. This is the first study in the English literature to look at the effects of Ramadan fasting, specifically, on preterm delivery.

This study received a wide international coverage and the lead author Dr. Anwar Nassar was interviewed by Reuters Health and ABC Radio Australia to comment on its implications.

EDUCATING WOMEN IS ONE OF OUR PRIORITIES

The Department of Obstetrics and Gynecology and the Women's Health Center have initiated a series of teaching workshops targeted to our patients. These activities, which will be held on a regular basis, address various issues relating to Women's Health. The first of such workshops "Lifestyle in Pregnancy" was held on September 11, 2012, and was given by Mrs. Christiane Sobhie, the coordinator of the Women's Health Center. It was an interactive session that was attended by pregnant women and their spouses. Very positive feedback was received on the material covered, the visual aids used and the valuable information learned. This will be followed soon by other workshops covering topics including "Intrapartum Expectations" and "Postpartum Tips."

NEWLY CREATED DIVISION OF MFM: THE FUTURE IS BRIGHT

The Maternal Fetal Medicine (MFM) division, that now includes 5 MFM specialists and a clinical associate, is committed to incorporate the best in clinical care, research and training. Our expertise covers the entire span and full scope of preconceptional and prenatal care, optimizing the outcome for both the mother and her fetus.

The prenatal diagnosis unit was recently renovated and continues to offer a wide variety of services. With its latest ultrasound technology, including 3D/4D, the unit demonstrates consistent excellence and ensures compliance with national and international standards of patient care. It offers fetal chromosome and DNA assessment by such techniques as amniocentesis, chorionic villus sampling and fetal blood sampling, as well as interventions such as fetal paracentesis, fetal thoracentesis, intrauterine fetal transfusion and multifetal pregnancy reduction. Our physicians are active in introducing practice policies in obstetric and MFM practice and monitor those that have already been established, while focusing on decreasing the rate of un-indicated inductions of labor. We continue to work closely with colleagues in other departments. We reinstated the combined Perinatal Neonatal Conference and introduced a working high-risk list that serves as a platform of communication between our neonatology colleagues and us. Our 'sick' babies are taken care of in a dedicated intensive care nursery with cutting-edge facilities and highly qualified neonatologists. We have also worked closely with the Department of Pathology and Laboratory Medicine. As a result, the first trimester screening (to assess risk of chromosomal abnormalities) has become established as a routine diagnostic test. Communication with patients is also a priority in our division. To that end, teaching brochures have been published while others are being prepared. Research is an integral part of both teaching and patient care. Our division is increasingly involved in local research with no shortage of original ideas and we have recently joined multicenter international research projects. Last but not least, we have embarked on a major project; an ultrasound course that will be directed towards the residents for this year, after which we hope to develop it into a yearly event addressed to fellow obstetricians in Lebanon and the region.



MEET THE ALUMNI

*Dr. Huda Bachir Al-Kouatly earned her BS in Biology in 1987 and MD degree in 1994 at AUB, both with distinction. She completed her first OB/GYN residency at AUB and had to repeat her residency in the US to obtain Board certification. She was an outstanding fellow in Maternal Fetal Medicine (MFM) at New Presbyterian Hospital-Cornell Medical Center. Dr. Al-Kouatly has been working at INOVA Fairfax Hospital for eight years in one of the busiest MFM private practices in the US. Her vast clinical experience and dedication is reflected by the fact that she is one of only four perinatologists in a department with 10,500 annual deliveries. She is an Assistant Clinical Professor of OB/GYN at George Washington University and Virginia College University. She has been listed as a Top OB/GYN Physician in Northern Virginia Magazine for the last three consecutive years. She loves to teach OB/GYN residents and medical students. She is a member of several scientific societies. She enjoys cooking and spending time with family & friends. Above all, she enjoys spending time with her son, Keyan, "the joy of her life."

*Dr. Reem Abdallah received her MD degree from Saint-Joseph University, Faculty of Medicine-Beirut, in June 2006. During her third year of medical studies, she also earned a certificate in Biochemistry, after which she completed a 4-year residency in OB/GYN at AUBMC, and graduated in June 2010. She then had training in Surgical Oncology at the Department of Surgery at Alexis Vautrin Oncology Center in France for one year. In March 2012, she started a 3-year fellowship in Gynecologic Oncology at the University of South Florida and H. Lee Moffitt Cancer Center, which is one of 41 NCI-designated Comprehensive Cancer Centers across the USA located in Tampa, Florida. At the end of this fellowship, Dr. Abdallah hopes to return to Lebanon and be able to help oncology patients here in the best way possible.

PUBLICATIONS

- Miranda-Mendoza I, Kovoor E, Nassif J, Ferreira H, Wattiez A. Laparoscopic surgery for severe ureteric endometriosis. Eur J Obstet Gynecol Reprod Biol 2012 Jul 22. [Epub ahead of print]
- Nassif J, Al Chami A, Nassar AH, Abu Musa A, Kurdi A, Ghulmiyyah LM. Vaginoscopic resection of vaginal septum. Surg Technol Int 2012. [In print]
- Cohen WR, Ommani S, Hassan S, Mirza FG, Solomon M, Brown R, Schiffrin BS, Himsworth JM, Hayes-Gill BR. Accuracy and reliability of fetal heart rate monitoring using maternal abdominal surface electrodes. Acta Obstet Gynecol Scand Aug 2012. [Epub ahead of print]
- Awwad J, Ghazeeri G, Hannoun A, Isaacson K, Abou-Abdallah M, Farra C. An investigational ovarian stimulation protocol increased significantly the psychological burden in women with premature ovarian failure. Acta Obstet Gynecol Scand Sep 20 2012. [Epub ahead of print]
- Awwad J, Abou Abdallah M, Metri F, Younis Z, Ghazeeri G. Recombinant Human Luteinizing Hormone (rhLH) split daily dose to support Recombinant Human Follicle-Stimulating Hormone (rhFSH)-induced follicular development in women with hypogonadotropic hypogonadism: a non-randomized controlled pilot study. Reprod Biomed online Aug 2012. [In Print]
- Awwad J, Ghazeeri G, Toth T, Hannoun A, Abou Abdallah M, Farra C. Fever in women may interfere with follicular development during controlled ovarian stimulation. Inter J Hyperthermia Aug 2012. [In Print]
- Ghazeeri GS, Awwad JT, Alameddine M, Yunis ZM, Naja F. Prevalence and determinants of complementary and alternative medicine use among infertile patients in Lebanon: a cross sectional study. BMC Complement Alternat Med 2012;12(1):129.
- Awwad J, Farra C, Hannoun A, Isaacson K, Abou-Abdallah M, Ghazeeri G. Idiopathic premature ovarian failure: what is the most suitable ovarian stimulation protocol? Clin Exp Obstet Gynecol Aug 2012. [In Print]
- Awwad J, Sayegh R, Yeretian J, Deeb M. Prevalence, risk factors and predictors of pelvic organ prolapse: a community-based study. Menopause Aug 2012. [In Print]
- Awwad J, Hannoun A, Khalil A, Younes Z, Ghazeeri G. Induction of final follicle maturation with a Gonadotropin-Releasing Hormone agonist in women at risk of ovarian hyperstimulation syndrome undergoing gonadotropin stimulation and intrauterine insemination: proof-of-concept study. Clin Exp Obstet Gynecol 2012. [In Print]
- Bazi T, Hajj-Husseini IA, Awwad J, Shams A, Hijaz M, Jurjus A. A modulating effect of epigallocatechin gallate (EGCG), a tea catechin, on the bladder of rats exposed to water avoidance stress. Neurourol Urodyn Jul 27 2012 [Epub ahead of print]
- Saad Aldin E, Saadeh J, Ghulmiyyah L, Hitti E. Review article: late post-hysterectomy ectopic pregnancy. Emerg Med Australas 2012;24(3):239-43.



SPECIAL THANKS

For your dedication and hard work beyond duty hours. Your continuous support to the Department cannot go unnoticed. *Thank you.*



Ghada Atiyah,

Chief Electrical Engineer
Department of Plant Engineering

ACADEMIC NEWS

- Dr. Anwar Nassar was an invited speaker at the scientific workshop "Treatment of Urinary Tract Infections – Strategies and Trends" that was held in Antalya, Turkey, on October 4-7, 2012.
- Dr. Abdallah Adra was an invited speaker to the Annual Congress of "The Fetus as a Patient" that took place on September 1-2, 2012, in Mykonos, Greece.
- Dr. Johnny Awwad was the chairman of the scientific committee and program of the Middle-East Fertility Society Annual Meeting that was held in Dubai on Oct 3-5, 2012. Drs. Ghina Ghazeeri, Antoine Hannoun, and Joseph Nassif were invited as guest speakers.
- Dr. Joseph Nassif was an invited speaker at the course "Current Techniques in the Treatment of Severe Endometriosis" on September 10-12, 2012, IRCAD/European Institute for Telesurgery Strasbourg- France. He was also an invited speaker and chairman of "Difficult Situations in Laparoscopic Surgery" session at the 21st Annual Congress of the European Society of Gynecological Endoscopy (ESGE) on September 12-14, 2012, Paris – France.
- Dr. Labib Ghulmiyyah was an invited speaker at the International College on June 15, 2012, where he gave students in first and second intermediate a lecture about puberty and sexuality, as he has done for the past two years.
- Dr. Fadi Mirza gave Grand Rounds at the Department of Anesthesiology at AUBMC on July 2, 2012, and at the Department of Obstetrics and Gynecology at Clemenceau Medical Center on July 12, 2012. He was recently chosen along with a select number of Maternal Fetal Medicine experts in the US to the Review Committee of the Cervical Length Education and Review (CLEAR) program. The CLEAR program is an initiative of the Perinatal Quality Foundation/Society for Maternal Fetal Medicine that helps certify providers in cervical length assessment during pregnancy.

IN THE SPOTLIGHT: MRS. RIMA MATTAR BALUTE



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

A: I joined the department in 2002 as a research assistant with Dr. Muhieddine Seoud and worked on the HPV cervical cancer project. In 2007, I rejoined the department as a part time research assistant. In February 2012, I was appointed as full time employee at AUBMC.

Q: What is your title?

A: Clinical Department Administrator.

Q: What are your main duties?

A: They are mainly administrative duties in the department, in addition to evaluations of the faculty, residents and students.

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

A: Probably I would have been working in my original specialty as a medical laboratory technologist.

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

A: I was a full time Mom, and before that I was a medical laboratory technologist in the Serology Laboratory at the Department of Pathology and Laboratory Medicine at AUBMC.

Q: What is most enjoyable about your job?

A: I love working with the faculty members in the department.

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

A: Meeting the deadlines and keeping up with the rhythm of Dr. Anwar Nassar.

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

A: There is no specific place. I like to travel to European cities. I love walking in the streets of old cities and discover their history and culture. But if I want to reside permanently in one place then my choice would be in the USA, because I lived in Naperville, Illinois for 7 years and I have a lot of beautiful memories there.

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

A: I enjoy reading bestsellers, and I like to spend time with my friends and family.

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

A: I am not as quiet as I seem to be but luckily I am capable of controlling myself.

Q: What is your point of weakness?

A: I worry a lot and I trust all people.

Q: Who is your favorite artist?

A: Renoir and George Knowles as painters and Ziad Rahbani as a musician.

Q: What song are you listening to most lately?

A: I don't have a particular song but I enjoy listening more to oldies. I also like to listen to Oum Kaltoum and other classical musicians.

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

A: I don't go much to movie theaters. The last movie I saw was The King's Speech for Colin Firth and I enjoyed it. I also just finished a book by Turkish novelist Elif Shafak called "The Bastard of Istanbul" which was beautiful.

Did you know?

- A woman's uterus will expand to 500 times its normal size during pregnancy.
- Only 5% of babies are born on their due date. Most babies arrive anywhere between 37 to 42 weeks.
- When a baby girl is born, her ovaries contain between 1-2 million eggs. By the time she reaches the age of menstruation and gets her period, she will be left with only about 400,000 eggs.
- The most common month to be born in is August. The least common month to be born in is February.
- Nigeria has the highest twinning rate in the world. Some experts attribute this number to the large consumption of yams.
- According to a Time Magazine article published in 1945, the longest pregnancy on record is 375 days (as opposed to the usual 280 days). Amazingly, the delivered baby was only 3145 grams.
- About 1 in five toddlers can open bottles with child-resistant tops.
- Babies are born with very poor vision but can recognize their mothers almost right away.
- The first known contraceptive was crocodile dung, used by Egyptians in 2000 B.C.

Department of Obstetrics and Gynecology

American University of Beirut
Medical Center
Office C-827, Phase I

Newsletter Editor

Anwar Nassar, MD
To submit news,
comments or queries:
Email: rb01@aub.edu.lb
Phone: 01-340460 ext. 5610

Departmental Leadership

Interim Chairperson
Anwar Nassar, MD

Vice-Chair

Muhieddine Seoud, MD

OB/GYN Wire is published quarterly
by the Department of Obstetrics and
Gynecology at AUBMC.