



The Excelsior

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

FALL 2013

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Fall Meeting 2013 and Annual Business Meeting
Saturday, November 16, 2013



DAVID ABRAMSON, M.D.

PRESIDENT'S MESSAGE

It has been my privilege over the past 8 months to serve as President of the New York Regional Society as we continue to provide quality educational programs for our members. Our spring meeting, which was very well attended, included various topics related to regenerative medicine. The speakers from around the country included Scott Spear, M.D., William Austen, M.D., Jeff Janis, M.D. and Ivona Percec, M.D., PhD. The presentations led to extremely interesting discussion throughout the day.

The fall meeting, which will take place on November 16th, will feature our Bi-Annual Masters Lecture from Berish Strauch and a new format of multiple shorter presentations featuring local talent. The topics have been chosen from areas that play a significant part in many Plastic Surgery practices and should provide a very educational morning. Some of the topics will include Moh's surgery, Breast Reconstruction, and Rhinoplasty.

One of the roles of any society is to help keep its members aware of changes to the practice of medicine and in particular Plastic Surgery. One of these issues is I-Stop which beginning August 27th will require offices to check a database when prescribing controlled substances. This can be delegated to particular office staff but these individuals must be registered through the NYS Department of Health website. This process takes several weeks and the potential fines are significant. In addition, the roll out of the Affordable Care Act as well as continuing changes to federal regulation and more stringent HIPAA requirements, Business Associate agreements and other documentation must be kept to avoid possible fines. Members

should contact their health care attorney to help prepare themselves for these changes.

The legislative battles in our region continue to provide challenging situations for both Plastic Surgeons and medicine as a whole. We continue to have battles of issues such as scope of practice while dealing with the ever increasing pressure for reimbursement for our valuable services. Attempts to address the ever increasing number of Medicare fee based plans have not been successful to date, and this as well as other legislative issues will present themselves in the coming years.

THE PLASTIC SURGEON HAS ALWAYS BEEN A LEADER IN INNOVATION AND PROVIDING HIGH QUALITY PATIENT CARE.

This will be even more important as other specialties will attempt to provide some of our core services. We must remember that healthcare is more than a commodity and that results are worth a premium. As we move forward new procedures and technologies will be developed and be available to Plastic Surgeons and the New York Regional Society will continue to provide an educational forum to bring these new ideas to its members.

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letter from the editor



The Board recognizes the pressures of practicing medicine

>Welcome back from a summer that went by too quickly. The NYRSPS is working hard to provide quality educational programming at minimal cost to our membership. The Board recognizes the pressures of practicing medicine and knows your free time is valuable. Over the years our Society has been recognized for attracting high caliber faculty, presenting to our membership conveniently on a Saturday morning in a local facility. This year is no exception. However, we have a special event for this year's Fall Meeting in that we are featuring local physicians, which is a rare event for the Society. It reflects well on our local plastic surgery community that our fellow practitioners, and sometime competitors, are willing to share their insights with us. It is professionalism in the very best sense of the word.

The academic year will bring many interesting changes and situations to our attention. The implementation of the Affordable Care Act will undoubtedly result in many stresses and we must try to adjust. I, for one, will no longer be able to keep my previous health insurance policy. So, assurances to the contrary aside, I am certain that many of our patients will be struggling with how to adapt to the new law and our patients may need our help in this regard.

In closing, please know that your Board very much appreciates your membership and participation in the Society. The Members are the strength of the Society. Your ideas are solicited. All members are welcome at Board Meetings. Have a wonderful Fall.

FALL MEETING 2013: SCIENTIFIC PROGRAM AND BUSINESS MEETING

A Morning of Local Talent

**SATURDAY NOVEMBER 16
8AM-1PM**

LIGHT BREAKFAST
NEW YORK ACADEMY OF MEDICINE
1216 FIFTH AVENUE, NEW YORK, NY

EDUCATIONAL OBJECTIVE:

The learners will leave the meeting with a better understanding of rhinoplasty, breast reconstruction, reconstructive and cosmetic dermatology, and clinical and academic plastic surgery.

MASTERS LECTURE



BERISH STRAUCH, MD

Professor and Emeritus Chairman, Department of Plastic Surgery, Albert Einstein College of Medicine and Montefiore Medical Center

"The Evolution of My Clinical and Academic Plastic Surgery Interests"

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

SCIENTIFIC PROGRAM

Spring 2013 Meeting



The May 4, 2013 meeting was titled "Controversies in Anti-Aging and Regenerative Medicine." There were four presentations.

The first presenter was Dr. Jeffrey Janis. He gave an outstanding talk on advances in abdominal wall reconstruction. He reviewed the anatomy of the abdominal wall and indications for repair of patients with loss of domain. He showed short videos emphasizing key points of his technique, and provided evidence in the literature supporting many of his concepts. He also reviewed the literature regarding the complications associated with smoking.



Dr. Scott Spear was our second lecturer and he presented on the use of acellular dermal matrix (ADM) in revision cosmetic and reconstructive breast implant surgery. He described the evolution of using ADM's in his practice and the indications for its use. He showed numerous cases of reconstructive salvage as well as cosmetic revisions using ADM's to treat common complications of the procedures. He felt that ADM's can help correct rippling, malposition, and capsular contractures. He was not impressed with its use for animation deformities secondary to having subpectoral implants.

William Austen, MD presented the science of fat grafting. He gave a great lecture defining terms such as stromal vascular fraction, stem cells, and the like. He discussed the evidence for using different fat harvesting techniques, what works and what doesn't. It was as if we were being read an instructional book entitled "Stem Cells for Dummies". At least for me, it clarified a lot of terms that I was just not that familiar with, but yet I was hearing about all the time without true clarification and understanding.

The final lecture was given by Dr. Ivana Percic. She took us through the basic science of aging and the discussion of epigenetics. She stated our genes do not provide all the answers to aging but aging may be a response to chemical changes of our DNA which may affect regulation. She has been studying the Sirtuin gene family which is a family of genes believed to have an active role in the aging process. She felt that caloric restrictions may have the most impact on long term survival and she feels that there is not enough information regarding the validity of resveratrol as an anti-aging product.

Our next scientific meeting will be November 16, 2013.

PRESENTATIONS: A MORNING OF LOCAL TALENT



LOUIS ARRONE, MD, FACP
Professor of Clinical Medicine
Weill-Cornell Medical College
Director, The Comprehensive
Weight Control Program
"New Concepts in Obesity Treatments"



ROY GERONEMUS, MD
Clinical Professor of Dermatology New York
University Medical Center
Director, Laser & Skin Surgery Center of New York
"Cosmetic Dermatology for the Plastic Surgeon"



NORMAN PASTOREK, MD, FACS
Clinical Professor, Facial Plastic Surgery,
Department of Otolaryngology, New York
Presbyterian Hospital-Cornell
Medical Center
"Rhinoplasty for the Under Projecting Nose"



BABAK MEHRARA, MD
Associate Attending and Associate Professor,
Memorial Sloan Kettering Cancer Center
"Breast Reconstruction Experience at MSKCC: 2002-2012"



PERRY ROBINS, MD
Professor Emeritus of Dermatology
NYU School of Medicine
"New Trends in Reconstructive Surgery"
"The Ten Commandments of Dermatologic Surgery"

This program is certified for three CME credits. There is no registration fee for members of the NYRSPS and residents. Non-member registration fee is \$200.

WILLIAM ROSENBLATT, M.D.

LEGISLATIVE UPDATE

Summer is over and the fall is soon upon us. So is I-Stop, the controlled substance reporting law that went into effect in New York on August 27, 2013. Just a quick recap of the law. Essentially, any physician who prescribes a schedule II, III, or IV drug, has "a duty to consult" and look up the patient on New York State's database to see if the patient is listed as a user of such drugs. Just because a patient of yours is listed on the Web site, does not mean you cannot give them the prescription. I don't believe that this law is there to prevent the distribution of narcotics for patients who are having surgery and need postoperative pain relief, but it is to help physicians identify narcotic abusers. You can also designate someone in your office (after you authorize them and set up an account in their name) to look up the patient.

The Medical Society of the State of New York and other physician organizations lobbied the state to make the site more physician friendly. We do not have to enter any information regarding the Rx we are dispensing; the pharmacists are required to do that. All we have to do is go the NYSDOH Health Commerce System (HCS) site, log in, and then go the button on the next page -- NYSMPM (New York State Prescription Monitoring Program) and you are in.



If you need to apply for a Health Commerce System Account go to <https://hcsteamwork1.health.state.ny.us/pub/top.html>. There is also a

brochure of frequently asked questions on the HCS website. As with all governmental Web sites, you may have to search around, but it is all there. Also you can get more information from www.mssny.org.

HIPAA UPDATE: Now another piece of administrative news. As of September 23, 2013 there are new HIPAA regulations requiring new forms. WHAT DOCUMENTS ARE INVOLVED? Your Notice of Privacy Practices, your Business Associate Agreement and, four different Data Release Authorization Forms— not just one general form.

If you are a member of the Medical Society of the State of New York or the New York County Medical Society, you can think of this year as "dues-free," as you will get all these documents for free if you are a member. Be on the lookout for emails from them and make sure you update your current forms. If you do not update your forms, you are open to being audited by the Office of Civil Rights.

Remember, patient privacy is extremely important. You cannot text, send photos, or email patient information unless you use a secure connection or a secure app such as DocbookMD (which is free with your membership in a number of New York Medical Societies.

William Rosenblatt MD
Past President MSSNY



SPRING MEETING 2013

Bottom row (left to right): David Abramson, MD, William Austen, MD, Jeffrey Janis, MD and Steve Fallek, MD. 2nd row (left to right): Scot Glasberg, MD, Steve Wallach, MD and Alan Matarasso, MD.

**All Photos courtesy
of Jane Hoffer:**

mjhoffer@mindspring.com