Dr. Michel Mawad joins LAU as Dean of School of Medicine

After 30 years at the Baylor College of Medicine and two years at the Cleveland Clinic in Abu Dhabi, Mawad steps up to lead the Gilbert and Rose-Marie Chagoury School of Medicine.

In March, Dr. Michel Mawad was officially named as the new dean of LAU's Gilbert and Rose-Marie Chagoury School of Medicine.
"We are fortunate to have Dr. Mawad join us… His education, skills, and experience are impressive," said LAU President Joseph G. Jabbra in announcing the appointment.
For his part the new dean looks forward to building on what he calls a fantastic school, with a unique curriculum, superb faculty, a top notch campus — "one of the best I've seen" — extremely good facilities, and a very competitive student body.

The deanship is the ideal role for a man who is equally experienced in and motivated by clinical, academic and administrative duties. "At different stages of my life I pursued different legs of the stool," Mawad says. "At times I was either doing a lot of research — clinical and preclinical studies and human protocols — or mostly teaching and giving loads of lectures and seminars or being very busy clinically," he adds.
Mawad trained in interventional neurosurgical procedures at the Neurological Institute and Columbia University Hospitals in New York. He spent 32 years at Baylor College of Medicine (Texas), where he worked in the field of cerebrovascular disease, pioneering a number of minimally invasive techniques for treatment of cerebrovascular disorders such as aneurysms, AVMs, stroke among others. He currently holds several patents, among them one on a retrievable shielded radiotherapy implant (1996) and the other on an apparatus for performing balloon angioplasty and stent deployment (2000).

His various roles at Baylor included the chairmanship of the department of radiology and holding tenured professorships at the departments of radiology, neurology, neurosurgery, and ophthalmology. "I had gotten used to accomplishing things on the administrative side — hiring people, building sections and departments — and I like that," he shares.
American Board-certified, Mawad is a member of eight medical organizations topped by the World Federation of Therapeutic & Interventional Neuroradiology (WFITN) which he helped establish and ultimately became its President. He sits on the editorial board of several prominent journals, including *Interventional Neuroradiology* (the official journal of the World Federation of Interventional & Therapeutic Neuroradiology), the *American Journal of Neuroradiology* and the *Journal of Neurovascular Disease*. He boasts a list of over 300 scientific publications and has received numerous research and educational grants totaling $4,255,000 in addition to being bestowed with various honors and awards along the way.
As the new dean of the School of Medicine, Mawad intends to spend most of his energies developing the clinical practice at the LAU Medical Center-Rizk Hospital, which he refers to as the school's clinical campus in Beirut. "It is a huge responsibility to teach a third or fourth-year medical student or a resident how to take care of patients. Teaching new physicians holds a higher level of responsibility than any other in my opinion, and it is trickier to accomplish."
Prior to his appointment at LAU, Mawad had spent two years working in the field of stroke service in Abu Dhabi, building a stroke center for the renowned Cleveland Clinic's extension in the Emirates. "It was a good interim phase between what I had been doing in the States, and something in and for the region," he says. But joining LAU at this time holds special meaning for the new dean. "I left in 1976 planning to spend four years abroad to complete my training before returning to Lebanon to give back to my community," recalls Mawad. Forty years later, he returns to his home country, ready to devote his energies to the LAU's goal of providing a medical education second to none.

Infos

6 Nouvelles Découvertes sur le Diabète

Découverte no.1: Les épinards et les agrumes aident à gérer le diabète.
Selon une récente étude du *British Medical Journal*, les fibres, le magnésium, et les polyphénols des légumes verts en feuilles permettent aux cellules de bien réagir à l'insuline. Dans une autre étude, on a constaté que 42% des gens qui mangent régulièrement ces produits utilisent moins de médicaments contre le diabète. Le pamplemousse et la mandarine peuvent aussi aider. Ils contiennent des éléments découverts depuis peu, la naringénine et la nobilétine, qui combattent l'insulinorésistance.
Découverte no.2: Le café ne convient pas aux diabétiques.
Malgré sa réputation de boisson capable de réduire les risques de diabète, le café pourrait bien ne pas convenir aux gens qui en souffrent déjà. Les chercheurs de l'université de Duke ont constaté que la glycémie des gens ayant pris une pilule de sucre et un café était plus élevée de 21% que celle des gens qui n'avaient pris que du sucre. L'insuline, qui permet d'absorber le sucre dans le sang, avait augmenté de 48% chez les gens ayant pris aussi un café.
Mauvaise nouvelle, la caféine cause une résistance à l'insuline, ce qui signifie que les cellules des gens atteints de diabète ont du mal à absorber le sucre sanguin.
Découverte no.3: Le manque de sommeil augmente la glycémie.
Selon la plus grande étude portant sur les effets du sommeil sur le diabète, une mauvaise nuit augmente la glycémie de 23% et stimule l'insulinorésistance jusqu'à 82% (le corps ignore le signal de l'insuline à absorber le sucre). Les chercheurs de l'université de Chicago affirment que les problèmes liés au sommeil (difficulté à s'endormir et à rester endormi, apnée du sommeil) nuisent à la gestion de la glycémie des diabétiques volontaires de cette étude.
Découverte no.4: Consommer de mauvais gras programme le cerveau à engraisser.
Un régime élevé en gras programme le cerveau à gagner du poids. Les chercheurs du Centre pour le diabète et l'obésité à l'université de Washington, à Seattle, affirment que l'excès de gras peut endommager les neurones dans l'hypothalamus, une zone du cerveau qui régule le gain et le maintien du poids. Cette découverte expliquerait pourquoi il est si difficile de perdre du poids et de ne pas le reprendre.
Découverte no.5: Le cerceau améliore votre santé cardiovasculaire.
Prêt à ajouter du plaisir à votre programme d'exercices? Attrapez un cerceau et roulez des hanches. Les chercheurs de l'université de Wisconsin assurent que rouler les hanches brûle 210 calories en 30 minutes et augmente le cardio autant qu'une marche rapide.
Découverte no. 6: Gérer sa glycémie diminue le risque de cancer.
Un effet secondaire du diabète de type 2 rehausse de 8 à 9% le risque d'un cancer: seins, côlon, estomac, foie, pancréas, et muqueuse de l'utérus. Un récent rapport de l'Institut national du cancer indique qu'une glycémie élevée augmente aussi les risques de décès dû au cancer. L'excès d'insuline explique ces risques: outre la régulation de la glycémie, l'insuline peut