

bulletin

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The official member magazine of the American Academy of Otolaryngology-Head and Neck Surgery

MAY 2019



Where Experts and Science Converge 6

The **AAO-HNSF 2019 Annual Meeting
& OTO Experience** in New Orleans, LA

**OUT OF COMMITTEE: OREBM
PUBLICATION HIGHLIGHTS**

23

Laryngopharyngeal reflux

Major Alabama payer opts
to maintain reimbursement
for cone beam CT scans

26

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OTOLARYNGOLOGY-
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bulletin

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ADVERTISER INDEX

AAO-HNS Membership	28
AAO-HNSF Annual Meeting	4
AAO-HNSF CME at #OTOMeeting	20
AAO-HNSF ENTHealth.org	Inside Front Cover
AAO-HNSF Reg-ent SM	Inside Back Cover
Compulink	Back Cover
The Doctors Company	2

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inside this issue ■

features



6

Where Experts and Science Converge

Registration is open for the AAO-HNSF 2019 Annual Meeting & OTO Experience



Annual Meeting Pre-Conference Workshops and networking



OUT OF COMMITTEE: OREBM PUBLICATION HIGHLIGHTS
Laryngopharyngeal reflux



Major Alabama payer opts to maintain reimbursement for cone beam CT scans

Annual Meeting Committee Meetings Schedule

departments

The leading edge

Renewal, reflection, regret **3**
by Albert L. Merati, MD

Events and milestones **5**
by James C. Denny III, MD

At the forefront

Engagement Opportunities Series: Advance Clinical Otolaryngology ■ Section Spotlight: YPS continues to expand ■ Hijabs and the Head and Neck Physical Exam ■ Championing Women in Otolaryngology through the AAO-HNSF WIO endowment

20

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Longer articles available:

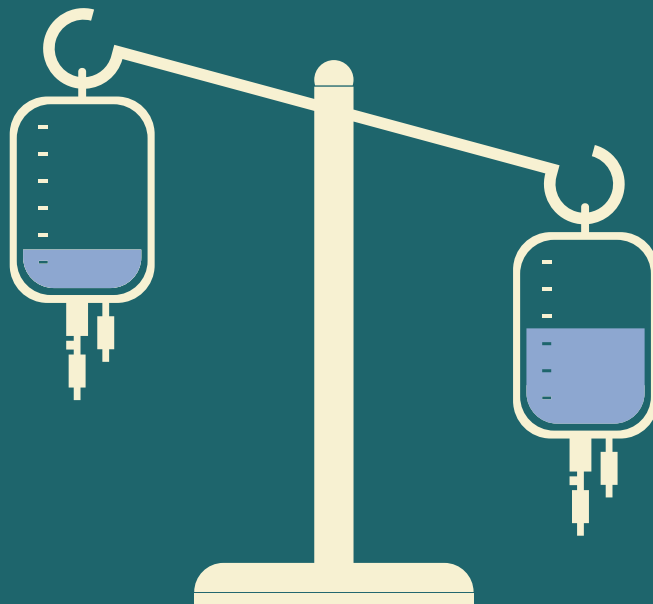
Rockin' Dopsie, Jr. and the Zydeco Twisters

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Renewal, reflection, regret

On May 18, 2015, Jenny and I went to my one and only appointment at the University of Washington Weight Loss Management Center. I was 49 years old and felt appreciated, effective, connected, and successful. I had lots of energy and a million friends—but I also felt that I was dying a bit as every day passed. I weighed in at 370 pounds. As the anniversary of this clinic visit passes each year, I think about spring and the essence of **renewal**. I don't share this story as a personal triumph. Indeed, in many ways, it is a story of failure. I reflect on this as a lesson learned to share with my fellow physicians.

Strangely, while I was sitting in that waiting room that day, I pondered my reasons for being there. I **reflected** on all of the times I asked medical students to think of that patient who shows up in clinic with a massive basal cell carcinoma eroding their facial structures. Students always came up with a pretty good list of reasons that a given patient might have delayed care: access, insurance, misinformation, denial, other aspects of mental illness, fear, and improper diagnosis, among many others. That someone would wait so long to seek care never amazed or surprised me; what was more curious to me was what triggered the first appointment and what was going through the patient's mind that day when they sought care.

In my case, I had plenty of information, all of the access, and, as far as I know, was relatively sound of mind. What triggered my visit that day? It wasn't a chest pain scare (I had one two years before then) or tearful pondering of future weddings missed and grandchildren never seen. It wasn't the fear of being forgotten or leaving things unfinished. For me, it was the simple realization that being unhealthy—dying prematurely or becoming permanently disabled—would limit my capacity as a provider for my family. This narrow view of myself as a provider was what ultimately motivated me toward change.

I was self-aware enough to know that I couldn't refuel in-flight. I spoke with Jenny, my chair (**Neal D. Futran, MD, DMD**), and my division partners to share my plans and ask for their support. No one put any limitations or expectations on my plan, a luxury of my position that I do not take for granted. I chose to take six weeks off from clinical work (split on

either side of July 1 to minimize the impact on any one fellow or fiscal year). During those six weeks, I focused on the simple habits of eating more carefully and going for a two- to three-mile walk every day. That is it—nothing magical. I realize it isn't the same for everyone, but the lesson for me was that I needed to stop the car and pull over to the side of the road to make changes. **I regretted waiting 17 years after completing training to take this time off.** I should have done it years before. For those of you pondering a change you'd like to make in your life—habits to break, improvements to make, relationships to nurture—do it now.

For those of you early in your careers: You might find yourself getting away with your unwanted habits for some time. Take care of yourself. Being overweight is a common and visible challenge that many of us face, but it is not the only one. Many of us suffer from lifelong battles that others are not aware of and can't see from across the room. Whatever you are doing to stay healthy and renewed, keep it up. If you are veering off track, stop and give yourself a chance to change if you can't do it while the wheels are turning. Those of you to whom your partners and trainees reach out—support them as they work toward the changes they need to make for themselves. Who among us is so critical that they can't be away from work to allow ourselves to heal and improve? While it may not be easy for any of us, I imagine that some version of renewal and self-improvement is available to all of us. ■



Albert L. Merati, MD
AAO-HNS/F President

“The lesson for me was that I needed to stop the car and pull over to the side of the road to make changes.”

At right, Dr. Merati with his family. Below, Dr. Merati in 2015 before his journey of renewal.





AAO-HNSF
ANNUAL MEETING
& OTO EXPERIENCE

SEPTEMBER
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- Over 550 continuing education sessions on best practices and the specialty's most pressing issues led by leaders in the field
- The opportunity to connect and reconnect with colleagues to discuss research, patient care, and surgical techniques during high profile networking events, such as the President's Reception
- The latest advancements in medical products and services at the OTO Experience

www.entannualmeeting.org

#OTOMTG19

Events and milestones

May kicks off two of our most important events of the year: our Annual Meeting and our elections. In September, the Annual Meeting returns to New Orleans for the first time since 1999. That year, **Harold C. Pillsbury III, MD**, was President, and I was Chair of the Board of Governors. New Orleans was the home of the inaugural meeting of the newly formed American Academy of Otolaryngology–Head and Neck Surgery (AAO-HNS). Historically, New Orleans has been one of our most popular venues, and we expect this year to be no different. For those who have not been to New Orleans since Hurricane Katrina, you will be amazed at the extensive renovations that have taken place around the convention center. Attendees will be able to enjoy some of the most unique dining opportunities in the United States as well as the historic and cultural areas familiar to all. This year, we will highlight our theme “Where Experts and Science Converge” with a superb program and a more favorable schedule. This year’s President’s Reception will be a Mardi Gras extravaganza. We welcome the American Academy of Otolaryngic Allergy (AAOA) back into our meeting footprint this year and look forward to its contribution.

The April *Bulletin* introduced an outstanding slate of candidates for our 2019 election cycle. It is imperative that the strong leadership that the organization has enjoyed over the last several years continues as we navigate through the rapid evolution of healthcare delivery. Read the candidate’s statements carefully in the April *Bulletin* or on our website, <https://www.entnet.org/content/official-slate-candidates-2019-aao-hns-annual-election>. Most importantly, cast your vote. We have seen the difference that dedication and leadership make in an organization. Don’t waste an opportunity to identify and support our future leaders who have volunteered their time to contribute to our mission. The online process should take less than five minutes and only a couple of clicks.

The excitement created through the formation of the International Advisory Board (IAB) to govern the International Corresponding Societies has continued to grow. Last year marked the first election for Chair, and this year we have seen a number of world-renowned global leaders submit applications for the election. Last year’s election stimulated

a record attendance at the IAB meeting, and we anticipate much the same this year.

Boston was the first host city for our recently launched “student initiative” designed to engage both undergraduate and medical students in order to develop an understanding and interest in our specialty. Medical students from four schools in the Boston area gathered in a common location for a wonderful program led by **Gregory W. Randolph, MD**, and **Greg A. Grillone, MD**, along with the medical student interest groups and our Membership and Global Affairs Senior Director, Elise Swinehart. Eighty-one of the 123 registered attended and had an incredible experience. The success of this event certainly justifies expanding this program into additional geographic areas. We are confident that this and our undergraduate “observerships” will stimulate additional interest in otolaryngology. You can view the program on our student landing page at <https://www.entnet.org/content/student-programs>.

I would like to recognize and thank two of our most outstanding staff members as they retire and leave the organization. These individuals represent years of sacrifice and exemplary service to our membership and mission. They are a prime example of the huge difference individuals can make when they believe in a cause and work with others to achieve it. Jeanne McIntyre (CAE), Director, Communications and Publications, began working for the Academy in 1990 and has worked under 30 presidents and six EVPs. She is best known for her oversight and innovations of the *Bulletin* but she also oversees our OTO Journal activities, working closely with a great string of editors. This year, the Journal received its highest impact factor, and our recently launched *OTO Open* was accepted by Pub Med for inclusion in its system. She was also instrumental in the recent launch of our patient-focused website, ENThealth.org. Joy L. Trimmer, JD, started working as Senior Director of what is now Advocacy in 2006 and quickly became the face of our legislative and PAC activities. Her strategic thinking and writing skills have served the organization well in her additional roles as American Medical Association liaison and overseeing regulatory and private payer initiatives. She has brought a number of new programs aboard, most recently the Project 535 network. Both will be missed! ■



James C. Denneny III, MD
AAO-HNS/F EVP/CEO

“In September, the Annual Meeting returns to New Orleans for the first time since 1999 ... we will highlight our theme “Where Experts and Science Converge” with a superb program and a more favorable schedule.

”

Where Experts and Science Converge

Registration is open for the AAO-HNSF
2019 Annual Meeting & OTO Experience

Each fall, the American Academy of Otolaryngology–Head and Neck Surgery Foundation welcomes 7,000-plus attendees from more than 80 countries and more than 250 exhibiting companies for the AAO-HNSF Annual Meeting & OTO Experience. This year's conference will educate otolaryngologist-head and neck surgeons about the newest in leading-edge tools and techniques, present groundbreaking discoveries, and provide an opportunity to renew old friendships and meet new colleagues.

Over the course of four days, you

will receive exclusive access to the latest research in otolaryngology; the education program will feature world-renowned faculty discussing state-of-the-art treatment modalities, new therapies, and ongoing controversies in the field.

The official program begins at 8:30 am on Sunday, September 15, and concludes at 12:15 pm on Wednesday, September 18.

Meeting venue

The conference will take place at the Ernest N. Morial Convention Center, 900 Convention Center Blvd., New Orleans, LA 70130. ■



New Orleans serves as the intersection where there's no wrong turn, from groundbreaking education sessions to networking events with the global ENT community to the OTO Experience. This year's theme is woven throughout the entire conference. Experts from the specialty and the latest science will converge at **#OTOMTG19**.

Earn CME credit, tap the minds of leaders, see and touch the latest devices, expand your network, and enjoy a superb destination—all at one event.

- More than 550 continuing education sessions on best practices and the specialty's most pressing issues led by leaders in the field
- The opportunity to connect and reconnect with colleagues to discuss research, patient care, and surgical techniques during high profile networking events, such as the President's Reception
- The latest advancements in medical products and services at the OTO Experience

Last year, the Academy and its Foundation celebrated "We Are One: Otolaryngology United for Patient Care" with the release of our new logo. This year's Annual Meeting theme, "Where Experts and Science Converge," parallels "We Are One" as the best and brightest otolaryngologist-head and neck surgeons from around the globe and all subspecialties connect in ONE location for cutting-edge education.



Program information

The education program is divided into **11 distinct specialty areas** allowing you to focus within your specialty or expand your knowledge in other areas.

- BMP** Business of Medicine/
Practice Management
- ES** Endocrine Surgery
- FPRS** Facial Plastic and Reconstructive Surgery
- GO** General Otolaryngology
- HNS** Head and Neck Surgery
- LBE** Laryngology/
Broncho-Esophagology
- ON** Otology/Neurotology
- PSQI** Patient Safety and Quality Improvement
- PED** Pediatric Otolaryngology
- RA** Rhinology/Allergy
- SM** Sleep Medicine

Groundbreaking education program formats

- **Expert Series.** Expert Series are sessions led by recognized experts on current diagnostic approaches, therapeutic approaches, and practice management topics.
- **Flash Talks.** These one-hour presentations feature three panelists with 15 minutes dedicated at the end of the sessions for audience questions and answers.
- **International Symposium.** International symposia are panel discussions featuring expert international panelists (i.e., from outside the United States) involving interactive, in-depth, state-of-the-art presentations employing a variety of didactic and interactive education formats.
- **Master of Surgery Video Presentations.** The timeslot includes six lectures for these short-lecture demonstration videos of key surgical procedures performed by otolaryngologist-head and neck surgeons. Each presentation concludes with two minutes of audience questions and answers.
- **Meet the Scientific Poster Authors.** Earn CME credit while learning about the latest advancements in research directly from the sources. Ask questions and share experiences with the poster presenters in a truly interactive session.
- **Panel Presentations.** These discussion sessions are presented by panelists involving interactive, in-depth, state-of-the-art presentations.
- **Rapid Poster Presentations.** This presentation format showcases the highest-ranked poster submissions in each subspecialty, giving the selected poster presenters the opportunity to provide an oral presentation consisting of five slides highlighting and describing the major influence of their research. The presentations takes place during the lunch hour in the Poster Pavilion.
- **Scientific Oral Presentations.** A series of three- to six-minute presentations focusing on current evidence-based research, surgical procedures, and approaches in the clinical sciences and their application to patient care. Each presentation concludes with two minutes of audience questions and answers.
- **Scientific Posters.** Visual displays detailing the latest advancements in otolaryngology research that allow the viewers the opportunity to appraise and assimilate scientific evidence for improved patient care practices. Poster authors are at their boards during specific times on Monday and Tuesday to discuss their findings.
- **Specialty Society Forums.** With Specialty Unity as a focus, we highlight specialty societies unique education content. This year, four specialty societies, American Academy of Facial Plastic and Reconstructive Surgery (AAFPRS), American Head and Neck Society (AHNS), American Laryngological Association (ALA), and American Neurotology Society (ANS), present tailored content. ■

Continuing Medical Education Credit

This conference has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education. AAO-HNSF is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Up to 29 credits will be awarded to physicians when documented by the submission of the 2019 Annual Meeting & OTO Experience evaluation. ■

Schedule at a glance

	September 14 SATURDAY	September 15 SUNDAY	September 16 MONDAY	September 17 TUESDAY	September 18 WEDNESDAY
6:00 am			OTOs on the Run		
7:00 am		Sunrise Yoga			
8:00 am	Committee Meetings AAO-HNSF and ACS Thyroid, Parathyroid, and Neck Ultrasound Workshop 2019 AAO-HNS/F and LSU Sialendoscopy Hands-On Course Endoscopic Ear Surgery and Eustachian Tube Balloon Dilation Workshop	Committee Meetings	Education Sessions	SRF General Assembly	Education Sessions
9:00 am		Education Sessions	Education Sessions		Education Sessions
10:00 am		Education Sessions	AAO-HNSF Education Offering Myers Lecture Committee Meetings Poster Viewing	Cotton-Fittton Lecture Committee Meetings Poster Viewing	Education Sessions
11:00 am		Education Sessions	WIO General Assembly	Education Sessions	Education Sessions
12:00 pm	Worst Case Scenarios OTO Experience Humanitarian Efforts Forum	Lunch in the OTO Experience	Lunch in the OTO Experience	Lunch in the OTO Experience	
1:00 pm		Education Sessions	Academic Bowl	Education Sessions	
2:00 pm		Conley Lecture Committee Meetings	Education Sessions	Education Sessions	
3:00 pm		Education Sessions	IAB and YPS General Assemblies AAO-HNSF Education Offerings Neel Lecture Committee Meetings Poster Viewing	House Lecture Committee Meetings Poster Viewing	
4:00 pm	BOG General Assembly		SIM Tank	Education Sessions	
5:00 pm	BOG Reception	Welcome Ceremony	Simulation Reception and Showcase	Education Sessions	
6:00 pm		President's Reception	AAO-HNS Career Fair	Alumni Receptions	
7:00 pm					

Pre-Conference Workshops and

Back by significant demand, Saturday, September 14, features three encore pre-conference workshops, **Endoscopic Ear Surgery and Eustachian Tube Balloon Dilation Workshop, AAO-HNS/F and LSU Sialendoscopy Hands-On Course, and AAO-HNSF and ACS Thyroid, Parathyroid, and Neck Ultrasound Workshop.** Visit our website for pre-requisites, details, and pricing.

Saturday also features a Worst Case Scenarios Managing OTO Emergencies in Practice Workshop. This four-and-a-half-hour course, taking place at Tulane Center for Advanced Medical Simulation & Team Training, is geared toward practicing otolaryngologists to prepare them for low frequency, high stakes emergency situations that they may not encounter often in their daily routine. Attendees participate in a rotation of six simulated otolaryngology emergencies with a cohort of six peer attendees. Each simulated emergency is done as a duo with a partner from the group. Following each simulation, a debriefing is held with the group and a facilitator and includes discussion of best practices for these situations based on published guidelines and available literature. ■



Download the mobile app

For the latest conference information, visit the Annual Meeting website and download the mobile app. www.entannualmeeting.org.



CONNECT WITH MEMBERS



@AAOHNS on Facebook, Twitter, and Instagram. Connect with other attendees and post about the 2019 Annual Meeting & OTO Experience using #OTOMTG19.



Join the members-only open forum at www.entnet.org/ENTConnect to connect with your peers, participate in timely discussions, and build your Academy community network.



Subscribe to the AAO-HNS YouTube Channel at www.youtube.com/aaohns for Academy video offerings.

TIPS:

Be sure to include #OTOMTG19 in your social media posts to add your message to the online conversation about the meeting. Search for #OTOMTG19 in your social media feeds to see what others are saying.

networking

At the 2019 Annual Meeting & OTO Experience, not only will you have access to superior research and education, you will also have time to reconnect with your colleagues to discuss the latest research, patient care, and surgical techniques. Here's a preview of this year's exciting events:

- Celebrate the Annual Meeting with the **President's Reception at Mardi Gras World** where you can glimpse a behind-the-scenes look at New Orleans Mardi Gras traditions and learn about the year-long float building process.
- **Welcome Ceremony:** 5:00 pm, Sunday, September 15

Rockin' Dopsie, Jr. and the Zydeco Twisters

Pack your dancing shoes for the AAO-HNSF 2019 Annual Meeting & OTO Experience. Rockin' Dopsie, Jr. and the Zydeco Twisters will be sure to keep you on your feet and give you a taste of New Orleans' music scene during the President's Reception at Mardi Gras World.

Zydeco music is a bubbling, melodic gumbo concocted from Cajun/Acadian music, Afro-Caribbean rhythms and melodies, and blues. Over the past few years, this funky and highly danceable music has broken out of its Southern Louisiana breeding ground to enjoy widespread popularity throughout the world.

No other zydeco band has ever been fronted by a washboard player. Rockin' Dopsie, Jr. is considered to be the best rubboard player in the world and is a charismatic and electrifying stage performer.

Be there when these former White House performers electrify the dance floor. Visit www.rockindopsiejr.com to see more photos and watch videos of Rockin' Dopsie, Jr. and the Zydeco Twisters.



Rockin' Dopsie, Jr.

➔ **READ MORE ONLINE**
Longer article available



Mardi Gras World

The early days of what has grown into Kern Studios started with Roy Kern, a local artist-turned-sign-painter who worked his way through the Great Depression by painting names and signs on the bows of freighters and barges.

Roy and his son Blaine built their first Mardi Gras float together on the back of a mule-drawn wagon in 1932. Unable to pay his mother's medical bills, Blaine offered to paint a mural in the hospital, which caught the eye of a surgeon who was also the captain of a Mardi Gras Krewe. This captain invited Blaine to design and build floats for his Krewe, and Kern Studios was officially founded in its current form in 1947.

Blaine traveled throughout Europe to apprentice under the world's leading float and costume makers. During several trips to Italy, France, and Spain, Blaine became inspired by the extravagant concepts and animation that marked the European style of float building. He brought these ideas to New Orleans and developed the monumental scale and lavish ornamentation of today's spectacular Mardi Gras floats. One float led to another, and before long, Blaine became the city's leading parade designer and builder.

After many requests for private tours of Kern Studios from people wanting a sneak peek of Mardi Gras, the Kerns decided to open the working studio to the public. In 1984, Mardi Gras World was created as a tourist attraction to provide visitors a behind-the-scenes look. Widely successful, the attraction draws hundreds of thousands of visitors from all over the world each year. ■

Exhibit hall

With the advancements in robotics, mobile x-ray imaging, and even regenerative medicine solutions—the OTO Experience is the place to be! Exploring the OTO Experience is a once-a-year opportunity that is not to be missed.

Meant for employers and job seekers, the ENT Careers Live! booth provides an opportunity to recruit candidates and find a job. We encourage all Annual Meeting participants to take advantage of this trusted otolaryngology employment resource.

The ENT OTC Pavilion provides a space for otolaryngologists to explore the drug store. Featuring over-the-counter products, this pavilion helps you provide helpful resources to your patients.

The Emerging Technologies Pavilion is premiering developing technology and

services. Come explore the latest innovations and technology to be used in the office and hospital of the future.

Registration information

Visit the Annual Meeting website and click on the “Registration” button to register online. Receive your confirmation and periodic updates via email when you register online.

Housing information

Reserve your hotel room online by August 6. Hotel reservations are available on a first-come, first-served basis. Reserve your room early for the best options. All hotels require a credit card guarantee.

For more information on registration, hotels, events, activities, and transportation in New Orleans, visit www.entannualmeeting.org. ■

Full conference Deals/Discounts

- **Early pricing** – Registration on or before July 9: member physician price, \$775; nonmember physician price, \$1,110
- **Advanced pricing** – Registration on or before August 6: member price, \$1,110; nonmember price, \$1,610
- **Regular pricing** – Registration on or before September 18: member physician price, \$1,240; nonmember physician price, \$1,790

Registration deals

- \$100 discount for guests of honor from Peru, Philippines, Turkey, and United Kingdom
- Military members pay the early rate at all times
- Life and Retired AAO-HNS members receive a \$100 discount

Hotel locations



Property – Distance from Convention Center

- 1.....Astor Crowne Plaza – 1.0 mi.
- 2.....Courtyard New Orleans Convention Center – 0.2 mi.
- 3.....Doubletree by Hilton New Orleans – 0.6 mi.
- 4.....Embassy Suites Hotel New Orleans Convention Center – 0.2 mi.
- 5.....Hampton Inn & Suites Convention Center – 0.2 mi.
- 6.....Hilton Garden Inn Convention Center – 0.2 mi.
- 7.....Hilton New Orleans Riverside – 0.5 mi. **Headquarter Hotel**
- 8.....Hilton St. Charles – 1.1 mi.
- 9.....Hyatt Place Convention Center – 0.01 mi.
- 10.....InterContinental New Orleans – 1.0 mi.
- 11.....JW Marriott New Orleans – 0.8 mi.
- 12.....Le Meridien New Orleans – 0.5 mi.
- 13.....Loews New Orleans – 0.6 mi.
- 14.....Mercantile & Royal Sonesta Hotel – 0.3 mi.
- 15.....New Orleans Marriott Convention Center – 0.1 mi.
- 16.....New Orleans Marriott – 0.9 mi.
- 17.....Old No. 77 Hotel & Chandlery – 0.5 mi.
- 18.....Omni Riverside New Orleans – 0.2 mi.
- 19.....Renaissance New Orleans Arts – 0.4 mi.
- 20.....Residence Inn Downtown – 0.3 mi.
- 21.....Royal Sonesta – 1.1 mi.
- 22.....Sheraton New Orleans – 1.0 mi.
- 23.....SpringHill Suites New Orleans Downtown – 0.1 mi.
- 24.....The Westin Canal Place – 0.7 mi.

This year's Annual Meeting & OTO Experience is one not to miss. Join in the excitement by registering and booking your hotel room today at www.entannualmeeting.org, and we'll see you September 15-18, in New Orleans, LA.

REGISTRATION RATES	EARLY MAY 6-JULY 9		ADVANCE JULY 10 - AUGUST 6		REGULAR AUGUST 7 - SEPTEMBER 18	
	FULL	DAILY	FULL	DAILY	FULL	DAILY
MEMBER						
Domestic						
Physicians/Non-Physician Clinicians	\$775	\$390	\$1,110	\$440	\$1,240	\$495
Resident/Fellow-in-Training/ Medical Student*	\$335	\$155	\$460	\$165	\$510	\$195
International						
Physicians/Non-Physician Clinicians	\$675	\$290	\$1,010	\$340	\$1,140	\$395
Resident/Fellow-in-Training/ Medical Student*	\$235	\$155	\$360	\$165	\$410	\$195
International Lower Middle and Lower Income						
Physicians/Non-Physician Clinicians	\$506	\$218	\$758	\$255	\$855	\$296
Resident/Fellow-in-Training/ Medical Student*	\$176	\$116	\$270	\$124	\$308	\$146
NONMEMBER						
Domestic						
Physicians/Non-Physician Clinicians	\$1,110	\$575	\$1,610	\$640	\$1,790	\$720
Resident/Fellow-in-Training/ Medical Student*	\$555	\$270	\$780	\$300	\$875	\$345
International						
Physicians/Non-Physician Clinicians	\$985	\$450	\$1385	\$450	\$1650	\$580
Resident/Fellow-in-Training/ Medical Student*	\$430	\$145	\$530	\$145	\$735	\$205
International Lower Middle and Lower Income						
Physicians/Non-Physician Clinicians	\$739	\$338	\$1039	\$338	\$1,238	\$435
Resident/Fellow-in-Training/ Medical Student*	\$323	\$109	\$398	\$109	\$551	\$154
OTHER						
OTO EXPERIENCE Daily Pass	\$100		\$125		\$150	
Guest	\$225		\$255		\$285	
Exhibitor Full Access Pass	\$865		\$1,365		\$1,530	
* Verification is required to obtain the Resident, Fellow-in-Training, or Medical Student rates for Nonmembers. Visit our website at www.entannualmeeting.org for registration policies.						
** Only available to registered attendees at this special rate						
Conference registrants from one of the Guests of Honor countries (Peru, Philippines, Turkey, or United Kindgdom), and AAO-HNS Life and Retired Members will receive \$100 off their registration. AAO-HNS Military Members will be charged the Early Rate regardless of when they register.						
OTHER**						
Sunrise Yoga		\$25				
5K OTOs on the Run		\$75				

PRE-CONFERENCE WORKSHOPS		
Endoscopic Ear Surgery and Eustachian Tube Balloon Dilation Workshop Saturday, September 14th		
MEMBER		
Physicians/Non-Physician Clinicians	\$1,550 Full-day	\$450 Didactic Only
Resident/Fellow-in-Training/ Medical Student*	\$675 Full-day	\$255 Didactic Only
NONMEMBER		
Physicians/Non-Physician Clinicians	\$1,750 Full-day	\$550 Didactic Only
Resident/Fellow-in-Training/ Medical Student*	\$775 Full-day	
AAO-HNSF and ACS Thyroid, Parathyroid, and Neck Ultrasound Workshop (Pre-requisite Course Required) Saturday, September 14th		
MEMBER		
Physicians/Non-Physician Clinicians	\$1,425	
Resident/Fellow-in-Training/ Medical Student*	\$710	
NONMEMBER		
Physicians/Non-Physician Clinicians	\$1,640	
Resident/Fellow-in-Training/ Medical Student*	\$790	
AAO-HNSF LSU Sialendoscopy Hands-On Course Saturday, September 14th		
MEMBER		
Physicians/Non-Physician Clinicians	\$750 Full-day	\$500 Didactic Only
Resident/Fellow-in-Training/ Medical Student*	\$350 Full-day	\$225 Didactic Only
NONMEMBER		
Physicians/Non-Physician Clinicians	\$950 Full-day	\$650 Didactic Only
Resident/Fellow-in-Training/ Medical Student*	\$450 Full-day	
The Worst Case Scenarios: Managing OTO Emergencies in Practice Workshop Tulane Center for Advanced Medical Simulation & Team Training Saturday, September 14th		
EARLY MAY 6 - JULY 9		
\$350		
ADVANCE JULY 10 - AUGUST 6		
\$400		
REGULAR AUGUST 7 - SEPTEMBER 18		
\$450		



About New Orleans



In this little corner of the American South, where European traditions blend with Caribbean influences, the history is as colorful as the local architecture; the food is the stuff of legend. Haitian and African Creoles developed an exotic, spicy cuisine and were instrumental in creating jazz and Cajun Zydeco.

The street names are French and Spanish, the Creole architecture comes in a carnival of tropical colors, and the voodoo is a Caribbean import. The magic is irresistible.

Come and experience the most celebrated and historic core of the city—including the Faubourg Marigny, French Quarter, Central Business District, Warehouse and Arts District, Magazine Street corridor, Garden District, and the beautiful St. Charles Avenue, lined with shady oaks, stately homes, and historic mansions. New Orleans is a place like no other, a sensory overload with an authentic spirit, a way of life that began three centuries ago and remains today. ■

Wellness Events at #OTOMTG19



Sunrise Yoga

Sunday, September 15

6:30 am (CT)

Mark Twain Courtyard; Hilton
New Orleans Riverside

Kick off the Annual Meeting with Sunrise Yoga. Find your Zen and prepare for the upcoming days of education.

Register for both events at
www.entannualmeeting.org



OTOs on the Run 5K

Monday, September 16

6:00 am (CT)

Canal Place

The ultimate otolaryngology athletic event, the AAO-HNS/F annual OTOs on the Run 5K starts and finishes in the family-friendly atmosphere of New Orleans Canal Place and takes you on a tour of the river front areas of New Orleans including the Audubon Aquarium of the Americas and Jackson Square before returning to Canal Place.

'Meet Our Academy Member Donors' Online brochure

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Special Annual Meeting offer to Millennium Society donors

Exclusive access to the Millennium Society Donor Appreciation Lounge



"Being able to come to a comfortable centrally-located area to work, eat, relax, or communicate with colleagues."

— Gavin Setzen, MD, Immediate Past President, on a special benefit of being a Millennium Society donor

Call for nominees

The AAO-HNSF is calling for nominees for chair-elect of the Annual Meeting Program Committee (AMPC). The appointment is for a four-year term.

Candidates must have held membership for the past three consecutive years, have proven leadership qualities, be familiar with the strategic direction of the Academy, and be able to dedicate the necessary time to serve.

Links to the AMPC chair-elect position description, application form, and other related materials are provided at <https://www.entnet.org/AMchair>. The deadline to submit nominations is June 7. ■

The American Academy of Otolaryngology–Head and Neck Surgery *foundation* is pleased to host the Millennium Society Donor Appreciation Lounge, providing exclusive access for all attending Millennium Society donors. Millennium Society donors are the VIPs of the AAO-HNS *foundation* who have generously donated at least \$1,000 (\$250 for residents or young physicians) to the Annual Fund or \$5,000 to the Hal Foster, MD, Endowment Fund.

The **Millennium Society Donor Appreciation Lounge** is conveniently located on-site in the convention center, at

the heart of all **#OTOMTG19**. This space provides you with a quiet area to:

- Relax and connect with your colleagues
- Enjoy complimentary breakfast, lunch, and refreshments, Sunday-Wednesday
- Conduct a personal meeting
- Charge your devices, check messages

Join your colleagues today in supporting the specialty by donating at <https://isgweb.entnet.org/iweb/Donation/LevelSelection.aspx?code=Online%20Donations>, and become a Millennium Society donor. To learn about other Millennium Society donor **exclusive benefits**, go to <http://www.entnet.org/content/millennium-society>. ■



Committee meetings

The following AAO-HNS/F Committee Meetings are schedule to take place while in New Orleans. Please note that the most up-to-date times and locations will be found on the Annual Meeting app and at www.entannualmeeting.org. See you there!

FRIDAY, SEPTEMBER 13

AAO-HNS/F Executive Committee (by invitation only)
3:00 - 5:00 pm

SATURDAY, SEPTEMBER 14

AAO-HNS Business Meeting
11:15 - 11:30 am

Annual Meeting Program Committee
1:00 - 2:00 pm

Board of Directors Breakfast
7:00 - 8:00 am

Board of Directors Meeting (by invitation only)
7:30 - 11:15 am

Board of Governors Regional Representatives
11:45 - 12:45 pm

Board of Governors (BOG) Committee
1:00 - 4:30 pm

Boards of Directors Lunch
12:00 - 1:00 pm

Credentials and Membership Committee
1:00 - 2:00 pm

Diversity and Inclusion Committee
2:00 - 3:00 pm

Education Steering Committee
4:00 - 6:00 pm

ENTRI Board Meeting
11:30 - 11:45 am

Finance and Investment Subcommittee (FISC)
2:00 - 3:30 pm

Medical Informatics Committee
2:15 - 3:15 pm

Nominating Committee (by invitation only)
1:00 - 2:00 pm

Reg-ent Executive Committee (by invitation only)
3:00 - 4:00 pm

Science and Educational Committee
2:00 - 3:00 pm

Skull Base Surgery Committee
1:00 - 2:00 pm

Sleep Disorders Committee
3:00 - 4:00 pm

Women In Otolaryngology (WIO) Program Committee
10:00 - 11:00 am

Women in Otolaryngology (WIO) Survey Committee
3:30 - 4:30 pm

Women in Otolaryngology (WIO) Workshop
12:00 - 4:00 pm

Committee Chair Training
12:00 - 1:00 pm

Medical Devices and Drugs Committee
11:00 - 11:00 am

Asia-Oceania - US Symposium/Initiation Ceremony
3:30 - 5:00 pm

Complementary/Integrative Medicine Committee
2:15 - 3:15 pm

SUNDAY, SEPTEMBER 15

Board of Governors Executive Committee
7:30 - 8:30 am

ENT PAC Board of Advisors (by invitation only)
2:00 - 4:00 pm

Ethics Committee
8:00 - 10:00 am

Facial Plastic & Reconstructive Surgery Education Committee
2:30 - 3:30 pm

General Otolaryngology Education Committee
2:30 - 3:30 pm

Humanitarian Efforts Committee
3:30 - 4:30 pm

Humanitarian Efforts Forum
1:00 - 3:15 pm

International Women's Caucus (by invitation only)
12:00 - 1:00 pm

International Young Physicians Forum
10:00 - 11:30 am

Joint Education Committees Meeting
7:30 - 8:30 am

Membership Focus Group
11:00 - 12:00 pm

Microvascular Committee
2:30 - 3:30 pm

Otolaryngology Veterans Affairs Committee
2:00 - 3:00 pm

**Outcomes, Research,
and EBM Committee**
2:15 - 3:15 pm

Reg-ent User Group Conference
9:30 am - 12:30 pm

**Rhinology and Paranasal
Sinus Committee**
7:00 - 8:00 am

**Simulation Education
Committee**
2:30 - 3:30 pm

Trauma Committee
2:30 - 3:30 pm

Voice Committee
2:30 - 3:30 pm

**Women in Otolaryngology
(WIO) Expert Panel**
8:45 - 9:45 am

**Women in Otolaryngology
(WIO) Leadership Development
and Mentorship Committee**
2:30 - 3:30 pm

**World Voice Day Planning
Committee**
3:30 - 4:30 pm

MONDAY, SEPTEMBER 16

**Adhoc/Alternative Payment
Model Workgroup
(by invitation only)**
10:00 - 11:00 am

**Advocacy Leadership Luncheon,
sponsored by the ENT PAC Board
of Advisors (by invitation only)**
11:30 am - 1:00 pm

**Airway and Swallowing
Committee**
2:30 - 3:30 pm

**Allergy, Asthma, and
Immunology Committee**
10:00 - 11:00 am

**Annual Meeting Program
Committee**
2:30 - 3:30 pm

AOIH Meeting
4:00 - 5:00 pm

**Comprehensive Curriculum Task
Force and Work Group**
7:00 - 9:00 am

Endocrine Surgery Committee
10:00 - 11:00 am

Equilibrium Committee
2:30 - 3:30 pm

**Head and Neck Surgery
and Oncology Committee**
2:30 - 3:30 pm

Hearing Committee
2:30 - 3:30 pm

History and Archives Committee
11:00 - 12:00 pm

Infectious Disease Committee
10:00 - 11:00 am

**Media and Public
Relations Committee**
2:30 - 3:30 pm

**Otolaryngology
Historical Forum**
1:30 - 2:30 pm

**Otolaryngology-Head
and Neck Surgery Journal
Editorial Board Meeting**
10:00 - 11:30 am

**Otology & Neurotology
Education Committee**
10:00 - 11:00 am

Panamerican Association
8:00 - 10:00 am

Panamerican Committee
10:00 - 11:00 am

**Patient Safety and Quality
Improvement Committee**
10:00 - 11:00 am

**Pediatric Otolaryngology
Committee**
2:30 - 3:30 pm

**Pediatric Otolaryngology
Education Committee**
10:00 - 11:00 am

**Physician Payment Policy
Workgroup (by invitation only)**
3:30 - 4:30 pm

**Plastic and Reconstructive
Surgery Committee**
10:00-11:00 am

**Practice Management Education
Committee**
2:30 - 3:30 pm

**Women In Otolaryngology
(WIO) Communications
Committee**
10:00 - 11:00 am

**Women in Otolaryngology
(WIO) Endowment Committee**
10:00 - 11:00 am

TUESDAY, SEPTEMBER 17

**Consortium of OTO
Journal Editors**
2:30 - 3:30 pm

**Geriatric Otolaryngology
Committee**
10:00 - 11:00 am

**Head and Neck Surgery
Education Committee**
2:30 - 3:30 pm

Imaging Committee
2:30 - 3:30 pm

**Implantable Hearing Devices
Committee**
2:30 - 3:30 pm

**International Steering
Committee**
10:00 - 11:00 am

**Laryngology and
Bronchoesophagology
Education Committee**
10:00 - 11:00 am

**Otolaryngology-Head and Neck
Surgery Journal International
Editorial Board Meeting**
1:30 - 2:30 pm

**Section for Residents and
Fellows (SRF) Governing
Council/Transition Meeting
(by invitation only)**
10:00 - 11:00 am

**Women in Otolaryngology
(WIO) Governing Council
Meeting (by invitation only)**
2:30 - 3:30 pm

**Young Physicians Section
(YPS) Delegates Meeting
(by invitation only)**
3:30 - 4:30 pm

**Young Physicians Section
(YPS) Governing Council
(by invitation only)**
11:00 am - 12:00 pm

**AAO-HNS/F Executive
Committee (by invitation only)**
9:00 - 10:30 am

International Guest of Honor 2019: Turkey

A history of The Turkish Otorhinolaryngology Head and Neck Surgery Society

“

As President of the AAO-HNS/F, it is my distinctive honor and privilege to welcome the following two societies representing Turkey as one of the four countries that we honor this year. The AAO-HNSF's Annual Meeting & OTO Experience provides a dynamic, interactive, and engaging forum for us to meet and unite with Turkey and other guest otolaryngologist-head and neck surgeons in delivering quality patient care.

— **Albert L. Merati, MD**
President, AAO-HNS/F

”

Civani Ananyan was sent to Paris in 1878, training in otolaryngology. Upon his return, he began teaching otolaryngology at Istanbul University as a faculty member. The first department of otorhinolaryngology was established in 1890, and Prof. Sefik Pasha was the first chair of the department. Many physicians began training as otorhinolaryngology specialists. The first otorhinolaryngological society was established on May 8, 1930, in Istanbul by five otorhinolaryngology professors; Prof. Ziya Nuri Pasha was elected as the first president. Some regular meetings were organized by the society, but World War II stopped these meetings. After the war, the first national otorhinolaryngological congress convened in Istanbul on

October 5, 1951. In 1993, the 15th International Federation of Otorhinolaryngology Societies meeting was held in Istanbul with more than 5,500 participants. The Turkish Otorhinolaryngology Head and Neck Surgery Society is affiliated with the European Union of Medical Specialists of Otorhinolaryngology (UEMS ORL) and IFOS.

Balkan ENT Society

With the Turkish ORL Head and Neck Surgery Society proposal, a few Balkan ORL meetings were held. However, due to World War II, the meetings could not be continued. In 2002, during a joint meeting of the National Panhellenic Conference and the American Academy of Otolaryngology–Head and Neck Surgery, the constitution of the Balkan Society of Otorhinolaryngology and Head-Neck Surgery was prepared by Eugene N. Myers, MD, Emmanouel Helidonis, MD, Metin Önerci, MD, and Todor Karchev, MD. In 2016, the international Balkan Society of Otorhinolaryngology and Head-Neck Surgery was officially established in Turkey by Prof. Önerci, and Edirne became the center of the society. Cem Uzun, MD, was elected as the secretary general. Meetings continue in Balkan countries each year.

Turkey and Central Asia

Turkey is also a member of a forum of Central Asian countries including Uzbekistan, Kazakhstan, Tajikistan, Kirghizia, Turkmenistan, and Azerbaijan with the purpose of coordinating education and training activities.

The Turkish Academy of Otorhinolaryngology was established as a division of the Turkish ORL Society with the collaboration of the Turkish Otorhinolaryngology Society and the Turkish Rhinology Society. It coordinates education and training activities all



around Balkan and Central Asian countries that will contain a cadaver laboratory, a lecture and video archive, an electronic library, and the ability to provide distant education. The Turkish National Congress of Otorhinolaryngology Head and Neck Surgery is held every year in Turkey with international participation. The Balkan Society of Otorhinolaryngology and Head-Neck Surgery Board Meeting is held every year at the Turkish National Congress of Otorhinolaryngology Head and Neck Surgery. Another extended meeting is held with the invited professors from Central Asian countries. The Board of the Turkish Otorhinolaryngology Head and Neck Surgery Society makes suggestions on residency reports and determines standards to uniform the education in Turkey.

Turkish Archives of Otorhinolaryngology are indexed in PubMed Central, the Web of Science Emerging Sources Citation Index, TUBITAK ULAKBIM TR Index, EBSCO, CINAHL, and ProQuest.

Since 2012, the postgraduate advanced courses and resident training programs of otorhinolaryngology head and neck surgery have been organized from Turkey and from other Balkan and Central Asian countries. Five postgraduate advanced courses of otorhinolaryngology have been organized to provide advanced sub-specialization, post-residency training for the following subspecialties: head and neck/thyroid surgery; otology and neurotology; rhinology, rhinoplasty, sleep disorders, allergies; laryngology and phoniatrics; and facial plastic surgery. Each school has 32 hours of theoretical lessons, cadaver dissections, visitations to one or more designated clinics as an observer for a minimum of one week or five work days, and video lectures (through the Society's website). Each medical student is supposed to write a review about a certain topic and give a lecture. Attendees have included 450 specialists, 260 residents from Turkey and 60 from other countries. The scholarship programs in Europe and the U.S. began in 2013. Since 2013, 57 specialists have been sponsored by these programs.

The Turkish Otorhinolaryngological Head and Neck Surgery Society continues to advance. Starting with the Turkish Rhinological Society in 1995, the Society has come to have a total of more than 10 different related academic and research societies. ■



The Turkish Voice, Speech, and Swallowing Society

■ **Associate Prof. Sevtap Akbulut**, President

The Turkish Voice, Speech, and Swallowing Society (VSSS) was founded in 2008 in Istanbul, Turkey, by its honorary President Prof. Ferhan Öz, Prof. Nermin Başer, Prof. Günter Hafiz, Prof.

İsmet Aslan, Prof. Hakan Akyol, Prof. Elif Aksoy, Dr. Barış Karakullukçu, Dr. Gayem Köprücü, Dr. Burcu Ardalı, and Dr. Berna Erdebilin. The main motive in founding the VSSS was to fulfill a vision of bringing together all professionals who worked with one or more of the specialty areas of voice, speech, and swallowing. Since 2008, VSSS has worked to help all professionals from different areas of voice, speech, language, and swallowing disorder interests to meet with each other to share knowledge and bond under its leadership. In doing so, VSSS aims to share knowledge with the public, patients and their families, public authorities, and medical professionals of all areas of the specialty.

The VSSS organization to look at voice, speech, language, and swallowing disorders through the eyes of a multidisciplinary team including speech-language pathologists, ENT specialists, neurologists, psychiatrists, pediatricians, pediatric neurologists, pediatric psychiatrists, voice coaches, and teachers. Dealing with voice, speech, language, and swallowing disorders has been a personal effort in our country for many years since the idea of providing treatment in the areas of speech, language, voice, and swallowing is a fairly new area in rehabilitation. As a developing specialty in Turkey, there weren't any organized efforts or professional associations leading the way.

The VSSS has always aimed to set the standards and define the field, the disorders, the ways of treatment for public and patient awareness, and to be a resource for higher authorities and medical professionals in Turkey. In addition, it works to define the scope of practice for professionals of different areas so that each professional's role in the area is well understood. In addition, VSSS aims to stay on the cutting edge in understanding and treating voice, speech, language, and swallowing disorders by pursuing medical studies to be performed in Turkey, as well as collaborative studies with other countries. While doing so, the VSSS establishes bases, sets the standards to be parallel, and further unites with international standards as they are being applied in other countries.

With all these goals, we have been affiliated members of the AAO-HNSF, IALP, ELS, Turkish ENT-HN Society, and Istanbul ENT-HN Society and have regularly participated in Turkish regional and national medical meetings offering workshops and panels, organizing committees, and representing our country in key international meetings. As a growing society, we have taken larger steps every year, and we are working passionately on two upcoming major projects for 2019-2020. These projects include the writing and publishing of a laryngology book and organizing VOICEISTANBUL—International Conference on Voice in All Aspects, September 19-22, 2019.

The Turkish Voice, Speech, and Swallowing Society would like to extend an invitation to AAO-HNS members working in the areas of voice, speech, and swallowing to join us at VOICEISTANBUL in Turkey and to enjoy the scientific discussions as well as the city of Istanbul and Turkish hospitality. ■

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- As a CME provider, AAO-HNSF is responsible for submitting diplomate MOC completion information to ACCME, which will then report this to ABOHNS.

If you are not able to attend the meeting, the 2019 Annual Meeting Webcast package and individual sessions will be available for purchase with special discounted-member pricing.

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For more information, visit www.entnet.org/passport

SECTION SPOTLIGHT

YPS continues to expand

■ Christina Baldassari, MD

It is hard to believe that the Young Physician's Section (YPS) of the American Academy of Otolaryngology–Head and Neck Surgery (AAO-HNS) is only five years old. We transitioned from a committee of fewer than 20 people to a section that now has more than 2,000 members. All AAO-HNS members who are younger than 40 years old and/or have fewer than eight years of experience outside of training are section members. Initially, we were primarily concerned with the nuts and bolts of getting our section up and running, including developing our bylaws and governance structure. Now that our section has matured, we are excited to focus on new initiatives.

To ensure that we are connecting with all of our young physicians, we have established a YPS Communications Work Group. Our Communications Work Group has been focused on reaching out to young physicians on ENTConnect and our YPS Facebook page. Our posts cover a variety of subjects of interest to young physicians, ranging from new technologies applicable to otolaryngology to tips for avoiding burnout. We encourage young physicians to follow our

discussions on these forums so that they can stay current with section activities.

The results of a recent member survey by the AAO-HNS showed that young physicians want more resources for practice management. Thus, our governing council assembled a YPS Practice Management Work Group to address this gap. The first YPS Practice Management Tool Kit will be published on our website in the upcoming months. This tool kit will list a variety of resources on practice management topics ranging from contract negotiation to billing and coding to debt management. Among other features, it will include a rating scale of each resource and a description of which providers the resources are geared toward (i.e., resident physicians versus physicians in the first year of practice). Our working group is also developing a series of five 20-minute podcasts on practice management topics that should be available for download within the next year. These undertakings will be invaluable for young physicians starting out in practice.

Our recently convened Engagement Work Group has been working to increase the visibility of our section and engage young physicians. Last year, we introduced the YPS Model Mentor Award. Young physicians submitted nominations

for otolaryngology mentors who had profoundly impacted their careers. We recognized five outstanding mentors during the AAO-HNSF 2018 Annual Meeting & OTO Experience YPS General Assembly in Atlanta, Georgia. This year, we plan to award the first YPS Member Impact Award to a young physician who has excelled in leadership and/or teaching. The AAO-HNS is offering 10 \$500 travel grants to support young physicians attending the Annual Meeting in 2019. We will also raffle off several \$100 gift cards at our general assembly that can be used for purchasing AAO-HNSF education products, such as AcademyQ®.

All young physicians should plan to attend the AAO-HNSF 2019 Annual Meeting's YPS General Assembly on Monday, September 16, in New Orleans, Louisiana.

We encourage young physicians to get more involved in the section. Numerous opportunities exist, including participating in one of our working groups or serving as a YPS representative to groups such as ABOHNS or AMA. We are looking for individuals from diverse practice types in all regions of the country. Visit our updated YPS website at <https://www.entnet.org/content/young-physicians-section> for more information. ■

OUT OF COMMITTEE: DIVERSITY

Hijabs and the head and neck physical exam

■ Ahmed Alsayed, MD

For the Diversity and Inclusion Committee

A 28-year-old female patient presents with a history of a progressively enlarging neck mass over the course of a few months. The lesion is causing her to have some difficulties in swallowing. She was examined and diagnosed with an enlarged thyroid gland by her female family physician and hence was referred on to you, a male, for surgical evaluation. However, physical examination during her visit is not possible due to the fact that the patient is wearing a hijab covering her head and neck. The patient appears anxious. She expresses her concern about the lesion but is reluctant to take off her hijab in the presence of male practitioners. She identifies herself as devout Muslim and asks if it is possible to be examined by a female healthcare professional.



Discussion

A hijab is a headscarf worn volitionally in most instances by Muslim women in the presence of any male outside their immediate family. It is worn as part of the Islamic rules of modesty. It usually covers the head, neck, and chest. However, just like in any other religion, Muslims vary in their interpretation and adherence to their religious beliefs. While many would forgo the need to wear the hijab during the exam when a medical reason to remove it is present, a minority would prefer to exhaust all other possible options, including being examined by a female healthcare provider or presenting a picture of the lesion as a substitute for the medical exam. Often, a small number of patients do not fully appreciate the pathology of their condition or the implications of treatment, hence their reluctance to take off their hijab. Once the pathology and the treatment plan

are clearly communicated and the need for exposing the area fully understood, most patients will agree to allow the examination to proceed. For these patients, exposing only the area that is affected can help to put patients at ease and establish rapport.

Indeed, as is the case with any patient, establishing a patient-physician relationship is of utmost importance. By simply explaining what needs to be done and inquiring about what makes the patient feel comfortable during the exam, sensitivity to the patient's need is expressed. In an ethnically diverse society such as the United States and many other countries, encountering a Muslim wearing a hijab is common. It is critical to not only understand its significance to Muslims, but also to express cultural sensitivity while providing them with medical care. ■



LPR involves the reflux of gastric contents into the upper airway where acid, bile, and pepsin lead to inflammation and symptoms including cough, throat clearing, mucus sensation, globus sensation, and hoarseness.

**OUT OF COMMITTEE: OREBM
PUBLICATION HIGHLIGHTS**

Laryngopharyngeal reflux

Study finds PPI therapy is not significantly more effective in reducing patient-reported symptoms and severity compared to a sole dietary approach.

■ Elisabeth Ference, MD; Karla F. O'Dell, MD;
Vikas Mehta, MD, MPH

In the Publication Highlights, The AAO-HNSF Outcomes Research and Evidence Based Medicine (OREBM) Committee notes articles that may alter surgical practice. The 2017 study: “A Comparison of Alkaline Water and Mediterranean Diet vs Proton Pump Inhibition for Treatment of Laryngopharyngeal Reflux,”¹ challenges the use of proton pump inhibitors (PPIs) for the treatment of laryngopharyngeal reflux (LPR).

LPR involves the reflux of gastric contents into the upper airway where acid, bile, and pepsin lead to inflammation and symptoms



LPR has been estimated to be responsible for up to 10 percent of visits to otolaryngology offices, with an annual cost of diagnosis and treatment of over \$50 billion dollars.²⁻⁴

The majority of the expense is from the use of PPIs.



including cough, throat clearing, mucus sensation, globus sensation, and hoarseness. Previously, LPR has been estimated to be responsible for up to 10 percent of visits to otolaryngology offices, with an annual cost of diagnosis and treatment of over \$50 billion dollars.²⁻⁴ The majority of the expense is from the use of PPIs, which also have been linked to adverse reactions ranging from abdominal pain, nausea, diarrhea, and constipation to increased association with myocardial infarction.⁵ There is continued controversy over the diagnostic workup as well as the treatment algorithm for LPR.

The study was conducted as a retrospective chart review of all patients diagnosed with LPR or with LPR with dysphagia, dysphonia, or cough from 2010 to 2015 at a single institution. Patients were identified from the electronic medical record system using ICD-9 codes. The cohort from 2010 to 2012 were treated with either esomeprazole twice daily or dexlansoprazole daily and standard reflux diet and precautions, which prohibited coffee, tea, chocolate, soda, alcohol, and greasy, fried, fatty, or spicy foods. The second cohort from 2013 to 2015 were treated with alkaline water (pH > 8.0) as a pH level greater than 8 has been shown to inactivate pepsin and a plant-based Mediterranean style diet due to the diet's low animal protein intake potential to decrease the gastric load of amino acids and subsequently lower pepsin activity. They also were instructed on standard reflux precautions. Inclusion criteria included pretreatment Reflux Symptom Index (RSI) greater than 10 and documentation showing compliance with treatment regimen. Exclusion criteria included confounding

diagnoses such as other causes of dysphonia, neuropathic cough, allergic rhinitis, sinusitis, history of laryngeal cancer or radiation, and active smoking.

A total of 184 patients were identified who underwent one of the treatment regimens. Using a six-point improvement in RSI score as response to treatment, patients in the PPI cohort did not experience a response to medication that was statistically better or worse than patients in the alkaline water and diet cohort at six weeks (54 percent of patients in the PPI group versus 62.6 percent in the diet group; differences in proportion 8.05; 95 percent CI -5.74 to 22.76). The mean percent reduction in RSI score in the PPI cohort was significantly less than the improvement in RSI score in the alkaline water and diet cohort (27.2 percent versus 39.8 percent, respectively; difference 12.10; 95 percent CI 1.53 to 22.68).

Findings and recommendations

The findings of this study suggest that treatment with PPI therapy is not significantly more effective in reducing patient-reported symptoms and severity compared to a sole dietary approach. The percent improvement in patient reported symptoms and severity may be greater with the dietary approach compared to PPI therapy. While the RSI is a validated tool, there is no standard to determine the clinical importance of a given percent reduction in scores and the scores are subjective in nature. This study was also limited by its retrospective nature and lack of randomization, as well as limitations inherent to chart review data (information bias, selection bias, exclusion bias, and confounding). Furthermore, the diagnosis

of LPR was not confirmed with pH testing. Adherence to PPI or diet therapy among patients was not collected or assessed in a standardized manner leading to potential recall bias. The authors also acknowledge that weight loss is a potential confounding factor, which was not controlled for through the study methods or statistical analysis.

In an era of rising medical costs and when patients are increasingly concerned regarding side effects of long-term medication usage, it would be ideal to offer patients a dietary-based solution to a common diagnosis, especially a diet that could have a lot of additional health benefits. However, these findings would need to be confirmed by a prospective, randomized trial prior to widespread acceptance of its efficacy for LPR treatment. ■

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Championing Women in Otolaryngology through the AAO-HNSF WIO Endowment

■ **Sujana S. Chandrasekhar, MD, Chair,**
WIO Endowment Committee

The Women in Otolaryngology (WIO) Endowment was conceived over pre-Annual Meeting cocktails in Boston, MA, in 2010. **Pell-Ann Wardrop, MD,** suggested the idea, the late **Linda S. Brodsky, MD,** championed it, and the small group of women at the meeting ran with it. Over the following four days of the meeting, solely via word of mouth, 41 otolaryngologists pledged more than \$400,000. Since then, there have been 86 total donors to the WIO Endowment fund. Six of them are our male colleagues; thank you, #HeForShe. About \$15,000 per year is available from this endowment to fund vital projects that advance issues important for all women in otolaryngology. To date, the WIO Endowment has funded several projects. Some of these projects include:

- **Tanya Meyer, MD,** did a social science interview study, "Women Matter: Work Life Balance in Academic Otolaryngology."
- **Katherine R. Kavanaugh, MD, Nicole Murray, MD, and Kimberly Rutherford, MD,** created a local/ regional WIO chapter starter kit and toolbox for national implementation.

- **Jamie Litvack, MD, and Stella Lee, MD,** have an ongoing project identifying disparities in wages and career advancement, aiding women in the field of negotiation, and addressing burnout concerns of particular import to women.
- **Jennifer A. Villwock, MD, and Erynne A. Faucett, MD, and Diane Durham, PhD,** have started the Rx: Fierce podcast to empower women in self-coaching techniques to address gaps and enhance success.

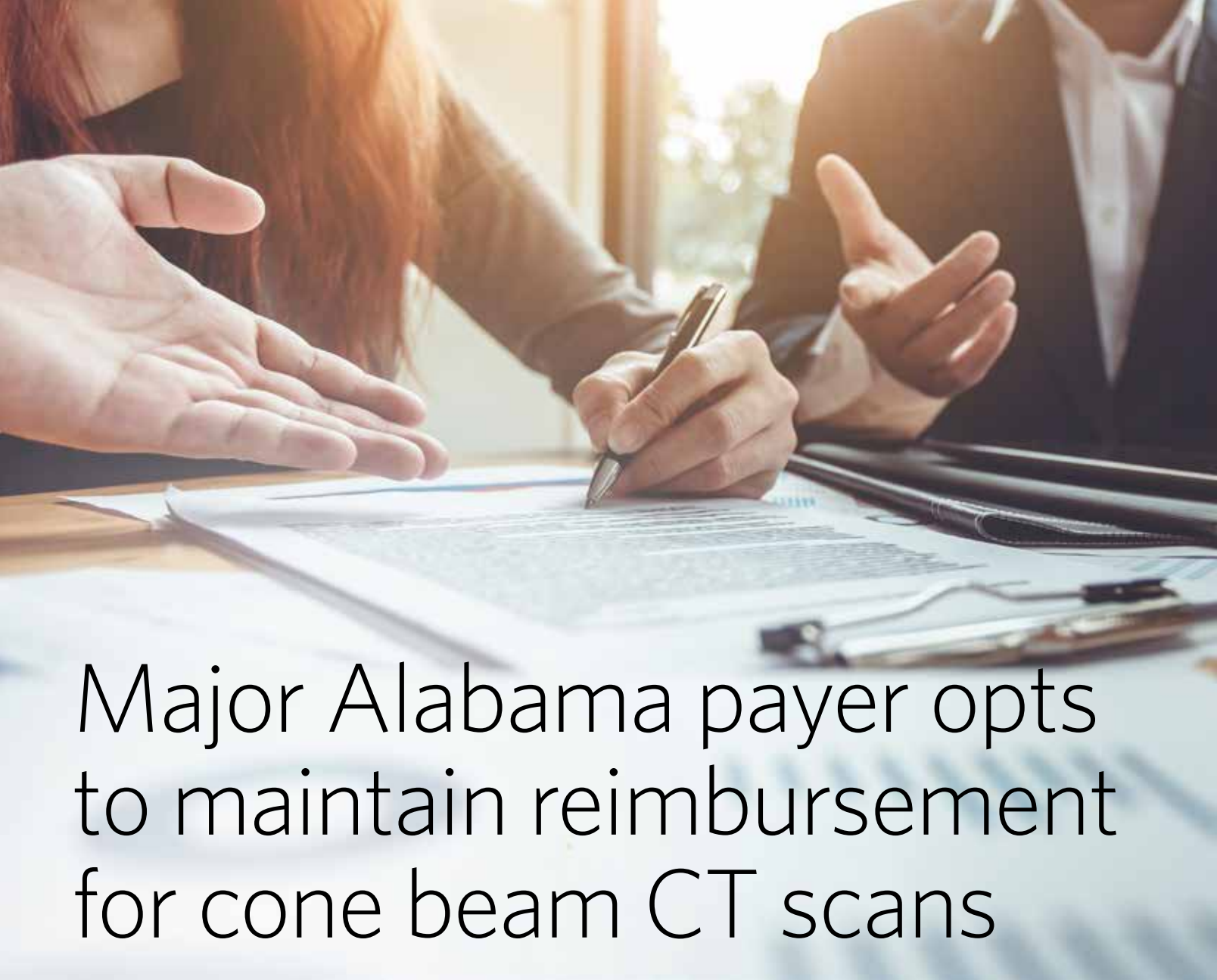
The year of 2020 will mark 10 years of the WIO Endowment, and for that Annual Meeting, we will be back in Boston. We are kicking off a year of celebration by introducing WIO Endowment 2.0, a campaign to raise \$800,000 or more to expand grant funding for ongoing success of current projects and to continue to invest in the future of women in otolaryngology.

Stay tuned to learn more about the WIO Endowment 10th year anniversary campaign as it officially kicks off in New Orleans at the AAO-HNSF's 2019 Annual Meeting & OTO Experience, providing you with opportunities to invest in Women in Otolaryngology. ■



Pell-Ann Wardrop, MD Linda S. Brodsky, MD





Major Alabama payer opts to maintain reimbursement for cone beam CT scans

This major advocacy win is a tribute to the persistence and collaboration among all the affected stakeholders.

In December 2017, one of Alabama's largest health insurance carriers announced a drastic reimbursement reduction for cone beam computed tomography (CT) scans, effective January 2018. Coordinated advocacy efforts occurring over the course of the next 18 months would eventually result in a significant win for practicing otolaryngology-head and neck surgeons in the state of Alabama. The resultant policy change highlights the importance of medical society collaboration, physician expert input and coordination, and an overall need for a multipronged approach in order to combat a detrimental coverage policy.

When the Alabama payer announced a

planned payment reduction for cone beam CT (CBCT) of the paranasal sinus from \$161 (Preferred Medical Doctor, PMD, Network) to \$61.05, a 62% reduction, **Scott Elledge, MD**, was one of the first in the state to speak out against this flawed policy. Dr. Elledge began appealing this policy by working locally with other members of the Alabama Society of Otolaryngology, Head & Neck Surgery (ALASOHN). ALASOHN enlisted the services of a prominent Alabama attorney and joined forces with representatives from Xoran, a manufacturer of cone beam CT equipment. The parties were determined to pursue dispute resolution, arbitration, and even possibly litigation in order to overturn this coverage challenge. In continued pursuit



The resultant policy change highlights the importance of medical society collaboration, physician expert input and coordination, and an overall need for a multipronged approach in order to combat a detrimental coverage policy.

of a remedy, Dr. Elledge then contacted the AAO-HNS to request the support of the Academy.

In May 2018, the AAO-HNS sent a comment letter to the Medical Director and Vice President of the Health Network Services, outlining the use of CPT 70485 (Computed tomography, maxillofacial area, without contrast material) as the appropriate code to describe CBCT scans (instead of CPT 75699 with modifier 52 as recommended by the payer). The Academy letter detailed CMS' coverage criteria for CT scans. Further, the Academy refuted the Alabama payer's claims that CBCT was of "lesser quality" compared to other imaging scans, addressed the accreditation requirements

for CBCT scanners, and concluded that the CBCT scanner contributed to cost-savings for both the patient and the payer. Despite a comment letter provided by the national voice of otolaryngology, the payer refused to reconsider its policy without direct CMS guidelines on CBCTs.

Under the leadership of **James C. Denny III, MD, AAO-HNS CEO and Executive Vice President**, Academy staff conducted a meeting in August 2018 with Kate Goodrich, MD, Chief Medical Officer at CMS, to discuss Medicare regulatory issues impacting the specialty. During this meeting, the AAO-HNS requested the necessary documentation to contest the Alabama payer's misguided policy. Following the

meeting, and after continued outreach to Dr. Goodrich and her staff, the Academy secured the necessary documentation, which eventually led to the Alabama payer to reverse their cone beam policy and maintain the appropriate \$161 full payment for cone beam CT scans.

This major advocacy win is a tribute to the persistence and collaboration among all the affected stakeholders. The Academy relies on its membership to identify local and national coverage deficiencies and strives to combat coverage denials to allow members to provide the best care for their patients. In order to report a national coverage gap or local denial in your state, email healthpolicy@entnet.org. ■



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Willamette ENT, a six physician premier ENT practice located in Salem, Oregon, is seeking a dedicated general otolaryngologist (sub-specialty interests will be considered) to join our practice serving the beautiful Willamette Valley.

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Our onsite ASC has three surgical suites with image guidance and nerve monitoring equipment. We currently have one position available as we expand to seven ENT physicians to meet the growing demand of the community.

We offer an excellent compensation package with partnership potential, generous 401k with employer match and profit sharing, health, dental, vision, disability, life, PTO and malpractice with tail coverage options.

Requirements:

- M.D./D.O. degree, board certification or board eligible
- Licensed in Oregon or eligible for Oregon licensure

Located in the Pacific Northwest, the Willamette Valley is in close proximity to Portland, the coast, the high desert and the Cascade Range, and is home to more than 500 wineries. The area offers abundant outdoor recreation opportunities including beautiful lakes and rivers, endless hiking trails and beautiful golf courses. Salem offers outstanding schools, excellent restaurants, theater and symphony with a lower cost of living. For a glimpse of Salem, go to www.youtube.com/watch?v=GHTWUBLT-tQ.

For more information about our clinic, please visit ENTSalem.com.

Please contact or send CV to:

Kim Robbins, HR Director

Email: kimr@entsalem.com

Phone: 503-485-2574 Fax: 503-584-7991

Positions are available at the Assistant or Associate Professor level in the Department of Otolaryngology-Head & Neck Surgery



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- Fellowship training required

OTOLOGIST/NEUROTOLOGIST

- Rank commensurate with experience
- Excellent resources are available
- Fellowship training required

To apply and receive additional information, please contact:

Stil Kountakis, MD, PhD
Professor and Chairman
Department of Otolaryngology-Head & Neck Surgery
1120 Fifteenth Street, BP-4109
Augusta, Georgia 30912-4060

Or email skountakis@augusta.edu

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General Otolaryngologist:

Cleveland Clinic is seeking a full-time general otolaryngologist to manage both adult and pediatric ear, nose and throat problems in a tertiary care academic center. The physician will practice at community locations and the main academic campus. The otolaryngology program is part of the Cleveland Clinic's Head & Neck Institute, a comprehensive, multi-disciplinary team that includes dentistry, oral surgery, speech and audiology. Cleveland Clinic's otolaryngology program is nationally ranked by *U.S. News & World Report*.

Join our team of 12 general otolaryngologists and 15 subspecialists. Outstanding benefits provided including tail coverage and no restrictive covenant. Robust resources offered for professional development including leadership, education, and management tracks as well as a formal mentorship program available for faculty.

To apply online, visit jobs.clevelandclinic.org/physicians



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ENT Associates SOUTH WEST



OTOLARYNGOLOGIST OLYMPIA, WA

Join a successful and expanding physician-owned ENT practice located in the Pacific Northwest. This is an opportunity to practice general ENT and have privileges at area hospitals and an outpatient surgery center.

The scope of our practice encompasses general ENT, H&N surgery, audiology and allergy services and treats patients of all ages. The new associate would be expected to perform a full range of general otolaryngology services.

This partnership-track opportunity is offering a benefit package including medical/dental/vision benefits, CME time, 401(k) participation with employer matching, and malpractice coverage.

We offer a competitive salary with excellent future income potential and partnership opportunities after only one year. Candidates need not be fellowship-trained, but must be BC/BE.

We are a longstanding and well-established private practice located in the capital city of Washington state. Olympia is a beautiful city that offers many opportunities. This area is perfect for skiing, sailing, fishing or hiking, plus so much more. We are conveniently located between Seattle and Portland, Oregon.

CONTACT:

Katie Kreider, Clinic Administrator
Ear, Nose and Throat Associates Southwest, Inc. P.S.
(360) 486-2603
kkreider@entsw.com



Harvard Department of Otolaryngology/ Massachusetts Eye and Ear

The Massachusetts Eye and Ear Department of Otolaryngology, Head and Neck Surgery is actively recruiting a qualified candidate in General (Comprehensive) Otolaryngology at our suburban location in Concord, Massachusetts.

Comprehensive Otolaryngology, Concord

This position includes general otolaryngology clinic and surgery with an academic connection to our main campus in Boston for tertiary clinical care, research and teaching.

At the Massachusetts Eye and Ear, our goal is to deliver the very best health care in a safe, compassionate environment and we continually strive to create a diverse, inclusive faculty and staff. Minority candidates and individuals with disabilities are encouraged to apply.

Please send a letter of interest and curriculum vitae to:

D. Bradley Welling, MD, PhD, FACS

Chief of Otolaryngology

Massachusetts Eye and Ear

243 Charles Street, Boston, MA 02114

Brad_Welling@meei.harvard.edu

We are an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability status, protected veteran status, or any other characteristic protected by law.



Harvard Department of Otolaryngology/ Massachusetts Eye and Ear

The Massachusetts Eye and Ear Department of Otolaryngology, Head and Neck Surgery is actively recruiting a qualified candidate in General (Comprehensive) Otolaryngology at our main campus at 243 Charles Street, Boston, Massachusetts.

Comprehensive Otolaryngology/ER, Main Campus

This position will include clinical efforts in our Otolaryngology specific Emergency Room, the provider's own comprehensive otolaryngology clinic, time staffing inpatient consults with residents at the adjacent Massachusetts General Hospital and dedicated operating room time. There will be regular interactions with otolaryngology trainees and medical students, particularly while working in the Emergency Room. The ideal candidate will have had strong training in general otolaryngology, interest in teaching and mentoring otolaryngology residents and seek a career in Comprehensive Otolaryngology in an academic setting. Research opportunities are available including collaboration across a wide variety of disciplines, although the primary institutional goal for this position is the delivery of clinical care and resident teaching.

At the Massachusetts Eye and Ear, our goal is to deliver the very best health care in a safe, compassionate environment and we continually strive to create a diverse, inclusive faculty and staff. Minority candidates and individuals with disabilities are encouraged to apply.

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Private Practice Opportunity General Otolaryngologist

Wooster Ear, Nose, and Throat is seeking a BC/BE fulltime otolaryngologist to join a successful, well established private practice to replace a retiring physician in Wooster, Ohio. We provide a full range of ENT services including General ENT, Allergy, Audiology and Hearing Aid Sales.

- Top 10 Micropolitan communities in the U.S.
- Opportunity for surgery center ownership
- Small college town setting with easy access to major cities
- Competitive salary with benefits.
- Partnership track with options for buy in.

Interested candidates please submit CV and letter of interest to:

Amy Gonzales, Practice Administrator
amgwent@aol.com



Ear, Nose & Throat Surgeons of Western New England is seeking a Board Certified or Board Eligible Otolaryngologist to join our busy practice.

Ear, Nose & Throat Surgeons of Western New England is seeking a Board Certified or Board Eligible otolaryngologist to join our busy practice. A strong generalist, a pediatric subspecialist or someone with virtually any type of subspecialized interest would do very well in this thriving environment. The current breadth of our robust practice includes advanced endoscopic sinus surgery, head and neck cancer, laryngology, endocrine surgery, otology/neurotology, pediatric otolaryngology, and allergy testing and treatment. Our office provides video stroboscopy, CT scans, VNG testing, ABR testing, and on-demand audiology.

Currently, our practice employs seven Physicians and five Physician Assistants, with offices in Springfield, Northampton and Ware. With a 50-year history of providing comprehensive Otolaryngologic care for residents of the Pioneer Valley, our practice is the primary source for otolaryngology care at Baystate Medical Center, our 716-bed Level 1 trauma center and tertiary care teaching hospital, as well as at three community hospitals, Baystate Mary Lane Hospital, Mercy Medical Center and Cooley Dickinson Hospital. We perform surgery at the hospitals and at our physician-owned surgery center, Pioneer Valley Surgicenter. We are committed to providing comprehensive university-level care with the benefits of private practice.

This new position will allow us to expand our growing practice office locations. We are looking for an energetic, self-confident individual who can work both independently and in a group environment. Our physicians are here to serve as supportive team members for a confident generalist or someone with subspecialty interests who is ready to start their career.

Our location in western Massachusetts offers a community lifestyle with the benefits of easy access to Boston (1 1/2 hours), New York City (2 1/2 hours) and Vermont skiing (1 hour). Northampton is a well-recognized center of art, theater, music and quality restaurants. Favorable cost of living with competitive salary, productivity bonus, and a full benefits package possibly leading to partnership and excellent long-term income potential make this an opportunity that should not be overlooked.

If you are interested Please Click Apply! Or if you know a recent graduate or senior resident who may be looking for an opportunity such as ours in western Massachusetts, please forward them our information as well as the contact information below. Also a visit to our website at www.entsurgeons.us would provide them further data on our growing practice.

Direct Contact Information:
Barry Jacobs, MD, FACS
brjacobs@entsurgeons.us
Phone: 413-732-7426
Fax: 413-732-0650

Jerry Schreibstein, MD, FACS
janschreibstein@entsurgeons.us
Phone: 413-732-7426
Fax: 413-732-0650



Cooper Medical School
of Rowan University



Cooper
University Hospital

General Otolaryngologist

The Division of Otolaryngology-Head & Neck Surgery at Cooper University Hospital, located in southern New Jersey and across the river from Philadelphia, is seeking a full-time General Otolaryngologist to join our busy academic/clinical practice. Candidates with capability in laryngology, otology, sleep apnea surgery, and other aspects of general otolaryngology, are desired.

This is an exciting and great opportunity to join a group of energetic and collegial surgeons, and serve as an important faculty member for our new ACGME-accredited Otolaryngology residency training program that is starting in July 2019. You will have the opportunity to teach and mentor medical students and residents, as well as receiving strong practice support from our team of Advanced Practice Providers (NPs / PAs). Compensation and benefits are very competitive. In addition to a busy clinical practice from the outset, you will be eligible to receive an academic teaching appointment through the Cooper Medical School at Rowan University. Research opportunities exist and are strongly encouraged through the Department of Surgery. Our team enjoys a healthy work /personal life balance, and pride themselves on the scope and quality of practice provided at Cooper University Hospital. We are seeking a like-minded individual to join our close knit and busy practice.

Interested candidates should send their CV and cover letter to:

Nadir Ahmad, MD, FACS

Division Head, Otolaryngology-Head & Neck Surgery

Cooper University Hospital

Email: ahmad-nadir@Cooperhealth.edu

Phone: 856-342-2019

Visit us at <https://www.cooperhealth.org/services/otolaryngology>

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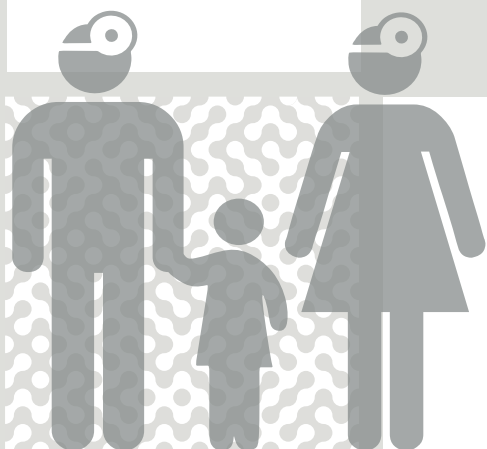
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