



"We are here for Life"

SAINT GEORGE HOSPITAL

• UNIVERSITY MEDICAL CENTER •

IN ASSOCIATION WITH THE FACULTY OF MEDICINE
UNIVERSITY OF BALAMAND

UPDATE

February 2002 • No. 3

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Editorial

An era has ended, "we are moving into an era which goes beyond the fragmented atom and space discovery, a new era where human beings are increasingly feeling a common sense of shared destiny." These lines, written over twenty years ago in one of the conferences I delivered, have become today a reality. In this day and age, even greater than before, no man, no nation and no continent can feign living in isolation.

Most of our problems are felt at the global level, and their solutions require an international collaboration. As such the term "globalization" was fashioned, applicable to all the problems related to mankind. The airplane and the internet both facilitate immediate exchange of knowledge, hence progress can no longer be confined into one part of the world. Today, a surgeon can perform distant surgery through telemedicine from one continent to another.

Driven by this continuous drive to conquer the universe, man keeps winning every day a new victory. Having outweighed gravity, exceeded the speed of sound, disintegrated the atom, conquered the moon and before long the planet Mars, developed cloning techniques that will shape the future of medicine and clinical research, the XXI century man detains a remarkable worldwide and far-reaching power to do good or evil, depending on his motives.

Yet, this same individual remains fragile and should be protected against many dangers. During the course of the century, populations will have to face new "demographic explosions", diseases, violence, hunger and the threat of potable water and food supply shortages in many countries.

At Saint George Hospital, we are blessed by the presence of His Eminence Metropolitan Elias, a guardian angel, who has always reminded us during his visits to the hospital that beyond medical knowledge, we should always remember to dispense compassion, support and love to patients. Here lies one of our major duties. Medicine is a scientific career but medicine is also a humane profession.

Whilst acknowledging this truth, Saint George Hospital and all of its attending physicians and staff should not forget that despite all the medical progress in the world, the human being will never be able to conquer life and death. Beyond science, medicine will always remain the art of compassion.

Professor Loufalla Melki
Preventive Medicine and Public Health

Onlook

The University of Balamand
Faculty of Medicine and
Medical Sciences
In Association with
Saint George Hospital
University Medical Center

The October 2001 issue of UpDate featured the original Arabic text of the address delivered by Dr. Imad El Hajj, Dean of the Saint George Faculty of Postgraduate Medical Education, on the occasion of the inauguration of the Faculty of Medicine and Medical Sciences at the University of Balamand.

The following text represents the English translation:

"A city that is set on a hill cannot be hid; neither do men light a candle and put it under a bushel, but on a candlestick; and it gives light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."
– Saint Matthew, The Sermon of the Mount.

Distinguished Audience,

It is with a sense of pride and joy that we are all gathered here today to plant a new shrub in the ground of this remarkable academic institution. This budding tree, which is the new Faculty of Medicine and Medical Sciences of the University of Balamand, will enhance the beauty of this



Opening of Balamand Faculty of Medicine

field, adding to the richness and diversity of its harvest.

Like a growing plant longing for attention, patience and sacrifice for its healthy growth, the birth of the Faculty came as an expression of our innermost power of love and devotion. The idea to establish a Faculty of Medicine at the University of Balamand was soon translated into action by its Board of Directors. The decision to move forward was blessed by the support of His Beatitude Patriarch Ignatius Hazeem IV and His Eminence Metropolitan Elias Audi. An Advisory Committee, presided by Dr. George Nahas with the appointment of Dr. Elie Karam, Dr. Nadim Karam, Mr. Salam Rayes, and Dr. Imad El Hajj, was given the mandate to study and ensure the successful implementation of this new project.

Possessing the proper academic and ethical conduits, as well as the willpower to establish a Faculty of Medicine founded on competency and value based principles that imbue the humane and noble cause of medicine are the main reasons behind this drive. For knowledge devoid of moral values is like an unscented flower.



Dr. Imad El Hajj

This vision also steered the medical community at Saint George Hospital in the same direction, as all joined in their efforts without any hesitation and in full faith, offering every mean available to achieve this honorable mission; for no one among us can claim ownership of this initiative alone. In truth, what really matters is tied to the broader sphere of public concern and the advancement of society at large. They have sowed and we reaped. We will plant and they will harvest. Such is the footing of this University and that of Saint George Hospital: the sum of cumulative efforts and good deeds for the sake of a righteous cause. Thanks to His Beatitude Ignatius Hazeem IV, to His Eminence Metropolitan Elias Audi and to Dr. Elie Salem for all the blessings and support granted in order to make out of these two institutions a shining lighthouse of knowledge, not only for Lebanon but also for the Middle East and the rest of the World as well.

Dr. Imad El Hajj, Dean
Saint George Faculty of Postgraduate
Medical Education
Balamand - October 2, 2002

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Editor & Director of Development: Lina S. Moukheiber, MPH

Outlook

Three New Members Join the Foundation’s Honorary & Board of Directors Committees.

The American Foundation for Saint George Hospital welcomes to its:

HONORARY COMMITTEE

Honorable Darrell Issa
U.S. House of Representatives

BOARD OF DIRECTORS

Katherine S. Feghali
Management Consultant
McLean, Virginia

Ghassan M. Rubeiz, Ph.D.,
Director of Washington Liaison Office
Children Christian Fund

RECOGNIZING OUR BENEFACTORS

The Honorary Board and Board of Directors of the American Foundation for Saint George Hospital, Saint George Hospital University Medical Center and the Beirut Development Office would like to extend their heartfelt appreciation and gratitude to all the friends and sponsors of the hospital whose contributions in 2001 will help improve the quality of life of an increasing number of children, adolescents, adults and elderly living in Lebanon. Collected funds are earmarked for the future Trauma Care Center and Children’s Hospital.

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Mr. Anthony Feghali 1150 eyeglasses valued at	\$74,750

McLean Eagle Scout Anthony Feghali Helps 5000 See Better SAINT GEORGE HOSPITAL IN BEIRUT RECEIVES 1150 EYEGLASSES

The Lions Club in McLean Virginia and the Renee Moawad Foundation Work with Youths in Sending 5000 Pairs of Eyeglasses to Lebanon



When 15 year-old Anthony Feghali discovered that most of the people in the world who need eyeglasses can not afford them, he was inspired to do something about it.

"I found that 35 percent of the Lebanese people need eyeglasses – especially older people that need reading glasses – and 50 percent can't afford them"

Feghali, who attends McLean

High School in Virginia, USA, is an altar server at St. John Church in McLean, a graduate of St. John School and a member of Boy Scout Troop 652 of McLean. For his Eagle Scout project, Feghali hoped to collect 300-400 pairs of eyeglasses to send to needy people in Lebanon.

Feghali's parents, Charles, who is the President and C.O.O of Interstate Resources, a paper manufacturing company in Rosslyn, Virginia, that donated

the collection boxes, and Kathy, who is a Board Member of the American Foundation for Saint George Hospital in Washington, D.C., were born in Lebanon where Anthony has camped there with the Boy Scouts. His family also belongs to Our Lady of Lebanon Maronite Catholic Church.

Assisted by more than 60 people, Feghali collected almost 12,500 pairs of usable eyeglasses and more than 1,000 eyeglass cases.

He estimates the total value of the collected glasses to be \$1 million, with each pair worth \$240 - \$400

Feghali started planning the project in March 2001. Fellow Scouts from Troop 652 helped him assemble eyeglass collection boxes in the Feghalis' garage.

The boxes were clearly marked "Boy Scout Eagle Project... Your Unwanted Glasses Will Help Someone See Better"

Feghali then distributed the boxes to Scouts, churches, hospitals, optometry stores and other locations in Washington, Maryland and Virginia. By mid-August 2001 he had collected about 12,000 pairs of glasses.

Then the process of determining which glasses were usable began. Lenscrafters in Roanoke Virginia referred him to the Lions Club in Falls Church, Virginia, which has a facility for refurbishing used eyeglasses.

Over three days, Feghali and 14 others cleaned the glasses and checked for any defects in the lenses. Volunteers cleaned the glasses at three large tubs filled with soap solution, Clorox or vinegar. After discarding glasses with scratched lenses, volunteers slid the glasses into a lensometer to determine prescription strength. Each set of eyeglasses was enclosed in a plastic bag. The bags were labeled with the prescription and whether the glasses were

for men, women, or children, or bifocal. Feghali was able to salvage 140 pairs of children's glasses. He explained that finding undamaged children's glasses is "very rare."

The dining room of Charles and Kathy Feghali was full of eyeglasses, nearly 5,000 pairs

The glasses have been sorted and boxed and were stored in the Feghalis' dining room. Saint Jude's Hospital arranged the shipment of 5000 pairs of glasses through the Rene Moawad Foundation of Washington, which in turn will deliver them to the needy in Lebanon. Since 1990, the Rene Moawad Foundation has sponsored efforts to help the deprived in Lebanon. Saint George Hospital received 1150 pairs which will be distributed to elderly residing at the "Foyer Saint George" and other local NGOs.

Anthony's initiative drew the attention of the Public Affairs Office of the White House who called Kathy to get more information on the project for a report to the President. After submitting a very detailed report on his Eagle Scout project, Feghali is awaiting final recognition by Boy Scout national headquarters. Meanwhile, the Knights of Columbus St. John Council No. 11806 of McLean has recognized Feghali as an Outstanding Young Man of the Year finalist.

Feghali said he "was completely

shocked" at the number of usable glasses he was able to collect.

"This project can help 8 of every 1000 people in Lebanon" he smiled noting that the country's population is about 3.5 million"

Anthony said he hopes to become an Eagle Scout, graduate from West Point, study medicine at Johns Hopkins and become an orthopedic surgeon.

On behalf of all the younger and older Lebanese generations, the staff and friends of Saint George Hospital University Medical Center, we extend our warmest gratitude and regards to Anthony, his parents, the McLean Scouts Troop 652, the Lions Club, the Renee Moawad Foundation, the American citizens who donated their used glasses and all the volunteers whose humanitarian drive and most generous contributions will make 5000 Lebanese elderly look into brighter days.

This edited article is compiled from two separate publications from the Great Falls/McLean/Vienna Times 2001 and the 10/11/01 issue of the Catholic Herald newspapers.

The Hospital's Development Office

From the Desk of the CEO

Lebanon moved from a flourishing economic situation in the sixties and seventies into a strenuous economy today. The sharp devaluation of the Lebanese pound in the 1980s coupled with enormous public debts and rising unemployment resulted in a severe socio-economic setback affecting the lower and middle-income families in post war Lebanon.

The cost of health care and hospitalization in Lebanon in relation to national income is one of the highest in the world. This is draining our resources, placing an excessive burden on the population and resulting in a high level of unmet health needs. Many families cannot afford private insurance schemes and often receive partial coverage at best. Out-of-pocket supplemental payment by individuals is very hard to secure.

The solution is beyond individual or institutional means and a national health reform is required to remedy the situation. In the meantime, together we could help by subscribing to a special fund earmarked for assisting needy patients whose survival relies on the good deeds of those who believe in the cause of mankind.

Salam S. Rayes
C.E.O

The Culture of Giving

"You give but little when you give of your possessions. It is when you give of yourself that you truly give.

...There are those who give little of the much they have - and they give it for recognition and their hidden desire makes their gifts unwholesome.

And there are those who have little and give it all.
These are the believers in life and the bounty of life, and their coffer is never empty.

There are those who give with joy, and their joy is their reward.
And there are those who give with pain, and that pain is their baptism.

And there are those who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue; they give as in yonder valley the myrtle breathes its fragrance into space.

... It is well to give when asked, but it is better to give unasked, through understanding; and to the open-handed the search for one who shall receive a joy greater than giving.

...You often say, "I would give, but only to the deserving." The trees in your orchard say not so, nor the flocks in your pasture. They give that they may live, for to withhold is to perish ... For in truth it is life that gives unto life - while you, who deem yourself a giver, are but a witness.



Since the dawn of ages the culture of giving was practiced and expressed according to the then prevailing religious and social beliefs of the time.

From ancient Mesopotamia, Egypt, India and China, to Greece and Rome, Christianity, the Dark Ages, Islam, the Middle Ages and onwards to the third millennium, compassion existed. Human beings gave. Prehistoric people who engaged in healing rituals, had a strong sense of mission.

In many ancient societies, there was a pantheon of numerous deities. Ceremonies, prayers and sacrifices were common religious means of beseeching the gods for a cure. From then on, into Judaic times and early Christianity, sickness became equated with a kind of sin. Among the earliest followers of Christ, one found a radically different, though ultimately related, interpretation of divinity and disease which was given considerable development in the Gospels by Matthew, Mark, John and Luke. Many instances of Christ's acting as a healer are cited in curing the paralytic lame, the dumb and the blind, the leprous and the febrile.

In the Gospels, a somewhat different exemplar for the Christian virtue of healing is found in Christ's parable of the Good Samaritan, told in answer to the question: "And who is my neighbor?" This model of the benevolent person performing good works out of compassion for his fellow man has been a strong development of the concept of "Christian charity". As such began a 2000 yearlong association between

disease, sin, redemption and giving to charity.

Saint George Hospital, a 124 years old medical institution related to the Orthodox Archdiocese of Beirut was no exception to the rule. The founders of the Hospital based their premise on giving to help the less fortunate and on supporting lives. Thousands of donors gave without "knowing pain in giving, without seeking joy and without mindfulness of virtue" and thousand others "received without assuming the weight of gratitude" because "it is life that gives unto life."

In the light of our faith and in the name of compassion, we are called to follow the footsteps of our benefactors, always remembering that it is only when we give of ourselves that we truly give.



Lina S. Moukheiber
Director of Development

Profile



Name
Samir G. Farah, MD

Field of Interest
Ophthalmology
Cornea, External Diseases and Refractive Surgery Subspecialty

Positions
Full time physician at Saint George Hospital University Medical Center in Association with the University of Balamand

Visiting faculty with ORBIS – A global eye care organization with teaching and treatment capabilities. Surgeries and training take place on board of the DC-10 aircraft and in local hospitals of the host countries.

Medical Schools
Saint Joseph University, Beirut Lebanon (1992)
American University of Beirut (1997)

Fellowships
Fellowship in Cornea, External Diseases and Refractive Surgery Massachusetts Eye & Ear Infirmary, Harvard University, Boston. From 1997 to 1998

Fellowship in Cornea, External Diseases and Refractive Surgery, University of Wisconsin – Madison, From 1998 to 1999

Dr. Samir Farah deals with eye diseases and surgeries. Among others, he is interested in corneal transplants, newer cataract extraction techniques and refractive laser treatment.

He holds the profile of those outstanding young Lebanese physicians who initiated their medical education in the midst of the Lebanese war and pursued their residency training and fellowship in the United States of America. Like the talented few Lebanese scholars who excelled overseas, Dr. Farah was no exception. His interest in research and ambitious drive to be part of the never ending medical technology progress pushed him to invent a device that allows the exact determination of corneal landmarks thus allowing the exact alignment of the laser beam with these marks. This would optimize the laser treatment outcome.



Dr. Samir Farah is member of many local and international medical orders and societies, including the American Society of Cataract and Refractive Surgery and Founder and Vice President of the Lebanese Cultural

Aggregation. He obtained the AUB Ophthalmology Alumni Resident Research Award in 1998 and has authored and co-authored articles and many peer-reviewed chapters in major ophthalmological medical journals and books.



The Farah Marker, patented by the United States Patent & Trademark Office, Patent #6217596 is a device invented by Dr. Samir G. Farah to mark the corneal surface and the pupillary cardinal axes. The marking is done preoperatively while the patient is sitting at the slit lamp, with the inclinometer of the instrument horizontally leveled. It improves the outcome of laser astigmatic surgery.

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What's Up?

Le Foyer Saint Georges



The "Foyer Saint Georges" residents, members of the Social Development Committee, staff and friends, observed Saint George's Day on November 3, 2001 with a prayer service followed by an in-house reception in the presence of His Eminence Metropolitan Elias Audi.



Celebrating Christmas with the Foyer's Residents

Healthnews at Saint George University Medical Center The Swiss "DolorClast" Radial Shockwave Therapy

Do You Suffer from Chronic Pain In:

Your Heel?

Is shopping becoming a painful spree? Are you declining outings or jogging? Now you can walk again without any pain.

Your Elbow?

Do you still remember the last time you played tennis, squash, golf or volley-ball without pain? Is your elbow hurting? Now you can enjoy your tennis games again!

Your Shoulder?

Do you feel pain when you lift your arm up? Now this ache could be treated without surgery.

The Radial Shockwave Therapy
Can Help You Feel Better

What is the Radial
Shockwave Therapy?

Radial shockwaves are pneumatically generated. A projectile in the hand piece is propelled at high speed by a precision-controlled pressurized air pulse. When the projectile hits the applicator installed in the hand piece, its kinetic energy is converted to acoustic energy. This energy is transmitted from the projectile to the applicator, which does not move.



The pneumatically generated shockwaves are transmitted into the affected regions over the wide area through the freely moveable hand piece. To minimize transmission losses in the layer of air between the applicator and the skin, a coupling gel is used.

General Effects of the Radial Shockwave Therapy on the Tissue:

- Increased metabolism in the area of treatment
- Resorption of irritative calcium deposits in the tendons
- Reduction in tenderness

Length of Treatment

Usually, 3 therapy sessions are needed, each lasting between 5 – 10 minutes each. Most of the patients will experience a noticeable decrease in pain, at around 8 – 10 days following the first treatment.

Commonly Treated Cases

- Tendinitis of the shoulder – limited and painful movements of the shoulder
- Epicondylitis / Tennis Elbow - painful irritation of the elbow
- Calcaneal Heel / Spine, often chronic, painful inflammation under the heel
- Achilles Tendinitis – inflammation of the tendon, causing Achilles Tendon
- Periostitis – pain at the edge of the tibia
- Trochanterian Bursitis – hips

For Appointments or More Information
Contact:

Saint George Hospital
University Medical Center
Physiotherapy Center
Tel: 01 581700 or 585700
Extension: 3338 or 3388

Congratulations for New Appointment



Serge Sabbagha

Mr. Serge Sabbagha was selected to become the year 2002 Supervisor of the Physiotherapy Center for a period of one year, starting January 1, 2002.

We extend our warm gratitude and appreciation to Mr. Michel Hallak, the immediate past supervisor of the Center and wish Mr. Serge Sabbagha success in his new endeavor.

Donations will be greatly appreciated no matter how small and are tax-deductible.
For your contributions, please contact:

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