

# O B G Y N



Issue N° 07 Winter Newsletter 2013

Our lives are dedicated to yours



## RECOVERING IN LUXURY

With a gentle nod towards basic hospital standards, Suite 712 on 7 North was recently renovated. The refined interior décor, lavish accessories and special attention to detail create the modern expectations of a five-star hotel. All these elements along with the excellent clinical care that we have always been providing to our patients are part of what makes a stay at this suite exceptional. Dr. Nassar commented that the renovation took into account the home-touch that would ensure that a woman is recovering in a friendly and warm environment.

The season of festivities is very evident in the current issue of our newsletter. In addition to academic news, we highlight some departmental activities, including a very special Christmas Dinner. We also present you with a sneak preview of our newly renovated suite as well as a new section that shares information about interesting obstetrical facts from the animal kingdom. We wish you a fruitful new year and we hope that you enjoy this issue.

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

## TALENTS UNVEILED IN CHRISTMAS DINNER

The Department of Obstetrics and Gynecology celebrated the holiday season in a special evening at the Acki'z Restaurant in Ashrafieh. After a rich and delicious Italian dinner in the middle of elegant floral decoration, karaoke singing continued till midnight. This activity unveiled the talents of several attendings, residents, nurses and staff.



Courtesy of Mr. Hasan Nisir

## A PROCEDURE OFFERED FOR THE FIRST TIME AT AUBMC

Dr. Joseph Nassif performed the first laparoscopic neovagina creation using the modified Vecchietti technique in Lebanon. This procedure that is used for girls with vaginal agenesis or hypotrophy uses traction on the vaginal bud to extend it and is assisted by laparoscopy. It results in shorter operating times, lower morbidity rates and no external scars. Postoperatively, sexual function approaches that of matched controls without gynecological disorders.

## FROM THE ANIMAL KINGDOM



The male seahorse is one of the top animal dads. Not only is he monogamous, but he is the one who actually gets pregnant carrying up to 1,000 babies at a time. This dad-to-be also loves to show off his rounded belly. However, nobody's perfect. This dad has been known to eat a few of his offspring as well.



Rain  
Courtesy of Dr. Rabih Andary



## MEET THE ALUMNI

\*Dr. Mary Chammas graduated from AUB with high distinction for her BS in Biology (1989) & with distinction for the MD (1993). She then completed her OB/GYN residency at AUBMC, followed by a 3-year Maternal Fetal Medicine fellowship at the University of Illinois, Chicago. She also obtained a Master's degree in Public Health in 2000. During her stay in the US, she co-authored a number of peer reviewed articles.

She then began her clinical practice first at Rizk Hospital clinics then at St. Georges Orthodox University Hospital. She is currently an active member at both the latter hospital and Balamand University, and spends her time between her clinical and academic duties. She also participates in national committees and meetings in OB/GYN.

She is married to Dr. Ziad Massad, also an AUBMC graduate in OB/GYN and IVF specialist in private practice. They have 3 kids: Paul 11, Mia 10 and Peter 7.

\*Dr. Rana Skaf Sfeir joined the AUBMC OB/GYN residency training program in 1997. In 2000, she repeated her residency in Case Western Reserve University. There she received the Award of Excellence in Residents Teaching in 2001 and The Wulf HT. Utian Award for Surgical Excellence in 2004. After graduating and becoming American Board certified in OB/GYN, she worked five years in the US and returned in 2010 to St. George Orthodox University, Department of OB/GYN at Balamand University where she is currently the Residency Program Director.

Dr. Sfeir is involved in a research project to increase the awareness of sexually transmitted infections in Lebanese schools. Dr. Sfeir enjoys cooking and baking with the help of her two special sous-chefs Sara and George. Sara and George are God's blessings together with her husband, Abdo.

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## PUBLICATIONS

- Usta I, Usta J, Nassar AH. 17-hydroxy progesterone caproate for preterm labor prevention: finally blood levels. Am J Obstet Gynecol Dec 2012. [In Print]
- Diken Z, Usta IM, Nassar AH. A clinical approach to intrahepatic cholestasis of pregnancy. Am J Perinatol Nov 2012. [In Print]
- Usta I, Awwad J, Nassar AH. Statistical analysis of observational studies: A topic of significant debate. BJOG Dec 2012. [In Print]
- Hayes-Gill BR, Hassan S, Mirza FG, Ommami S, Himsworth JM, Solomon M, et al. Accuracy and reliability of uterine contraction identification using abdominal surface electrodes. Acta Obstet Gynecol Scand 2012 Nov;91(11):1306-13.

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## ACADEMIC NEWS

- Dr. Abdallah Adra, the President of the Executive Board of the Mediterranean Association of Ultrasound in Obstetrics and Gynecology (MEDUOG), was an invited speaker to the 9th Annual Congress of MEDUOG that took place in Bucharest, Romania, on October 24-25, 2012. During the official opening ceremony, Dr. Adra received an award and was granted the title of "Honorary Member of Romanian Society of Ultrasound in Obstetrics & Gynecology" (SRUOG). *Congratulations.*
- Dr. Fadi Mirza gave a Grand Round at the Department of Internal Medicine on October 30, 2012 entitled "Preeclampsia: A Joint Venture." Dr. Mirza was also hosted by the health show "Sohtak", broadcasted by leading Iraqi television channel Sumaria. The 60-minute live episode tackled the topic of birth defects.
- Dr. Joseph Nassif participated as a faculty in the "Certification in Gynecological Laparoscopic Surgery" workshops at the 41st Global Congress of the American Association of Gynecological Surgery (AAGL) on November 5-9, 2012 in Las Vegas, Nevada, USA.
- In what has become a yearly tradition, the Department of OB/GYN at AUBMC had a strong presence at the International and Pan Arab Annual Congress of the Lebanese Society of Obstetrics and Gynecology that was held at the Movenpick Hotel in Beirut, on November 15-17, 2012. Drs. Abdallah Adra & Fadi Mirza were the course directors of pre-congress CME-accredited course on "First Trimester Ultrasound Screening." Dr. Joseph Nassif was the course director of the pre-congress hands-on workshop on "Hysteroscopy & Laparoscopy." Dr. Muhieddine Seoud was the course director of the pre-congress course on "Prevention of cervical cancer and HPV vaccination."
- Dr. Tony Bazi was an invited speaker to the regional symposium of the International Urogynecology Association (IUGA) held in Jeddah on November 28-29, 2012 where he gave two presentations: "Neurophysiology of the bladder" and "Evidence based repair of obstetrical anal sphincter injury." In addition, he staffed a workshop on the repair of obstetrical anal sphincter injury.
- Dr. Muhieddine Seoud was invited to attend the International Papilloma Conference in San Juan, Puerto Rico, November 29 - December 6, 2012 and the launching of the new vaccine monograph for the prevention of HPV related disease, the general edition where he is noted among the contributing authors. Dr. Seoud is also the Elsevier-invited guest editor of the Vaccine monograph for the Middle East and it will be launched in the first quarter of 2013.
- Dr. Labib Ghulmiyyah gave a lecture at the Department of Radiology at AUBMC on November 6, 2012 entitled "3-Dimensional Ultrasound in Obstetrics." On December 15, 2012, Dr. Ghulmiyyah gave a lecture entitled "Screening & Management of Diabetes in pregnancy: What's new?" as part of a workshop organized by AUBMC on diabetes to a group of Iraqi physicians, diabetes educators and laboratory professionals. Dr. Ghulmiyyah is now part of a radio morning show where he answers questions of listeners every week as part of the "Gavin Ford in the Morning" show on Radio One, Lebanon.



## SPECIAL THANKS

For your endless help and for always fulfilling your promises. We really appreciate your devotion and commitment. *Thank you.*



Miss Anna Maria Abi Rashed

Director  
Materials Management  
Department, AUBMC



Christmas Decoration at the  
Women's Health Center  
Courtsey of Mr. Hassan Alameh

## IN THE SPOTLIGHT: DR. LABIB GHULMIYYAH

We caught up with Dr. Labib Ghulmiyyah in an effort to get to know him better! Check out the interview:

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

A: Four years ago. To be exact I started work here in August 2008.

**Q: What is your title?**

A: Assistant Professor and Residency Program Director.

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

A: Caring for my patients, teaching and working on improving the training of our residents.

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

A: After completing my residency at Atlanta Medical Center, I pursued a fellowship in Maternal Fetal Medicine at the University of Texas in Galveston, Texas after which I moved back to Lebanon and joined the Department. Without a doubt, it was the best thing I have ever done.

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

A: I would have loved to be a professional athlete.

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

A: Being in the Delivery Suite and bringing those babies to life. Occasionally I enjoy quizzing the residents and students.

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

A: The long stressful hours as well as the demanding patients.

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

A: I would go visit New Zealand and Australia anytime. A virgin island in the Philippines is also on my to-go list. It would be so cool to just hang around by the ocean all day.

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

A: Free time? What is that! If I find any, I try to go out and practice all kinds of outdoor sports such as swimming, skiing, tennis and running.

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

A: Most people don't know that I am extremely shy when it comes to public speaking.

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

A: I tend to worry a lot and most of the time it turns out that I shouldn't have.

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

A: Joan Miro as a painter, the Beatles and U2 as musical bands and Ziad Rahbani as an overall artist.

**Q: What song are you listening to most lately?**

A: For some weird reason, lately, I have been listening to a lot of country music.

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

A: The book I am reading now is called "What Happy People Know" by Dan Barker. I am not a big fan of movies but I have recently watched "Cinema Paradiso." However, nowadays I do take pleasure in watching TV series. I have been watching one called "Suits."



## Did you know?

- A baby's gender is determined after the first 6-8 weeks of pregnancy.
- The length of the finger indicates how fast the nail grows. The nail of the middle finger grows faster than others.
- At birth, everyone is color blind.
- Babies crawl to an average of 200 meters a day.
- In the womb, the baby's body is covered by a thin layer of hair but as soon as the baby is born it disappears.
- It takes time for the newborn baby to learn to turn the pictures right side up, as it sees the world upside down in the beginning.
- The biggest baby ever born, according to the Guinness Book of World Records, was a baby boy born to a Canadian woman called Anna Bates in 1879. The boy weighed 10.8 kg and was 76 cm long but sadly died just 11 hours after being born.
- Tuesday is the most popular day for babies making their arrival in the world.
- Sunday is the least common day of the week to be born on.
- At just four weeks of gestation, a baby is tinier than a grain of rice.
- Babies born in the month of May are on average 200 grams heavier than babies born in other months.

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