

# YADUNA ANNUAL REPORT 2024



قلبك كمان  
بيستحق كل الاهتمام



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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 empower our individual strengths.

### SERVICE EXCELLENCE

We are committed to upholding service excellence and dedicated to surpassing the expectations of those we serve.

### ACCOUNTABILITY

We take personal responsibility for the work we deliver.

### QUALITY

We are committed to consistently providing safe, high-quality care for every patient.

### COMMUNICATION

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

### INTEGRITY

Integrity is the foundation of our identity and actions, guiding us individually and collectively as an organization.



## PRESIDENT MESSAGE

Since our founding in 2013, YADUNA has been at the forefront of preventing cardiovascular disease in Lebanon. As we reflect on years of dedication, progress, and the lives impacted, we are proud to share that we have conducted over 9,900 initial patient visits, providing vital screening, treatment, education, and support to countless individuals in our community.

These achievements have not come without challenges. The war and the economic crisis gripping our nation have significantly strained our resources, making it harder than ever to maintain and expand our services. Yet, despite these hardships, we have remained steadfast in our mission. The commitment of our medical professionals, volunteers, and supporters has enabled us to continue providing crucial healthcare to those who need it the most.

Cardiovascular disease remains the leading cause of death for both women and men in Lebanon, and we recognize that prevention is key to addressing this issue. With your continued support, we will keep pushing forward, educating the public, and providing essential services to reduce the burden of heart disease on our population.

We are deeply grateful for the trust you've placed in Yaduna-Women Heart Health Center. Together, we will continue to make a difference in the lives of the Lebanese.

Sincerely,

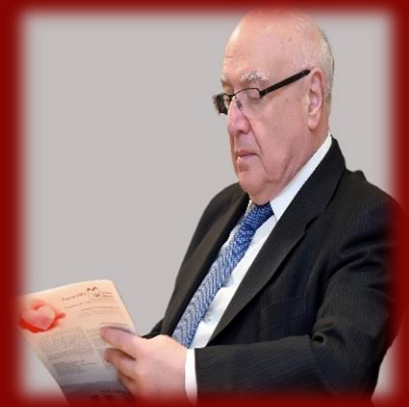
***Wafaa Sleiman***  
*President, Yaduna Association*



*From the heart in gratitude and profound appreciation!*

I extend our gratitude, love and affection to all women; mothers, sisters, daughters, friends and wives! to them all we express our owe and respect. We salute them as central figures in our Families and National lives; makers of generations, culture and values. They are the source of love, courage and inspiration.

In recondition of their graceful contributions in our national lives, the Women Heart Health Center (WHHC) was envisioned as a token of gratitude and relevance.



### **Why WHHC?**

Heart disease is leading cause of death worldwide including women. Years of ignorance and neglect contributed to disparities in awareness and care with an unacceptable disease burden among women. Both science and practice have confirmed important peculiarities of cardiovascular disease in postmenopausal woman. Traditional and nontraditional biologic factors accelerate disease in women rendering them vulnerable to disease.

**In 2013**, propelled by the vision, dedication and sacrifices of YADUNA's Board of Directors and a team from AUB and USJ universities, the WHHC was launched and levitated to become a model of excellence in advocacy, screening and early diagnosis of heart disease in women. This initiative preceded the United Nations General assembly, then calling for similar objectives.

10 years later, **10,000** women have been benefitted from advanced diagnostic and early interventional algorithms. These benefits have undoubtedly extended and multiplied to affect families, friends and wide societal groups.

Research and deep dive into the genetic and lifestyle heart health factors of Lebanese women are ongoing efforts.

Because of WHHC, our Country and women are healthier.

We celebrate with pride the rise, progress and enormous impact WHHC has had.

My huge thanks to Mrs. Wafaa Sleiman and the WHHC team.

Best wishes for extended years of Giving and better health.

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

*Professor of Medicine - Cardiology*

*Associate VP for Health and Chief of Staff -WHHC Board of Trustees and Directors*





*"We promise to remain dedicated to providing the best care possible"*

The 'Women's Heart Health Center' is pleased to announce updates to our services, designed to better meet the needs of women in our community. We have launched several initiatives aimed at enhancing women's health, including raising awareness about preventing cardiovascular diseases, which pose a significant threat to women's health.

Our Initiatives include:

1. Specialized heart Consultations: We have expanded consultation services to include personalized awareness sessions with heart health specialists.
2. Educational Workshops: Free workshops to raise awareness about heart diseases, healthy nutrition, and how to avoid factors that could lead to complications.

Our goal is to make a lasting positive impact on the health of women in our community. We have seen encouraging results from our programs, thanks to feedback from participants and the observed results in health screenings. We are continually improving our services to ensure more women and men can access these initiatives. Hopefully we will include fitness programs and Psychological Counseling to help women manage challenges that might impact their overall health.

We believe women's heart health is the foundation of a healthy community, and are committed to providing all necessary support and resources for eligible women to lead healthy and balanced lives.

We continue to exploring opportunities to expand services and enhance programs effectiveness. With our ongoing commitment to promoting women's health in all aspects of life, we look forward to providing more updates supporting heart health, physical activity, and mental well-being for women.

Thank you for your continued support

*Antoine Sarkis, MD, FESC, FACC.*

*Professor of Cardiology, St Joseph University & HDF*

*Former president of the Lebanese society of cardiology*

*Yaduna –WHHC Board of Trustees and Directors*

## OUR STRATEGIC PLAN

The Yaduna-Women Heart Health Center (WHHC) established seven goals for this year, each accompanied by specific objectives and key performance indicators, to measure progress over time.

### **GOAL 1: Medical Care**

Focus on screening for Coronary Heart Disease and providing preliminary medical care.

### **GOAL 2: Therapeutic Lifestyle**

Offer nutritional education to support cardiovascular health.

### **GOAL 3: Outreach and Awareness**

Promote disease prevention and encourage early diagnosis.

### **GOAL 4: Capacity Building**

Train and educate staff and trainees on best practices for the screening and prevention of cardiovascular disease.

### **GOAL 5: Research**

Develop protocols aimed at improving the prevention, early detection and treatment of heart disease.

### **GOAL 6: Lobbying & Advocacy**

Advocate for access to high-quality health services for underprivileged women.

### **GOAL 7: Resource Development**

Ensure financial stability to support ongoing operations.

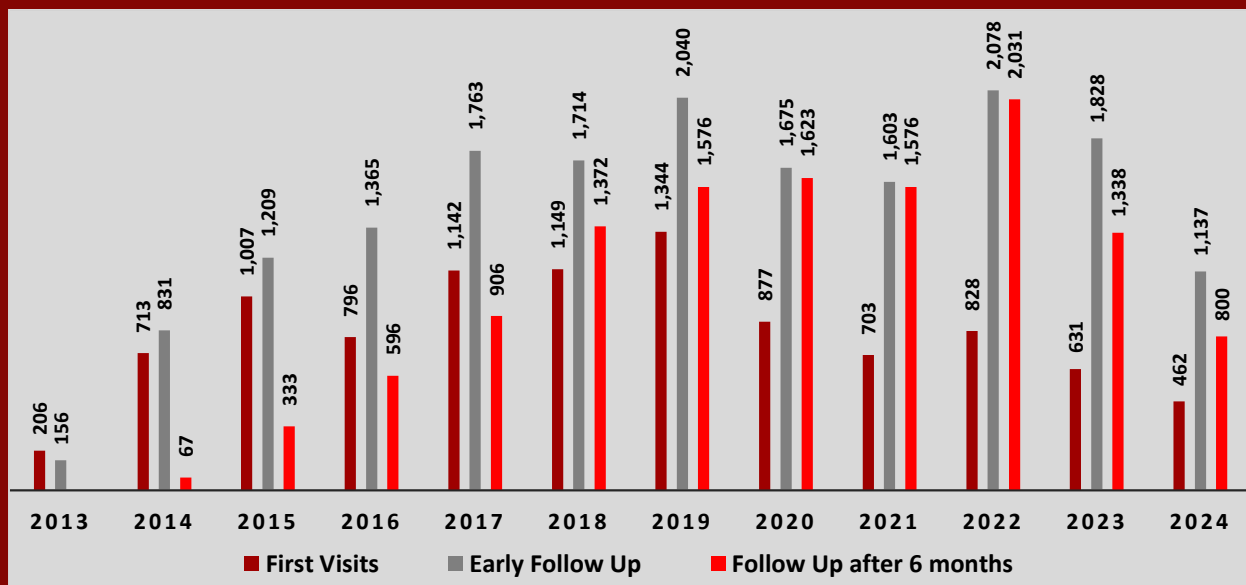




## OUR NUMBERS

**From 2013 till 2024, YADUNA-WHHC  
received 39 480 visits,  
for Cardio Vascular Disease screening**

First Visits                      9 863 Patients  
Early Follow Up visits      17 399 Patients  
Late Follow Up visits      12 218 Patients



- **55%** of those who were examined were found to need medical follow-up.
- **25%** of those who underwent the CT Calcium Score test (Coronary Artery Calcification Determination) was found to need advanced medical intervention, such as catheterization or open-heart surgery.
- **30%** of those who underwent the tests according to the "Yaduna Pathway" were found to require ongoing treatment for the prevention of heart diseases over the long term.

## In 2024, WHHC welcomed 2 404 visits for screening

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

### Total number of FIRST VISITS

**467 Patients**

(281 Women and 186 Men)

### Total number of FOLLOW UP VISITS

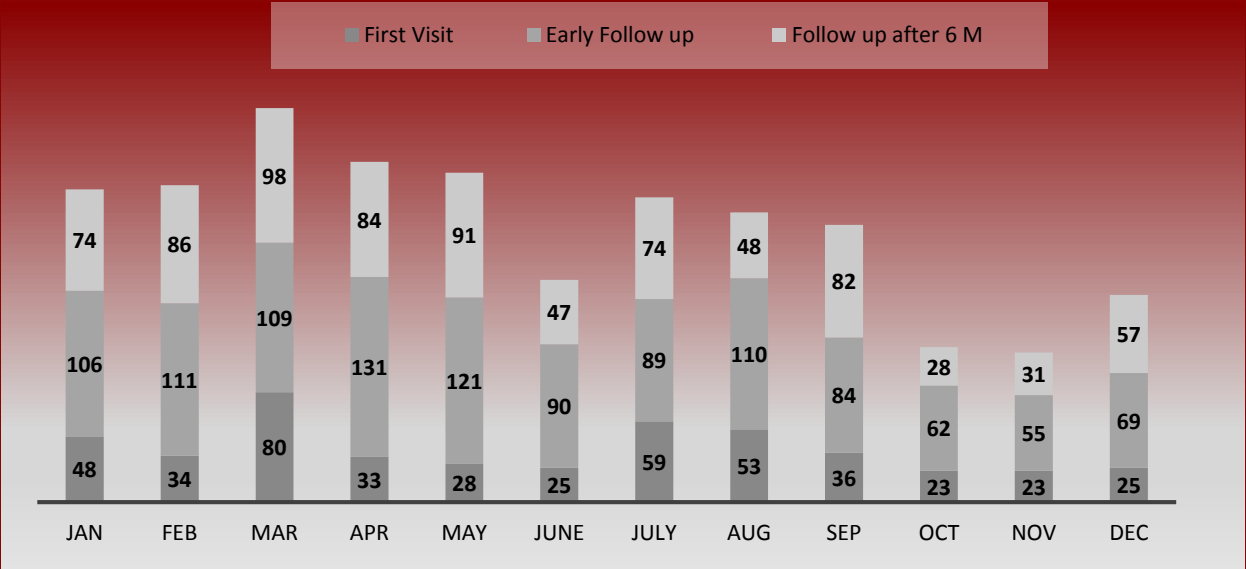
**1 937 Patients**

- |                                    |                |
|------------------------------------|----------------|
| 1. Early FOLLOW UP VISITS          | 1 137 Patients |
| 2. FOLLOW UP VISITS after 6 months | 800 Patients   |

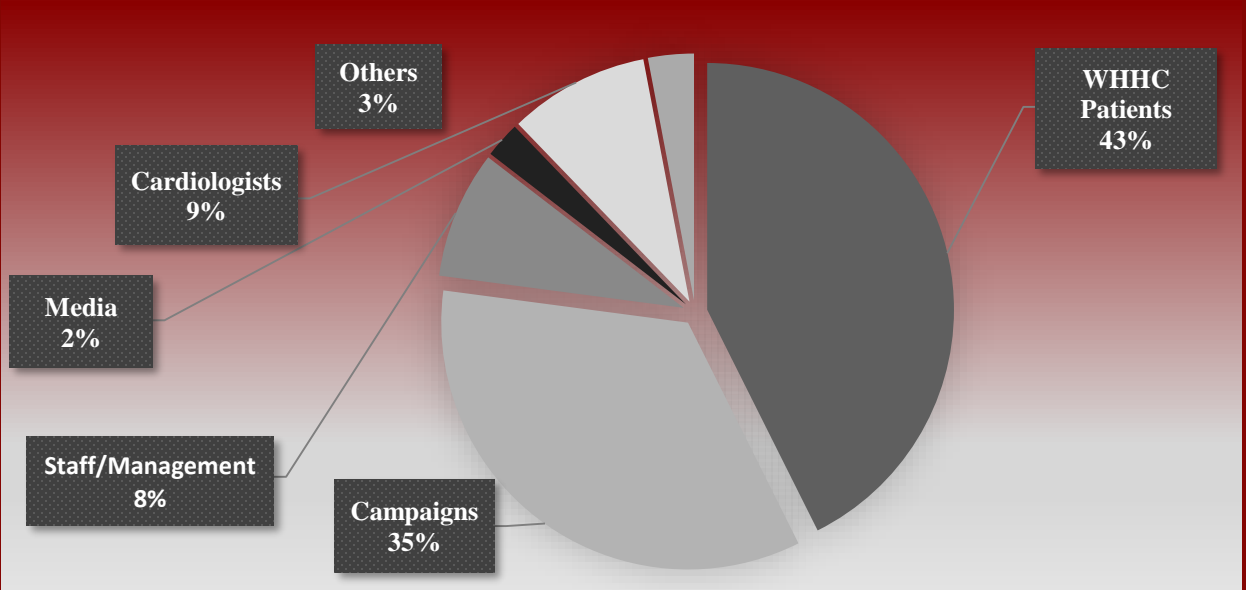
The war, along with its economic and financial repercussions, is the primary reason for the 37% decrease in the number of visitors compared to the year 2023.



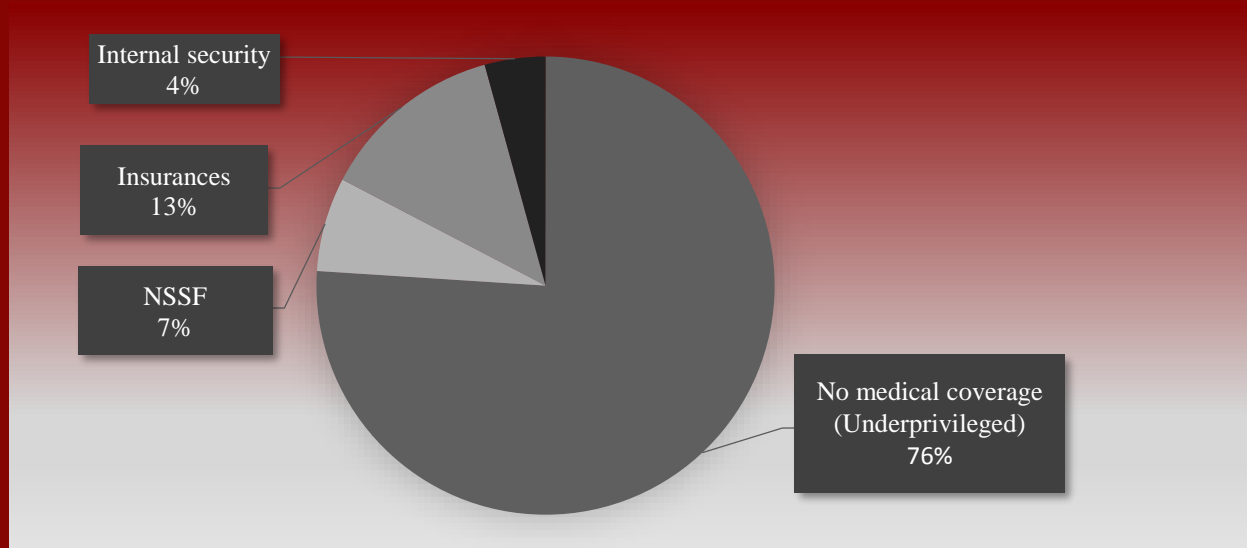
# 2 404 visits for screening



# 467 Patients - First visit per referral



## 467 patients per Initial Status (Financial coverage)



From the spirit of WHHC vision, the division of patients shows that

**76%** of WHHC beneficiaries have no medical coverage.  
The Center has fully or partially covered their medical costs,

**13%** were insured by private insurance companies,

**7%** were covered by the National Social Security Fund,

**4%** by the Internal Security forces.  
The Center covered the unpaid difference as well.



## Men beneficiaries of preventive screening

To support the long-term sustainability of its mission, the Women Heart Health Center expanded its services in 2024 to include men, offering access to essential preventive medical examinations. A total of **186 men** benefited from these services. This strategic expansion enabled WHHC to reach broader segment of the community ensuring additional income while reinforcing its commitment to inclusive high-quality care and supporting the continued viability of its programs.

## Beneficiaries of laboratory tests and radiology Outpatients

In support of its mission, the foundation received, in the framework of cooperation with “Bioteck” medical company, 862 women and men to undergo laboratory examinations and radiology test, as well as to benefit from our cardiologist consultations.



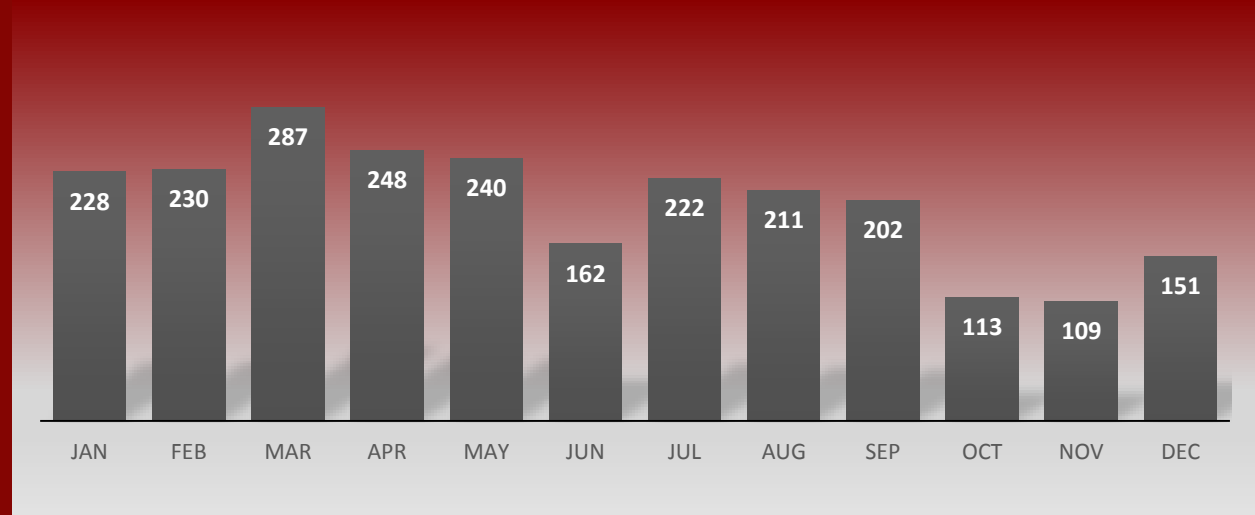
## MEDICAL CARE

### Cardiologist

YADUNA-WHHC is the sole center offering specialized medical consultations. The team consists of a cardiologist and a skilled nurse. The WHHC process ensures that every woman receives a clinical examination by the cardiologist, an evaluation of her health status, and a personalized care plan based on the assessment. This plan may include a variety of services or tests from the laboratory and/or radiology, depending on the patient's coronary heart disease risk profile. Despite the challenges faced by the country this year, our cardiologists successfully followed up with 2403 patients.



### 2 403 CARDIOLOGIST CONSULTATIONS



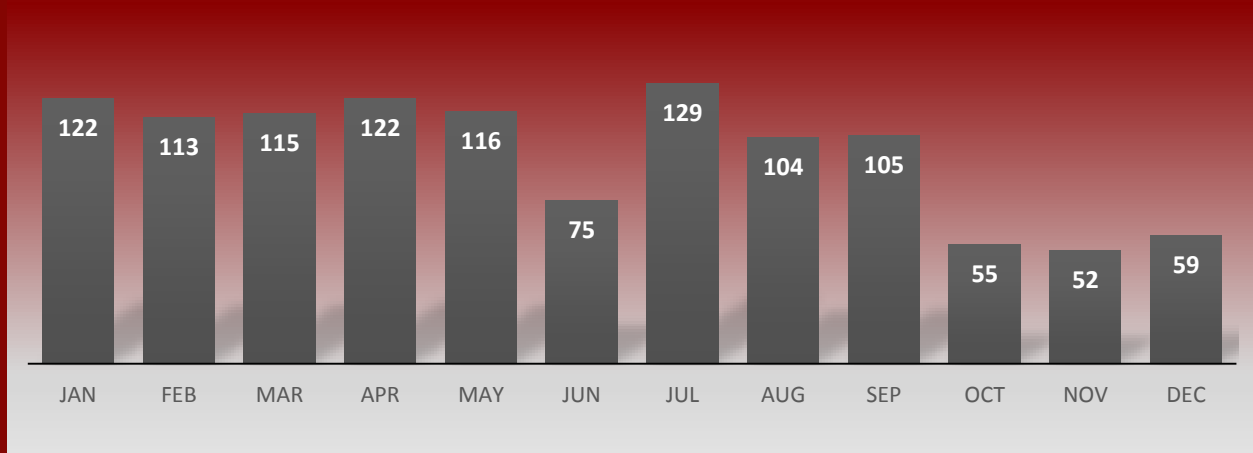


## Laboratory

Despite Lebanon's ongoing economic crisis - which has led to increased prices of services, equipment, and kits - YADUNA-WHHC has remained committed to delivering routine services with a focus on quality and safety, even outsourcing certain tests to ensure patient needs are met.



**1 167 LABORATORY tests performed**



## Radiology

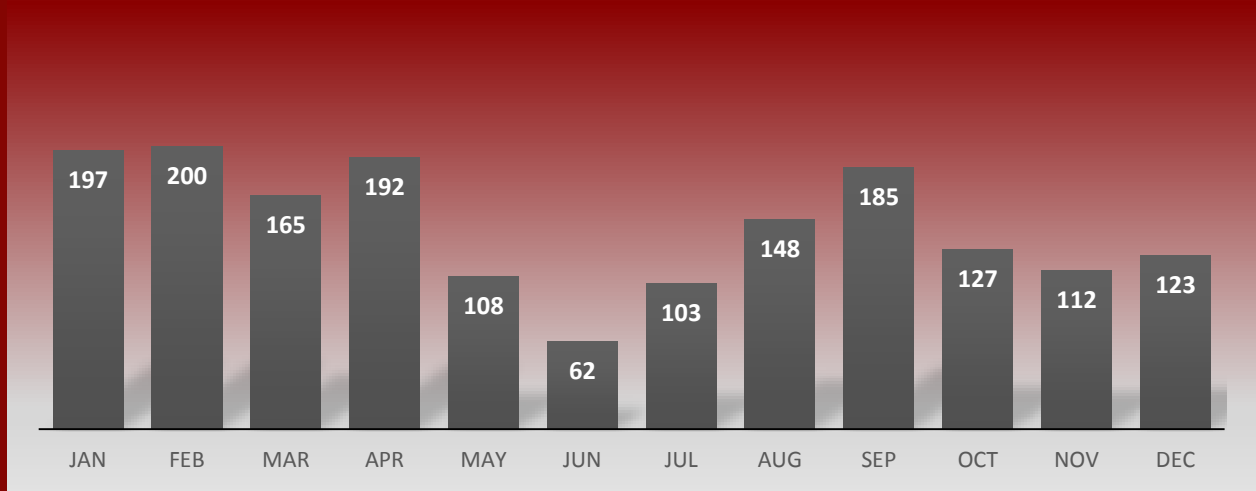
Despite rising costs for equipment and maintenance, the radiology department has consistently provided ECGs, Chest X-rays, Echocardiograms, and Coronary Calcium Scans (CAC scores), all while diligently adhering to policies and procedures to ensure the highest quality of service.



**On June 24, YADUNA launched the Holter service, and a total of 29 tests were conducted.**



**1 722 RADIOLOGY tests performed**

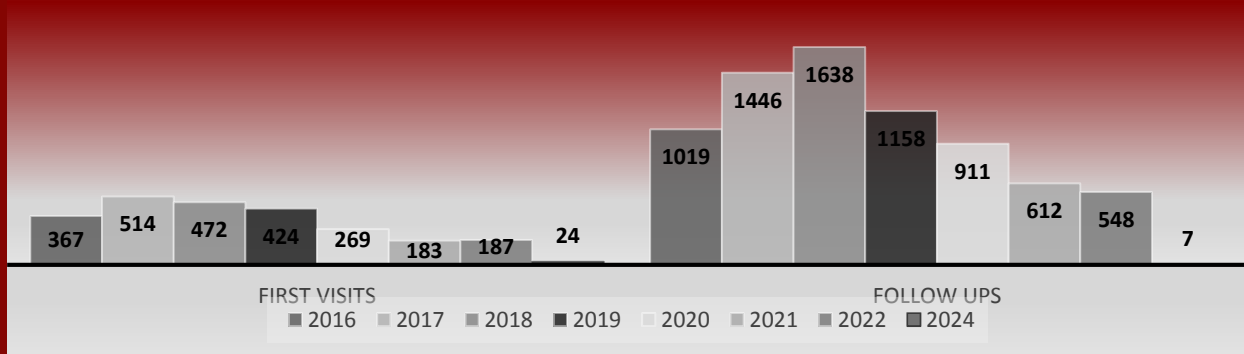


## PARAMEDICAL CARE

### Dietitian

To support cardiovascular health, the YADUNA-WHHC dietitian offers personalized dietary plans aimed at maintaining normal blood pressure, a balanced lipid profile, and optimal diabetes control.

This service includes a thorough dietetic assessment, body composition analysis (such as muscle mass, body fat distribution, and total body water percentage), customized diet plans, counseling and education, behavioral therapies, support for women and families, and regular follow-up sessions to monitor progress, ensure adherence, and prevent relapse.



### Social

As a result of the economic crisis, many women have lost their medical coverage. A YADUNA social worker assesses each individual's socio-economic situation and, when needed, provides full coverage or discounts, with the costs covered by YADUNA.

# OUTREACH, AWARENESS CAMPAIGNS AND PROJECTS



The social worker organized

- **14 awareness sessions** attended by 450 participants. These sessions focused on the prevention of cardiovascular disease among women and men and the services provided by the Women's Heart Health Center.



- **17 medical campaigns** were carried on, reaching 391 women and men in collaboration with; Municipalities, NGOs and women committees in different regions. (Druze Women Aley & Majdelbaana, Caritas Hadath, Voix de la femme Furn El Chebbak, Al Radwan Association Aley, Beity Baytak Baabda, Al Hoda, IRAP, Ainab for displaced people, Sawfar municipality ...).



- **9 medical campaigns** were carried out through social media platforms, reaching a large number of interactors on our pages, which led to their visit to the center and undergoing the necessary examinations and medical follow-up.

The “Non-communicable Diseases” project,

YADUNA is participating in the “NCDs” project, implemented by the American University of Beirut in collaboration with the Primary Healthcare Department at the Ministry of Public Health.

The project aims to detect, monitor, and raise awareness among patients Type 2 diabetes and hypertension over the course of one year.

During this year, the first phase involved diagnostic campaigns to identify diabetes and hypertension patients, reaching **318** people.

In the second phase, laboratory tests were carried out according to the agreed-upon protocol for the two patient groups, involving 64 individuals so far.

This project will run until the end of 2025, **benefiting 101 individuals.**





## RESEARCH

YADUNA is a strong proponent of academic research, fully acknowledging its vital importance. However, due to the current economic challenges and lack of funding, progress on research proposals has been temporarily halted. Nevertheless, samples such as DNA, serum, and urine are securely stored at  $-80^{\circ}\text{C}$ , in line with the protocol established between AUBMC and USJFM, and are under their supervision and guidance.

At present, efforts are focused on reviewing the medical data collection program in collaboration with Yaduna's physicians. This initiative, driven by recommendations from both universities, aims to enhance the classification of diseases, surgeries, and medications.

## OUR DOCTORS AND STAFF



Despite the difficulties posed by the war and the economic crisis, YADUNA has remained unwavering in its commitment to supporting both women and men by delivering top-quality medical services. We are proud and deeply grateful for the dedication and hard work of our 26 healthcare professionals, including doctors and staff.



## TRAINING AND EDUCATION

YADUNA continued to support student's development by facilitating and encouraging their participation in training opportunities.



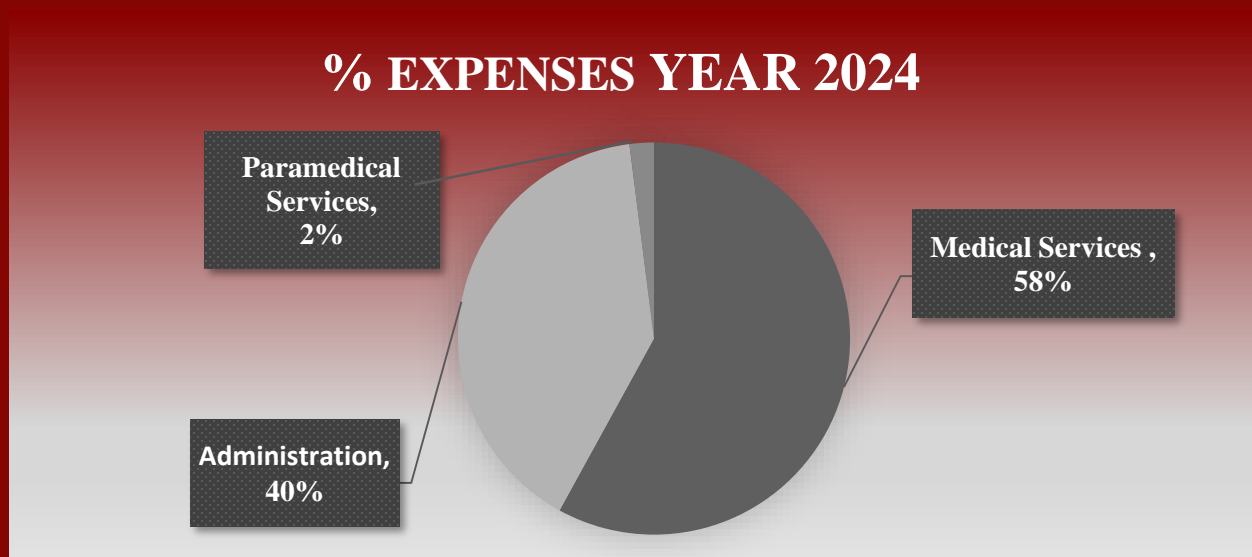
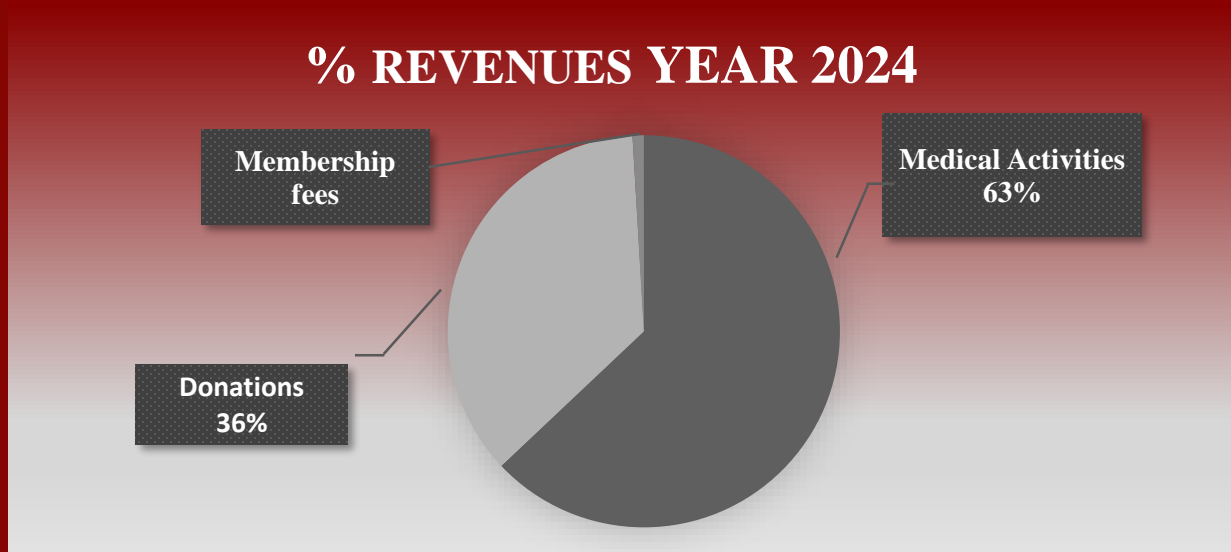
Three 3rd year nursing students from the Health Nursing Department at the Antonine University continued their training at the WHHC Nursing Department, two days a week, from September 10 to October 4, 2024.



A 1<sup>st</sup> year student from the Department of Social Health Work at the Lebanese University undertook training with the social worker at YADUNA, two days a week, from April 15 to June 10, 2024.

Three 2<sup>nd</sup> year high school students from the Al-Bishara School undertook training with all departments at YADUNA on a full-time basis, for a two-week period in July 2024, at the Women's Heart Health Center.

# FINANCIAL STATEMENT



Due to its location, WHHC has been directly affected by the ongoing war, which is the primary reason for the decrease in the number of medical services compared to 2023.

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

## PARTNERSHIPS

Since 2012, YADUNA has maintained a close partnership with the Ministry of Public Health (MOPH), a key supporter of WHHC's initiatives.

In 2024, as part of the Primary Health Care Centers under the Ministry, we received various in-kind donations.

Since 2012, the Ministry of Social Affairs (MOSA) has been a key partner in supporting screening and awareness initiatives. Under a direct contract, the ministry has partially funded radiology tests and awareness sessions.

Collaborations with universities such as AUBMC/FM and USJ/FM have allowed us to offer high-quality health services, provide staff training, and leverage the center's resources for scientific research, ultimately contributing to the reduction of cardiovascular disease risks.

We have renewed our "coverage agreement" for beneficiaries with NSSF, COOP, LSS, ISF, LGS, various insurance companies, and third-party administrators (TPAs) including Next Care, GlobeMed, Best Assistance, Swan, LINK, Mednet and Cumberland.



## ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to all those who contributed to these accomplishments. This report reflects the dedication and hard work of our volunteers, staff, and doctors who, despite challenging circumstances, remained committed. Their continued support has been vital to the ongoing success and vitality of YADUNA-WHHC.



*“Early detection can make all the difference. At YADUNA we encourage Women and Men over the age of 45 Years, to have their annual check-ups regardless of their socioeconomic background and health coverage.”*

## BOARD OF DIRECTORS

<b>Wafaa Sleiman</b>	President
<b>Mona Afeiche</b>	Vice President
<b>Fady Karam</b>	General Secretary
<b>Zeina Karam</b>	Treasurer
<b>Antoine Sarkis</b>	Member
<b>Charbel Sleiman</b>	Member
<b>Marie Mallat</b>	Member
<b>May Ogden-Smith</b>	Member
<b>Mona Lahoud</b>	Member
<b>Mona Sidaoui</b>	Member
<b>Pierre Salloum</b>	Member
<b>Rose Choueiry</b>	Member
<b>Samir Alam</b>	Member
<b>Zeina Jammal</b>	Chief Executive Officer



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[www.instagram.com /yadunawhhc](https://www.instagram.com/yadunawhhc)



**YADUNA –WOMEN HEART HEALTH CENTER**  
**January till December 2024**