

YADUNA ANNUAL REPORT 2022



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OUR MISSION

Improve women's cardiovascular health and reduce burden of disease through awareness, prevention screening, primary treatment and advocacy.

OUR VISION

To become a model of excellence in preventive and primary treatment of cardiovascular disease in women, regardless of their social background.

By collaborating with academic teams from distinguished national and international organizations, the center will implement the highest standards of clinical practice and research.

By generating a comprehensive genetic and clinical database, the center will contribute to formulating national policy for prevention and improved care.

OUR VALUES

RESPECT

We respect each person as a member of the Center community. Involvement and teamwork empowers our individual strengths.

SERVICE EXCELLENCE

We are committed to our standards of service excellence and dedicated to exceeding the expectations of those we serve.

ACCOUNTABILITY

We accept personal accountability for the work we do.

QUALITY

We consistently strive to provide the highest quality, safe patient care.

COMMUNICATION

We promote open communication that fosters partnership and enhances timely, effective and appropriate responses.

INTEGRITY

We believe integrity is at the heart of our individual and foundation

PRESIDENT MESSAGE

The community of Yaduna will remember the last year not only for its daunting challenges but also for the way it revealed the character of our Foundation.

Faced with unprecedented obstacles stemming from the socio-economic crisis, our staff, volunteers, and doctors have demonstrated remarkable determination in fulfilling Yaduna's mission to improve women's cardiovascular health.

Throughout this annual report you will find many examples of our efforts to ensure that every woman gets the opportunity to live a full and healthy life.

You will also learn of Yaduna-Women Heart Health Center (WHHC) efforts to continue operations and the challenges it faced in delivering high quality services to promote a lifestyle of prevention against cardiovascular disease, to run all the required tests, and to proceed with initial treatments.

The financial and logistic support provided by WHHC to the 4,937 visiting women in 2022 helped them change their outlook on life, and such efforts help Yaduna's mission become a reality.

None of this would have been possible without the support of our private and public sector partners and supporters. We hope this growth will continue in the future.

Going forward, it is our intention to undertake lobbying campaigns to improve standards of care for coronary heart disease and its prevention.

Hopefully despite all the barriers, we will continue our mission with the dedication and commitment of our personnel and collaborators to strengthen Lebanon's position in the field of health.

We sincerely thank you all.

Wafaa Sleiman - President



OUR STRATEGIC PLAN

Yaduna-Women Heart Health Center (WHHC) had 7 goals for this year. Every goal is set with a series of objectives and key performance indicators that measure our performance improvement in a certain time frame.

- Goal 1 Medical care:** screening for Coronary Heart Disease (CHD) and preliminary medical care for women.
- Goal 2 Therapeutic life style:** providing nutritional education to promote cardiovascular health.
- Goal 3 Outreach and Awareness:** helping prevent disease, promoting early diagnosis.
- Goal 4 Capacity building:** to train and educate our staff and trainees on best practice for screening and prevention of Cardio Vascular Disease.
- Goal 5 Research:** seeking to develop protocols that aim to enhance prevention, detection and treatment of heart disease.
- Goal 6 Lobbying & Advocacy:** to ensure that underprivileged women have access to high health services.
- Goal 7 Resources Development:** to maintain a financial stability.

YADUNA AND CARDIOVASCULAR DISEASE (CVD)

Despite all the challenges this year, we can be proud of the Woman Heart initiative of YADUNA. Cardiovascular diseases are running at unprecedented pace in Lebanon and the region driven by political, economic, lifestyle and environmental perils. A milestone indeed, WHHC has matured and is contributing substantially towards bolstering cardiovascular health among Lebanese women.



YADUNA is making big strides, becoming a national benchmark in the domain of heart Health. The WHHC team has worked hard and long towards implementation of the highest standards and realizing big goals, namely advocacy, enhanced awareness and screening for silent cardiovascular disease among **"healthy adult women"**.

Talent and technology are working in total synchrony and are exerting measurable impact on early diagnosis, prevention and early intervention of heart disease. The results so far have disclosed unexpected and substantial burden of disease within our society. Unquestionably, this predicament justifies all the energy, time and resources expended to this end.

All that stated, where do we go from here? We must protect, connect and inspire the largest target audience. Reaching out to the diversified Lebanese communities should be our passion and defines the leadership vision. We are gratified and delighted that YADUNA-WHHC is leading global efforts in fighting heart disease and stroke, a declared critical challenge of contemporary Medicine. The entire team is enthusiastic and remains committed to moving forward with the distinguished legacy of human service.

***Samir Alam** MD, FACC, FRCP*

*Professor of Medicine Cardiology, Associate Vice president for Health,
Chief of Staff*

*American University of Beirut Medical Center and Faculty of Medicine
Yaduna-WHHC Board of Trustees and Directors*



I had the opportunity to recently read a review article published in a European journal titled “Why We Need Specialized Centers for Women’s Hearts: Changing the Face of Cardiovascular Care for Women”.

This title reminded me of all the discussions and brainstorming that led to the creation of Yaduna-WHHC. I was sure that our center is perfectly aligned with worldwide concepts and structures.

The need for improved cardiovascular care for women was brought to light in the late 1990s, with the recognition that cardiovascular mortality in women had been steadily increasing for almost two decades while, during the same period, a notable decline had been observed in men.

Globally, cardiovascular disease (CVD) accounts for 8.94 million deaths in women, representing 35% of all deaths in women, making it their leading non-communicable cause of mortality worldwide, with more women dying from CVD than from all cancers combined. In addition, by the last estimation, 275 million women are living with CVD.

Although CVD is the leading cause of mortality in women, cardiovascular care for women remains suboptimal, with poorer outcomes than for men.

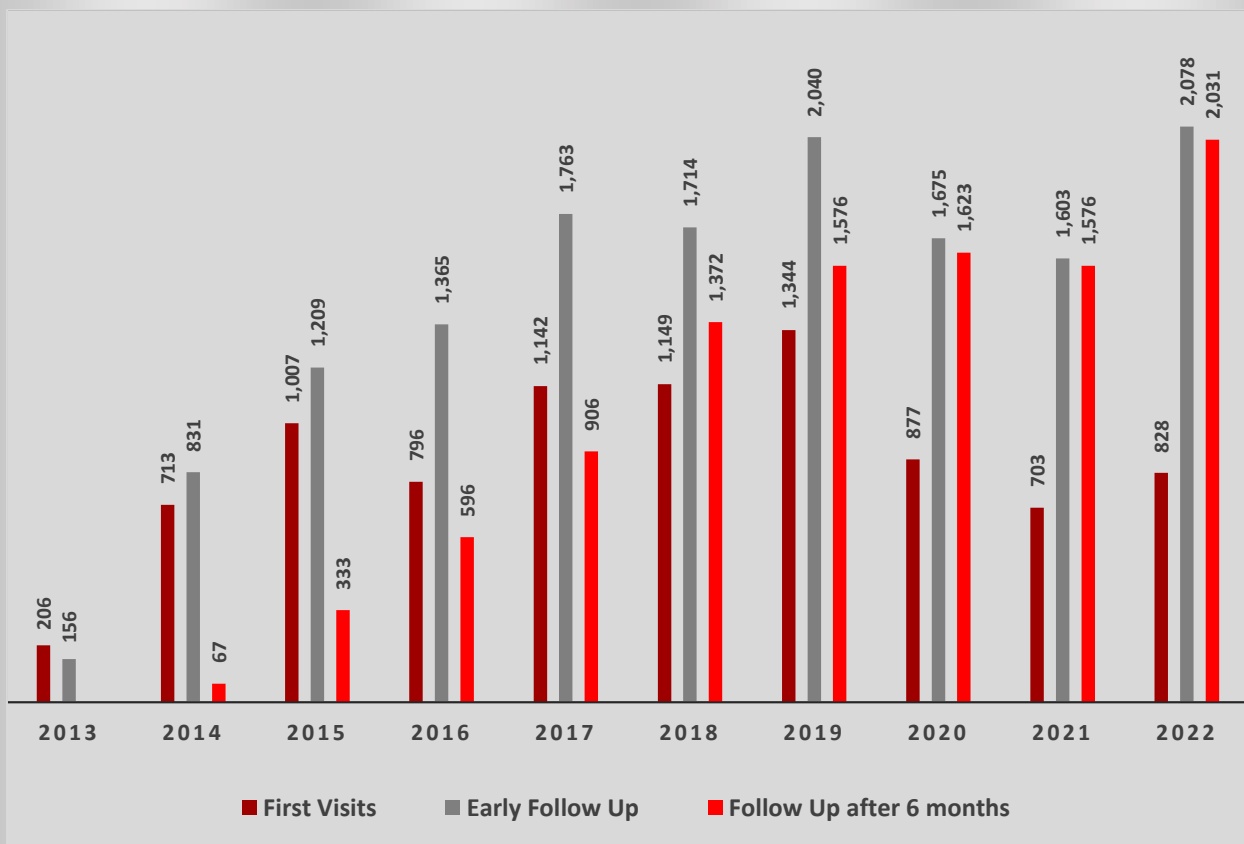
Yaduna -WHHC is the perfect place to diagnose and treat CVD.

Antoine Sarkis MD, FESC, FACC
Professor of Cardiology, St Joseph University &
Hotel Dieu de France Hospital
Yaduna –WHHC Board of Trustees and Directors

OUR NUMBERS

**From 2013 till 2022, YADUNA-WHHC received
33 279 visits,
for Cardio Vascular Disease screening**

First Visits 8 765 Women
Early Follow Up visits 14 434 Women
Late Follow Up visits 10 080 Women



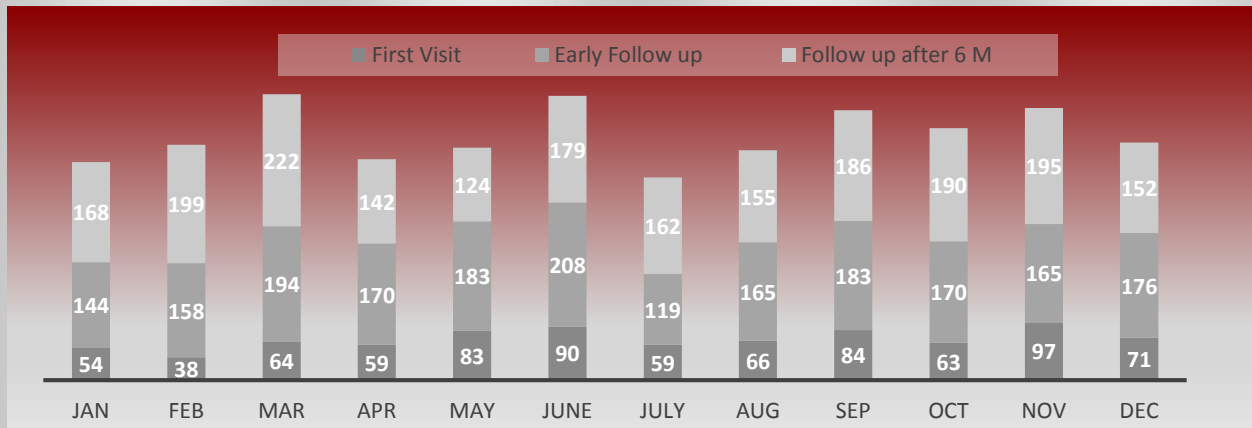
In 2022 WHHC welcomed 4 937 visits for screening

Despite the country's economic situation and the fuel crisis, WHHC remained open and women from different regions were always welcome for their cardiovascular consultations.

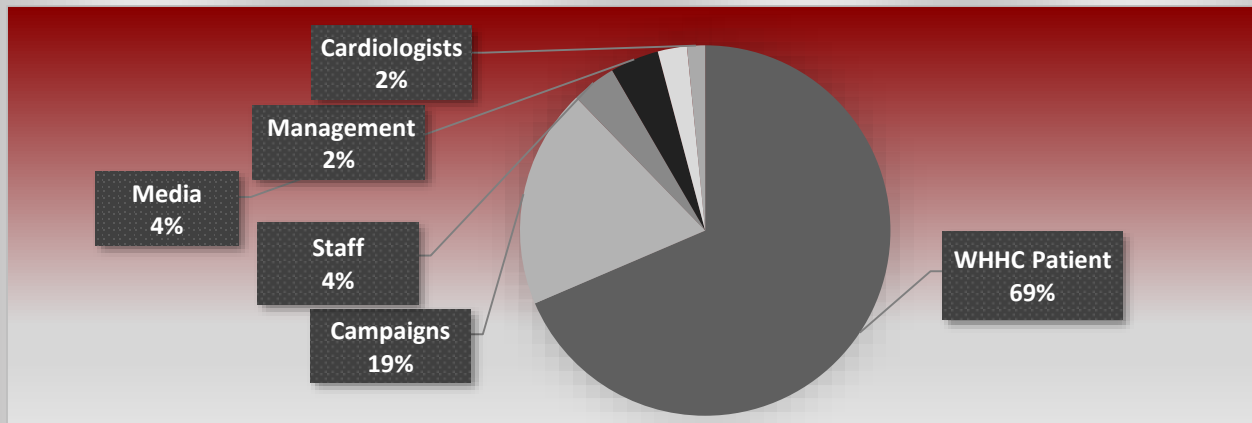
Total number of FIRST VISITS 828 Women
Total number of FOLLOW UP VISITS 4 109 Women

1. Early FOLLOW UP VISITS 2 078 Women
2. FOLLOW UP VISITS after 6 months 2 031 Women

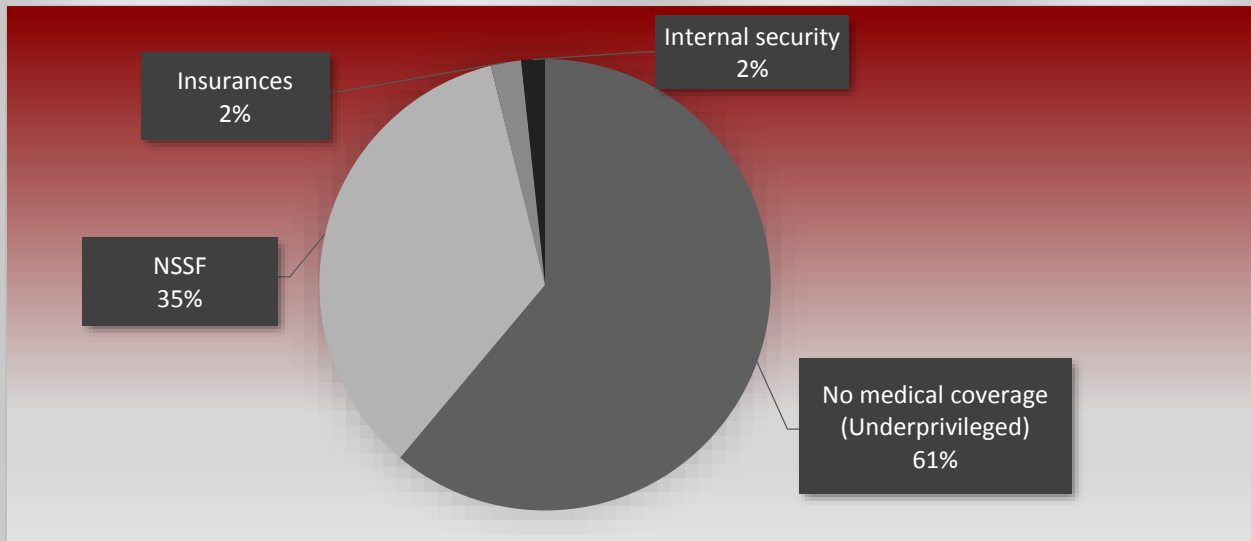
With an increase of 27% compared to the year 2021



828 Women First visit per referral



828 patients per Initial Status (Financial coverage)



From the spirit of WHHC vision, the division of women shows that **61%** of WHHC beneficiaries have no medical coverage. The Center has fully or partially covered their medical costs,

35% were covered by the National Social Security Fund. The Center supported the difference not covered by the NSSF,

2% were insured by private insurance companies, **2%** by the Internal Security forces. The Center covered the unpaid difference as well.



1 723 Women (First and Follow up visits) benefited from a total discount of 295 000 000 LBP

MEDICAL CARE

Cardiologist

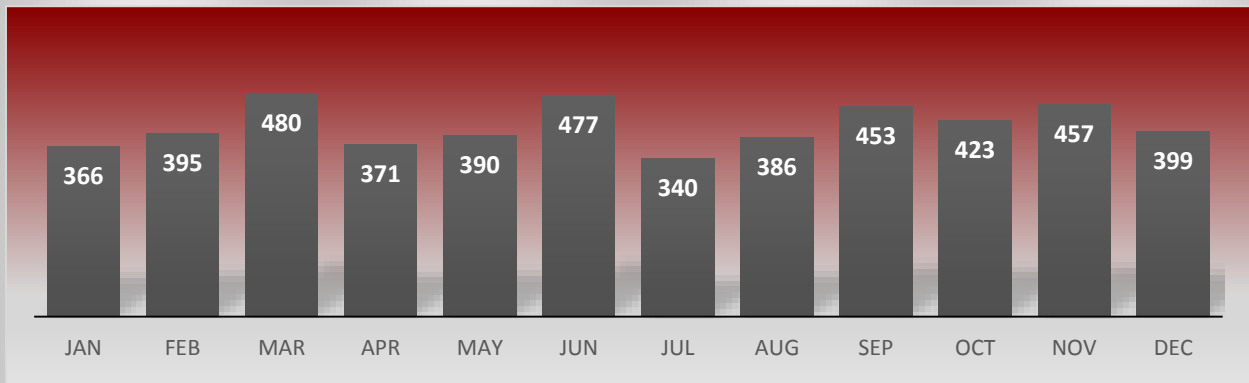
Yaduna –WHHC is the only center providing special medical consultation. The team is made up of a cardiologist and a qualified nurse.

The WHHC process allows all women to benefit from a clinical examination by a cardiologist, an assessment of their state of health and a personalized plan accordingly.

The plan can include one or more of the services/tests of the Laboratory, and/or radiology, depending on the patient's risk profile for coronary heart disease.

This year despite all the difficulties the country was facing, our cardiologists managed to follow up with **4 937** patients.

4 937 CARDIOLOGIST CONSULTATIONS

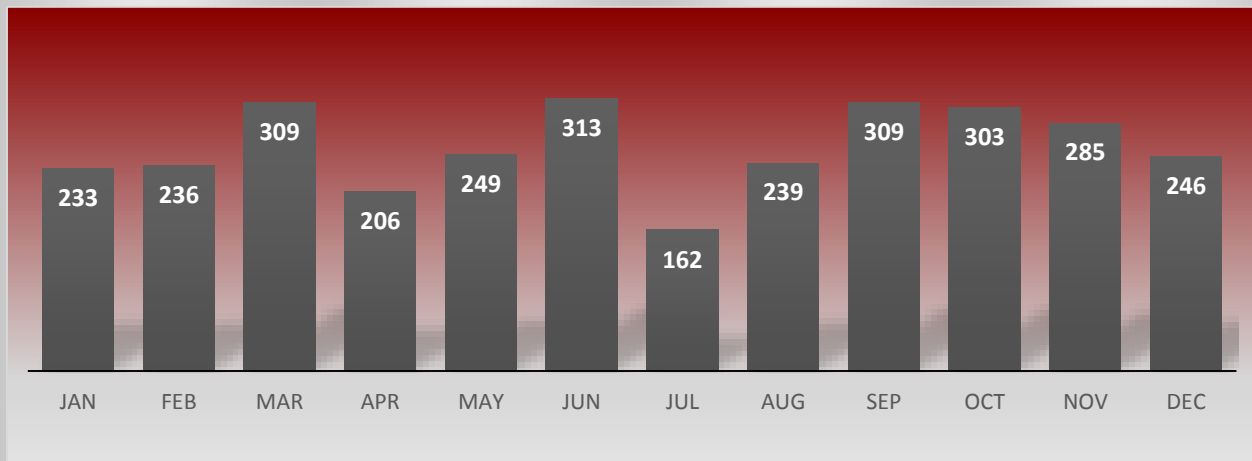


Laboratory

This is the core of Yaduna services. Although Lebanon has suffered from an economic crisis which has driven up the prices of all services, machines, and kits, Yaduna WHHC continued to provide all routine services while respecting quality and safety and outsourced some tests to meet patient needs.



3 090 LABORATORY tests performed

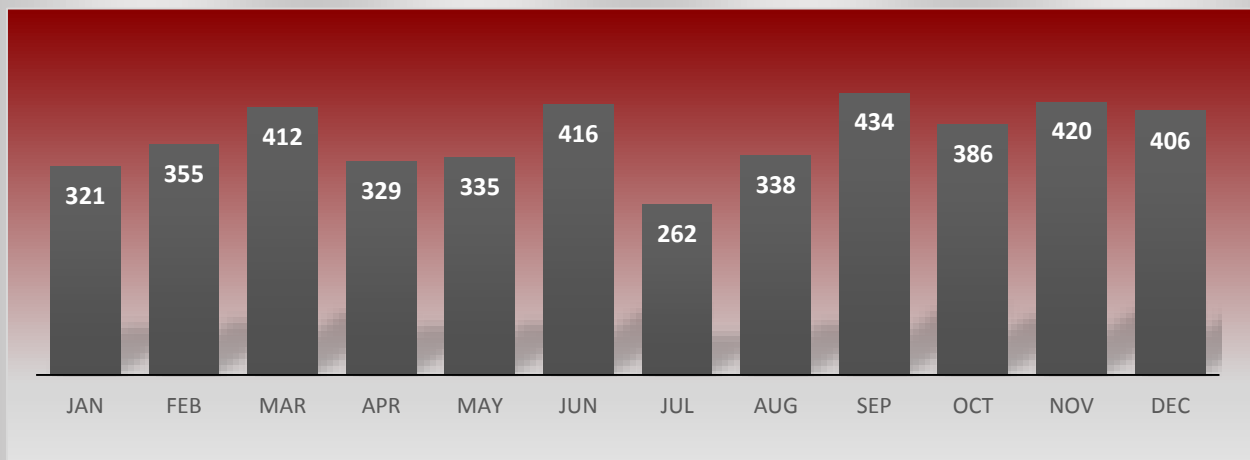


Radiology

The radiology department, despite the increase in the costs of the machines and their maintenance, has continued to provide ECG, Chest X-rays, Echocardiogram and Coronary calcium scan (CAC score) and scrupulously respected the policies and procedures to ensure the best service.



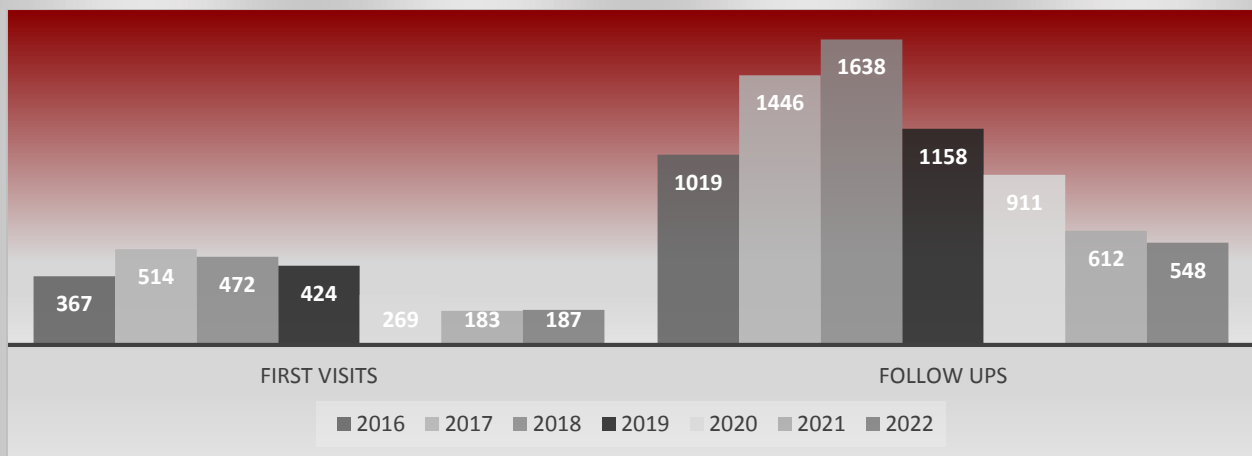
4 414 RADIOLOGY tests performed



PARAMEDICAL CARE Dietitian

In order to subserve cardiovascular health, Yaduna WHHC dietitian provides patients with diets that help maintain normal blood pressure, a balanced lipid profile and good diabetic control.

This service includes: dietetic assessment, body composition test (muscle mass, body fat distribution, total body water percentage...), a personalized diet plan, counseling and teaching, behavioral therapies, support to Women and families, regular sessions to assess compliance and prevent relapse.



Social

Due to the economic crisis, many women no longer have medical coverage. Yaduna social worker will assess their socio-economic status and grant when needed full coverage or discounts which will be borne by Yaduna.

OUTREACH AND AWARENESS

The social worker organized

17 awareness sessions attended by 626 participants. These sessions focused on the prevention of cardiovascular disease among women and the services provided by the Women's Heart Health Center.

24 Field visits and medical campaigns were done in cooperation with:

1. Municipalities, NGOs, Churches and women committees in different regions. (El Hoda Association, Druze Women Baalachmay, IRAP, Caritas Hadath, Lions Furn El Cheback, Women committee Falougha, Zahle...)
2. Primary Health Care Centers and Social Development centers Baabdat.



A medical day at YADUNA -WHHC

USE ❤️ FOR EVERY ❤️

For **World Heart Day** on September 29, YADUNA organized a free medical day to raise awareness on "*The Importance of preventing cardiovascular disease and reducing stress in our daily lives*" with the participation of 31 women from Orthodox Dispensary Wadi Chahrour, Lions Furn El Chebbak, Social Development Center Baabdat, Caritas Hadath and 5 Social workers interns from the Lebanese University.

They benefited from a blood pressure measurement, lipid panel to control blood cholesterol and triglycerides levels, a body composition analysis, heart-healthy nutritional tips and a Q&A session with one of our cardiologists.

At the end of the day, a mindfulness and a stretching session were held as well.

It is important to mention that, according to the WHO, cardiovascular disease is considered the number one killer in women.



RESEARCH

Yaduna is a great supporter of academic studies as it believes in the importance of research, but due to the economic situation and lack of funds the follow-up of any research proposal has been suspended. Nevertheless, samples are still in fridges -80 degrees (DNA, Serum, urine) as per the protocol set between both universities (AUBMC and USJFM) and based on their supervision and guidance.

The work is ongoing to review the medical data collection program, in cooperation with the physicians in Yaduna and based on the recommendations of the two universities to customize the classification of the diseases, the surgeries and medications.

OUR DOCTORS AND STAFF

Despite the challenges of the economic crisis, Yaduna never stopped supporting women by providing them with the highest standards of medical services. We are proud and grateful for all the efforts played by our 26 healthcare professionals, from doctors and staff.

Training and Education

Yaduna kept supporting its staff member's professional and personal development through facilitating and encouraging them to participate in training opportunities.

1. The dietitian participated in a virtual session around "*Nutrition and lifestyle for Menopause*" organized by the Catalyst Train in lab on February 26.
2. The nurse participated in a virtual training around "*Training to enhance the capabilities of health for workers in PHCC*" organized by the Ministry of Public Health and Red Cross on January 10.

3. The COO and the dietitian participated in a meeting around “ *The status of non-communicable diseases (NCD) Prevention and management in Lebanon*” organized by the Department of Primary Health Care Centers at the Ministry of Public Health and the Department of Family Medicine at the American University of Beirut, on September 7.
4. The CEO of Yaduna Foundation and the COO of the Medical Center participated in the sixth session of a series of consultative meetings within the framework of preparing the National Strategy for Women in Lebanon under the title “ *Health Care for Women of All Age Groups*”, organized by the National Commission for Lebanese Women, on October 3.
5. Health Nursing Department, at the Antonine University, continued his training at the Yaduna WHHC Nursing Department, two days a week from January 21st to February 1st.
6. Within the "Community Health Clinical Rotation" program, 9 students from "Al-Hariri School of Nursing at the American University" pursued their social service at Yaduna during the month of April.

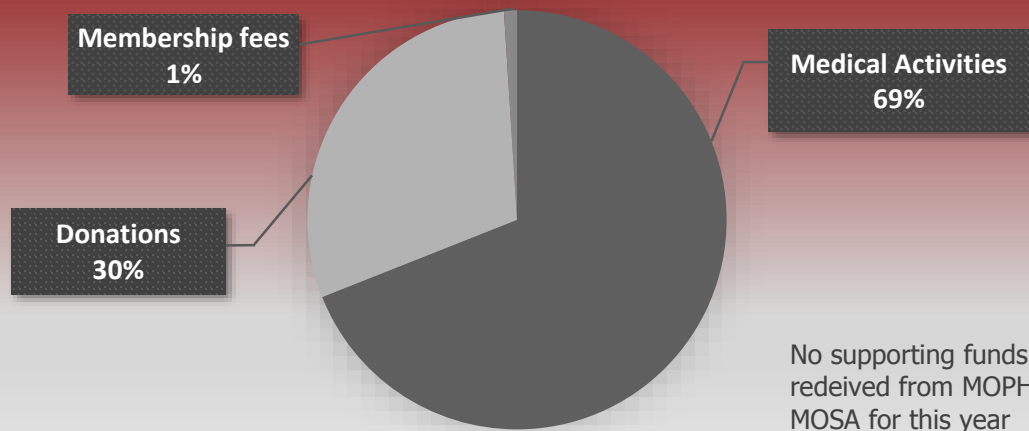
New members joining our team

Despite the current economic crisis, the unemployment situation and emigration of staff, a new Clinical Assistant, a Social Worker and a Dietitian joined our team.

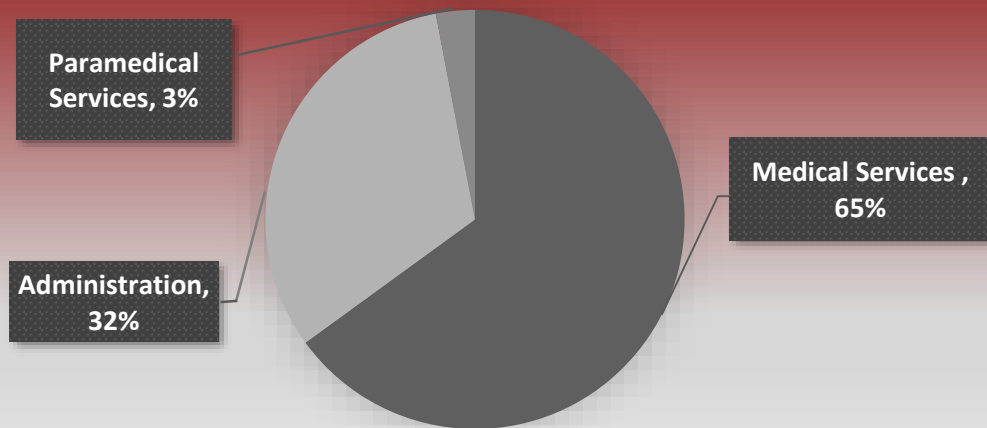


FINANCIAL STATEMENT

% REVENUES YEAR 2022



% EXPENSES YEAR 2022



The financial audit is in process by BDO Semaan, Gholam & Co.

PARTNERSHIPS

Ministry of Public Health (MOPH)

Since 2012, Yaduna has had a close collaboration with the MOPH, which has been a strong supporting partner for WHHC's activities.

The Ministry provides funding to support the cost of screening and first treatment for Lebanese Women.

In 2022 as part of the Primary Health Care Centers in the Ministry we received a variety of in kind donations.

Ministry of Social Affairs (MOSA)

Since 2012, MOSA has been a supporting partner for screening and awareness activities. Through a direct contract the ministry covered part of radiology tests and awareness sessions.

AUBMC/FM and USJ/FM

Ever since it's opening, Yaduna WHHC signed an MOU with the two universities AUBMC/FM and USJ/FM in order to provide high quality health services and proper staff training while benefiting from the center's services in the scientific research to contribute to the risk reduction of cardiovascular diseases.

AGREEMENTS

We have renewed the "coverage agreement" for our beneficiaries with NSSF, COOP, LSS, ISF, LGS, Insurances Companies and TPAs: Next Care, Globemed, Best Assistance, La Medicale and Cumberland.



ACKNOWLEDGEMENTS

Yaduna-WHHC team would like to express its deepest thanks to all those who contributed to these achievements.

This report is the result of work of our volunteers, our staff and doctors who worked hard this year under critical circumstances and whose continuous support and commitment has ensured the ongoing vitality of Yaduna -WHHC.



"Early detection can make all the difference. At Yaduna we encourage Lebanese Women over the age of 45 Years, to have their annual check-ups regardless of their socioeconomic background and health coverage"

BOARD OF DIRECTORS

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YADUNA –WOMEN HEART HEALTH CENTER
January till December 2022