

ANNUAL REPORT 2025

# YADUNA

Committed to Heart Health &  
Community well-being



# TABLE OF CONTENTS

VISION, MISSION.....	2
VALUES .....	3
PRESIDENT and DRS MESSAGES.....	4
STRATEGIC PLAN.....	7
OUR NUMBERS.....	8
MEDICAL CARE.....	13
PARAMEDICAL CARE .....	16
OUTREACH and AWARENESS.....	17
RESEARCH and EDUCATION.....	20
FINANCIAL STATEMENT.....	22
PARTNERSHIPS .....	23
ACKNOWLEDGEMENTS.....	24
BOARD OF DIRECTORS .....	25
CONTACT US.....	26

## OUR MISSION

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



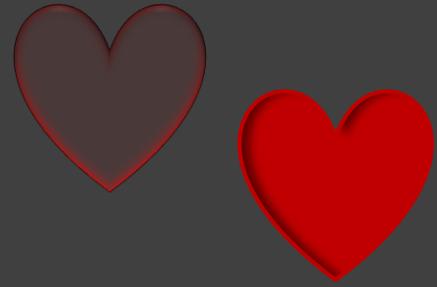
## OUR VISION

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

I am proud to reflect on a year defined by resilience, dedication, and impact. Despite the many challenges facing Lebanon, our mission remained clear: to protect women's hearts through prevention, early detection, and compassionate care.

This year, we reached a remarkable milestone—**more than 10,200 first-visit patient screenings**, in addition to thousands of follow-up consultations, preventive assessments, and ongoing cardiovascular risk evaluations. Each number represents a woman who took an important step toward safeguarding her health, and a team that stood ready to support her journey.

Cardiovascular disease remains the **number one killer of women worldwide**. At Yaduna, we continue to emphasize that prevention is not a luxury—it is a necessity. Through comprehensive screenings, individualized risk assessments, lifestyle counseling, and continuous follow-up, we strive to detect silent risk factors before they become life-threatening conditions.

None of this would have been possible without our dedicated staff, administrative members, and volunteers work tirelessly with deep commitment and genuine care for the association and for every woman who walks through our doors. Our doctors, with their expertise and compassion, remain the cornerstone of our clinical excellence. Their unwavering devotion reflects the true spirit of Yaduna.

This year was not without obstacles. Lebanon continues to face economic pressures, healthcare system strain, and social uncertainty. These realities tested our operational capacity and resources. Yet, even in the most difficult circumstances, our team persevered—driven by a shared belief that women's heart health must remain a priority.

We hope that the coming year will bring greater stability and renewed strength to Lebanon, allowing organizations like Yaduna to expand and sustain their lifesaving work. When our country heals, our communities grow stronger—and so does our ability to serve.

Yaduna will continue its mission with determination: empowering women through awareness, promoting early screening, and preventing cardiovascular disease before it strikes. Together—with our partners, supporters, and community—we remain committed to building a healthier future for women across Lebanon.

*Wafaa Sleiman*  
*President, Yaduna Association*



# YADUNA ADVOCATE FOR WOMEN'S HEART HEALTH

The Women Heart Health Center of Yaduna takes immense pride in upholding its mission to prevent cardiovascular disease and advocate for women's heart health.

Since its inception, the Center has served countless women by providing guidance on best health practices, promoting disease prevention, and ensuring early detection of cardiac conditions that warrant timely and aggressive intervention.

Through its robust outreach initiatives, the Center has significantly expanded its role and impact within the community. As result, not only women, but also their families, friends, and society at large have benefited from these vital services. it is truly commendable that the Center continues to strive for greater advancement and broader impact by recruiting skilled personnel, adopting advanced technology, and implementing refined methodologies.

We extend our deepest gratitude to Yaduna's president and, as well as to the dedicated team administration, healthcare workers, and physicians whose relentless commitment makes this mission possible.

We are equally thankful for the partnership and support of the Ministry of Public Health in this noble endeavor.

In closing, we take great pride in recognizing that the Center stands among the leading institutions worldwide in its mission, vision, and scope of service.

*Samir Alam, MD, FACC, FRCP*  
*Professor of Medicine - Cardiology*  
*Associate VP for Health and Chief of Staff AUBMC*





## **IN LOVING MEMORY OF DR. ANTOINE SARKIS**

Dr. Antoine Sarkis was more than a distinguished cardiologist and a respected leader; he was a compassionate advocate for women’s health and a devoted supporter of Yaduna.

As a valued member of Yaduna’s Board of Trustees and Board of Directors, he played a pivotal role in guiding the organization’s vision and strengthening its commitment to equitable, high-quality healthcare.

Throughout his life, he dedicated himself to advancing cardiovascular care, education, and prevention, believing deeply that every woman and man deserves access to dignified health services.

In his final message to Yaduna, he reaffirmed his promise to remain dedicated to providing the best possible care—a pledge that reflects his lifelong mission, generosity, and unwavering commitment.

His vision, wisdom, and humanity will continue to inspire our work, and his legacy will live on in every woman we serve and every life we touch.

We honor his memory with profound gratitude and carry forward his commitment with renewed determination.

# 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.

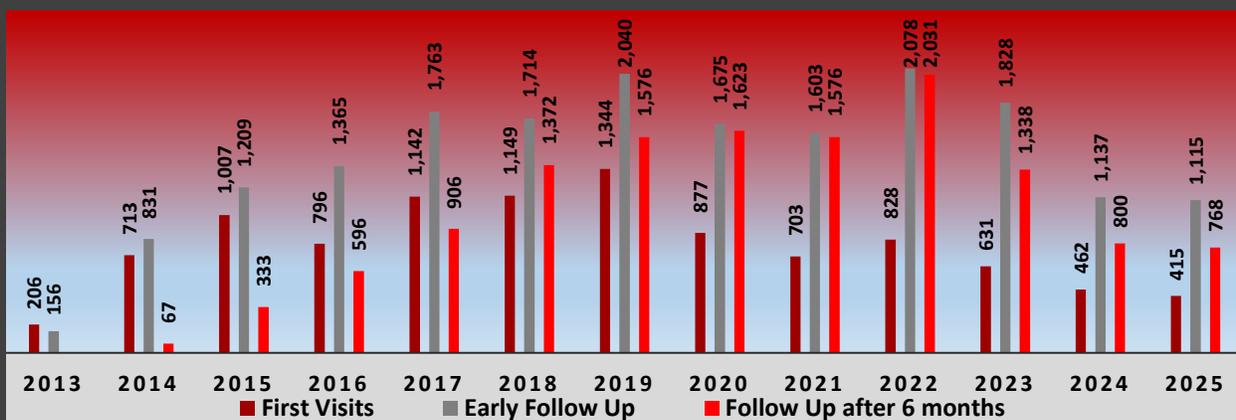


# OUR NUMBERS



From 2013 till 2025, YADUNA-WHHC received **47 778 visits**, for Cardio Vascular Disease screening

First Visits                                    10 278 Patients  
 Early Follow Up visits                    18 514 Patients  
 Late Follow Up visits                    12 986 Patients



- **42%** of those who were examined were found to need medical follow-up.
- **82%** 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.

Results:

- Mild Risk: **28%** of patients had findings consistent with mild risk. These patients may benefit from lifestyle modifications and medical treatment.
- High Risk: **19%** of patients demonstrated high CAC scores, indicating a need for further evaluation through stress testing or coronary angiography.
- Indeterminate / Follow-up Needed: **24%** of patients required additional testing or follow-up due to uncertain findings, including the presence of nodules or other abnormalities

## In 2025, WHHC welcomed 2 298 visits for screening

Despite 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

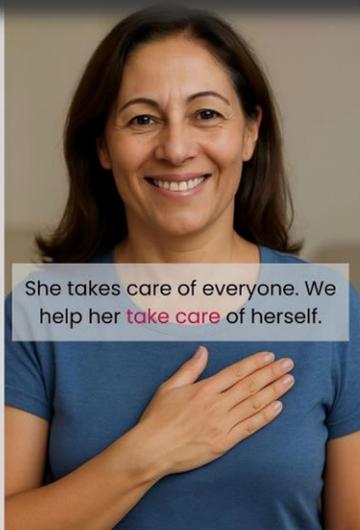
**415 Patients**

(296 Women and 119 Men)

### Total number of FOLLOW UP VISITS

**1 883 Patients**

1. Early FOLLOW UP VISITS 1 115 Patients
2. FOLLOW UP VISITS after 6 months 768 Patients

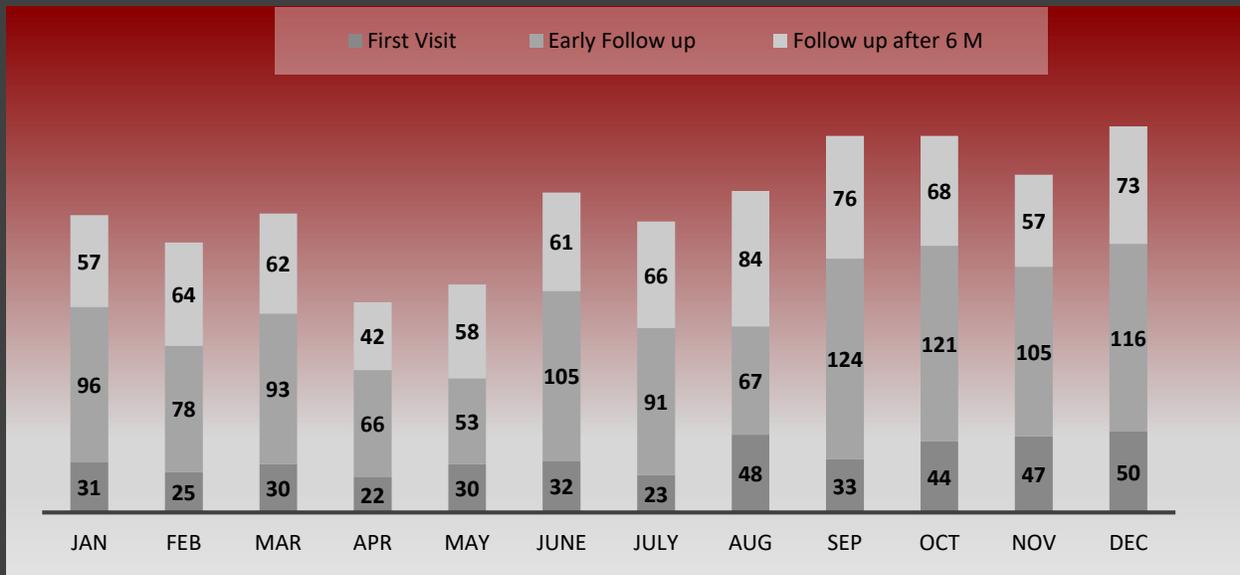


She takes care of everyone. We help her **take care** of herself.

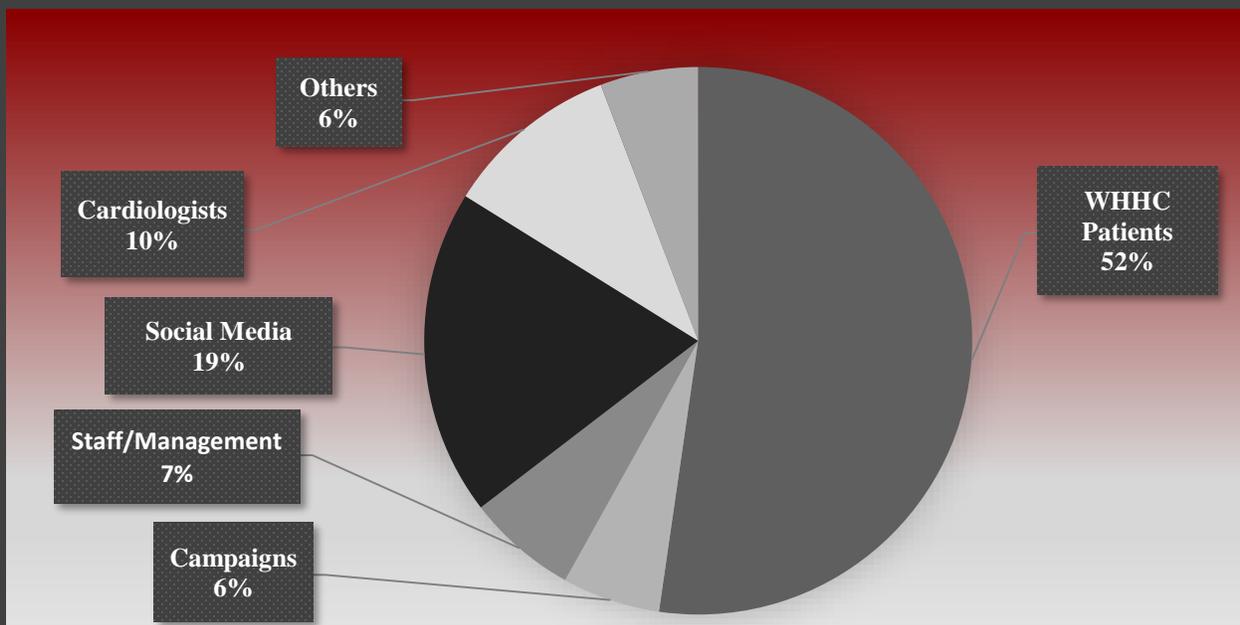


A decrease of 4% compared to 2024, mainly attributed to the halt in receiving insured patients, in addition to an increase in service discrepancies during the first six months of the year, pending the readjustment of tariffs with all guarantor entities, including Insurance Companies, Social Security, and the Internal Security Forces.

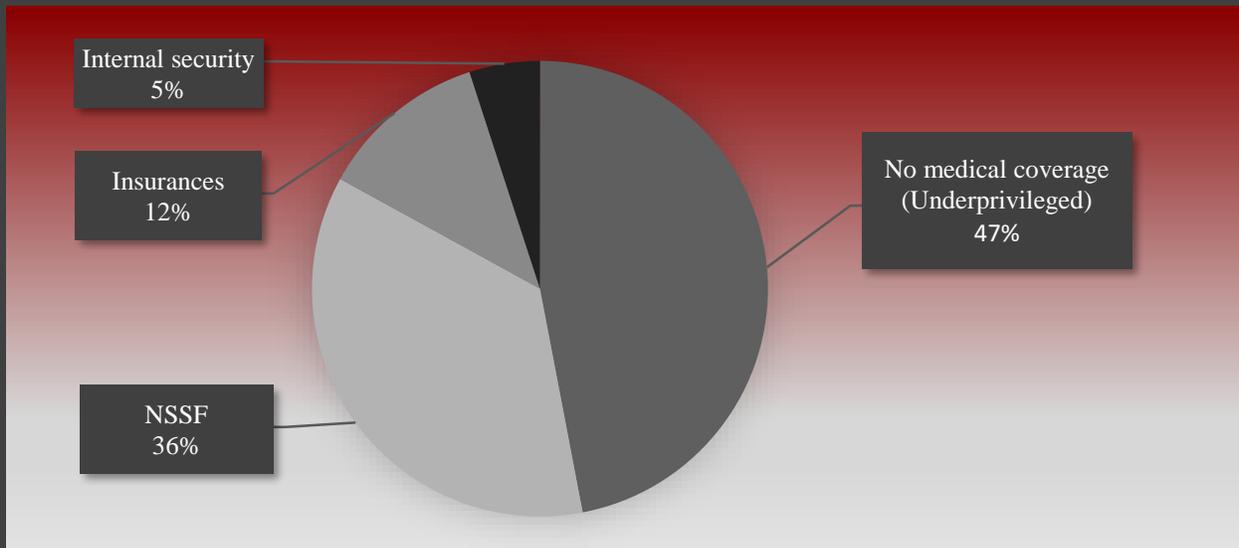
## 2 404 visits for screening



## 415 Patients - First visit per referral



## 415 patients per Initial Status (Financial coverage)



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

**47%** of WHHC beneficiaries have no medical coverage.

The Center has partially covered their medical costs,

**36%** were covered by the National Social Security Fund,

**12%** were insured by private insurance companies,

**5%** by the Internal Security forces.

The Center covered the unpaid difference as well.

**Yaduna covered the outstanding balance of USD 20,361 under Allowances & Discounts.**



## Men beneficiaries of preventive screening

To promote the long-term sustainability of its mission, the Women's Heart Health Center expanded its services in 2023 to include men, providing access to essential preventive medical examinations.

A total of **119 men** benefited from these services. This strategic expansion allowed WHHC to reach a broader segment of the community, generate additional income, and reinforce its commitment to inclusive, high-quality care while supporting the ongoing viability of its programs.

## Beneficiaries of laboratory tests and radiology Outpatients

As part of its mission, and in collaboration with the medical company "Bioteck," the foundation provided laboratory and radiology examinations, along with cardiologist consultations, to 1,132 women and men.



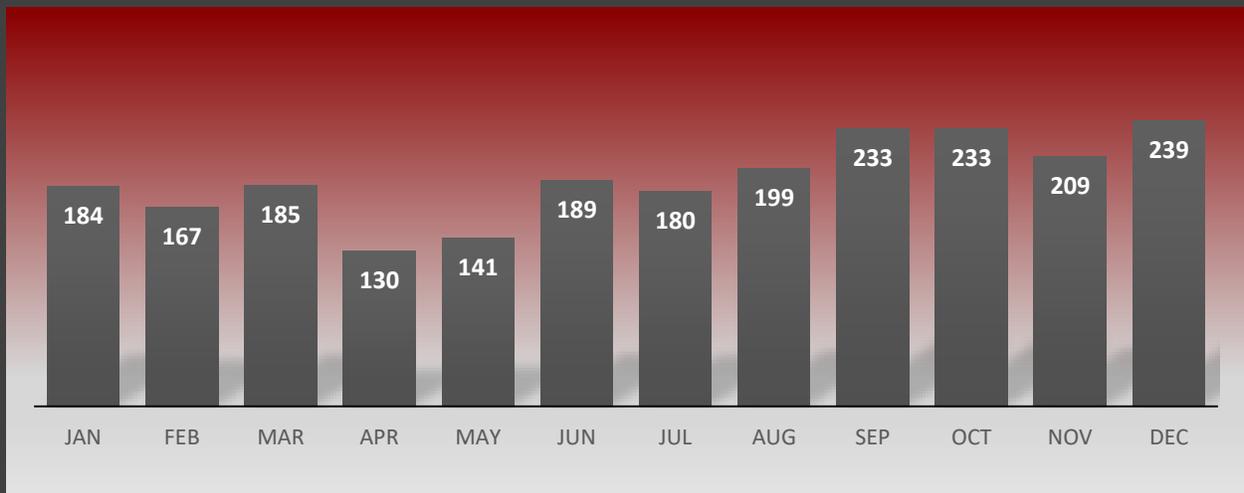
# MEDICAL CARE

## CARDIOLOGIST

YADUNA-WHHC is the only center providing specialized medical consultations, staffed by a cardiologist and an experienced nurse. The WHHC protocol ensures that each woman undergoes a clinical examination by the cardiologist, receives a comprehensive health evaluation, and is provided with a personalized care plan. Depending on her coronary heart disease risk profile, this plan may include various laboratory or radiology tests. Despite the country's challenges this year, our cardiologists successfully followed up with 2,298 patients.



### 2 298 CARDIOLOGIST CONSULTAT

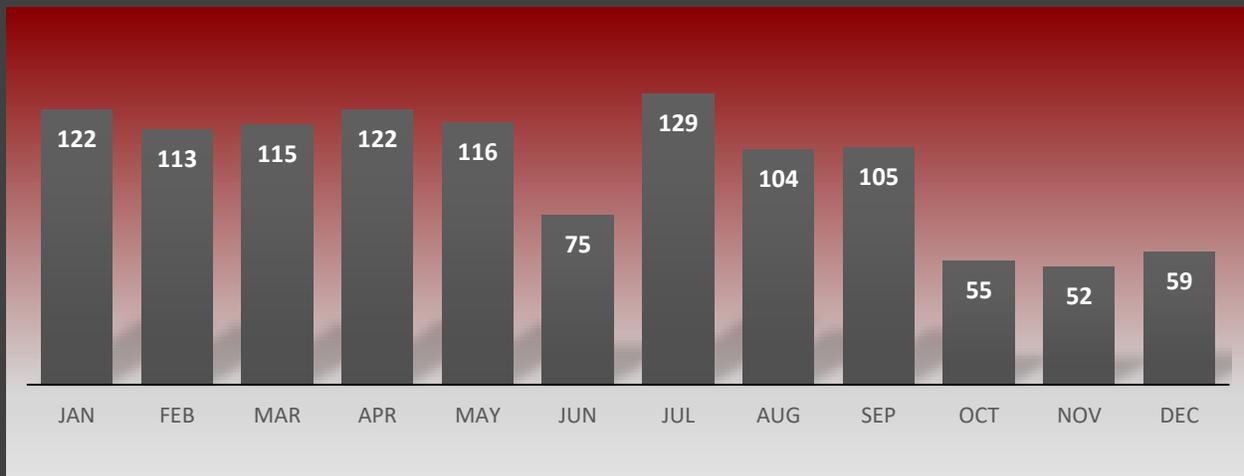


# LABORATORY

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

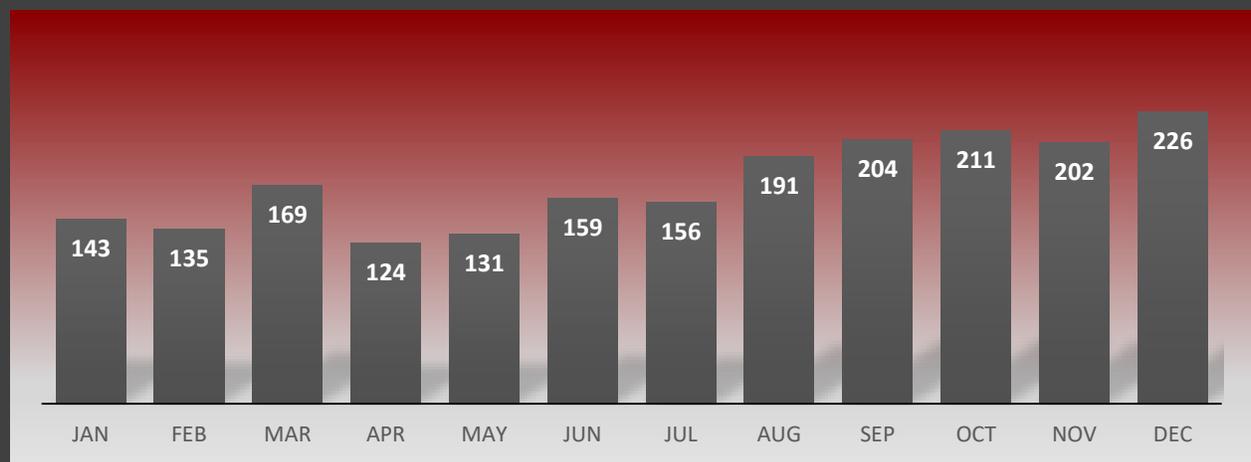
Despite increasing equipment and maintenance costs, the Radiology Department has consistently delivered ECGs, Chest X-rays, Echocardiograms, and Coronary Calcium Scans (CAC scores), while rigorously following policies and procedures to maintain the highest quality of care



**Holter Service:** A total of 169 tests were conducted, broken down as follows:

- 24-hour Holter Rhythm 43
- 48-hour Holter Rhythm 50
- Holter Blood Pressure 76

## 2 051 RADIOLOGY tests performed



# PARAMEDICAL CARE



## DIETITIAN

To support cardiovascular health, the YADUNA–Women’s Heart Health Center (WHHC) dietitian provides personalized nutrition programs designed to maintain healthy blood pressure levels, balanced lipid profiles, and optimal diabetes control. This service includes a comprehensive dietetic assessment and body composition analysis (including muscle mass, body fat distribution, and total body water percentage), followed by tailored nutrition plans, counseling, and education sessions. Behavioral therapy approaches are integrated to promote sustainable lifestyle changes, with continuous support for women and their families. Regular follow-up consultations are conducted to monitor progress, reinforce adherence, and reduce the risk of relapse.



Because a **healthy heart** means more moments like these.



Heart screenings that **save lives** —right here at **YADUNA**



## SOCIAL

Due to the economic crisis, many women have lost their medical coverage. To address this, a YADUNA's social worker evaluates each individual's socio-economic situation and, when necessary, provides discounted services, with the associated costs funded by YADUNA.



## OUTREACH, AWARENESS CAMPAIGNS AND PROJECTS

The social worker organized

**8 awareness sessions**, attended by 177 participants, were conducted to promote the prevention of cardiovascular disease in both women and men and to highlight the services offered by the Women's Heart Health Center.

**12 medical campaigns** were carried on, reaching 296 women and men in collaboration with different NGOs

**9 medical campaigns** were conducted on social media platforms, engaging a large number of users on our pages. This engagement encouraged many to visit the center for the necessary examinations and ongoing medical follow-up.



## DON'T MISS A SINGLE BEAT

On the occasion of  
**World Heart Day on  
September 26,**

Yaduna organized a free medical day entitled  
**“Your Steps Toward a  
Healthier Heart,”** with  
the participation of **32**  
women from Al-Huda  
Association, Caritas  
Foundation, and the  
Social Affairs Center in  
Salima.



A variety of activities were carried out during the day, including blood pressure measurements, blood lipid tests to determine cholesterol and triglyceride levels, exercises to support mental well-being, and an interactive discussion session with one of our cardiologists.

The event concluded with a mental health session led by Ms. Farah Yaghi, a specialist in energy sciences and mental health.



## 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 laboratory tests were carried out according to the agreed-upon protocol for the two patient groups, Type 2 diabetes and Diabetes and hypertension combined involving 29 individuals so far.

This project will run until the end of 2026, **benefiting 101 individuals.**



## RESEARCH

YADUNA remains a strong advocate for academic research and fully recognizes its critical role in advancing medical knowledge and improving patient care. However, in light of ongoing economic challenges and funding constraints, progress on research proposals has been temporarily suspended. Despite this pause, biological samples—including DNA, serum, and urine—continue to be securely stored at  $-80^{\circ}\text{C}$ , in accordance with the protocol established between AUBMC and USJ Faculty of Medicine, and remain under their supervision and guidance.

Currently, efforts are focused on reviewing and strengthening the medical data collection program in close collaboration with YADUNA's physicians. This initiative, guided by recommendations from both academic partners, aims to improve the classification and documentation of diseases, surgical procedures, and medications, thereby laying the groundwork for future research activities

## OUR DOCTORS AND STAFF



YADUNA continues to demonstrate an unwavering commitment to the health and well-being of both women and men through the delivery of high-quality medical services. This mission is made possible by the dedication, professionalism, and tireless efforts of our 20 healthcare professionals, including physicians and support staff, to whom we extend our sincere gratitude.

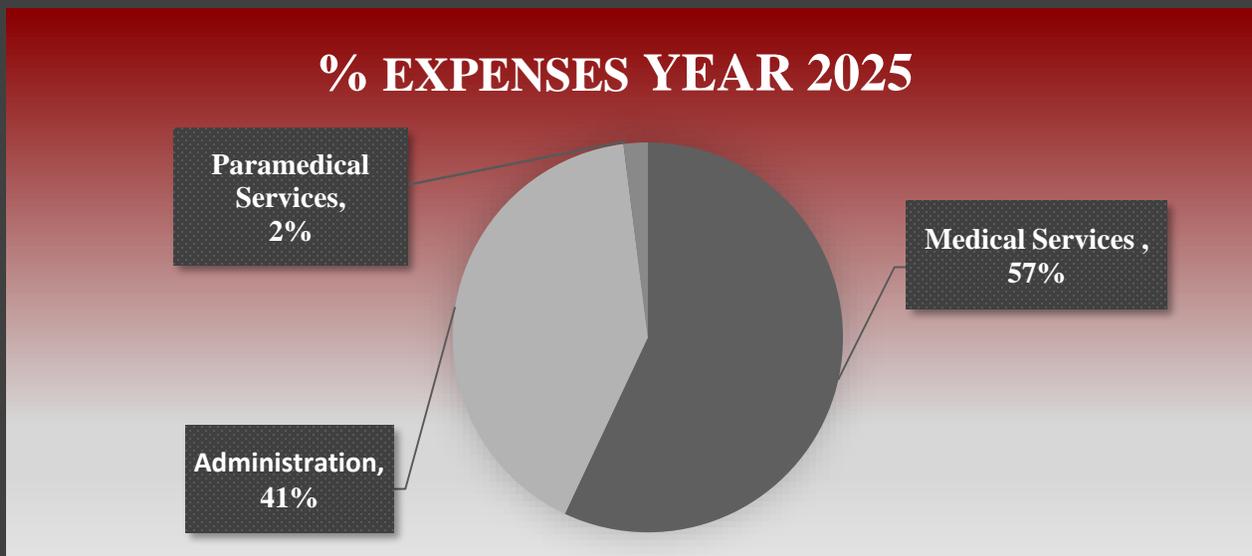
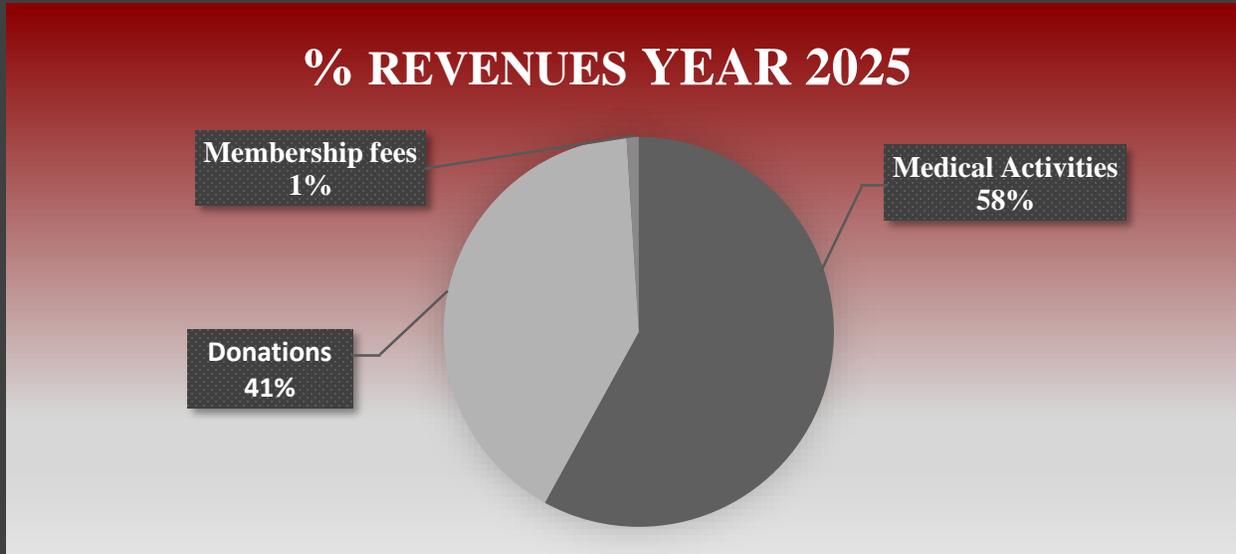
# TRAINING AND EDUCATION

YADUNA continued to support the professional and personal development of its staff by actively facilitating and encouraging participation in relevant training and capacity-building opportunities

1. The Chief officer operator participated in a training meeting on the **“Water, Sanitation and Hygiene (WASH) Initiative”** to promote hygiene practices, infection control, and safety within healthcare centers. The training was organized by the Ministry of Public Health in collaboration with UNICEF at Habtoor Hotel, Sin El Fil, on 27/05/2025.
2. The social worker participated in a training on **“Policies and Procedures”** in Primary Healthcare Centers to strengthen the capacities of healthcare workers, upon invitation from the Ministry of Public Health in collaboration with the American University and the World Diabetes Foundation, at the Radisson Blu Hotel on 03/09/2025.
3. The Chief officer operator attended the **“Annual Primary Healthcare Conference”** in Verdun on 19/12/2025.
4. Two third-year nursing students from the Faculty of Nursing at Antonine University completed a training placement in the nursing department at “Yaduna” during the period from 7 October to 3 December 2025, at the Women’s Heart Health Center
5. A master’s student from the Faculty of Public Health at Saint Joseph University completed a training placement in the association’s management department at “Yaduna” during the period from 22 July to 8 August 2025



# FINANCIAL STATEMENT



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

## PARTNERSHIPS

### Ministry of Public Health (MOPH)

Since 2012, YADUNA has maintained a strong and collaborative partnership with the Ministry of Public Health (MoPH), a key supporter of WHHC initiatives. In 2025, and as part of the Ministry's Primary Health Care Center network, YADUNA benefited from various in-kind contributions that supported the continuity and quality of service delivery.

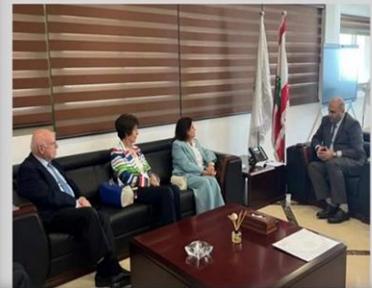
### Ministry of Social Affairs (MOSA)

The Ministry of Social Affairs (MoSA) has been a strategic partner since 2012, supporting YADUNA's screening and health awareness initiatives. Through a direct contractual agreement, the Ministry partially financed radiology examinations and awareness sessions, contributing to improved access to preventive healthcare services.

### AUBMC/FM and USJ/FM

Partnerships with academic institutions such as the American University of Beirut Medical Center / Faculty of Medicine (AUBMC/FM) and Université Saint-Joseph / Faculty of Medicine (USJ/FM) have enabled YADUNA to deliver high-quality healthcare services, strengthen staff capacity through training, and utilize the center's resources for scientific research. These collaborations contribute to advancing preventive care and reducing cardiovascular disease risks.

يذنا في طلب الشبكة  
الوطنية للصحة الوقائية



خطوة مشتركة نحو  
مجتمعات أكثر وعياً وصحة



## AGREEMENTS

YADUNA renewed its coverage agreements for beneficiaries with key public and private entities, including the National Social Security Fund (NSSF), Cooperative of Civil Servants (COOP), Lebanese Social Security (LSS), Internal Security Forces (ISF), Lebanese General Security (LGS), as well as various insurance companies and third-party administrators (TPAs) such as NextCare, GlobeMed, Best Assistance, SWAN, LINK, MedNet, and Cumberland.

# ACKNOWLEDGEMENTS



We extend our sincere appreciation to all individuals who contributed to the achievements outlined in this report. These accomplishments are a testament to the dedication, professionalism, and resilience of YADUNA-WHHC's volunteers, staff, and physicians, who remained steadfast in their commitment despite challenging circumstances. Their continued support and unwavering engagement have been essential to sustaining the organization's mission and ensuring its ongoing impact and vitality.



*“Early detection can be life-saving. At YADUNA, we encourage women and men aged 40 and above to undergo regular annual check-ups, regardless of their socioeconomic status or health coverage”*



# BOARD OF DIRECTORS

Wafaa Sleiman	President
Mona Afeiche	Vice President
Fady Karam	General Secretary
Zeina Karam	Treasure
Antoine Sarkis	Member
Charbel Sleiman	Member
Marie Mallat	Member
May Ogden-Smith	Member
Mona Lahoud	Member
Mona Sidaoui	Member
Pierre Salloum	Member
Rose Choueiry	Member
Samir Alam	Member



Zeina Jammal                      Chief Executive Officer





**YADUNA-WHHC**  
**Baabda main road,**  
**Lebanon**  
**Phone: +961 5 923229**



[info@yaduna.org](mailto:info@yaduna.org)



[www.Yaduna.org](http://www.Yaduna.org)



[www.facebook.com/yaduna/WHHC](https://www.facebook.com/yaduna/WHHC)



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



**YADUNA –WOMEN HEART HEALTH CENTER**  
**January till December 2025**