

O B G Y N

Issue N° 08 Spring Newsletter 2013



Our lives are dedicated to yours

OUTSTANDING RESIDENT EXAMINATION PERFORMANCE

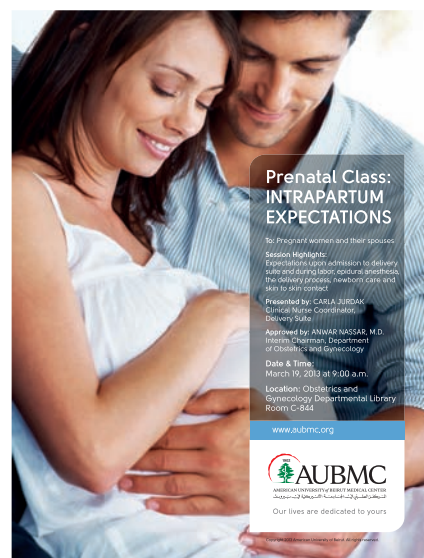
Our residents once again excelled on the annual resident in-service examination. The exam of the Council on Resident Education in Obstetrics and Gynecology (CREOG) is a national specialty test given to all OBS/GYN residents in the US annually. This year, our residents performance was significantly superior to that of US program residents, scoring on average 20 percent above the national mean. Dr. Dima Ezzeddine received the prize for the best CREOG score at her level of training. *Congratulations!*

It is with deep sorrow that we received the news of Dr. Ramez Azoury's death. Dr. Azoury was a faithful alumnus, an esteemed physician and a former Chairman of the Department of OBS/GYN. Although he has been away for many years from AUBMC, his memory will always be alive in us. In this issue, we shed some light on his life as narrated by his friend Dr. Fayez Suidan.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief

MORE EDUCATIONAL WORKSHOPS

In our continuous efforts to improve the quality of care delivered to our patients, a second series of workshops was introduced by the Department of OBS/GYN. This workshop that is directed to pregnant women and their spouses was facilitated by Mrs. Carla Jurdak, Delivery Suite Clinical Nurse Coordinator on March 19, 2013. It was an interactive session meant to guide future Moms about intrapartum expectations from the admission process through pain management to newborn care. At the end of the session, all women were handed educational material and a rose in the spirit of Mother's Day.



THE LATE DR. RAMEZ AZOURY (1930-2013)

Dr. Azoury graduated with an M.D. from AUB in 1958, following which he did his residency training at Johns Hopkins Hospital 1959-1964 and a Gynecologic Pathology fellowship at the same institution. He joined the faculty at AUBMC in 1965. His life can be divided to two phases. The first was before he got married and the second after marriage. During the first phase, Dr. Azoury was a "playboy, driving a two-seater sport car, and buying a water mattress," according to Dr. Suidan. This did not prevent him from being a talented GYN pathologist and a good physician. He enjoyed doing all kinds of sports especially skiing and he was a boy scout. He was very friendly and he used to invite his friends to taste his mother's delicious cooking. His friends gave him the nickname "Romeo", a well-deserved name that he used to enjoy. His second phase was after he got married to a charming young lady. She changed his life dramatically. He became more serious and concentrated more on his work. He was in charge of the GYN pathology besides his clinical activity. As a chairman of the Department of OBS/GYN from 1981 till 1986, he made sure that things ran smoothly. He was strict but very respectful towards his colleagues and residents and was very helpful in finding places for further training for the residents. He travelled to the US during the events but his heart remained attached to AUB and Lebanon which he often visited. Those who knew Dr. Azoury will miss him a lot. May God bless his soul and comfort his wife and children.



PUBLICATIONS

- Nassif J, Mattar S, Abu Musa A, Eid A. Endometriosis and cancer: what do we know? *Minerva Gynecologica*, In press.
- Nassif J. "Energy Use in Endoscopic Surgery" chapter in "New techniques in gynecologic endoscopy" book, Springer, 2013.
- Mirza FG, Fakhoury AA, Rowley TJ, Flood PD. Role of capsaicin in a murine model of labor and delivery. *Anesthesiology* 2013 Feb;5-430:(2)118.

ACADEMIC NEWS

- Dr. Joseph Nassif was an invited speaker at the First International Meeting of the Saudi Society of OBS/GYN on Endometriosis that was held in Jeddah, KSA on January 2013, 11-9 and at the Annual Meeting of the Kuwaiti Society of OBS/GYN - Update and Controversies in OBS/GYN on February 2013, 18-15, Kuwait, Kuwait.
- Drs. Muhieddine Seoud and Abdallah Adra were invited speakers at the Specialty Symposium on Placenta Accreta, organized by Saint-Joseph University and the Department of OBS/GYN at Hotel-Dieu de France, in collaboration with the LSOG on January 2013, 10.
- Dr. Labib Ghulmiyyah lectured at the Department of Emergency Medicine at AUBMC on February 2013, 6 and is now part of the news cast at the Lebanese Broadcasting Corporation (LBCI) TV station where he is the main anchor and presenter for the most recent and updated medical news related to women's health.
- On February 2012, 23 Drs. Anwar Nassar, Labib Ghulmiyyah and Fadi Mirza were invited lecturers at the Ninth Annual Congress of the Lebanese Order of Physicians – Tripoli: "Nouveautés Diagnostiques et Thérapeutiques."
- Dr. Johnny Awwad was appointed a Deputy Editor for the Middle East Fertility Society Journal and was elected as a member of the "Expert Working Group" at the World Health Organization. This is a six-member Task Force representing different world cultures to revise WHO fertility management guidelines.
- Dr. Tony Bazi was appointed at the Research and Development Committee of the International Urogynecological Association (IUGA) for a three-year term. This committee, composed of close to 2500 internationally renowned experts in the field of Urogynecology, reviews current practices and coordinates research activities throughout the world.
- Dr. Mirza was an invited speaker at the 14th Annual Meeting of the Royal College of Obstetricians and Gynecologists, representative committee of Jordan, held in Amman, Jordan on February -28 March 2013, 1.

CONGRATULATIONS

- Dr. Antoine Abu-Musa was elected as a member of the Alpha Omega Alpha Honor Medical Society. Drs. Muhieddine Seoud, Adnan Mroueh, Johnny Awwad and Anwar Nassar are previously elected members of this society.
- Dr. Joseph Nassif got engaged to Dr. Sally Khoury, a PGYII at the Department of OBS/GYN.
- Dr. Fadi Mirza became a father for the second time. On January 2013, 31 Karim was born.
- Dr. Miriana Hijaz who was a preliminary PGYI last year at the Department of OBS/GYN matched at Henry Ford Hospital. *Congratulations.*



MEET THE ALUMNI

*Dr. Khaled Sakhel finished his OBS/GYN residency at AUBMC in 2003, followed by a 1-year fellowship in infertility, embryology and reproductive surgery at IVF Michigan, Rochester Hills. He then completed an OBS/GYN residency and training in Robotic Surgery at Michigan State in 2008. Dr. Sakhel is the Director of the Minimally Invasive and Robotic Surgery program and Clerkship Director at the Department of OBS/GYN at Eastern Virginia Medical School, Norfolk, Virginia where he was recently promoted to Associate Professor. He is on the ACOG Task Force for Prologues and a member of a number of committees at the American Institute of Ultrasound in Medicine. He has received numerous awards from national societies including ACOG and Society of Laparoscopic Surgeons and is a member of the Alpha Omega Alpha Honor Medical Society. He has a number of medical instrument patents. He is married to Samar Achkar and they have 3 kids: Ryan 9, Lana 6 and Mia 1.

*Dr. Roland Tannous received his MD from AUB in 1992. He then completed his residency in OBS/GYN at AUBMC, followed by a fellowship in Maternal Fetal Medicine at Eastern Virginia Medical School in Norfolk, Virginia. His main interests during his fellowship were fetal echocardiography and Doppler studies. He started his private practice at Tripoli Perinatal Clinic and Nini Hospital in 1999. He is currently the president of the Scientific Committee and a member of council of the Lebanese Order of Physicians - Tripoli. He was also the President of the Surgical Society of North Lebanon for two years. He is a member and ex-president of Tripoli Lions Club. Dr. Tannous currently spends his time between his clinical, academic and social duties.

AMAZING MOMS OF THE ANIMAL KINGDOM

Happy Mother's Day to all the Moms in the world, human and otherwise for what they have done in our lives. While animals may not be able to express such gratitude, in this section we highlight the sacrifices of two amazing mothers; the harp seal and the elephant.

Harp Seal

On top of a very harsh cold environment with polar bears and fur hunters at the corner, the harp seal Mom who can distinguish her pup from hundreds of others by scent alone, nurses them on 48% fat seal milk nonstop for 12 days without eating. During this nursing period, her pup gains daily an average of 2.3 kg while Mom loses about 3.2 kg per day.



Elephant

The tender, love and care that these mammoth Moms deliver to their babies are among their most engaging qualities. After a 22-month long pregnancy that results in the delivery of the world's largest babies (113 kg) that are blind at birth, these Moms maintain constant touch with their kids and are always ready to give an affectionate embrace, a gentle poke in the right direction, or a cool bath to help their little ones beat the heat. Elephant Moms even stay in touch with their adult kids and enjoy close relationships with their daughters that may last up to 50 years.



WELCOME

Maha Jaafar: Senior Office Assistant

On February 2013, Mrs. Maha Jaafar joined the Department of OBS/GYN as a Senior Office Assistant. Maha holds a BS degree in Medical Laboratory Technology and a Master's degree in Public Health, both from AUB. Before her appointment, Maha worked at AUB as a research assistant at the Department of Health Management and Policy, Faculty of Health Sciences. She is a co-author in 5 articles published in peer-reviewed journals, 3 articles in-review, 2 policy briefs and 3 reports. She also participated in the preparation for four regional workshops.

Carla Jurdak : Clinical Nurse Coordinator

Mrs. Jurdak was recently appointed as Clinical Nurse Coordinator in Delivery Suite (DS). Carla will be responsible for overseeing and managing the operations of the Unit. This includes coordination of care for patients, patient and staff education and participation in program development. Carla has been working in DS as a registered nurse for the past 16 years where she exemplified excellence and professionalism at their best. In addition to a BS degree in Nursing, Carla has a teaching diploma in health education. She participated in the JCI and Magnet accreditation and represents DS in the quality council. With Carla's devotion and commitment, we hope to move with the Unit to higher levels of excellence.

Thurayya Naser : Fertility Nurse Specialist

Mrs. Naser joined AUBMC in 1993 as a registered nurse in DS. There she worked on JCI standards, was a JCI star and a magnet champion. In anticipation of the long awaited new Assisted Reproductive Techniques (ART) Unit, Thurayya, who has been known for her dedication and easy going personality, was recently assigned as a fertility nurse specialist where she will be responsible to provide direct and indirect age-specific care for assigned patients in ART unit within the framework of Patient Centered Care. In addition, she will be able to run a comprehensive conscious sedation anesthesia program necessary for a specific range of surgical procedures performed in the Unit. She will also promote a work environment that supports and facilitates ethical practices.



KANGAROO CARE INITIATED AT AUBMC

During the week of January 28-31, 2012, the AUBMC Breastfeeding taskforce piloted skin-to-skin contact, also called Kangaroo Care, between mothers and their babies immediately after birth. Our obstetricians, nurses, anesthesiologists and pediatricians all participated in ensuring mothers would not miss out on those precious first moments after birth. Placing babies directly on mothers' skin after birth warms them and stabilizes their sugar levels. By calming the baby after the stress of delivery and protecting against the harmful effects of separation, skin-to-skin contact promotes emotional brain development and strengthens the bond between mother and child. Early skin-to-skin contact has also been associated with improved latch and breastfeeding experience.



Closer to your Heart

Placing your naked baby on your naked chest immediately after delivery will:

- Warm you and your baby
- Help your baby stabilize his/her blood sugar levels
- Calm your baby from the stress of birth
- Help your baby start breastfeeding
- Get you and your baby closer together

For more information, ask your obstetrician or your nurse or call Ms. Christiane Soohah at 019757619 ext. # 2.

www.aubmc.org



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THE SECOND SPECIALTY SYMPOSIUM

The Department of OBS/GYN is proud to announce its one-day symposium on 'Fertility Preservation in Women' on May 10, within MEMA 2013. This scientific event will host a panel of distinguished researchers and scholars who will share their expertise and knowledge laying grounds for an exceptional opportunity for exchange and networking.

Fertility preservation refers to the management approach aimed at preserving and restoring fertility in women undergoing treatment for cancer; a substantial quality of life issue in cancer survivors. Women with conditions, such as incipient ovarian failure and ovarian ageing, can also benefit from this technology. The target audience consists of gynecologists with special interest in reproduction and fertility, biologists involved in assisted reproductive technologies, medical oncologists, oncology nurses, psychologists and social workers.



**SECOND SPECIALTY SYMPOSIUM
FERTILITY PRESERVATION IN WOMEN**

May 10, 2013
American University of Beirut
Beirut, Lebanon

Organized by the Division of Reproductive Endocrinology and Infertility at Department of Obstetrics and Gynecology and The Continuing Medical Education Office at the American University of Beirut

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

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MOTHER'S DAY ON 7 NORTH AND DELIVERY SUITE

Once again and for the second consecutive year, Mother's Day was celebrated on 7 North and Delivery Suite, where our postpartum women were presented with a special gift. With this memorable step, AUBMC wished to be the first to congratulate the new mothers. The Department of OBS/GYN would like to thank the administration for support of this gesture that was well-received by the patients and their families.

IN THE SPOTLIGHT: DR. JOHNNY AWWAD

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

A: Upon my return from Boston in 1996.

Q: What is your title?

A: Associate Professor of Clinical Obstetrics and Gynecology, under consideration for academic promotion to full professorship and Division Head of Reproductive Endocrinology and Infertility.

Q: What are your main duties?

A: Like most of us, I am on a mission for the 'Conquest of Time', trying to accommodate clinical practice, research activities, teaching interests, administrative duties, professional commitments, community service, and family life in a 24/7 schedule framework.

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

A: Enjoying the unique cultural heritage of a City (Boston) and the exceptional professional enlightenment of a Tradition (The Massachusetts General Hospital).

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

A: Probably another vocational profession, one that combines social service, education, writing, and a flavor of spirituality.

Q: What is most enjoyable about your job?

A: Sharing with couples the Magic of Life from fertilization to birth.

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

A: Safeguarding Quality Time. Indeed, nothing is more precious than Quality Time. It gives a priceless vintage to the Past. It adds a unique aroma to the Present. It opens unlimited horizons to the Future.

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

A: When you have been pretty much everywhere, everything starts falling into the like. You then realize that what your heart longs for, is to be amongst the ones you love most.

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

A: Contemplation and reflection are dearly cherished recreations of my soul. Playing a musical instrument (organ, flute, violin, guitar, and harmonica) is a preferred diversion of my mind. Bonding with nature through farming is my next dream project. Flirting with risk through flying lessons was a past activity, given up in exchange of family stability. My sports are skiing, surfing, tennis and horseback riding.

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

A: I always look for the Truth outside commonly held beliefs. I search self gratification not praise. I am often ready to position myself on the front lines for a good cause. I believe in altruism as a means of changing the world.

Q: What is your point of weakness?

A: Human sufferings. I often place the 'Common Good' ahead of personal interests. I am a firm believer in the goodness within people, fetching their hearts not their acts.



Q: Who is your favorite artist?

A: The Creator. Everything he brings to us through our senses is dazzling. The masterpiece of his work is the human entity, framed by pixels of thoughts, emotions, judgments, and creativities.

Q: What is your favorite song these days?

A: The Great Classics and spiritual music. I also enjoy Golden Age Arabic and Lebanese music.

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

A: "The Innovator's Solution" by Clayton Christensen is a particularly interesting book. "The Practice of Adaptive Leadership" by Ronald Heifetz is inspiring. "Human Capability" by Elliott Jacques and Kathryn Cason is a masterpiece. My inspiration of all times has been the philosophy of life brought to us through the Gospels.

Did you know?

- The world's first test tube twins were Stephen and Amanda Mays born in Melbourne, Australia on June 5, 1981.
- A woman's heart beats faster than a man's.
- Women who snore are at an increased risk of high blood pressure and cardiovascular disease.
- Although it's only 2% of our body weight, the brain uses 20% of all oxygen we breathe, 20% of the calories we take in, and 15% of the body's blood supply.
- Like finger prints, everyone's tongue print is different!
- There is enough graphite in the average pencil to draw a line 56 km long, that's 45,000 words.
- The Real reason ostriches stick their head in the sand is to search for water.
- By 12 weeks of pregnancy, the baby has formed toenails and fingernails.
- At birth, babies have no kneecaps. Kneecaps do not develop completely until after six months.
- The human spinal cord is 45 cm long in men and 43 cm long in women.
- During pregnancy, women's feet can grow up to one full shoe size.
- Laugh and you'll burn up three and a half calories, no joke!

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