



The News Magazine of The New York Regional Society of Plastic Surgeons

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SUMMER 2018

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OREN LERMAN, M.D.

## PRESIDENT'S MESSAGE

### New York Regional Society Goes Big!!!!

After a record year in 2017, during which the New York Regional Society had one of its best financial years and we brought on ASPS as our management company, our goal in 2018 was to put a down payment on the future of our Society and invest in achieving value for our members. One of the biggest challenges we face as a viable educational organization is "meeting fatigue" coming from the exploding number of conferences and CME courses available annually. Not only are the number of courses overwhelming, the cost of these courses is often staggering. It is hard for our members to decide what organizations and meetings are worthwhile.

**The New York Regional Society of Plastic Surgeons is one of the largest and oldest regional societies with a specific mandate to focus on the education of our members.** We are lucky to live and practice in the cultural, financial and perhaps plastic surgical capital of the country. Because of these unique attributes the Board, in direct response to the feedback of our members, has revamped the educational curriculum for the year 2018. In place of two small Saturday morning lecture series in the Spring and Fall, we have put together a single, whole day long CME course that will take place this Fall on Saturday, November 17th. The 'Save the Date' and curriculum can be found in this issue of the 'The Excelsior'. We expect this meeting to be a destination meeting for members and non-members alike and have put together an impressive panel of local, regional and national speakers who are leaders in the

field. This annual meeting will cover #Trending Topics in Plastic Surgery. This year's focus will be Breast and Body including hot topics in both aesthetic and reconstructive surgery.



**Through our collaboration with the ASPS, we will be launching a nation wide promotional campaign to attract attendees from across the country.** The venue for this year's New York Regional #Trending Topics meeting will be the Convene meeting space at 730 Third Avenue in midtown. This two-story room has 30 foot ceilings, and unobstructed views of Manhattan. This property offers 40,000 square feet of space, with easy flow from the forum space to 12 different breakout rooms. Located just two blocks from Grand Central Terminal, this space hosts numerous iconic events, from the James Beard Awards to attendees from the United Nations.

Our daylong meeting will be capped off by a cocktail reception for all of our attendees and faculty to wind down and kick off any evening plans in the city. Additionally, to accommodate any of our out of town guests or simply those of

*con't on page 5*



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## letter from the editor

**Dear Friends and Fellow Plastic Surgeons,**

I hope you are enjoying a wonderful summer. It won't be long before the crisp air of autumn greets us when we step outside. And this Fall brings our first ever full day meeting! By combining our typical two half day meetings into one, your Board hopes this will make the most efficient use of your time while continuing to deliver state of the art scientific programming. Of course, be sure to give us feedback as we aim to serve you, the members of NYRSPS.

On another note, we recently lost several well-known people to suicide. What you may not know is, during that same 4-6 week period, we also lost two plastic surgeons to suicide. And many of us are aware of two prominent plastic surgeons we lost to suicide many years ago. Each time, we were shocked. A seemingly happy and successful person was, in fact, in distress and felt there were no options.

Many of us have been affected by the suicide of someone we personally know. At the very least, I dare say most people know someone who lost someone close to them. If there is a positive aspect to the recent publicity of these tragedies, it may help encourage a cultural shift with people becoming a little more comfortable speaking about mental health, including depression.

I will never forget a 20-20 episode that featured a pediatric cardiothoracic surgeon at Columbia. He talked about how rewarding his work with children was and how meaningful his life was. Within several weeks of the episode airing, he was dead from suicide. As physicians, we are good at putting up a front and not so great at asking for help.

Depression is one issue and, as physicians, we also need to recognize that we experience burnout at an alarmingly high rate. In fact, physicians are number three in terms in burnout rates. The only groups with more burnout than physicians are active military and police officers, the most stressful professions. Physicians are also under a lot of pressure and stress, and burnout is common.

There are some wonderful books about burnout. I especially enjoyed "Stop Physician Burnout", written by physician Dike Drummond, MD who himself experienced burnout. He understands what doctors experience and totally relates to the pressures physicians face. Burnout is characterized by: 1) physical and emotional exhaustion, 2) depersonalization and, 3) reduced sense of personal accomplishment. If you are feeling tired and stressed out, among other things, I encourage you to take the assessment in the book to determine if you have burnout. Also visit his website, thehappyemd.com. If you have burnout, the typical remedies for tiredness will not work. Burnout cannot be treated with a vacation. It requires a realignment of your daily life among other things.

Typically physicians are not used to asking for help. We are used to soldiering on under the most onerous circumstances. This is programmed into us as residents. We are "failures" if we admit we need help or if we are not superhuman. If you are feeling burned out and/or depressed, get professional help from someone you trust to maintain your confidentiality. Change is possible and you can feel happier. We don't want to lose anyone else.

I look forward to seeing all of you soon.

Tracy

Dtracypfeifer@gmail.com

ALAN MATARASSO, M.D., CHAIRMAN  
STEVEN WALLACH, M.D., CO-CHAIRMAN

## SCIENTIFIC PROGRAM

Fall 2017 Meeting



**The November 18, 2017 meeting was titled "Multidisciplinary Perspectives in Facial Rejuvenation."**

Dr. Steve Fagien, MD, an oculoplastic surgeon, was our first speaker. Dr. Fagien is a very dynamic and thought provoking presenter. He reviewed concepts related to neurotoxins and filler products (mainly the HA's). He introduced concepts of myomodulation, dynamic discourse among others which related to the impact HA's have on local muscle function, and also the inter-relationship between the muscles and the overlying soft tissue. He described the use of HA's in various ways including using them in a more superficial plane, once diluted, to treat cheek fine lines and some not so fine lines in the male brow. The results were pretty phenomenal. He reviewed some of the literature and discussed what might be happening on a molecular level as well. Dr. Henry Spinelli was the commentator and pressed Dr. Fagien on several of his concepts presented, which was all in good fun to evoke a great discussion.

Dr. Thomas Biggs was our Masters Series lecturer. He gave a very enthusiastic presentation on fat grafting. He described his experience working with Dr. Khouri in Florida, presenting on techniques and results of various fat grafting procedures. The procedures described were primarily focused on breast augmentation and reconstruction.

Dr. Fedok, a facial plastic surgeon, gave a talk on decision making in facial rejuvenation. He reviewed many of the possible tools and procedures that can be employed to achieve good results. His "go to" facial procedure was a deep plane facelift. For neck

rejuvenation, he employed either a Feldman type corset platysmaplasty or a lateral platysma flap elevation procedure for those bands that were wide centrally. He also preferred a limited lateral temporal lift for brow rejuvenation.

Dr. Donofrio, a dermatologist, spoke mainly about fat grafting and HA filler products. She described several "pearls" of injecting, preferring long needles for injection as opposed to cannulas, and also diluting product as Dr. Fagien described. She even spoke about ways to soften dark under eye circles. Interestingly, she has not been enthusiastic about the effectiveness of the skin tightening devices such as the ultrasonic devices or the radiofrequency devices. Not to be out performed by Dr. Spinelli, Dr. Charlie Thorne took our two final speakers to task to clarify some comments that were made during their talks. A fine discussion ensued. I will say that both Dr. Spinelli and Dr. Thorne really added some good commentary and "punch" and added quite a bit to the great overall program. I will leave it to those that were present to decide who won the battle of the commentators!

Of course, there were updates given by Dr. Scot Glasberg for the state society, Dr. Alan Matarasso for ASPS and by Dr. Charlie Thorne for ASAPS. Next fall will start our first annual full day meeting, eliminating our bi-annual half-day meetings. It should be an exciting day.

Yours truly,  
Steven Wallach, MD  
Scientific Program Co-Chairperson



Judge Dr. Jeffery Ascherman asks cogent questions after the resident presentations



Resident presenters fielding questions from the judges

WILLIAM ROSENBLATT, M.D.

## LEGISLATIVE UPDATE

### Summer 2018

This was written for the spring newsletter – but as it was not published then, I have edited it to add a few current items.

I just returned from MSSNY's House of Delegates held in Buffalo, NY last weekend. A number of items of interest to plastic surgeons was discussed and I will report to you on the latest.

### Liability Insurance Rates

Most importantly to many of us is that MLMIC is not requesting a rate increase this year. They did ask the Department of Insurance to increase the discount to physicians who have had no claims for the past 15 years. So a number of you may notice a decrease in your liability insurance.

Physicians did suffer a loss in 2017 when Gov. Cuomo signed Lavern's law increasing the statute of limitations from 15 months to 2 1/2 years regarding newly discovered cancer diagnoses. MLMIC is planning on studying the impact of this law before adjusting premiums.

### Sale of MLMIC to Berkshire Hathaway

The sale to Berkshire Hathaway is on schedule. If you are insured by them, vote to allow the sale (if you are in favor of it) and provide your tax ID or EIN. They upped the estimate of the surplus from \$2.1 billion to \$2.6 billion, so, policyholders as of 2013 – 2016 should get back 1.9 times 3 years worth of premiums. The sale is scheduled for the third or fourth quarter of 2018. According to reliable sources at MLMIC, this money will be considered a capitol gain. The way MLMIC functions should not change as far as our defense and on going lawsuits.

### News from Albany

Some good news we got was that we got Anthem to NOT implement a policy whereby they would cut payments when Modifier 25 is used.

The 2018 Albany budget was passed at 4 AM on March 31, just prior to the April 1 deadline. Physicians fared fairly well. The following proposals of great concern to MSSNY and NY physicians were thankfully rejected:

- Independent practice authority for CRNAs
- Corporate owned retail clinics
- Steep Medicaid cuts to the patient Centered Medical Home program

- Authorization for EMTs to provide non-emergency care in patient homes
- Provisions to reduce the length of an initial prescription for acute pain from 7 days to 3
- Provisions to require a written consent from a parent before prescribing opioids for a minor
- Significant expansion of DOH's power to investigate physician misconduct

Things that were approved included continued funding for the Excess Medical Malpractice Insurance Program and the MSSNY Committee for Physicians Health until 2023.

### Office Based Surgery issues

As I have reported in the past, the Department of Health (DOH) wants all of us who have accredited office-based surgical facilities to report the number of cases we do in per CPT code. They finally understand that they cannot require us to do this without a regulation. As I am on the DOH's OBS committee, I have yet to see the regulation they are planning on promulgating. Also, it can take at least a year to get a regulation passed, so if you get communication from the DOH regarding your reporting your statistics, remember that it is currently VOLUNTARY. The way I look at it is that we have enough unfunded mandates we need to comply with, so why do this, unless there is specific legislation that demands it.

I have told the DOH numerous times that those of us certified by Quad A already report our number to them, and thus, these numbers are already available from them. As more than 2/3rds of OBSs are certified by Quad A, all the DOH needs to do is a little math and get the denominator (the total number of cases), they are seeking. However, if they don't want to do this kind of statistical calculation, they should simple request that Triple A and the Joint Commission provide the statistics from their covered facilities.

The next DOH OBS meeting is April 23rd. I will be there and try to get them see to see that this suggestion is much simpler and less burdensome to physicians.

Please remember to remain continue your membership in your State and County medical societies, as they represent us in Albany and help with all of our legislative issues.

William Rosenblatt, MD





us who want to enjoy a day off in the city, we have a hotel room block available with preferred rates at \$279 per night. The entire event including the cocktail reception and 6.75 hours of CME (as opposed to the 2.5-3 hours of our prior meetings) will be available to our members for \$125.00. Additionally, there will be multiple break out rooms with non-CME mini-symposium taking place during the breaks and hosted by our industry sponsors. Your Board recognizes that in the past, the two half day meetings were part of your membership dues. Unfortunately, venue costs have risen dramatically over the past few years. Please know that the Board has worked very hard to increase the number of exhibitors to offset costs to our members. We have successfully increased the number of exhibitors from 8 to, on average, 19 per meeting and our wonderful exhibitors have made it possible for us to keep meeting cost to our members low. We find that in the current economic climate, a nominal fee of \$125.00 is necessary to meet the escalating costs and to avoid draining our reserves. The cost to attend the meeting is not a direct result of changing the format.

**This year we will be honoring Dr. Heather Furnas as the 2018 Nojarova Lecturer, our biennial lectureship devoted to the contributions of women plastic surgeons.** Dr. Furnas not only exemplifies the attributes of the Nojarova Lectureship, she also continues to be a national leader in our field as well as both the American Society of Plastic Surgeons (ASPS) and the



NYRSPS Past President Alan Matarasso, MD  
with Robert Goldstein, MD

Society for Aesthetic Plastic Surgery (ASAPS).

Of course, the efforts directed toward our #Trending Topics Fall Meeting did not take away from our annual Residents' Night competition. Once again we received a record number of abstract submissions from 13 different training programs. Dr. David Chiu received the Lifetime Achievement award and gave a moving and nostalgic overview of his career. I was personally honored to have the opportunity to present him with this award.

Lastly, in addition to reorganizing our entire educational curriculum, we have also teamed up with the Northeastern Society of Plastic Surgeons to explore a co-sponsored Spring 2019 educational symposium on Rhinoplasty. More details regarding this event will be following soon.

With this seismic shift in the educational activities offered by the New York Regional, we hope 2018 will mark the beginning of a new chapter for our Society. Our goal is to provide value to our members and take advantage of our unique historical, geographical and political strengths. As always, we encourage more of our members to get involved with the planning and organization of our Society by participating in the Board meetings.

Please reach out to us at [nyrsplast@gmail.com](mailto:nyrsplast@gmail.com) to give us feedback and for more information regarding participating in Board meetings and planning committees. Our Executive Director, Mark Espinosa, has been instrumental in supporting the monumental changes we are making and can provide more details and answer any questions. Due to the hard work of our Board Members and Mark, I believe this year's event will be a resounding success and I hope to see you all at the meeting and the cocktail reception that follows.

Sincerely,

Oren Lerman, MD, FACS



Robert Grant, MD in conversation with fellow attendees

# 12<sup>TH</sup> ANNUAL LIFETIME ACHIEVEMENT AWARD

Lifetime Achievement Award Recipient **DAVID T.W. CHIU, MD**



**Dr. David T.W. Chiu is a graduate of the College of Physicians and Surgeons of Columbia University, Class of 1973.** His post-graduate education included residency in general surgery at Barnes Hospital, Washington University Medical Center, Plastic Surgery Residency at Columbia-Presbyterian Medical Center, and Hand Surgery Fellowship at NYU Medical Center. Upon graduation from Fellowship, in 1981, he was recruited to join the faculty of the Institute of Reconstructive Plastic Surgery. In 1989, he was recruited back to Presbyterian Hospital and the College of Physicians and Surgeons to serve as the Associate Director and subsequently, the Director of the Plastic Surgery service of Columbia-Presbyterian Medical Center. In 2001, he ventured into private clinical practice, set up the Center for Restorative Surgery and rejoined the Institute of Reconstructive Plastic Surgery of NYU. In 2005, he was appointed Professor of Plastic Surgery and Neurosurgery of New York University School of Medicine with tenure, while maintaining an adjunct professorship in Anatomy and Cell Biology at the College of Physicians and Surgeons of Columbia University. In 2006, he succeeded his mentor, Professor Robert Beasley, as the Chief of Hand

Surgery of the Institute of Reconstructive Plastic Surgery (IRPS), Department of Plastic Surgery of NYU School of Medicine, the Director of the Hand Surgery Fellowship of the IRPS, and also serves as founding Director of the New York Nerve Center of NYU Langone Medical Center, a position he continues to hold till the present.

**Collaborating with his colleagues at the Cell Biology and Anatomy Department, he conceptualized and validated the application of peripheral nerve re-entrance for reinnervation of an injured spinal cord.**

He postulated the existence of movement coordination center in the spinal cord. Introducing a spinal nerve into this center, distal to the spinal cord lesion, he and his collaborators had found evidence of possible reinnervation of the spinal cord in a rodent model.

**For his accomplishments in research, he was awarded the prestigious Hanno Millesi Award, for significance in peripheral nerve research in 2013.**

Dr. Chiu has published close to 100 refereed articles, chapters, abstracts, books, reviews, and editorials.

**Dr. Chiu's professional life parallels the development of Microsurgery.** In 1978, as a resident at Columbia-Presbyterian Medical Center he successfully replanted a finger in a young laborer, which was the first successful replantation in New York City. In the first decade of his career in NYU, he assisted Dr. William Shaw in establishing the replantation team at Bellevue Hospital. Success of this team in a significant way helped popularize microsurgery and replantation surgery in New York City.

**He continues to expand the application of Microsurgery in restorative surgery particularly in Hand surgery.** While he was Chief of Hand and Microsurgery, the grand rounds were so popular in the city that it was reported by the New Yorker Magazine. His operation of restoring a functional hand with toe to hand transfer technique was recorded and televised by the Learning Channel, which was televised close to 1000 times over the next 3 decades.

**Dr. Chiu embraced the sanctity of good citizenship. In addition to his service to humanity as a physician and surgeon, he also dedicated his energy to serve his community with his organizational skills and leadership.** He had been called upon to serve as President of the New York Regional Society of Plastic Surgeons, New York Society for Surgery of the Hand, American Society for Reconstructive Microsurgery, American Society for Peripheral Nerve, the Sunderland Society and President of the New York Clinical Society, which is among the oldest clinical society in the U.S.A. He re-organized and re-directed the Chinese American Medical Society, founded The Federation of Chinese American and Chinese Canadian Medical Societies (FCMS), and the FCMS foundation.

# RESIDENTS' NIGHT COMPETITION

**Residents' Night 2018 was a wonderful event.** Hosted by Peter Taub, MD and NYRSPS President Oren Lerman, MD, the presentations were truly enlightening. Each year the quality of the research is of a very high caliber and we all learn something. A special thank you to our judges, Drs. Jeffrey Ascherman, James Brady and Benjamin Chang, for taking time from their busy schedules to participate. The questions from the judges always adds to the quality of the event and our judges this year were very active.



2018 Residents' Night judges Jeffrey Ascherman, MD, James Brady, MD and Benjamin Chang, MD



NYRSPS Residents' Night Competition Winners with President Oren Lerman, MD. Pictured left to right: Robin T. Wu, Yoshiko Toyoda, and David Daar, MD.



Lifetime Achievement Aware recipient David Chiu, MD with presenter and NYRSPS President Oren Lerman, MD



It was dynamic and lively group

## WINNERS

### 1ST PLACE



**Yoshiko Toyoda**  
Weill Medical College of Cornell  
"Interrogating the Interactions between Adipocytes and Breast Cancer in a Patient-Derived Tissue Engineered Platform: Implications for the Safety of Autologous Fat Transfer in the Setting of Breast Ductal Carcinoma"

### 2ND PLACE



**David Daar, MD**  
NYU-Hansjorg Wyss Department of Plastic Surgery  
"Proximal Row Carpectomy versus Four-Corner Arthrodesis for the Treatment of SLAD/SNAC Wrist: a Cost-Utility Analysis"

### 3RD PLACE



**Michelle Coriddi, MD**  
Memorial Sloan Kettering  
"Autologous Breast Reconstruction after Failed Implant Based Reconstruction: Evaluation of Outcomes and Patient Reported Satisfaction and Quality of Life"

### POSTER WINNER



**Robin T. Wu**  
Yale University School of Medicine  
"Event-Related Potentials Detect Developmental Language Differences Between Subtypes of Nonsyndromic Craniosynostosis"



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COMMUNITY

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