



Family Medicine and Wellness Clinics

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Our lives are dedicated to yours

Family Medicine and Wellness Clinics

“One place for all your health concerns”

The Family Medicine and Wellness Clinics are part of the Department of Family Medicine at the American University of Beirut Medical Center (AUBMC). The Department is the first Family Medicine Program in the Arab world; since its establishment in 1979, it has been playing a pivotal role in promoting wellness and primary healthcare in Lebanon and the Middle East.

The Family Medicine and Wellness Clinics include: the Family Medicine Private Clinics, the University Health Services, the Health and Wellness Center and the Residents' Training Center. In November 2015, the Residents' Training Center joined the network of primary care centers of the Ministry of Public Health as a Family Medicine Primary Health Care Center. The clinics are run by a competent multidisciplinary team who attend to an average of 300 patient-visits per day.

The Family Medicine and Wellness Clinics provide you and your family with high quality personalized health services. We aim to ensure your wellbeing and respond to your health needs in a proficient and professional way.

Our Mission

The mission of the Department of Family Medicine is to improve the health of people in their own communities and achieve excellent community-oriented primary healthcare at the local, national, and regional levels. Through education, research, and service, we strive to be leaders in primary health care education, clinical care, and research while serving students, residents, fellows, health professionals, and individuals from all walks of life. Our patients belong to different age groups, gender identities, and nationalities.

Our Services

The Family Medicine and Wellness Clinics offer a variety of health services that aim at protecting your health, preventing diseases, and providing treatment for acute and chronic medical conditions.

Our Medical Services

Our clinics provide comprehensive and continuous medical services taking into consideration different factors that might affect our patients' health at the social, psychological, biological, and physical levels. Our medical services include:

- Routine well-baby and well-child care
- Adolescent medicine
- Adult medicine
- Geriatric medicine
- Treatment of acute medical problems such as fever, abdominal pain, joint pain, cough, and other common complaints
- Treatment of chronic diseases such as diabetes mellitus, hypertension, asthma, chronic obstructive pulmonary disease
- Treatment of emotional illnesses and mental health problems
- Prevention of diseases and promoting health through screening services, vaccinations, and lifestyle advice
- Women healthcare: routine checkup, screening, doing PAP smear, and following up pregnant women during pregnancy and after delivery
- Family planning and advice on different contraceptive methods, including intrauterine device insertion
- Palliative care and procedures
- Minor surgeries: circumcision, removal of sebaceous cysts and lipomas, management of ingrown toe nail, intra-articular injections, suturing of wounds, incision and drainage of abscess

Our Wellness Services

Our clinics offer a variety of services that ensure your mental, and physical wellbeing.

General and Executive Health Checkup

In a one-stop you can:

- Have a general assessment of your health and know your health risks
- Conduct screening exams including detection of certain cancers
- Update your vaccinations
- Receive tips for healthy living



Travel Health

For healthy holidays and safe business trips, you can:

- Benefit from a targeted health advice based on your condition and travel destination
- Take the required vaccines and update your routine vaccines as well
- Receive information on ways to prevent infections and diseases especially when traveling to tropical and high risk areas



Smoking cessation

We offer individual and group smoking cessation packages that include:

- Eight sessions of behavioral counseling
- Measurement of Carbon Monoxide level at every visit
- Measurement of lung function test pre and post cessation
- Three medical consultations with a physician if needed
- Three consultations with clinical dietitians
- One year follow up by phone



Our Integrative Health Services

Western medical acupuncture services

We provide acupuncture services that can help you treat numerous conditions in a safe and effective way according to clinical studies. Conditions which could benefit include:

- Chronic pain (back pain, neck pain, knee pain, headache and fibromyalgia)
- Digestive disorders by irritable bowel syndrome, constipation, functional dyspepsia
- Reproductive disorders: menstrual cramps, infertility, menopause symptoms, and chronic pelvic pain
- Addiction to nicotine, alcohol, and drugs
- Post chemotherapy adverse reaction: nausea, vomiting, fatigue, and generalized pain
- Stress, and insomnia
- Overweight or obesity along with diet and exercise



Life coaching

We provide life coaching services that help you master your life, deal with everyday stress, and achieve your personal, career, and business goals. Our individual life coaching sessions are scheduled on an appointment basis.



Yoga

Inspired by the Hatha yoga series of poses, we offer 90 minutes' yoga classes. Through the practice of breath-synchronized movements, you will shape up, tune in, and release stress simultaneously. The class is suitable for all fitness levels. We also offer yoga workshops during which we provide an overview of yoga, meditation, and breathing technique.



Mindfulness Meditation

We offer group meditation sessions that help you manage stress, improve focus, and develop greater mind-body awareness.



Our Special Programs

Student Health Program

It targets students registered at the American University of Beirut (AUB), following up on their vaccination status and providing them with health services that ensure their individual safety and the safety of all students.

Employee Health Program

The program provides corporate medical clearance and pre-participation fitness services that can be tailored to corporate needs (such as expatriates, airline pilots, engineers). In addition to handling occupational problems, we offer several services related to reducing exposure risks, follow up on occupational accidents, update of employee vaccinations, and regular follow up.

Chronic Disease Management Program

We provide comprehensive medical care for several chronic diseases (such as diabetes mellitus, asthma, chronic obstructive pulmonary disease, and hypertension) including:

- Periodic physical assessment
- Medications reconciliation

- Self-management education
- Nutrition counseling
- Prevention of complications

CHAMPS Fund: The Hicham El Hage Program for Young Hearts & Athletes Health

CHAMPS Fund is a humanitarian fund established in the Department of Family Medicine. It aims at preventing sudden cardiac death in young athletes. The Fund provides free cardiac screening (clinical examination and electrocardiogram) in the Family Medicine Clinics to young athletes aged 12 to 35 years.

Family Medicine-Primary Healthcare Center

This center ensures that community members access affordable, comprehensive, and continuous healthcare services. In collaboration with the Ministry of Public Health. The center also provides acute and chronic medications to individuals who do not have any health insurance coverage, whether public or private.



Why Family Medicine And Wellness Clinics At AUBMC?

Our practice adopts the patient-centered medical home model. This means that we treat our patients with respect and compassion to make sure they receive the necessary care whenever and wherever it is needed, while abiding by up-to-date safety and quality measures.

A welcoming atmosphere

Our premises in Wassef & Souad Sawwaf Building offer you a quiet and pleasant environment with a play area dedicated to children. Our waiting areas are equipped with screens that provide you with diverse health tips. A large parking area is available at the entrance of the building.

Your personal family physician and his/her team will:

- Follow closely on all your health issues and provide you with the appropriate advice.
- Communicate with you on regular basis to help you select the most appropriate treatment that suits your condition.
- Coordinate your care with other health specialists and other levels of care as needed.
- Ensure that your health expectations and needs are met and that the quality of care that you receive is improved.

To achieve optimum health, the Family and Wellness Clinics at AUBMC are based on state-of-the-art healthcare theory and technologies.

- Our clinics are equipped with an electronic medical record that will allow easy and immediate retrieval of all your health information by authorized staff, while respecting your privacy and confidentiality.
- Our clinics offer you a one place approach for all your and your family health concerns. Our team will either address those concerns directly or coordinate your care with other specialists as required.
- Our clinics are few steps away from AUBMC diagnostic services (laboratory, radiology and others).

Our Team

Our multidisciplinary highly qualified team is composed of family medicine specialists and residents, pediatricians, dermatologists, psychiatrists, nurses, clinical dietitians, clinical pharmacists, wellness specialists, and clinic assistants. They all work together in a coordinated manner to provide you and your family with the best medical care.



Location And Appointment Scheduling

The Family Medicine and Wellness Clinics operate in two locations as follows:

Beirut - Souad & Wassef Sawwaf Building - Clemenceau Street

- Monday through Friday from 8:00 am to 7:00 pm.
- Saturday from 10:00 am to 2:00 pm (only University Health Services for AUB community)

Bekaa - AREC clinic- AUB Farm

- Monday through Friday from 9:00 am to 3:00 pm.

Appointments

To schedule an appointment, please call us on 01-350000 ext. 3000 or 01-749210. Same day appointments are available based on the assessment of our triage nurse. If your personal physician is not available, arrangements can be made to schedule an appointment with another physician in the team.

Cancellation of appointments

If you cannot keep your scheduled appointment, please notify the clinic as soon as possible. Your cooperation will help us accommodate other patients who request urgent appointments.

On the day of your appointment

- Please arrive 15 minutes before your appointment.
- Bring with you the medical center card and insurance card (if available).
- Bring your medication list and the results of previous tests if this is your first visit to the clinics.

Open Continuous Access

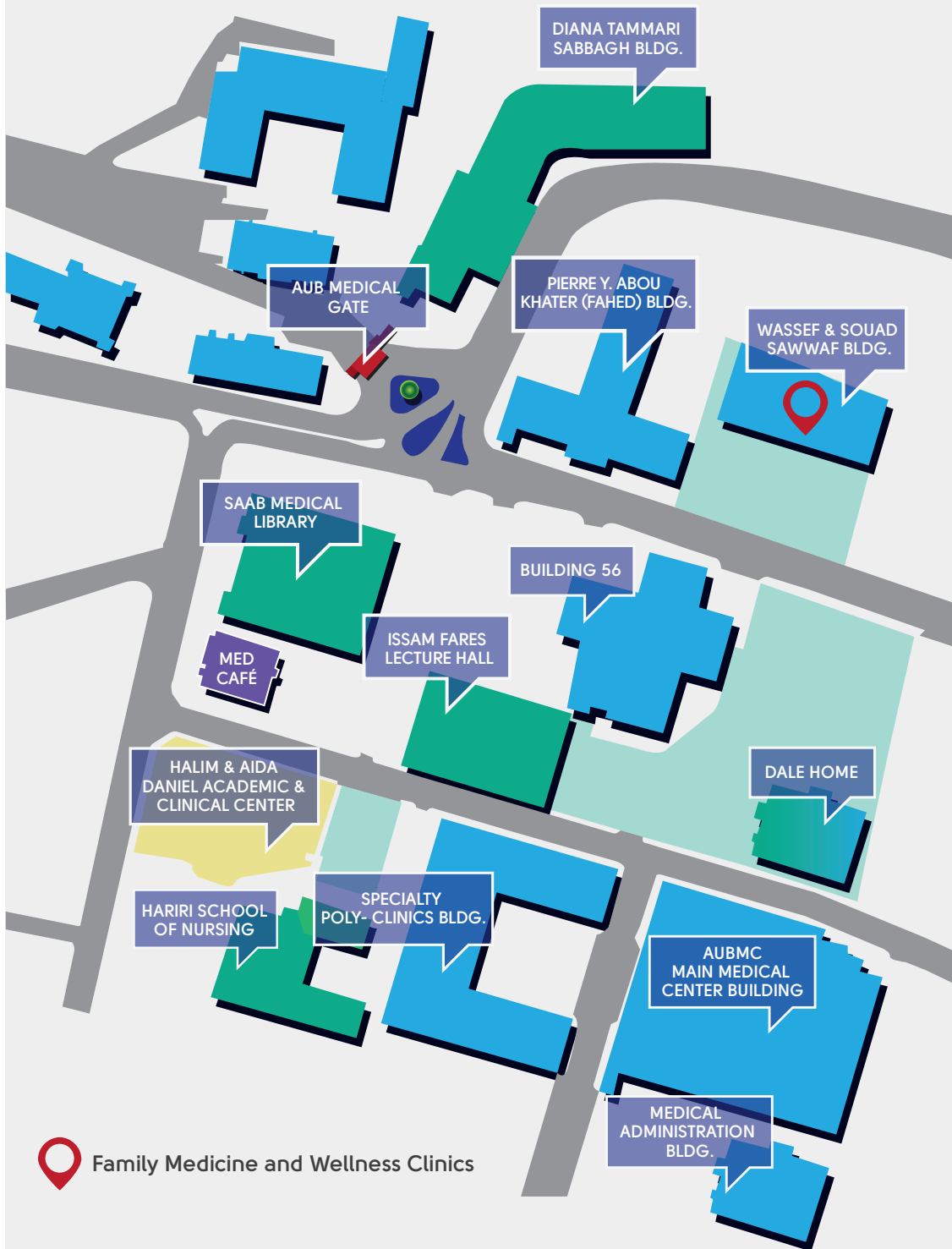
You can contact your personal physician by phone during regular working hours. The clinic assistant will take your call and relay your request to your physician, who will return your call at his/her earliest convenience within 24-48 hours.

If you have an urgent matter, please inform the clinic assistant so that he/she can refer you to the triage nurse immediately. Our physicians follow an on-call schedule and you can access the physician on call after hours (beeper 0211).

Your opinion matters!

If you have any suggestions or complaints, please drop them in the patients' suggestions/complaints boxes available in the clinics or send us an email at famed@aub.edu.lb.

For more information on our services, please visit our website:
<http://www.aubmc.org.lb/clinical/FM/Pages/index.aspx>



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