

Ouidade Aitisha Tabesh, MD

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Dr Ouidade Tabesh is an Assistant Professor of Rheumatology at the Lebanese American University.

Dr. Tabesh earned her Medical Doctor degree from Hassan II University in Casablanca, Morocco, in 2009. She completed her Internal Medicine Residency at Saint Joseph University in Beirut from 2011 to 2013, followed by a Rheumatology Fellowship at the same institution from 2013 to 2015. She furthered her training with a Rheumatology Fellowship at Avicennes Hospital in Paris from 2015 to 2016. Dr. Tabesh also holds a Master of Science in Clinical Research from the Medical University of Vienna, completed between 2018 and 2022. Additionally, she received her postdoctoral diploma in Rheumatology from both Saint Joseph University and Paris V University and is a trained EULAR teacher in musculoskeletal ultrasonography.

Dr. Tabesh specializes in rheumatology, with a broad field of expertise that includes inflammatory rheumatic diseases such as spondyloarthritis, psoriatic arthritis, rheumatoid arthritis, lupus, and Sjogren's disease, as well as degenerative conditions like osteoarthritis and tendinopathies. Her focus also extends to osteoporosis and fibromyalgia. A significant aspect of her practice involves diagnostic and interventional musculoskeletal ultrasonography, which she utilizes to enhance diagnostic accuracy and patient care. In addition to her clinical work, Dr. Aitisha-Tabesh is actively engaged in clinical research, aiming to advance the understanding and management of rheumatic conditions through evidence-based studies and innovative approaches.

Dr. Tabesh has contributed to several notable publications in the field of rheumatology. Her selected publications include "Association of Calcific Rotator Cuff Tendinopathy with Nephrolithiasis and/or Cholelithiasis: A Case-Control Study," published in *Medicine (Baltimore)* in June 2024, and "Association Between Febuxostat and Cardiovascular Events: A Systematic Review," featured in the *Journal of Clinical Rheumatology* in October 2023. She also co-authored "Association Between Diabetes and Rheumatoid Arthritis: A Systematic Review," published in *The Open Rheumatology Journal* in 2022. Her work includes "Chronic Low Back Pain Due to Thoracolumbar Fascia Enthesopathy: A Retrospective and Follow-Up Study," appearing in the *Fortune Journal of Rheumatology* in 2021, and "Cricoarytenoid Joint Arthritis: A Possible Complication of Dermatomyositis," published in the *Pan African Medical Journal* in 2020. Additionally, she has explored "Involvement of Fellows in Medical Research: The Experience at a Lebanese Medical School," in the *Eastern Mediterranean Health Journal* in 2020, and "Nutrition and Chronic Inflammatory Rheumatic Disease," in *Joint Bone Spine* in 2016. Her earlier work includes "Successful Treatment of Giant Cell Arteritis with Tocilizumab: Report of 2 Cases with Review of the Literature," published in *J Arthritis* in 2015.

Dr. Tabesh is affiliated with several professional organizations and holds various memberships and honors. She has been a member of the Lebanese Order of Physicians as a Rheumatologist since 2017 and as a Medical Doctor since 2015. Additionally, she is an active member of the Young-GRAPPA group, EULAR-EMUNET as a Country Liaison Member, the Omeract Ultrasound Group, and the Groupe de Recherche International sur les Injections de Plaquettes (GRIIP).