



# The Excelsior

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

SPRING 2017

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**Saturday, April 1st**  
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**The Skinny on Fat**



AVIVA PREMINGER, M.D.

## PRESIDENT'S MESSAGE

**This has been a year of big changes.**

**The change in administration of our country has been accompanied by a change in the administration of our Society.** This is part of an ongoing effort to "Make the New York Regional Society great again!" so to speak. The American Society of Plastic Surgeons (ASPS) has taken over as a management company, and we welcome Mark Espinosa as our new Executive Director. Mark is a professional and has facilitated a very smooth transition. With the tools of ASPS now at our disposal, we can ensure efficient, responsible, thoughtful management, putting our Society at the forefront of regional plastic surgery societies.

**The primary focus of my administration has been on membership,** both retaining our current membership, and looking to increase membership for the future. Our new management has allowed us to examine and track membership trends and maximize membership outreach. It is our fiduciary responsibility as a board to control and monitor costs so that the Society can continue to benefit our members for many years to come. This demands a careful balance between meeting membership needs and preserving financial viability.

**In response to members' expressed desire to host our educational meetings at the New York Academy of Medicine, we have moved educational meetings back to this location and continue to explore new options that are both cost effective and comfortable.** To do so, we

have expanded our vendor support, offering our members increased exposure to industry. We are also looking to partner with industry to provide new member benefits.

**We received a record number of submissions for Residents' Night from 12 academic programs.** This annual event remains one of the most impressive regional resident presentation symposiums in the country. This year, we honor Dr. Ferdinand Odofile with the Lifetime Achievement Award. He was one of the first black plastic surgeons in the United States, served as Chief of Plastic Surgery at Harlem Hospital for over twenty years, and a pioneer of black rhinoplasty.

**The Society's primary mission is education. In an age of "meeting fatigue," we continue to work hard to provide you with the state-of-the-art in educational symposia.**

**Our spring meeting, "The Skinny on Fat," will focus on fat augmentation to the face, breast and buttocks.** We have put together a panel of world renowned plastic surgeon educators, including J. William Little, William Austen, Daniel Del Vecchio, and Sydney Coleman. This promises to be an exciting symposium of cutting edge techniques. The presenters will be balanced by local commentators to provide a point-counterpoint perspective.

*continued on page 2*



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TRACY M. PFEIFER, M.D.

# Letter from the editor



Dear Friends and Colleagues,

Welcome to the spring edition of our Exelsior newsletter. Your Society is guided by the decisive leadership of our President, Beth Aviva Preminger, MD. Steps have been taken to modernize and streamline the Society's administration, with a focus on maintaining and expanding membership as well as continuing to provide state of the art educational programs for our membership.

On a personal note, I want to share with you some societies and organizations which may be unfamiliar to you, but which I find very interesting as a physician.

**Association of American Physicians and Surgeons (AAPS):** AAPS is a national organization, comprised of all specialties and types of practices, dedicated to the highest ethical standards of the Oath of Hippocrates and to preserving the sanctity of the patient-physician relationship and the private practice of medicine. Their monthly newsletter is eye-opening and alone is worth the dues.

**The Physicians Committee for Responsible Medicine:** This group is focused on ending unnecessary animal testing and use in medical training as well as educating people about proper nutrition. As an animal lover, this group is close to my heart. They have done much to both advance medicine and end unnecessary and unproductive animal testing and training in medicine.

**Benjamin Rush Institute:** This group works with primarily medical students but also physicians to educate physicians about protecting the doctor-patient relationship and preserve healthcare freedom.

During our recent and current tumultuous times with Obamacare and other intrusions by outside parties into the physician-patient relationship, I have found these groups to be a great source of both information and inspiration.

Looking forward to seeing everyone at the Spring Meeting.

Warm regards,

Tracy

#### PRESIDENT'S MESSAGE CONTINUED FROM PAGE 1

As always, we encourage member involvement and would love to have you attend our monthly board meetings. In an effort to expand involvement and participation, we now offer video conferencing. Any society is only as good as its membership. We want to hear from you. Please contact [nyrplast@gmail.com](mailto:nyrplast@gmail.com) for more details.

I thank you for your friendship and support of the New York Regional Society of Plastic Surgeons and look forward to catching up with you at the exhibit hall. I welcome your feedback in our continued efforts toward improvement, growth, and expansion.

Sincerely, B. Aviva Preminger, MD, MPH, FACS

ALAN MATARASSO, M.D. &amp; STEVEN WALLACH, M.D.

# SCIENTIFIC PROGRAM

Fall/Winter 2016 Meeting

The October 29, 2016 meeting was titled "Facial Rejuvenation & Complex Case Series." This meeting was brought back to New York Academy of Medicine (NYAM) after the majority polled in a member survey requested that the venue be returned to NYAM. We had a great member turnout and tremendous industry support with 20 vendors in attendance.

We had several Society updates starting with one by our own member and former president of both NYRSPS and ASPS, Scot Glasberg. He spoke as President of the New York Society of Plastic Surgery and gave several updates on local political activities as related to our industry. He discussed opportunities to join an MSO that was created by ASPS to help plastic surgeons manage their business and hopefully save money by pooling resources through a separate organization. In addition, we had Dr. David Song, the Past President of ASPS and Dr. Charlie Thorne the current Treasurer of ASAPS give updates for their respective organizations as well.

Laurie Casas, MD was the Nojorova lecturer. The Nojorova Lecture is the first lectureship devoted to contributions of women plastic surgeons. There is a long list of very impressive surgeons that have been honored by this lectureship, and Dr. Casas was equally deserving as she has been at the forefront of many contributions to our field. She spoke on "A blended approach to facial aesthetics: combining modalities to position your practice for longitudinal patient care and high patient satisfaction." Her approach was quite straightforward. She stated that when she opened her practice, and for the first 13 years, it was primarily a surgical one. As the practice matured she found that patients wanted her to treat their non-surgical needs, and she gradually developed a significant non-invasive segment of her practice. Over the years, she acquired lasers and other modalities to service her patients' long term needs. In addition, this helped her "weather the storm" during the recession and helped grow her practice.

Dr. Bahman Guyuron gave a very interesting lecturer as well. His was titled "Pearls and insights to aesthetic facial surgery: thirty-six years of continual learning." The emphasis of his lecture was that you learn from your patients by observation and listening to them. This helped him innovate and be in the forefront of many new treatments and surgical advancements. Dr. Guyuron was one of the first individuals to use Botox for the treatment of facial lines of animation, developed a technique to perform transpalpebral corrugator resection, and of course to treat migraine headaches through the use of Botox and selective muscle resection. He reviewed several cases with complications and described how he managed them. He also showed techniques that he uses in facelifting, rhinoplasty, and even in craniofacial surgery to improve some very difficult conditions. He was very honest with his successes and his failures. I think overall everyone in the audience enjoyed this lecture immensely.

Dr Tim Marten was our final speaker. He gave an amazing lecture titled "Simultaneous facelift and fat grafting - combined lifting and filling in rejuvenation of the aging face." This lecture was outstanding and is the "abbreviated version" of his 4-hour teaching course given at the ASAPS national meeting. He reviewed in fine detail his harvesting technique, how he treats the fat, which portion of the centrifuged fat pellet he uses for grafting, and even what types of syringes he used to both harvest and inject the fat. He described his methods of infusing the fat, the incisions that he uses, the timing of his grafting, etc. The results shown were nothing less than spectacular! Dr. Marten is a true master.

Our next meeting will be on April 1st: The Skinny on Fat.

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



Brian Bassiri-Tehrani, MD (surgical resident Lenox Hill), Diana Bregman, MD (plastic surgery resident Northwell) and Benjamin Schultz (resident plastic surgery LIJ)



William Rosenblatt, MD, John Vaccaro, MD and Ken Francis, MD



Jon Bekisz (medical student NYU), Mike Ingargiola, MD (resident Mount Sinai) and Chris Lopez (medical student Mount Sinai)

# RESIDENTS' NIGHT COMPETITION

This year's Residents' Night was a truly great event with very stimulating presentations. Under the stewardship of Dr. Peter Taub, we had another record number of submissions from 12 institutions. Those who braved the impending blizzard enjoyed very interesting presentations and posters. Thank you to everyone who traveled despite the weather to make this a successful event. Special kudos to Paige Meyers, MD who traveled from Rochester to present. That's dedication!

We would like to acknowledge our wonderful judges for donating their free time to make this a successful educational evening.

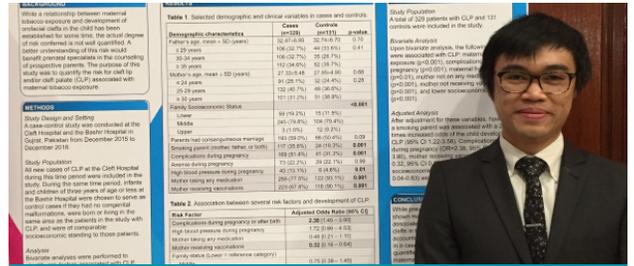
Special thank you to our Diamond Sponsor, Lifecell, for their generous support. We could not do it without you.



Residents' Night 2017 Judges (left to right): Robert X. Murphy, MD, Alexes Hazen, MD and Alfred Cullford IV, MD



Irena Karanetz, MD, Samuel Kim, MD, B. Aviva Preminger, MD, President NYRSPS and Oriana Cohen, MD



Poster presenter Anthony H. Bui, BS



NYRSPS Board Members: Peter Taub, MD, Keith Bleckman, MD, Oren Lerman, MD, Jennifer Capla, MD and B. Aviva Preminger, MD

WINNERS

1ST PLACE



**Oriana Cohen, MD**  
 NYU School of Medicine  
 "Determining the Oncologic Safety of Autologous Fat Grafting as a Reconstructive Modality: An Institutional Review of Breast Cancer Recurrence Rates and Surgical Outcomes"

2ND PLACE



**Samuel Kim, MD**  
 Yale University School of Medicine  
 "Mutational Profile of Benign Vascular Tumors-The Yale Experience"

3RD PLACE



**Irena Karanetz, MD**  
 Hofstra North Shore-LIJ School of Medicine  
 "Evaluation of Opportunistic Internal Mammary Lymph Node Sampling During Microsurgical Breast Reconstruction: An Analysis of 548 Consecutive Patients"

POSTER WINNER



**Zachary Borab, MD**  
 NYU School of Medicine  
 "Nanoparticle delivery of KEAP1 siRNA Accelerates Diabetic Wound Healing"

# Residents' Night and Lifetime Achievement Award Scrapbook:



Medical students Julia Jin, Jaime Bernstein, Sarah Karinja, Alexandra Lin, Ishani Premaratne, Yoshiko Toyoda, and Nicholas Brownstone, MD



B. Aviva Preminger, MD, Lifetime Achievement Award Recipient Ferdinand Ofodile, MD and Peter Taub, MD.



Son Emeka Ofodile, Ferdinand Ofodile, MD, Dr. Ofodile's wife Caroline, family friend Stella Okolue and son Ike



Roger Simpson, MD, Yoel Rojas Ortiz, MD and Irena Karanetz, MD

## THANK YOU

Thank you to our Diamond Sponsor, Lifecell, for their generous support of Residents' Night 2016.



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

Lifetime Achievement Award Recipient-Ferdinand Odofile, MD



**The New York Regional Society of Plastic Surgeons presented the Lifetime Achievement Award to Dr. Ferdinand Odofile at the 2017 Residents' Night.** It is more than fitting as Dr. Odofile himself won first prize at the NYRSPS Residents' Night in 1975!

**Dr. Odofile has had a distinguished career and he has been a trail blazer for Black plastic surgeons.**

Born in Nnobi, Anambra State, Nigeria, Dr. Odofile is a product of the prestigious Government College Umuahia, Nigeria, a British type boarding school in Nigeria. Upon graduation from high school, he was awarded the coveted academic scholarship from the African Scholarship Program of American Universities. This program was established by President John F. Kennedy, to educate young people from Africa with the hopes that, upon completing their studies in the US, they would return to Africa and promote American values.

So it was that in 1962 Dr. Odofile came to the United States and attended Northwestern University in a combined program-2 years of college followed by 4 years of medical school. Dr. Odofile was the only black student in a class of 123 students; he was respected by his peers and was elected Class Vice President. He returned for a visit to Nigeria, met his now-wife Caroline and they soon married. Dr. Odofile and his new bride returned to the United States. He then completed his 5 year General Surgery Residency and Plastic Surgery Residency at Harlem Hospital/Columbia Presbyterian. He completed his plastic surgery training with a fellowship at the Mayo Clinic. During this time Mrs. Odofile earned her

undergraduate degree at Barnard and a Masters degree at Columbia Business School.

After obtaining his Boards in both Plastic Surgery and General Surgery, Dr. Odofile returned to his native Nigeria. One of 5 plastic surgeons in the country, Dr. Odofile practiced the full breadth and scope of plastic surgery. After six years of practice in Nigeria, the situation in the medical facilities was deteriorating. There was a shortage of supplies and the facilities were falling into disrepair. Dr. Odofile traveled to the US for induction into the American College of Surgeons and, quite by chance, encountered physicians from Harlem Hospital, who were looking for a plastic surgeon to be Chief of the Division. In 1982 he became the Chief of Plastic Surgery at Harlem Hospital and Assistant Professor of Surgery at Columbia University. As the only Black Director of an Accredited Plastic Surgery Program in the USA for many years, Professor Odofile was responsible for training and mentoring many young Black plastic surgeons in the USA.

**Dr. Odofile has published numerous articles in scientific journals, chapters in plastic surgery books and made presentations at National and International scientific forums.** He designed a Nasal Implant for rhinoplasty in Blacks and Hispanics named the "Odofile Nasal Implant" and marketed by Surgiform Technology Inc, USA. He published the anatomic/morphologic classification of Black noses, known as the "Odofile Classification".

**Dr. Odofile has received numerous awards and recognitions.** In 1993, He served as Visiting professor at The University of Sokoto, Nigeria, under the TOKTEN program of the United Nations Development Program. In 1994, his professional peers elected him a Fellow of the American Association of Plastic Surgeons (AAPS). He was the Second Black to be elected into the Society.

In 2012, Professor Odofile was given the "Teacher of the Year" award by the graduating Residents of the Cornell/Columbia University (New York Presbyterian Hospital) Plastic Surgery Residency Program. He has led many medical missions to various countries including; Nigeria, Mozambique, Haiti, Dominican Republic.

Dr. Odofile and his wife have four children: daughter Uchenna who works at Facebook in London and sons Ike, who works at Old Castle Real Estate Company in New Jersey, Emeka who works at ESPN in NYC, and Nnamdi who works at Google in San Francisco.

## PAST RECIPIENTS

2007 Bertram Bromberg, MD,  
Richard Stark, MD, Michael Hogan,  
MD

2008 Robert Beasley, MD

2009 Berish Strauch, MD,

2010 James G. Hoehn, MD

2011 Joseph McCarthy, MD

2012 Lester Silver, MD

2013 Court Cutting, MD

2014 Donald Wood-Smith, MD

2015 Dr. Norman Schulman

2016 Gerald H. Pitman, MD

WILLIAM ROSENBLATT, M.D.

# LEGISLATIVE UPDATE SPRING 2017

**AAAASF** Having just returned from the annual board meeting of Quad A, I am glad to report that the organization is in good financial health and, for those of you certified by them, there are minimal changes in the standards. Here are the few changes:

--Make sure that you now list cases done under local anesthesia in your Operating Room Log. As a number of physicians are now doing larger cases under local, the rule change was intended to keep track of all the cases we do, including those under local. We are not interested in listing cases such as fillers or neurotoxins, but if you are doing a liposuction or facelift under straight local, it needs to be listed. The associated paperwork (ie, anesthesia record, Caprini score) should be appropriate for the case. In other words, small cases (ie, local excision and MOHs reconstructions) need less documentation than a large case under either deep sedation or general anesthesia.

-- Also a new Quad A standard is end tidal CO2 monitoring during sedation. New York State as well as the American Society of Anesthesiologists have adopted this standard. Quad A has adopted this new standard too. If you feel that monitoring CO2 is not feasible during a specific case, then you need to note it in the record. Not having the end tidal CO2 monitor is not considered an excuse.

**STATE LEGISLATION** In the New York State legislature, the only major new issue affecting us is a proposal included in the state budget that would create a Health Care Regulation Modernization Team that could review and restructure health care statutes without legislative approval. MSSNY is quite concerned that this organization would have carte blanche to change laws on their own. This could adversely affect physicians, and although we agree many of the laws in the state could use review, giving an appointed group of people the ability to change them without the proper vetting procedures is problematic.

When you speak to your legislators, please express your disapproval of Part L of S.2007/A3007 Article VII Health Budget Bill.

**CME Requirement** Another new regulation in NY State requires physicians who hold a DEA license to take a 3-hour CME course by July 1, 2017. MSSNY has developed three 1-hour CME webinars on pain management, palliative care and addiction that fulfill the requirement. These webinars are being offered FREE OF CHARGE to MSSNY members with a discount code. Non-MSSNY members will be charged \$150 for the series. Watch your email for availability of the webinars or for additional information or assistance with registration contact Pat Clancy at [pclancy@mssny.org](mailto:pclancy@mssny.org).



**MLMIC INSURANCE** For those of you who purchase your malpractice insurance through MLMIC, you have probably noted that they are currently in the process of trying to effect a major change—to be taken over by Berkshire Hathaway. Their assets will then be controlled by Berkshire Hathaway. The \$5 billion held in reserves will remain there and the \$2 billion excess will be returned to the shareholders (ie, you). If this is approved by New York State's Insurance Commissioner, this should occur in the end of 2017. I am told that policy holders should expect a refund check up to 3X their annual premiums. After Berkshire Hathaway takes control, there should be no difference to the policy holder on how the company runs. Also your premiums cannot change without approval by the NYS insurance commissioner, who has held premiums steady for almost 10 years. MLMIC is still one of the prime malpractice insurers in this state.

**FEDERAL LEGISLATION** At this point in time, I know no more regarding what will happen with the ACA (Obama Care) as our current President is finding out that rhetoric is easier than action when it comes to healthcare legislation.

## OTHER

**Regulations for OBS facilities in NYS** At the last meeting of the Department of Health's OBS committee, the major discussion centered on their trying to make the Adverse Event Reporting forms available to be completed on the internet. When that will be implemented is anyone's guess. Also, they want to be able to know how many different procedures are being done in office-based surgery centers. I informed them that plastic surgeons do not code these cases because most of them are self paid and not billed through insurance. Thus, we can supply them with a total number of cases, but not easily break down the numbers. Again, this is still under discussion.

William Rosenblatt, MD  
Vice President of Standards AAAASF  
New York State Office Based Surgery committee member



## UPCOMING EVENTS

# 2017 Spring Meeting: The Skinny on Fat

## SATURDAY APRIL 1ST, 2017 • 8AM-1PM LIGHT BREAKFAST

### NEW YORK ACADEMY OF MEDICINE • 1216 5TH AVENUE, NEW YORK, NY 10029

**EDUCATIONAL OBJECTIVE:** Attendees will learn appropriate indications for fat transfer, how to select the best modality for a given condition, methods to obtain the best aesthetic result and to enhance patient safety by avoiding complications.

## PRESENTATIONS



**WILLIAM GERALD  
AUSTEN, MD**  
Chief, Plastic and  
Reconstructive Surgery  
Massachusetts General  
Hospital



**STEVEN TEITELBAUM, MD**  
Associate Clinical Professor of  
Plastic Surgery  
UCLA School of Medicine



**COMMENTATOR:  
SYDNEY COLEMAN, MD**  
Private Practice,  
New York City



**WILLIAM LITTLE, MD**  
Clinical Professor of  
Plastic Surgery,  
Georgetown University



**STEVEN  
KRONOWITZ, MD**  
Private Practice,  
Houston TX



**COMMENTATOR:  
SCOT GLASBERG, MD**  
Private Practice, New York City  
Past President-American Society  
of Plastic Surgeons



**COMMENTATOR:  
DAN DEL VECCHIO, MD**  
Private Practice,  
Boston, MA