



# OPTIMIZING WOMEN'S WELL-BEING: Insights into Oncology and Pelvic Health

## PROGRAM DETAILS

### OPENING CEREMONY

**8:30–9:00 AM | Registration**

**9:00–9:15 AM | Welcome Notes**

Dr. Elie Akoury, Head of the Department of Physical Therapy

Dr. Saydeh Sassine, President of the Lebanese Order of Physiotherapists (LOPT)

Fr. Michel Saghbiny, Antonine University Rector

### FIRST PANEL | UNDERSTANDING AND CONFRONTING CANCER

**9:15–9:35 AM | Breast Reconstruction,  
A Patient-targeted Approach**

Dr. Amir Ibrahim

**9:35–9:55 AM | Prospective Surveillance  
in Breast Cancer Rehabilitation**

Dr. Dina Barakat

**9:55–10:15 AM | Exercise Rehabilitation  
in Breast Cancer**

Prof. Juliette Hussey

**10:15–10:35 AM | Visiting the Posters Spot**

**10:35–11:35 AM | Meet-the-Expert Session I  
Physical Therapy in Breast Cancer: Assessment  
and Management From Pre-operative to Ongoing  
Surveillance Phase**

Dr. Dina Barakat

**11:35 AM–12:35 PM | Meet-the-Expert Session II  
Pre-habilitation, Rehabilitation and Complex Cancer  
Surgery: Gender Specific Considerations**

Prof. Juliette Hussey

**12:35–1:35 PM | Lunch Break**

### SECOND PANEL | EXPLORING PELVIC FLOOR HEALTH

**1:35– 1:55 PM | Pelvic Floor Disorders**

Dr. Karl Jallad

**1:55–2:15 PM | Persistent Pain in Cancer Survivors**

Dr. Charbel Najem

**2:15–3:00 PM | Beyond Kegel Exercises**

Dr. Lea Feghali

**3:00–3:15 PM | Coffee Break**

**3:15–4:15 PM | Balanced Core, Healthy Pelvic Floor:  
Strategies for Strength and Support**

Ms. Zeina Assaf

**4:15–4:30 PM | Awards and Closing Ceremony**



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## SPEAKERS' BIOGRAPHIES

### JULIETTE HUSSEY

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Prof. Juliette Hussey is a distinguished expert in cancer rehabilitation and survivorship, currently holding the position of Professor at Trinity College Dublin. With an illustrious career spanning 30 years, she has made significant contributions to the field. From 2003 to 2014, she served as the Head of the Discipline of Physiotherapy in the School of Medicine, during which she played a key role in developing physiotherapy and allied health sciences programs in Singapore. In recognition of her contributions, she was elected a Fellow of Trinity College in 2011.

From 2014 to 2021, Prof. Hussey assumed the role of Vice President of Global Relations at Trinity College. During this time, she spearheaded a highly ambitious global strategy and played a crucial role in establishing a dual undergraduate degree program with Columbia University.

Prof. Hussey leads a research group dedicated to exercise rehabilitation for patients with cancer. Her translational research aims to enhance the scientific understanding of exercise prescription to optimize therapeutic outcomes. Her research includes evaluating means of improving preoperative physical capacity to reduce postoperative morbidity for patients undergoing complex cancer surgery. Additionally, she focuses on developing rehabilitation strategies for esophageal and hepatopancreatic biliary cancer, as well as addressing the rehabilitation needs of adolescents and young adult cancer survivors. Her research endeavors have received funding from the Health Research Board, the Irish Cancer Society, the World Cancer Research Fund, Breakthrough Cancer Research, and the Science Foundation Ireland (SFI). Prof. Hussey has an impressive publication record, with over 100 full-paper publications, and has successfully supervised the research of 32 postgraduate students.

### AMIR IBRAHIM

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Dr. Amir Ibrahim obtained his Doctor of Medicine degree from the University of Pisa's Medical School, Italy, in 2004. Following that, he completed a 6-year residency training program in Plastic and Reconstructive Surgery at the American University of Beirut Medical Center (AUBMC) (2006–12). Dr. Ibrahim further pursued specialized training, including a one-year fellowship in burn surgery at Harvard's Massachusetts General Hospital (MGH) and Shriners Burn Hospital for Children (2012–13), as well as a fellowship in Reconstructive Microsurgery at the University of Texas MD Anderson Cancer Center (2013–14). After gaining valuable experience abroad, he returned to his home country to join the Plastic Surgery Division at the AUBMC, where he currently serves as Associate Professor, Head of the Plastic Surgery Division, and Program Director for the Plastic Surgery Residency and Training Program.

Dr. Ibrahim is an expert in various aspects of plastic surgery, specializing in cosmetic surgery, acute and reconstructive burn surgery, microsurgery for breast and general complex reconstruction, lymphedema surgery, and robotic plastic surgery. He has authored and co-authored over 60 publications in peer-reviewed journals and has several ongoing basic research and clinical studies.

Dr. Ibrahim is an active member of the International Societies of Plastic Surgery, Microsurgery, and Burns. He has held positions of responsibility within the Lebanese Society of Plastic Reconstructive and Aesthetic Surgery, serving as the ex-treasurer and currently as a board member. Additionally, he holds the position of General Secretary of the Lebanese Society of Reconstructive Microsurgery and acts as the national representative of the European Federation of Societies of Microsurgery.



## DINA BARAKAT

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Dr. Dina Barakat is a Doctor of Physical Therapy specializing in lymphedema management and cancer rehabilitation, with a particular focus on breast cancer. She is also a public health practitioner with a strong interest in breast cancer awareness campaigns and fostering interprofessional collaboration in cancer care in Lebanon.

Dr. Barakat graduated in 2005 from Saint-Joseph University of Beirut (USJ) with a Bachelor's degree in Physical Therapy. In 2008, she furthered her education by completing a Master's degree in Manual Therapy and Osteopathy. She also holds a Master's degree in Public Health with a specialization in Politics and Health Management.

In May 2020, Dr. Barakat completed Level 4 in Cancer rehabilitation from CanRehab in the UK. She became a certified therapist with the Lymphology Association of North America (LANA) in November 2020 and has received specialized lymphedema training at the Foeldi Clinic in Germany and Campisi Clinic in Italy. In June 2023, she successfully completed a 2-year certification program in Oncology Rehabilitation from Oakland University in Michigan, USA.

Dr. Barakat is a regional speaker and trainer in breast cancer rehabilitation and lymphedema management. She also coordinates the oncology subgroup of the Lebanese Order of Physiotherapists (LOPT).

Currently, Dr. Barakat manages her outpatient rehabilitation clinic in Lebanon, which provides comprehensive supportive care for cancer and lymphedema patients. Additionally, she serves as a lecturer for breast cancer rehabilitation and lymphology courses at USJ.

## KARL JALLAD

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Dr. Karl Jallad holds a double American Board in Obstetrics and Gynecology and Urogynecology. He graduated from Georgetown University and subsequently from the Cleveland Clinic in Ohio, USA.

Currently, Dr. Jallad serves as the Acting Chair of Obstetrics and Gynecology at the Lebanese American University Medical Center (LAUMC). His primary focus lies in the management of pelvic floor disorders, including prolapse, urinary incontinence, and pelvic pain. He is a strong advocate of preventive treatment and works closely with pelvic floor physiotherapists to manage urogynecology disorders.

## LEA FEGHALI

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Dr. Lea Feghali is a Pediatric and Women's Pelvic Floor Therapist, as well as an author. With over 10 years of experience, she specializes in treating a wide range of pelvic floor conditions and is passionate about raising awareness and breaking the stigma surrounding pelvic health.

Dr. Feghali holds a Doctorate in Physical Therapy, a Master's degree in Physical Education, and a Bachelor's degree in Physical Therapy. In addition to her clinical work, she is the author of The Day I Learned book series. This series is dedicated to educating children about their bodies and promoting pelvic floor health to prevent dysfunction in adulthood. The books serve as a valuable resource for parents and children, fostering an understanding of pelvic health from an early age.

Through her clinical practice and authorship, Dr. Feghali is dedicated to improving the lives of her patients and promoting a positive and informed approach to pelvic health.



## CHARBEL NAJEM

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Dr. Charbel Najem is a clinical Assistant Professor at Antonine University (UA). He earned his clinical doctorate from Saint-Joseph University of Beirut (USJ) after receiving his Master of Science in Physiotherapy from the Catholic University of Leuven (KU Leuven). In addition, he completed a PhD program at the Department of Rehabilitation Sciences and Physiotherapy at Ghent University (UGent) in Belgium. His primary research topics are cultural beliefs about chronic pain and the cultural adaptation of materials for Pain Neuroscience Education. Dr. Najem is also the founder of Rehabzone, a pain rehabilitation facility for athletic injuries and chronic pain.

## ZEINA ASSAF

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Ms. Zeina Assaf is a certified athletic trainer specialist and coach specializing in Pilates, FloorBarre, and functional training. She holds a Bachelor's degree in Physical Education and Sport from Antonine University (UA) and a Master's degree in Sport Sciences and Athletic Training, for which she received a full scholarship. Additionally, Ms. Assaf has obtained the European University Diploma for Physical Preparation (DUEPP), focusing her thesis on training and conditioning for DanceSport athletes during competitive seasons.

As a professional dance choreographer and concept creator, Ms. Assaf has gained recognition in the Lebanese Latin DanceSport community, winning the LDSF championship for 3 consecutive years (2017–19). She also served as a Lebanese Latin and Ballroom DanceSport Federal Judge (Level A) from 2018 to 2020. She is known from her television appearance as a professional dancer and trainer on the Middle East TV Show "Dancing with the Stars."

With over 23 years of dance experience, Ms. Assaf has obtained various national and international certifications, specializing in different dance styles.

Combining her expertise in dance and sports, Ms. Assaf has successfully worked with numerous post-rehabilitation cases, addressing conditions such as lumbago, kyphosis, scoliosis, post-Cushing disease treatment, hip displacement and alignment, disk herniation, disk bulging, pinching disk, sciatica and radial nerve injuries, piriformis syndrome, post-muscle tear injuries, ACL recovery, meniscus tears, hypermobility syndrome, and fibromyalgia recovery programs.