

# THE 5<sup>TH</sup> MIDDLE EAST VOICE AND LARYNGOLOGY SYMPOSIUM

March 20, 2021

*Organized by* The Lebanese Voice Association, in collaboration with The American College of Surgeons, Lebanon Chapter and the Association Libanaise des Orthophonistes

*In collaboration* with the Continuing Medical Education (CME) Office at the American University of Beirut Medical Center (AUBMC)

SYLLABUS

[cme.aub.edu.lb](http://cme.aub.edu.lb)



Our lives are dedicated to yours



In collaboration



# Message from the Chairman



**Dear colleagues and friends,**

The Middle East Voice and Laryngology Symposium is a scientific forum for exchange of knowledge and innovative research in the field of voice and laryngology. With phonation being a complex process strongly linked to many systems in the body, the care of voice entails a multidisciplinary approach and firm congruence among various medical specialties.

As the official annual meeting of the Lebanese Voice Association, this event intends to broaden the scope of managing patients with vocal complaints. In collaboration with the Lebanese Association of Speech Language Pathologists and the American College of Surgeons, Lebanon chapter, the Fifth Middle East Voice and Laryngology symposium has become the ideal pedestal for the envisioned perspective.

With voice being a reflection to our well-being and an acoustic cue to our gender and body size, the scientific program this year evolves around two main themes: The intertwining of body mass, sex hormones and voice, and the reform in laryngology practice towards un-sedated office-based procedures. The change in hormonal climate with age, and disease-induced dysphonia following head and neck surgery have become growing concerns for both surgeons and patients. This year's program entails four scientific sessions; Obesity and Voice, Gender and voice, Office-based laryngology procedures, and Head and Neck surgery and Voice. Both local and international renowned speakers in different fields will be sharing with us their deep knowledge and expertise.

The scientific program will also allow residents and medical students to present their research in the field and laryngology and Voice science and benefit from the "The Robert T. Sataloff Award". The "Robert T. Sataloff Award" for young investigators has been established in 2017 in recognition of Dr. Robert T. Sataloff distinguished contribution to the field of voice science and Laryngology. Dr. Sataloff has always been an idol for growing physicians and researchers in laryngology.

**We look forward to your presence and active participation.**

**Abdul-Latif Hamdan, MD, EMBA, MPH, FACS**  
Head, Division of Laryngology  
Director of "Hamdan Voice Unit"  
Otolaryngology Head and Neck Surgery

# Message from President of the American College of Surgeons, Lebanon Chapter



Dear colleagues and friends,

On behalf of the Lebanon Chapter of the American College of Surgeons, it gives me great pleasure and privilege to welcome you all at the Fifth Middle-East Voice & Laryngology Symposium.

The mission of the college remains to promote the art and science of surgical practice among all healthcare professionals in Lebanon.

We always encourage the collaboration among various groups and societies to improve and promote high standards of care. The multidisciplinary approach to all the subjects reflects the tenuous efforts that the scientific committee have endured to come up with a comprehensive program aimed to attract professionals from all specialties.

I would like to sincerely thank Professor A. Hamdan, a member of the ACS and the Lebanese Voice Association for being the driving force and at the forefront of these activities for the past few years; Dr. Nayla Matar for her primal role in leading this year's conference; and Mr. Tarek Feghali and the Lebanese Speech-Language Association for their continuous diligent collaboration in these conferences as they take part of essential building blocks of the modern patient's treatment.

I am sure that this year's program will attract more and more attendance in view of the interesting topics. The presentations have always been advanced and brought the latest techniques and practices. The renowned speakers are eager to share their experience and I have always found the discussions highly challenging, beneficial and informative.

**I wish you all a very successful and educational meeting.**

**Ahmad Zaatari, MD, MHHM, FACS**

President of the American College of Surgeons, Lebanon Chapter

Medical Director/Plastic Surgeon

Hammoud Hospital University Medical Center

Saida, Lebanon

# Message from the LVA President



Dear colleagues and friends,

It is with great pleasure that the Lebanese Voice Association (LVA) in collaboration with the American College of Surgeons (ACS) Lebanon Chapter and the Association Libanaise des Orthophonistes (ALO) organizes the fifth Middle East Voice and Laryngology Symposium that will be held on March 20, 2021.

The Fifth Middle East Voice and Laryngology Symposium will focus on the latest surgical and non-surgical approaches in the management of laryngeal diseases and vocal disorders. It is addressed to all laryngology specialists, speech and language pathologists (SLP), head and neck surgeons as well as all the disciplines working in fields related to voice. ENT residents as well as SLP students are very welcome.

Four themes will be discussed this year with multidisciplinary perspectives.

1. Obesity and Voice,
2. Office-based treatment of benign vocal fold pathology,
3. Gender and Voice,
4. Head and Neck surgery and Voice.

These four sessions will include lectures given by International eminent speakers in laryngology. There will also be a session for discussion of office based challenging cases. A workshop on voice rehabilitation after total laryngectomy, with hands on practice, will be held on the second day of the Symposium, Sunday, March 21<sup>st</sup>. The scientific program will also provide a platform for residents and young researchers to present their research studies in the field of Laryngology and Voice, aiming to get granted the 'Robert T. Sataloff' Award for young investigators in the Middle East. I would like to extend a very warm welcome to all the participants and nationally and internationally known guest speakers joining us for this exceptional annual event to share cutting-edge knowledge in Laryngology. Last but not least, I would like to acknowledge the effort and collaboration of the scientific committees for putting together the comprehensive program of this year's Symposium. I truly hope that you will enjoy the presentations and discussions through this meeting and that you will find some new ideas that will your have a positive impact on you daily practice.

**Wishing you a wonderful meeting,**

**Nayla Matar, MD, PhD**

President of the Lebanese Voice Association

Associate Professor in Otolaryngology Head & Neck Surgery Saint-Joseph University, Hôtel-Dieu de France Hospital.

# Message from the President of ALO



Dear colleagues and friends,

Here we meet again, at the Fifth Middle-East Voice & Laryngology Symposium! The Lebanese Speech-Language Association ALO can't be happier to co-organize this event with our friends at the Lebanese Voice Association, and The American College of Surgeons – Lebanon Chapter.

In line with our scientific goal of presenting up-to-date research and practice, we are eager to explore with you what our esteemed international and Lebanese speakers are going to share. We are glad to go through major axes of voice rehabilitation: office-based treatment of benign vocal fold pathology, head and neck surgery, and in particular 2 fields new to this symposium, obesity, and gender and voice, both being subject to major innovation in voice rehabilitation, in research and practice.

And because we believe in the importance of a multidisciplinary action, we are thrilled to have for the first time in this symposium, the participation of other specialists, especially a psychotherapist to discuss gender-related voice performance and vocal efficiency aspects.

The interventions of voice therapists in every session will provide a closer overview of the best practices within the international guidelines, in Lebanon and around the world. ALO is organizing as well, a specialized workshop under the continuous education goal, "Rehabilitation after Total Laryngectomy". It will be conducted by an oncologist-laryngologist and a vocal therapist. In extension to speech-language therapists, the workshop audience targets ENT fellows, nurses, and all professionals concerned by this theme. This event wouldn't have been made possible hadn't been for the active engagement of ALO's Voice Committee: I thank every member for the interesting discussions and efforts on the scientific and organizational levels.

I also thank all voice therapists who offered from their time and knowledge, to participate from France and Lebanon. And last but not least, to our friends, colleagues and collaborators in LVA and ACS, for working together towards the same goal.

**Good luck to all of us, maintaining the high level of scientific content in this symposium. Have a good day!**

**Tarek FÉGHALI**

Speech-Language Therapist President of the Lebanese Speech-Language Association

# General Information

## Overview

The scientific program of the Fifth Middle East Voice and Laryngology symposium has been tailored to address four main themes that have markedly evolved over the last two decades; The worldwide epidemic of obesity and its impact on the various components of the phonatory apparatus, the laryngeal behavior vis-à-vis the hormonal climate, office-based controversies in the management of benign lesions of the vocal fold, and last but not least, the morbid echo of head and neck surgery on voice.

## Learning Objectives

1. Provides an interdisciplinary approach in the management of obesity, weight loss and their impact on phonation.
2. Highlights the controversies in office-based management of benign lesions of the vocal folds.
3. Provides a comprehensive update on the link between sex hormones and voice.
4. Underlines the phonatory adverse events of commonly performed head and neck surgeries.

## Target Audience

The target audience of the Fifth Middle East Voice and laryngology Symposium includes Otolaryngologists, speech language pathologists, vocal teachers and therapists, endocrinologist, general surgeons, head and neck surgeons, residents and medical students.

## Venue

The Fifth Middle East Voice and Laryngology Symposium will be held in Virtual Format

## Registration

Registration for this symposium is free.

## Chairman and Activity Director

**Abdul-Latif Hamdan, MD, EMBA, MPH, FACS**

Professor

Head, Division of Laryngology

Director of "Hamdan Voice Unit"

Otolaryngology Head and Neck Surgery

American University of Beirut Medical Center

Adjunct Professor

Department of Otolaryngology, Head & Neck Surgery

Drexel University

## Organizing Committee

Ahmad Zaatari, MD, MHHM, FACS

Ghassan Nawfal, MD, MHHM, FACS

Jihad Ashkar, MD

Nayla Mattar, MD

Raja Fakhoury, MD

Reina Remman Rmeih, SLP

Tarek Feghali, SLP

Wael Kabalan, MD, MPH, FACS

## Faculty

### **Abdul-Latif Hamdan, MD, EMBA, MPH, FACS**

Professor

Head, Division of Laryngology

Director of “Hamdan Voice Unit”

Otolaryngology Head and Neck Surgery

American University of Beirut Medical Center Adjunct Professor

Department of Otolaryngology, Head & Neck Surgery Drexel University

### **Nayla Matar, MD, PhD**

President, Lebanese Voice Association

Associate Professor

Otolaryngology Head & Neck Surgery

Saint-Joseph University, Hôtel-Dieu de France Hospital.

Beirut, Lebanon

### **Ahmad Zaatari, MD, MHHM, FACS**

Plastic Surgeon

Hammoud Hospital

Saida, Lebanon

### **Tarek FÉGHALI**

Speech-Language Therapist

President, Lebanese Speech-Language Association

Beirut, Lebanon

### **Sami Hussein, MD**

ENT Surgeon

New Mazloum Hospital

Tripoli, Lebanon

### **Stephanie Younes, SLP**

Speech and Language Therapist

Saint Joseph University

Beirut, Lebanon

### **Hanna Ghazi, MD**

Otolaryngologist

Facial Plastic & Head / Neck Surgeon

Haykal Hospital

North Lebanon, Lebanon

### **Sami T. Azar, M.D, F.A.C.P**

Professor of Medicine

Head, Division of Endocrinology, Diabetes and Metabolism American University of Beirut Medical Center

Beirut, Lebanon



### **Ahmad Husari, MD**

Professor of Clinical Medicine  
Department of Internal Medicine  
Riverside Medical Clinic  
California, USA

### **Ramzi Alami, MD**

Associate Professor of Clinical Specialty Department of Surgery  
American University of Beirut Medical Center  
Beirut, Lebanon

### **Reina Remman Rmeih, SLP**

Instructor  
Speech and Language Pathologist - voice therapist  
Université Saint-Joseph de Beyrouth  
Beirut, Lebanon

### **Elie Akl, MD**

Professor  
Department of Otorhinolaryngology-Head & Neck Surgery  
Middle East Health Institute  
Beirut, Lebanon

### **Samer Serhal, MD**

Dr. S. Serhal Hospital  
Otolaryngology, Head and Neck Surgery  
Beirut, Lebanon

### **Mireille Eid, SLP**

Lecturer and Supervisor Lebanese University  
Voice Therapist  
Trainer of SLPs in the Voice Therapy Field, Speaking and Singing Voice Sacré  
Coeur Hospital  
Beirut, Lebanon

### **Jihad Ashkar, MD**

Otolaryngology Head and Neck Surgery Clemenceau Medical Center  
Beirut, Lebanon

### **Bassam Romanos, MD, FACS**

Otolaryngology Head and Neck Surgery, Saint Joseph Hospital  
Metn, Lebanon

### **Jean Abitbol, MD, FACS**

Professor of Otolaryngology  
Head and Neck Surgeon  
Phoniatician and Laser & Specialist  
Paris, France

### **Peak Woo, MD, FACS**

Clinical Professor of Otolaryngology Department of Otolaryngology  
Icahn School of Medicine at Mount Sinai  
New York, USA

### **Anita El Hajj, SLP**

Instructor  
Phoenicia University  
Speech, Voice & Swallowing Therapist  
Clemenceau Medical Center  
Beirut, Lebanon

### **Georges Ziade, MD**

Clinical Instructor  
Otolaryngology Head and Neck Surgery  
Lebanese University  
Beirut, Lebanon

### **Houria Maoula, MD**

Otolaryngology Head and Neck Surgery  
Centre Hospitalier Universitaire Notre-Dame de Secours  
North Lebanon, Lebanon

### **Batoul Jaber, SLP**

Masters in Speech and Language Pathology Instructor at the Islamic University  
of Lebanon Beirut, Lebanon

### **Charbel Rameh, MD**

Otolaryngology Head and Neck Surgery  
Mount Lebanon Hospital  
Hazmeyeh, Lebanon

### **Raja Fakhoury, MD**

Assistant Professor  
Otolaryngology Head and Neck Surgery  
Saint George Hospital University  
Beirut, Lebanon

### **Leslie Akl, SLP**

Voice Pathologist  
Clemenceau Medical Center  
Beirut, Lebanon

**Melhem Samara, MD**

Ear, Nose & Throat  
Beirut, Lebanon

**Rami Saade, MD**

Assistant Professor and Chairman  
Otolaryngology Head & Neck Surgery  
Lebanese American University Medical Center and affiliate Hospitals  
Beirut, Lebanon

**Nathalie Sakr, SLP**

Instructor  
Speech Therapy Department  
Lebanese University  
Beirut, Lebanon

**Alain Sabri, MD, MPH**

Professor  
Department of Otolaryngology-Head and Neck Surgery  
Mayo Clinic Abu Dhabi, Sheikh Shakhbout Medical City Abu Dhabi,  
United Arab Emirates

**Zeina Kurban, MD**

Instructor  
Department of Otorhinolaryngology-Head & Neck Surger  
American University of Beirut Medical Center  
Beirut, Lebanon

**Usamah El Hadi, MD, FACS**

Clinical professor Otorhinolaryngology-Head & Neck Surgery  
American University of Beirut  
Beirut, Lebanon

**Maya Hallay Dufour, SLP**

Vocologist  
High degree in Laryngo-Phoniatics  
Lecturer, Poitiers University Instructor  
Poitiers, France

**Xavier Dufour, MD**

Professor  
Head of Otorhinolaryngology & cervico-facial surgery Département  
Poitiers University Hospital  
Poitiers, France

# Scientific Program

08:45 - 09:00 Welcome note  
*Dr. Abdul-Latif Hamdan (Chairman), Nayla Matar (LVA), Ahmad Zaatari (ACS, Lebanon Chapter), Tarek Feghali (ALO)*

## Session I: Obesity and Voice

Moderators: Ahmad Zaatari, MD Sami Husseini MD, Stephanie Younes, SLP

09:10 - 09:20 Obesity and systemic diseases  
*Sami Azar, MD*

09:20 - 09:30 Obstructive sleep Apnea and Obesity:  
The effects of Sleep apnea and treatment on voice  
  
*Ahmad Husari, MD*

09:30 - 9:40 Bariatric surgery; When and what type?  
*Ramzi Alami, MD*

09:40 - 9:50 Laryngo-pharyngeal complications of bariatric surgery  
*Fady Daniel, MD*

09:50 - 10:00 Behavioral modifications; Role of SLP  
*Reina Remman Rmeih, SLP*

10:00 - 10:10 Questions and Answers

10:10 - 10:30 COFFEE BREAK

## Session II: Office-based Treatment of Benign Vocal Fold Pathology

Moderators: Elie Akl, MD, Samer Serhal MD, Mireille Eid, SLP

- 10:30 - 10:40      Intra-lesion steroid injection; What to expect?  
*Jihad Ashkar, MD*
- 10:40 - 10:50      Un-sedated office-based laser therapy: Choice of laser  
*Bassam Romanos, MD*
- 10:50 - 11:00      Vocal fold varices: Myth or pathology?  
*Jean Abitbol, MD*
- 11:00 - 11:10      Vocal process granuloma; Too many options!  
*Abdul-Latif Hamdan, MD*
- 11:10 - 11:20      Reinke's edema; New frontiers in management;  
*Peak Woo, MD*
- 11:20 - 11:30      When form follows function: Is therapy needed?  
*Anita El-Hajj, SLP*
- 11:30 - 11:40      Questions and Answers
- 11:40 - 13:00      LUNCH

## Session III: Gender and Voice

Moderators: Georges Ziade, MD; Houria Maoula MD, Batoul Jaber, SLP

- 13:00 - 13:10      Voice; An acoustic cue to gender  
*Charbel Rameh, MD*
- 13:10 - 13:20      Mutational Falsetto 2020; What are the new alternatives?  
*Nayla Matar, MD*
- 13:20 - 13:30      The women's Voice: A turbulent journey  
*Jean Abitbol, MD*
- 13:30 - 13:40      Office-based pitch procedures  
*Peak Woo, MD*
- 13:40 - 13:50      Laryngeal framework pitch alteration surgeries  
*Raja Fakhoury, MD*

13:50 - 14:00      Role of SLP in transgender  
*Leslie Akl, SLP*

14:00 - 14:10      Questions and Answers

14:10 - 14:20      COFFEE BREAK

## Session IV: Head and Neck Surgery and Voice

Moderators: Melhem Samara, MD; Rami Saade, MD; Nathalie Sakr, SLP

14:20 - 14:30      Invasive thyroid disease and voice  
*Alain Sabri, MD*

14:30 - 14:40      Base of skull surgery; its laryngeal implication  
*Zeina Kurban, MD*

14:40 - 14:50      Anterior Cervical Approach and Dysphonia  
*Usamah Hadi, MD*

14:50 - 15:00      Vocal rehabilitation following laryngectomy  
*Maya Hallay Dufour, SLP*

15:00 - 15:10      Anterior Complications of Voice Prosthesis  
*Xavier Dufour, MD*

15:10 - 15:20      Questions and Answers

15:20 - 16:20      **The "Robert T. Sataloff" Award Presentations**

## Abstract Presentations

- 16:20 - 16:25      Pathognomonic features of laryngeal metastatic lesions  
*Dr. Ghassan Haddad*
- 16:25 - 16:30      Office-based Steroid Injection for Benign Vocal Fold Lesions: A Review of 29 Cases  
*Dr. Elie Khalifee*
- 16:30 - 16:35      Morbid Obese Population and their Voice feature Characteristics  
*Dr. Amina Al Hussari*
- 16:30 - 16:35      Wendler Glottoplasty for Voice Feminization Surgery: Long-term Results  
*Dr. Mariam Mella*
- 16:35 - 16:40      Un-sedated Office-Based Application of Blue Laser in Benign Vocal Fold Lesions  
*Dr. Anthony Ghanem*
- 16:40 - 16:45      Quality of Life of Lebanese Patients with Total Laryngectomy using the fourth version of the University of Washington Quality of Life Questionnaire  
*Dr. Jean Marie Moukarzel*
- 16:45 - 16:50      Fat Injection Laryngoplasty for Treatment of Unilateral Vocal Fold Paralysis: Systematic Review of Techniques, Safety and Efficacy  
*Dr. Ralph Haddad*
- 16:50 - 16:55      Prevalence of self-reported dysphonia and dysphagia in patients with allergy  
*Dr. Christopher Abi Zeid*
- 16:55 - 17:00      Obesity and voice: behavioral modifications; role of speech and language pathology  
*Ms. Reina Remman*
- 17:00 - 17:05      *Award Presentation*

# International Speakers

## Professor Jean Abitbol



Professor Jean Abitbol is Ancien Chef de Clinique at the Faculty of Medicine of Paris. An otorhinolaryngologist, he specializes in phoniatics and voice surgery. Based on his clinical experience and research, he has published extensively on voice medicine and is recognized internationally for his contributions to voice surgery and care of the professional voice. A lifelong student of the intricacies of the human voice, Dr. Abitbol practices otolaryngology,

phoniatics, and laser voice surgery in Paris, where he is Ancien Chef de Clinique at the University of Paris. His interest in the human voice led him to develop innovative diagnostic and therapeutic techniques, including vocal dynamic exploration, a method that allows physicians to look at the vocal folds speaking or singing and, more recently, the use of three-dimensional imaging of the larynx. His research has centered on the effects of hormones on the human voice. Dr. Abitbol has received many honors, the most recent of which was the prestigious Chevalier de la Legion d'Honneur for which he was nominated by the Ministry of Health on behalf of the President of the French republic.

## Professor Peak Woo

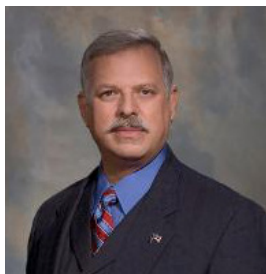


Professor Peak Woo is a board certified otolaryngologist specializing in laryngology (voice and throat disorders). His main interest is in the diagnosis and treatment of diseases of the throat. During his 25 years in academic medicine, he spearheaded the development of the computerized videostroboscope and the high-speed video imaging system, now standard for imaging of vocal fold vibration. He also developed some novel applications of office

lasers for treatment of disease of the throat. As a leader in his field, Dr. Woo is frequently asked to give courses and talks nationally and internationally on topics of phono-surgery, laser surgery, voice diagnosis and office intervention for voice disorders. Dr. Woo speaks English and Mandarin. Dr. Woo received the Guest of Honor, Recognition of Outstanding Contribution to the Art and Science of Laryngology and the The James Newcomb Award, Recognition of Outstanding Contribution to the Art and Science of Laryngology and Dedication to the The American Laryngological Association, April 2018.



## The Robert T. Sataloff Award



### **Robert T. Sataloff, MD, D.M.A., F.A.C.S**

Robert T. Sataloff, M.D., D.M.A., F.A.C.S. is Professor and Chairman, Department of Otolaryngology-Head and Neck Surgery and Senior Associate Dean for Clinical Academic Specialties, Drexel University College of Medicine. He also holds Adjunct Professorships in the Departments of Otolaryngology – Head and Neck Surgery at Thomas Jefferson University, Temple University and the Philadelphia College of Osteopathic Medicine; and he is on the faculty of the Academy of Vocal Arts. He serves as Conductor of the Thomas Jefferson University Choir. Dr. Sataloff is also a professional singer and singing teacher. He holds an undergraduate degree from Haverford College in Music Theory and Composition; graduated from Jefferson Medical College, Thomas Jefferson University; received a Doctor of Musical Arts in Voice Performance from Combs College of Music; and he completed Residency in Otolaryngology - Head and Neck Surgery and a Fellowship in Otology, Neurotology and Skull Base Surgery at the University of Michigan. Dr. Sataloff is Chairman of the Boards of Directors of the Voice Foundation and of the American Institute for Voice and Ear Research. He also has served as Chairman of the Board of Governors of Graduate Hospital; President of the American Laryngological Association, the International Association of Phonosurgery, the Pennsylvania Academy of Otolaryngology – Head and Neck Surgery, and The American Society of Geriatric Otolaryngology, and in numerous other leadership positions. Dr. Sataloff is Editor-in-Chief of the Journal of Voice; Editor Emeritus of Ear, Nose and Throat Journal; Associate Editor of the Journal of Singing; on the Editorial Board of Medical Problems of Performing Artists, and is an editorial reviewer for numerous otolaryngology journals. He has written over 1,000 publications including 69 books, and he has been awarded more than \$5 million in research funding. His H-index is 41 (as of October 2020). He has invented more than 75 laryngeal microsurgical instruments distributed currently by Integra Medical, ossicular replacement prostheses produced by Grace Medical, and a novel laryngeal prosthesis (patent pending). He holds a patent on a unique thyroplasty implant. His medical practice is limited to care of the professional voice and to otology/neurotology/skull base surgery. Dr. Sataloff has developed numerous novel surgical procedures including total temporal bone resection for formerly untreatable skull base malignancy, laryngeal microflap and mini-microflap procedures, vocal fold lipoinjection, vocal fold lipoinplantation, and others. Dr. Sataloff is recognized as one of the founders of the field of voice, having written the first modern comprehensive article on care of singers, and the first chapter and book on care of the professional voice, as well as having influenced the evolution of the field through his own efforts and through the Voice Foundation for over 4 decades. Dr. Sataloff has been recognized by Best Doctors in America (Woodward White Athens) every year since 1992, Philadelphia Magazine since 1997, and Castle Connolly's "America's Top Doctors" since 2002.



