

O B G Y N

Issue N° 20 Spring Newsletter 2016



Our lives are dedicated to yours

ARAB BOARD OSCE IN OBS/GYN

On February 13, 2016, the Department of OBS/GYN at AUBMC was, and for the first time, the venue for the Arab Board of Health Specializations Objective Structured Clinical Examination (OSCE) in OBS/GYN. Sixteen applicants from Syria took this membership exam. The collaboration will yield further collaborations between the department and the Arab Board.



The 20th issue concludes the 5th year of our newsletter that continues to bridge distances between the department, AUB and AUBMC community on one hand and our graduates and Alumni on the other. Following the release of every single issue, we receive a number of encouraging messages, some of which we are sharing with you in the "Reader's Corner." The "Did you know?" section highlights some interesting facts about the Middle East Medical Assembly (MEMA) that is expected to kick off on May 12, 2016.

Sincerely,
Anwar Nassar, MD
Editor-in-Chief

WOMEN'S HEALTH CENTER ACTIVITIES

The 10th Women's Health Center (WHC) clinical seminar was conducted on February 17, 2016. It focused on "Hottest OBS/GYN stories from 2015" highlighting issues related to updates in CDC 2015 guidelines on sexually transmitted infections, breast imaging and ovarian cancer screening. It also pointed to some clinical tips that every gynecologist needs to know in her/his practice.



AWARENESS CAMPAIGNS

The WHC dedicated this winter season to educate women about relevant health issues through two workshops, one obstetric and the other gynecologic. On January 9, 2016, the "Your Path to Motherhood" workshop was held at Phoenicia Hotel, Beirut. The workshop that was attended by around 110 mothers-to-be and their spouses aimed at preparing these women to become mothers who are ready to deal with the pre-, intra- and post-partum periods. On March 19, 2016, a few days before Mother's Day and in celebration of the International Women's Day, the "Women's Health Matters: Tips and Steps" workshop was also held at Phoenicia Hotel. With 140 attendees, the workshop targeted women of all age groups and the presentations focused on several health issues that are unique to women across their lifespan. Topics ranged from menstrual irregularities and infertility to routine screening and sexual health.



READERS' CORNER

- * Thank you for the opportunity to be part of the department again through the newsletter.
- * Imparts beauty, class and refinement.
- * Congratulations on the association with the RCOG: pioneering work that will really have a huge impact all over our part of the world.
- * Definitely putting the department on the national map of OBS/GYN and bringing us closer to our alumni.
- * The effort in maintaining this wonderful newsletter is very well appreciated, especially by the many living abroad and whose hearts beat for Lebanon.
- * Vibrant, hopeful, unifying and informative.
- * I read with immense joy your quarterly newsletter. Such a fresh breeze amidst the dust of political chaos shouldering our country!
- * As bright and refreshing as ever. I truly go through it with a great deal of nostalgia and I am sure every person who has or had anything to do with our department feels the same way.
- * Thank you for keeping us all posted on happenings at AUBMC and OBS/GYN specifically.
- * Another fabulous newsletter! Love the colors and feel so proud of all the great accomplishments!
- * I once again thoroughly enjoyed reading it and getting the department's news.
- * What an inspiring newsletter as usual; stunning renovation and such a sense of unity at the department.

ACADEMIC NEWS

- Dr. Labib Ghulmiyyah was part of the discussion panel at the 4th Annual Beirut Breast Cancer Conference on February 11, 2016 at Gefinor Hotel, Beirut discussing breast cancer awareness and patient support in Lebanon and Arab countries.
- Dr. Fadi Mirza was an invited speaker at Les Controverses en Obstetriques Congress organized by Hotel-Dieu De France on February 24, 2016. Internationally, Dr. Fadi Mirza was an invited speaker at the 2nd International Conference on Advances in OBS/GYN held on January 22-23, 2016 in Muscat, Oman. He was also an invited speaker at the annual OBS GYNE congress on March 27-29, 2016 in Dubai, UAE. Finally, Dr. Mirza served as a speaker and the Congress Chairman of the Women's Health Summit held in Dubai, UAE on April 1-2, 2016. He was an invited speaker in India and China during this period as well. Dr. Mirza served as a member of the thesis committee of Dr. Rima Kaddoura (Candidate, MS in Population Health) on February 1, 2016.
- Dr. Faysal El Kak had two presentations during the Annual International Society for the Study of Women's Sexual Health (ISSWSH2016) on Feb 25-28, 2016 in Charleston, South Carolina, USA. He also organized and presented in the 2nd scientific seminar of the Departments of OBS/GYN at AUBMC and Bekaa Hospital. Other invited faculty members were: Drs. Anwar Nassar, Dina Chamsy, Reem Abdallah and Ghulmiyyah. The activity was held on March 5, 2016 in Chtaura, Lebanon. Dr. El Kak was also an invited speaker on 3 occasions in Lebanon and Rome during January and March, 2016.
- Dr. Abdallah Adra was invited by the Department of OBS/GYN at Weill Cornell Medical College in New York in February 2016. During his three-day visit, he presented a grand round on "Prevention of Preterm Birth" and visited three affiliated hospitals, where he gave presentations and conducted rounds with the residents in the high risk obstetrics service. He attended a luncheon at the Metropolitan Museum of Art organized in his honor by the leadership of the Department of OBS/GYN there. In his capacity as director of the Ian Donald Inter-University School of Medical Ultrasound for the MENA area, Dr. Adra was also invited as a keynote speaker to the first regional meeting of the school, held in Khartoum, Sudan on February 18-20, 2016.

PUBLICATIONS

- El Kak, F. Teenage pregnancy: The burden of the problem and its reproductive and mental health implication. To be published in a book by the Arab Institute for Human Rights, 2016.
- El Kak, F. Male survivors of sexual assault: A manual on evaluation and management for general practitioners, MOSAIC, 2015.
- Chakhtoura M, Nassar A, Arabi A, Cooper C, Harvey N, Mahfoud Z, Nabulsi M, El-Hajj Fuleihan G. Effect of vitamin D replacement on maternal and neonatal outcomes: A randomised controlled trial in pregnant women with hypovitaminosis D. A protocol. *BMJ Open* 2016; 6(3):e010818.

CONGRATULATIONS

On March 18, 2016, the Executive Board of the International Federation of Gynecology and Obstetrics (FIGO) has decided to appoint Dr. Anwar Nassar as a member of its "Safe Motherhood and Newborn Health Committee" for a 3-year term. The committee which has members from USA, China, India, Netherlands, United Kingdom, Portugal, Italy, Columbia, Panama and South Africa will hold its first meeting on May 3-4, 2016 in London.



MEET THE ALUMNI

- * Dr. Philippe Saroufim received his M.D. from the University of Padova, Italy in 1990. Following that, he joined the residency program in OBS/GYN at AUBMC and graduated in 1995. He then started his own private center for gynecology, infertility and cosmetic surgery, a dream he had since 1993 when he visited Baltimore as a resident. He developed special interest in cosmetogynecology and attended several workshops in that field to widen his knowledge and enable him to offer a wide variety of such procedures. Attending workshops and meetings in advanced laparoscopy, infertility and cosmetic surgery made him the doctor he is today. On a personal level, Dr. Saroufim has 2 children. He enjoys sailing and skippering and has a coastal skipper certification from the Royal Yachting Academy.
- * Dr. Zein Hashim received his M.D. from Jordan University and later completed his 4-year OBS/GYN residency at AUBMC in 1989. Dr. Hashim started private practice in 1990 and joined the teaching staff at the Lebanese University (LU), because of his passion to teach. He then headed the Department of OBS/GYN at Sahel General University Hospital from 2002-2014 and was in charge of the residency program of the LU. Although he did not pursue post graduate sub-specialization, he was academically active with the LSOG and the LU. Dr. Hashim is married to Dr. Soumaya Ayach, a pediatrician, and they have four children namely: Maya, Ahmad, Bassem and Mazen. Dr. Hashim loves listening to music and playing the piano when he has time and if he is in the mood.

IN THE SPOTLIGHT DR. RABIH CHAHINE



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

A: In 2004.

Q: What is your title?

A: Clinical associate. I also chair the Department of OBS/GYN at Rafik Hariri University Hospital (RHUH).

Q: What are your main duties?

A: Teaching and coordinating the residency training program for AUBMC residents rotating at RHUH.

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

A: I was head of the division of Maternal Fetal Medicine at RHUH. I was also in clinical practice at Clemenceau Medical Center (CMC), where I am still a practicing OBS/GYN.

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

A: An architect. Law, in some of its aspects, is a profession I very much like, but I would rather say an architect.

Q: What is most enjoyable about your job?

A: The sense of achievement when you make a difference for sick patients, especially the underprivileged, and the unique combination of continuous learning and intellectual exercise, which makes you grow better in your profession.

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

A: What I face every day; the ability to run a department in such a resource-limited place and yet be able to meet the best possible standards of care.

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

A: I would go to a quiet place in Europe to retire peacefully.

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

A: I enjoy music a lot. I also enjoy reading non-medicine related topics. But mostly, I enjoy hanging around with my wife and kids, if I see them!

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

A: In general, I am a transparent person. I am, however, fond of psychoanalysis. I usually analyze people and things deeply and my judgments are well thought of and often right.

Q: What is your point of weakness?

A: I am emotional and straightforward. I tend to trust people as a first reflex, which might not be the most appropriate position to take.

Q: Who is your favorite artist?

A: In each field of art, I have a favorite. But across all fields, I have come to learn more about modern art; and it's amazing how, out of seemingly chaotic paintings, you can see so many messages and symbols. Picasso at this stage is dazzling me.

Q: What is your favorite song these days?

A: I am enjoying Om Kalthoum's "Fakarouni," "Siret lhobb" and "Daret El Ayyam." This ingenious combination of words of love and music that touch your heart with her voice is rare.

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

A: I have enjoyed the movie "ROOM." Although initially I was kind of annoyed, my emotions started moving with the on-going events. It conveys one message; there is no limit to the love and selflessness of a mother.

Did you know?

- The 1st Middle East Medical Assembly (MEMA) was held in 1951 and was called the "Medical Symposium."
- Dr. Neal J. Canon, from the Department of Internal Medicine was the chairman of the 1st MEMA.
- In 1954, the name of the conference was changed to "Middle East Medical Assembly," reflecting its international status.
- The MEMA used to be held in West Hall until 1975 when it had to be suspended with the eruption of the war.
- During the 25th MEMA in 1975, the Lebanese government awarded the Order of the Cedars to the AUB Faculty of Medicine, an honor rarely bestowed on institutions.
- In 1988, the 26th MEMA was held without foreign speakers due to security issues.
- In 1992, MEMA was revived, and it resumed its annual schedule.
- The MEMA has been chaired by two OBS/GYN chairmen; in 1992 by Dr. Karam Karam and this year by Dr. Anwar Nassar.
- Some of the most prominent figures featured at the MEMA include Dr. Alan O. Whipple and Dr. Edward Churchill, legendary names in the surgical field, Nobel laureates Dr. Peter Agre and Sir Peter Medawar, and Dr. Christian Barnard of heart transplant fame, to name few.

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