

PIANO



ISSUE **10**
July 2016

Dear Readers

Welcome to Issue No. 10 of our Piano Newsletter in which we always update our readers with CMC's continuous achievements.

We are proud to announce that CMC has been accredited for the third time by the Joint Commission International, with distinction.

CMC participated in many international exhibitions and won many awards such as:

Arab Health Awards

CMC was highly commended for: "Excellence in Radiology"

CMC was highly commended for: "Roche Excellence in Laboratory"

Building Healthcare Exhibition – CMC won:

"Best Healing Environment Award"

"Best Facilities Management Service Strategy Award"

CMC was highly commended for the below awards:

"Best Physical Environment Award"

"Best Laboratory Design Award"

"Best Technology Initiative Award"

Clemenceau Medical Center hosted many education and scientific events, in collaboration with Johns Hopkins Medicine International, such as: the 8th Women's Health Symposium, the 2nd Spine Summit, the annual GI symposium, and the 3rd Cancer Care Forum.

These events were of great success and were attended by many guests and attracted renowned local and international specialists in each of these fields. This success confirms CMC's importance and role within the Lebanese and international healthcare system as well as its commitment to be a leader in terms of continuous education. The best way to deliver world class healthcare to our patients and stay at the forefront of new techniques is to allow exchange of knowledge between the best specialists in the world through such events.

This issue is rich in many other interesting topics about the latest technology and also many Patient Educational topics. Enjoy reading.

Mounes Kalaawi, MD, MBA
Chief Executive Officer



CONTENTS

Note from CEO

News

1. JCI-CMC accredited for the 3rd time
2. CMC Dubai
3. IMTJ Award Winner
4. Cancer Care Forum
5. Summits & Symposiums
6. Exhibitions attended by CMC
7. AHA at CITY CENTRE
8. GI annual symposium
9. Mother and Baby Friendly Hospital

Tip top technology:

1. Radioembolization
2. New Radiation Oncology

Patient safety

1. Safety tips

Patient Education:

1. Endometriosis
2. Aspirin
3. How Memory Works and What Can We Do to Preserve and improve it?
4. Anti-aging diet
5. Combined techniques for a perfect smile
6. Partial Nephrectomy Removes Cancer, Saves Kidney
7. Raising Awareness About Dysphagia



مركز كليمنصو الطبي
CLEMENCEAU MEDICAL CENTER

AFFILIATED WITH **JOHNS HOPKINS** INTERNATIONAL

Endometriosis

Karim Nawfal, MD

Dr. Karim Nawfal did his residency training in Obstetrics and Gynecology at the American University of Beirut Medical Center [Lebanon], and then pursued his fellowship training in Minimally Invasive laparoscopic and Robotic Gynecologic Surgery at Henry Ford Health System [USA].

Dr. Nawfal is a certified expert robotic surgeon. He is a proctor and has trained multiple surgeons on the system. He recently moved back to Lebanon and started the first Robotic Gynecologic surgery program in Lebanon.

Dr. Nawfal is also specialized in advanced laparoscopy and single port laparoscopic surgery.

He is a member of the American Association of Gynecologic Laparoscopists (AAGL) and the Society of Laparoendoscopic surgeons (SLS), and has published in several international medical journals on both laparoscopic and robotic surgery.

What is Endometriosis?

Endometriosis is a very common health problem in women.

It occurs when tissue normally found inside a woman's uterus grows outside of the uterus. This tissue, which does not belong outside the uterus, can then breakdown, bleed, and cause symptoms.

It can be found on the ovaries, fallopian tubes, the outer surface of the uterus, the lining of the pelvic cavity and other abdominal or pelvic organs.

What are the Symptoms of Endometriosis?

Some women with endometriosis have no symptoms, but the most common symptoms of endometriosis are:

- Painful menstrual cramps that may get worse over time
- Recurrent pain in the lower back and pelvis



- Pain during sexual intercourse
- Painful bowel movements or painful urination during menstrual periods
- Infertility or not being able to get pregnant
- Diarrhea, constipation, bloating, or nausea, during menstrual periods

Who Gets Endometriosis?

Endometriosis is one of the most common health problems in women. It can occur in any teen or woman who has menstrual periods, but it is most common in women in their 30s and 40s. The symptoms of endometriosis stop for a time during pregnancy.

Women are more likely to get endometriosis if they have:

- Never had children
- Menstrual periods that last more than seven days
- Short menstrual cycles (27 days or less)
- A family member (mother, aunt, sister) with endometriosis

Why is it Important to Find Out if I Have Endometriosis?

The pain of endometriosis can interfere with your life. Studies show that women with endometriosis often skip school, work, and social events. This health problem can also get in the way of relationships with your partner, friends, children, and co-workers. Moreover, endometriosis can

make it hard for you to get pregnant.

How Do I Know That I Have Endometriosis?

If you have symptoms of this disease, talk with your gynecologist.

Sometimes endometriosis is mistaken for other health problems that cause pelvic pain and the exact cause might be hard to pinpoint.

How is Endometriosis Treated?

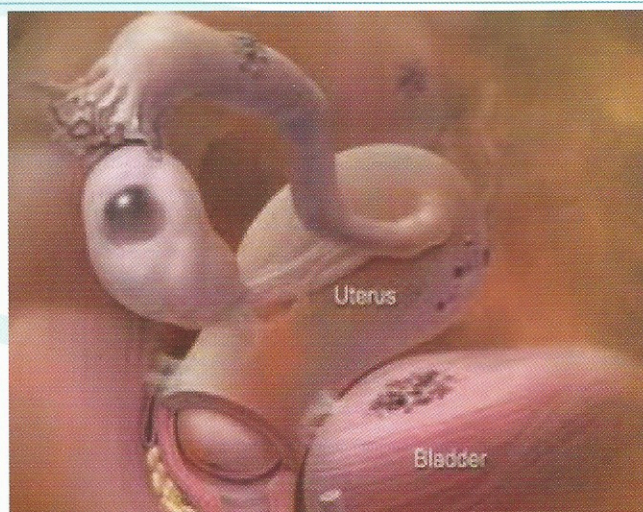
There is no cure for endometriosis, but there are many treatments for the pain and infertility that it causes. The treatment will depend on your symptoms, age, and plans for getting pregnant. Options for treatment include:

Pain medications:

For some women with only mild symptoms, we may suggest taking over-the-counter medicines for pain.

Hormone treatment:

- Birth control pills: they control the symptoms of endometriosis, however stopping these pills will cause the symptoms to return.
- GnRH agonists and antagonists: they stop the menstrual cycle and the endometriosis symptoms but can cause side effects similar to those during menopause, such as hot flashes, irritability, insomnia, bone loss etc...
- Progestins: they can shrink spots of endometriosis by working against the effects of estrogen on the tissue. It will stop a woman's menstrual periods, but can cause irregular vaginal bleeding. Side effects of progestin can include weight gain, depressed mood, and decreased bone growth.
- Other hormones: Danazol lowers the level of estrogen and progesterone in a woman's body. This stops a woman's period or makes it come less often. However, it might cause side effects



such as oily skin, weight gain, tiredness and facial hair growth.

Surgery:

Surgery is usually the best choice for women with severe endometriosis, a great deal of pain, or fertility problems.

The surgical options are:

- Laparoscopic excision of endometriosis is the standard of care, it can be used to both diagnose and treat endometriosis. During this surgery, we remove the endometriosis and scar tissue they form. The goal is to treat the endometriosis without harming the healthy tissue around it.
- Laparoscopic or Robotic Hysterectomy is a surgery in which we remove the uterus and sometimes the ovaries as well. This is done when the endometriosis has severely damaged these organs, a woman has finished her childbearing and is only considered as a last resort. Women recover from laparoscopic or robotic hysterectomy much faster than from traditional "open" abdominal surgery.