

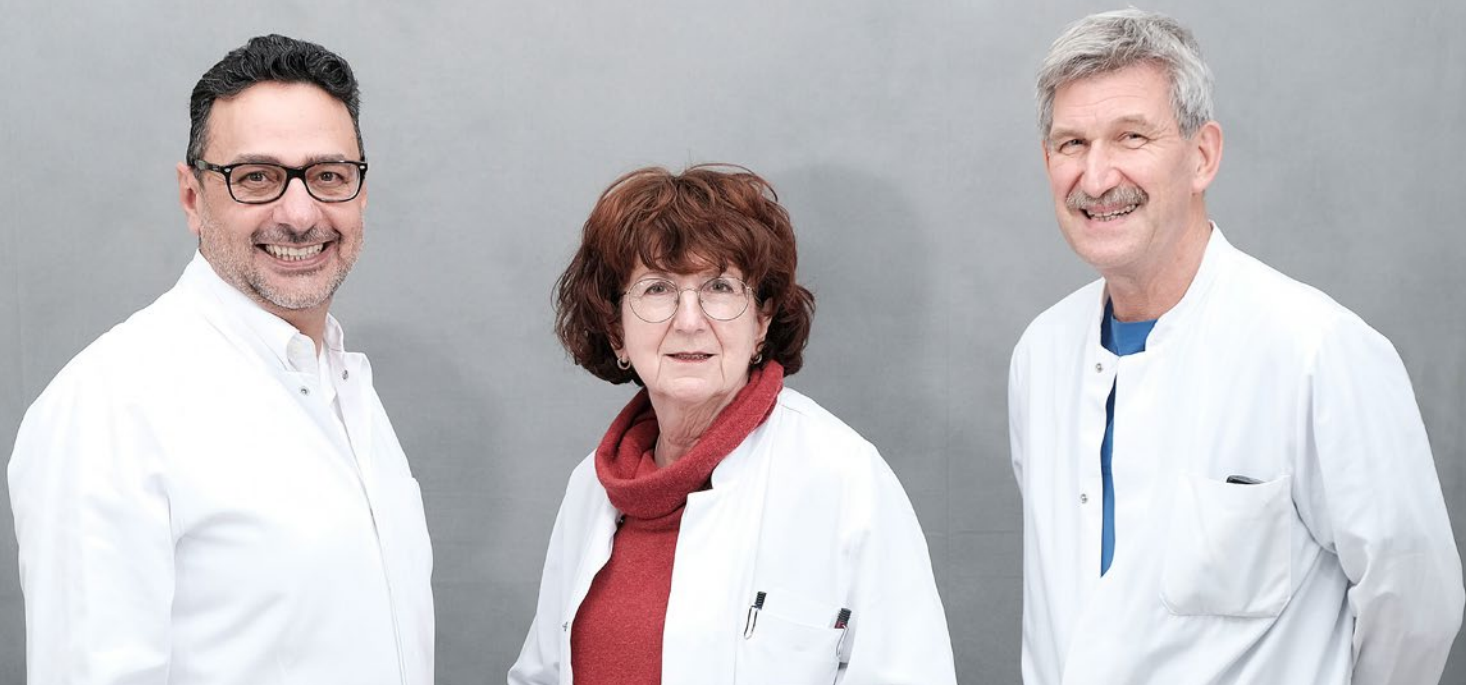


Gynecology and Obstetrics

New Chief Physician: Muayyad Al-Alime



NARDINI KLINIKUM
St. Johannis • Landstuhl



From left: Muayyad Al-Alime, Dr. Monika Mader, and Detlev Christiansen

Foreword by Detlev Christiansen

After decades of competent medical and personal leadership, a generational change is about to take place at our gynecological department.

After all those years in which she was the "The Gynecologist" with heart and soul, it was with some wistfulness that Dr. Monika Mader prepared her farewell to the profession which she had practiced with such great enthusiasm. We thank Dr. Mader for her decades of professional work at our hospital.

During our search for a suitable successor, showing the same degree of empathy, commitment, and quality, to lead our department of gynecology and obstetrics into the future many colleagues mentioned the name of Mr. Al-Alime.

We followed this recommendation and entered into talks with him.

We found him to be an accomplished successor with great experience in the fields of urogynecology, oncological breast surgery, and breast surgery as a whole, including reconstructive plastic surgery, supported by impeccable references.

We, and I personally, are delighted to welcome Muayyad Al-Alime and wish him a seamless transition and successful start in such an important and sensitive area that is our department of gynecology and obstetrics.

Detlev Christiansen
Medical Director

Foreword by Dr. Monika Mader

"One should end one's career on a high note..."

After searching for the "magic in every beginning" I now look forward to my retirement.

I hand over a highly motivated and committed team of physicians, nurses, and midwives, characterized by decades of continuity and humanity, to my successor.

I entrust our patients to my competent, surgically versed,

and upright colleague Dr. M. Al-Alime, who will address the emerging challenges in healthcare together with his team and the management.

Dr. Monika Mader
Gynecology and Obstetrics Specialist

Gynecology

Our Department of Gynecology offers treatment for breast cancer and pelvic cancer, prolapse and incontinence surgery, keyhole surgery, and various outpatient breast and pelvic procedures.

Using modern diagnostic and therapeutic methods we can respond to your individual wishes, alternative therapeutic options, and the specifics of your medical condition.

- » Urodynamics (cystomanometry)
- » Colposcopy (cervical endoscopy)
- » Sonography (ultrasound) with 3D and 4D options
- » X-ray and MRI mammography (at ambulatory healthcare center)
- » Magnetic resonance imaging and computed tomography
- » Hysteroscopy and fractioned abrasion
- » Resectoscopy with removal of intracavitary polyps and myomas
- » Endometrial ablation using Novasure or LiNA Librata (state-of-the-art methods to treat excessive menstrual bleeding, alternatives to hysterectomy)
- » Diagnostic laparoscopy with chromotubation
- » Surgical laparoscopy for adhesiolysis, myoma nucleation, and endometriosis remediation
- » Laparoscopic hysterectomy
- » Prolapse surgery, without or with mesh: vaginal, laparoscopic, or open procedures
- » TVT to treat incontinence
- » Major oncological surgical procedures to treat ovarian cancer, endometrial cancer, cervical cancer, and vulvar cancer, with sentinel node biopsy (ICG marking, patent-blue marking) or systemic lymphadenectomy
- » Surgical breast cancer treatment according to disease stage, breast-conserving or ablative with primary and secondary breast reconstruction using breast implants Lymph node assessment by sentinel node surgery or axillary dissection
- » Subcutaneous or skin-sparing mastectomy with immediate reconstruction
- » Adjustment reduction surgery of the healthy breast

Obstetrics

The Department of Obstetrics cares for pregnant women and supports about 800 deliveries each year.

Our Department of Obstetrics focusses on innovative and holistic care for mother and baby. Our offer includes:

- » Ultrasound and doppler scans
- » Amniocentesis
- » Help with pregnancy complaints
- » Acupuncture and homeopathy
- » Dorn method
- » Aromatherapy and relaxation baths
- » Epidural anesthesia and walking epidural
- » Comprehensive offering of classes
- » Cozy delivery room
- » Birthing stool or wall bars
- » Birthing "landscape", bathroom with birthing tub, and more

Muayyad Al-Alime, new Chief Physician

As of January 1st, 2022, Muayyad Al-Alime is the new Chief Physician of Gynecology and Obstetrics at Nardini Klinikum St. Johannis in Landstuhl.

What is particularly important to you in your work?

Apart from professional qualification and good work, interpersonal relations are important to me. The patients should feel safe and well cared for in all respects, medical as well as personal. That's why I like to be their point of contact, both before a delivery or procedure and during follow-up. For me, the trust between patient and doctor is essential, because it is the foundation of treatment.

Which new methods do you bring to Landstuhl?

Generally I'd like to expand laparoscopic surgery, because this type of surgery is less strenuous for the patient and results in a faster recovery and a shorter hospital stay. Laparoscopic sacral colpopexy, for example, can be used to treat a descent or prolapse of the vagina, the cervix, or even the uterus.

In future we'll also perform total hysterectomy by laparoscopic surgery, which has not been offered in Landstuhl so far.

In addition, we'll offer laparoscopic myoma nucleation, endometriosis remediation, and chromotubation for women who want to become pregnant.

Prolapse belongs to the area of urogynecology, is this a specialty of yours?

In any case it is a part of gynecology which I consider to be very important. Nobody likes to talk about incontinence and prolapse, it's still very taboo. In this area, women accept a lot of discomfort, because they think it's just part and parcel of getting older. They unnecessarily lose quality of life due to this. Based on thorough diagnostics, there are good treatment options for many conditions, it's not necessary to proceed to surgery immediately. In this regard I want to raise awareness through presentations and conversations. Some types of incontinence can be treated pharmaceutically or with physical exercises, other can be treated surgically. When surgery is necessary it is my concern to make it as gentle as possible for the patient and restore her lost quality of life.

Are there other areas of gynecology in which you particularly specialize?

Senology, or breast cancer therapy and breast reconstruction, is my special passion. I've been a certified senior breast surgeon for many years. In addition to standard procedures, I conduct subcutaneous mastectomies and skin-sparing mastectomies with immediate reconstruction using breast implants. I also offer secondary reconstructive surgery after mastectomy with implantation of an expander.

This type of breast reconstruction is new at Nardini Klinikum St. Johannis. It is important to me that, after their treatment, the patients are happy not only with their health, but also with their appearance. For me the two absolutely go together. If after breast reconstruction a patient enjoys looking at herself in the mirror again, this means a lot of regained satisfaction and quality of life. It boosts self-esteem enormously, and that's ultimately an essential factor in order to cope with the disease and re-embrace life.

Will there also be innovations in the diagnostic area?

In addition to the current surgical techniques for endometrial and vulvar cancer I'd like to establish sentinel node biopsy using ICG markers soon. This allows us to avoid a lymphadenectomy, spare the lymphatic drainage areas, and prevent lymph stasis.

Mr. Al-Alime, why did you choose gynecology as your specialty?

I absolutely wanted to be a surgeon. During my practical year I was able to experience the broadness and great variety of gynecology. During this time, I chose this specialty and I've never regretted the decision since. It's an interesting and challenging discipline which continues to evolve, and I enjoy attending continuous education courses and learning new techniques and standards to stay up to date. At the time when I was trained, I had to master everything in all areas. This was an advantage because I was able to take on leading roles early on. Some of my favorite disciplines then emerged over time.



The Department of Gynecology and Obstetrics' physician team

You were born in Kuwait in 1968. Why did you come to Germany?

I grew up in Kuwait with seven siblings. There are many medical doctors in our family, and I had wanted to become a doctor since my childhood days, for as long as I can remember. The final motivation came from my father, who said that Germany was the best place to study medicine. Studying in Germany, at home this stand for quality. Originally, I wanted to come here only for my studies and then go back. But then I fell in love, first with the region and then with my wife. We live in Saarland, together with our three children. We all enjoy living there, the landscape, the people, everything is very pleasant, friendly, and down to earth.

Why did you decide to take up the position here in Landstuhl?

I immediately felt welcome and comfortable here. I have known and appreciated my predecessor, Dr. Monika Mader, for a long time. Work here is based on the current standards. In the course of her 20 years at the department, Dr. Mader delivered a high-quality performance and built a professional team which combines competence and a personal touch. I'm looking forward very much to become part of this team. I bring along my own ideas, but I'm also someone who knows how to listen and who respects the opinions of colleagues in order to move the department forward together. My experience has taught me that this achieves the best results for everybody in the final analysis.

Please give us a short overview of the previous stations of your career.

After graduating in human medicine from University of Saarland in Homburg/Saar I worked as an assistant physician at the DRK hospital in Saarbrücken for two years. I did my specialist training at St. Elisabeth in Saarlouis,

where I became interested in senology and oncology. In 2008 I transferred to Caritas hospital in Saarbrücken as senior physician in charge. I gained my first experience in the Palatinate at the ambulatory healthcare center of the Evangelische Krankenhaus in Zweibrücken, where I got the chance to fill the position as chief physician of gynecology until the hospital was closed.

From 2017 until my transfer to Nardini Klinikum on January 1st, 2022, I worked as senior physician in charge and deputy chief physician at the Clinic for Obstetrics and Gynecology at Caritas Klinikum St. Theresia. Now I'm looking forward to this new challenge.



*Muayyad Al-Alime,
Gynecology and Obstetrics Specialist,
Chief Physician of the Department
of Gynecology*



Gynecology and Obstetrics at Nardini Klinikum St. Johannis Landstuhl – competent, holistic, personal



Gabi Maria Önder,
Gynecology and Obstetrics Specialist,
Senior Physician in Charge

Continuity in treatment

Gabi Maria Önder is Senior Physician in Charge. She has been with us for 20 years, with a short interruption for advanced training in England.

"We are a personal hospital and have a great team. We work together absolutely smoothly. We offer strong continuity in treatment, because usually a patient is attended to always by the same doctor and the patient is not confronted with a new face very day.

Obstetric care is my passion. At our hospital, every woman can have the type of delivery she prefers. In addition to conventional medicine we also offer alternative methods of induction and delivery, for example homeopathy, acupuncture, or aromatherapy. One particular specialty regarding deliveries is the external cephalic version. This is a method aiming to bring babies which haven't turned by themselves into presentation from the outside."

Medical competence and personal attention

Dr. Heike Laag joined the hospital as an assistant physician in 2005 and became Senior Physician at the department of gynecology in 2011.

"In my work here at the hospital, apart from the medical competence, I value the fact that we are still able to care for each patient individually. One gets to know and trust each other. This is very important, in my opinion, because especially with patients diagnosed with cancer one needs a lot of time for talking. We are always accessible, our patients can come to us at any time, and we listen to their concerns."



Dr. Heike Laag,
Gynecology and Obstetrics Specialist,
Senior Physician



*Yvonne Beier,
Nurse, Divisional Head Nurse*

Open communication and constructive conflict solving for a more humane care

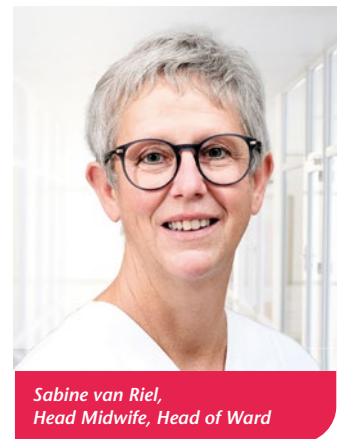
Yvonne Beier is a nurse and Head Nurse of the Division of Surgical Gynecology. She has been working at the hospital for 10 years, since 2018 in the leading role.

"Here at the hospital I value the smooth collaboration between nursing staff and physicians, we are all on equal terms. There's also a lively, continual exchange between the wards, so this collaboration is also smooth. We communicate openly. This leads to a high job satisfaction and great readiness for commitment which ultimately benefits the patients. Motivated staff who enjoy their work means that the patients feel well cared for and perceived as humans."

Giving nature a chance

Sabine van Riel joined the hospital in 1996. She is a midwife who values the freedom that the hospital offers her in her work.

"Our physicians know the value of us midwives and mostly stay in the background during deliveries. Here, a woman can have the type of delivery she prefers, supported by conventional medicine or all natural, without intervention. What matters is what the woman feels comfortable with. We want to support a natural birthing process. For example, we would do an episiotomy only if there's a medical indication relating to the baby. We apply alternative methods to reduce the use of pain medication during labor. This requires a lot of experience, each situation and each patient needing to be supported individually. So far, I've achieved very good results using aromas, tissue salts, or homeopathic remedies. All who work here share their knowledge. It doesn't happen here that patients are confused by conflicting information. This results in a high level of safety and comfort for the patients. Of course the patients will get an epidural or a caesarean, if they wish, but we also cater to alternative preferences in a natural way."



*Sabine van Riel,
Head Midwife, Head of Ward*



*Ina Baur,
Pediatric Nurse, Ward Head Nurse*

Holistic integrative maternity and sustainability

Ina Baur is a nurse and Head Nurse of the maternity ward. She has worked at the hospital for many years and in various wards. She likes the direct contacts within the hospital, from management through physicians to nursing school and nursing staff.

"In caring for the postpartum women all work hand in hand and under one purpose, both the midwives and the nursing staff. Everybody knows both the ward and the delivery room well. A particular focus is the evolvement towards a natural and holistic offering for expecting mothers, postpartum women, and babies. For example, in neonatal care we don't use conventional, chemical products, we completely replaced them by baby oils on the basis of olive oil. Baby formula was also switched to organic formula free of palm oil. With these alternative approaches we try to make the care for mother and child as natural as possible. I'm convinced of the quality of our work. It was one of the reasons my daughter also had her baby here."



General Information

To make an appointment for the outpatient clinic, please call us on 06371 84 2021.

For information on pre- and post-natal classes please visit our website:
www.nardliniklinikum.de/specialist-departments-in-landstuhl/obstetric-care/?lang=en

We also offer phone consultations under 06371 84 3821.

We speak English

Contact

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Maternity Ward
Obstetrics

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