A Biannual Publication of the Medical College of Georgia Department of Otolaryngology-Head and Neck Surgery

The OTO OBSERVER

The Newsletter of the Department of Otolaryngology-Head and Neck Surgery

AUGUSTA UNIVERSITY
MEDICAL COLLEGE OF GEORGIA
Department of Otolaryngology-Head and Neck Surgery

Winter 2019

CHAIRMAN'S NOTE

DEAR READERS,

I hope everyone had wonderful holidays and are excited about the New Year.

As you are all aware, MACRA is entering its third year on the way to full implementation by 2022. The Medicare Access and CHIP Reauthorization Act's goal is to focus on positive quality services, patient care outcomes and healthcare costs. During 2019 it will focus primarily on patient care cost and when fully implemented by 2022, otolaryngologists will be paid based on the quality and cost of the care they deliver. Part of our mission is to comply so we can survive, but as an academic medical center we are also charged with training the next generation of otolaryngologists to successfully enter the new healthcare environment.

Initially, I thought there would be a lot of resistance, but proudly, our otolaryngology-head and neck surgery residents not only bought into the concept, but are actually leading the charge within the GME environment at the Medical College of Georgia. Our department has 11 active major quality initiatives, all led by our residents who are mentored by department faculty members, with some of the projects projected to have a major impact on our health system. One of the projects is looking at coordinating involved care professionals so that in-patient discharge orders are completed by 08:00 am on the day of discharge. The coordination involves communication of all involved within the context of the electronic health record and secure digital messaging. Another project is looking at increasing new patient access in our clinics and yet another completely eliminated all skin pressure ulcers in tracheostomy patients.

It is obvious then why we are so excited and so proud of our department and residency program. We are excited about what the New Year promises and we will continue to strive for the highest possible quality of patient care and otolaryngology education.

I wish you Happy New Year with the best of health and happiness.

Department of Otolaryngology — Head and Neck Surgery
Medical College of Georgia
Augusta University
1120 15th St. BP-4109
Augusta, GA 30912
Academic Ofc: 706-721-6100
Appointments: 706-721-4400
Fax: 706-721-0112
augustahealth.org/ent
augusta.edu/mcg/otolaryngology

Stil Kountakis, MD, PhD
Professor and Chairman, Department of Otolaryngology-Head and Neck Surgery
Edward S. Porubsky, MD Distinguished Chair in Otolaryngology
skountakis@augusta.edu

IN THIS ISSUE

WINTER 2019

The Oto Observer is produced biannually by the Medical College of Georgia Department of Otolaryngology-Head and Neck Surgery. Please direct comments or questions to otolaryngology@augusta.edu.

FACULTY HONORS

Dr. Michael Groves received an MCG-AU Exemplary Teaching Award for undergraduate medical education.

Dr. Mohammad Seyyedi received an MCG-AU Exemplary Teaching Award for undergraduate medical education.

Dr. Gregory Postma was an invited speaker to the 20th WCBIP/WCBE World Congress in Rochester, MN, the British Academic Congress of Otolaryngology in Manchester, UK and the 15th Biennial Phonosurgery Symposium hosted by the University of Wisconsin in Madison, WI. He was a Visiting Professor at the University of Tennessee Health Science Center in Memphis.

Dr. David Terris was an invited speaker at Harvard University, the British Columbia Cancer Surgeon Network meeting, the British Columbia Otolaryngology Society meeting, the Tulane University Symposium on Endocrine and Metabolic Surgery and the Caribbean Society of Endoscopic Surgeons held in Trinidad.

SELECTED PUBLICATIONS

Byrd JK, Clair JM, El-Sayed I. AHNS Series: Do you know your guidelines? Principles for treatment of cancer of the paranasal sinuses: A review of the National Comprehensive Cancer Network guidelines. Head Neck 40(9):1889-1896, 2018.

Fuller C, **Byrd JK, Groves M.** Outcomes of reapplication to otolaryngology residency: A prospective cohort study. Ear Nose Throat J 97(9):324-328, 2018.

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Johnson CM, Pate MB, **Postma GN**. Effect of chromoendoscopy filters on visualization of KTP laser-associated tissue changes: A cadaveric animal model. Otolaryngol Head Neck Surg 158(4):637-640, 2018.

Reyes C, Bentley H, Gelvez J, Solares A, **Byrd JK**. Recurrence rate after endoscopic vs. open approaches for juvenile nasopharyngeal angiofibroma: A meta-analysis. Journal of Neurological Science type B (in press).

Reyes C, Rios, J, **Byrd JK**, Jackson, L, Solares, A. Radiation therapy impact on lymph node yield in patients with laryngeal squamous cell carcinoma. ENT Journal (in press).

Solares A, **Reyes C**. International consensus statement for endoscopic skull base surgery: Sinonasal adenoid cystic carcinoma. AJAR (in press).

Kay S, Miller R, Kraus D, **Terris DJ**. Evolving phenotype of the head and neck surgeon. Laryngoscope 2018 Nov 15. doi: 10.1002/lary.27517 [Epub ahead of print].

Stack BC Jr, Tolley NS, Bartel TB, Bilezikian JP, Bodenner D, Camacho P, Cox JPDT, Dralle H, Jackson JE, Morris JC 3rd, Orloff LA, Palazzo F, Ridge JA, Scott-Coombes D, Steward DL, **Terris DJ**, Thompson G, Randolph GW. AHNS Series: Do you know your guidelines? Optimizing outcomes in reoperative parathyroid surgery: Definitive multidisciplinary joint consensus guidelines of the American Head and Neck Society and the British Association of Endocrine and Thyroid Surgeons. Head Neck 40(8):1617-1629, 2018.

MCG-AU MULTIDISCIPLINARY SLEEP DISORDERS CENTER

The Medical College of Georgia-AU Multidisciplinary Sleep Disorders Center is the area's oldest, most established facility of its kind and the first to be accredited by the American Academy of Sleep Medicine. Our world class sleep disorders center treats more patients and performs more sleep studies than any facility in or around Augusta, Georgia. Our sleep disorders center offers full-service, patient and family centered care for everyone from neonatal to geriatric patients, making it one of the few sleep centers in the southeast to treat adult and pediatric patients.

Our multidisciplinary team of physicians address the full range of sleep disorders. The team includes board certified sleep medicine physicians as well as pediatric and adult pulmonologists, neurologists, otolaryngologists, and other specialists.

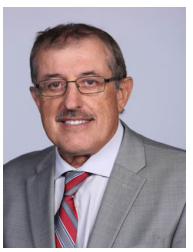
The multidisciplinary sleep disorders center practice incorporates medical and surgical techniques to treat patients suffering from sleep apnea, sleep-related breathing disorders, narcolepsy, insomnia, and unusual behavior during sleep. All new sleep disorder patients requiring comprehensive evaluation are seen in a conjoint multidisciplinary sleep clinic staffed by physicians from the Department of Medicine's Division of Pulmonology and the Department of Otolaryngology – Head & Neck Surgery.

Our Specialized Team

Amy R. Blanchard, MD
Associate Professor (Pulmonology & Sleep Medicine)
Medical Director, Sleep Disorders Center
Department of Medicine

Thomas A. Dillard, MD
Professor (Pulmonology & Sleep Medicine)
Department of Medicine

Michael W. Groves, MD
Assistant Professor (General Otolaryngology, Sleep Disorders, Head & Neck Surgery)
Department of Otolaryngology-Head and Neck Surgery



Stil E. Kountakis, MD, PHD
Porubsky Professor & Chairman (Rhinology, Skull Base Surgery, Sleep Disorders)
Department of Otolaryngology-Head and Neck Surgery

Mingsi Li, MD
Assistant Professor (Facial Plastic Surgery, Rhinology, Skull Base Surgery, Sleep Disorders)
Department of Otolaryngology-Head and Neck Surgery

Camilo A. Reyes Gelves, MD
Assistant Professor (Facial Plastic Surgery, Rhinology, Skull Base Surgery, Sleep Disorders)
Surgical Director, Sleep Disorders Center
Department of Otolaryngology-Head and Neck Surgery

Varsha S. Taskar, MBBS
Professor (Pulmonology & Sleep Medicine)
Department of Medicine

OBSTRUCTIVE SLEEP APNEA

- CAMILO REYES GELVES, MD

Obstructive sleep apnea (OSA) is a state-dependent sleep disorder that involves complete interruption or significant decrease in airflow in the presence of a breathing effort caused by repetitive upper airway collapse which results in oxygen desaturation and arousals. This is different from central sleep apnea, where the autonomic brainstem stimulus is absent to evoke a breathing effort. While almost all OSA patients snore, not every patient who snores has OSA. Sleep-related relaxation of upper airway dilator muscles causes vibrations of the soft tissues which is translated into snoring. Consequences of untreated OSA include adverse cardiovascular and metabolic outcomes, decline in quality of life, and neurocognitive impairment. Moderate-to-severe OSA, defined as an apnea–hypopnea index (AHI) score of 15 or more events per hour, is an independent risk factor for insulin resistance, dyslipidemia, vascular disease, and death[1–6]. Furthermore, the presence of OSA has been associated with increased adjusted risk for hypertension (HT) development and its treatment is associated with a lower risk for HT[7]. While OSA in children is a well described disorder related to behavior and attention deficit disorders, the purpose of this review pertains to the definition and treatment of OSA in the adult population.

Symptoms

OSA may not be perceived by a patient as symptoms can sometimes be vague. Snoring and some apnea episodes are usually witnessed by the patients' partner. Patients usually have nocturnal (snoring, apneas, choking sensation, arousal and awakening) and daytime symptoms (morning headaches, non-restorative sleep, fatigue, cognitive deficits, mood changes, decreased libido and hypertension among others). The Epworth sleepiness scale is an eight item, 4-point scale (0-3) questionnaire that screens patients for daytime drowsiness. A score higher than 11 represent an increased level of daytime sleepiness.

Diagnosis

While there are several anatomic findings that can predispose a patient to have OSA (BMI>30kg/m2, enlarged neck circumference, >43cm in men and >37cm in women), the gold standard for diagnosis is an overnight sleep study (polysomnography). Sleep stages, heart rate, oxygenation, breathing effort and pattern are recorded. An AHI greater than 5 is considered sleep apnea. Patients should undergo a comprehensive Otolaryngologic evaluation; medical history, physical examination and sleep study results must be part of this evaluation. As OSA is a state-dependent disease, at AUMC's Department of Otolaryngology-Head and Neck Surgery, our patients also undergo a Drug Induced Sleep Endoscopy (DISE) which is the closest resemblance to Non-REM sleep. DISE allows us to dynamically assess different anatomical areas, the effect of mandibular thrust and other maneuvers while the patient is asleep, which in turn allows us to individually evaluate the patient's medical and surgical needs.

Treatment

OSA treatment depends on the patient's severity of sleep-disordered breathing. It is fundamental to consider patient preferences and expectations. There are some lifestyle modifications that can aid

in OSA treatment: weight loss, smoking cessation, avoiding alcohol and sleep deprivation. Continuous positive airway pressure (CPAP) either delivered by a nasal or orofacial mask is the first-line of therapy for moderate-severe OSA. CPAP delivers continuous pressurized air to the patient's airway preventing its collapse; this is different than Bilevel-PAP (Bi-PAP) and Auto-PAP (APAP). Bi-PAP has an inspiration and expiration pressure easing the patients breathing cycle at night, whereas APAP uses algorithms that sense breathing changes and adjusts itself to the best pressure setting at any time of the night. A substantial portion of patients with OSA seek alternatives to CPAP[8]. There are specific procedures for specific patients. This is where DISE comes in. Patients should be individually and properly screened and matched for the ideal surgical procedure.

Surgery

Surgical intervention for OSA includes, but is not limited to, the following: septoplasty and inferior turbinate reduction which usually aid patients in CPAP adaptation; palatal radiofrequency, palatal (pillar) implants, uvulopalatopharyngoplasty (UPPP), expansion sphincter pharyngoplasty, transpalatal advancement pharyngoplasty, volumetric base of tongue reduction or advancement, hyoid suspension, maxillo-mandibular advancement and the hypoglossal nerve stimulator (HNS). The HNS is a novel therapeutic approach that uses an implantable neuromodulator that provides multilevel titratable upper airway improvement by evoking a functional contraction of the tongue muscles. The HNS provides retropalatal, retrolingual and anterior hyoid displacement[9] and is the only procedure that requires a previous DISE evaluation for candidacy determination. The multicenter prospective Stimulation Therapy for Apnea Reduction (STAR) Trial demonstrated high subjective adherence rates, significant improvements in snoring, daytime alertness, and sleep-related quality of life that were maintained at 2- and 3-year follow-up periods[10,11].

Conclusion

OSA is the most common sleep breathing disorder, however, only approximately 10% of patients who suffer from OSA seek treatment. It requires a multidisciplinary evaluation for diagnosis and treatment. Untreated OSA can have significant negative impact on a patient's health and quality of life. Several medical and surgical techniques are available for OSA treatment which should be individually discussed with each patient.

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MCG-AU CENTER FOR MOHS MICROGRAPHIC SURGERY

We are excited to introduce our new Medical College of Georgia-AU Center for MOHS Micrographic Surgery. Our mission is to enhance the quality of life for our patients through personalized, compassionate care and by providing the most effective procedures to remove skin cancers. Our physicians focus on their patients as a whole and work together to create individualized treatment plans. MOHS micrographic surgery is considered one of the most advanced and effective treatment options for many types of skin cancers. It provides the highest possible cure rates while creating the smallest surgical defects leading to the best cosmetic outcomes.

Our multidisciplinary team of physicians can perform this procedure around the eyes, scalp, nose, lips and ears. Our center offers a team-oriented approach to skin cancer treatment. The team consists of medical experts that are board certified and fellowship trained in multiple specialties including Dermatology, Otolaryngology, Plastic Surgery and Oculoplastics. Through collaboration, the team approach allows us to deliver the highest standard of care for skin cancer prevention, detection and management. Our physicians are committed to offering the most advanced, state-of-the-art skin cancer care available.

Our Specialized Team

Matthew D. Belcher, MD
Assistant Professor (Dermatology and Mohs Micrographic)
Department of Medicine

Dr. Belcher specializes in the treatment of advanced and high risk skin cancers including melanoma and tumors arising in cosmetically sensitive locations.

Camilo A. Reyes Gelves, MD
Assistant Professor (Facial Plastic Surgery, Rhinology, Skull Base Surgery, Sleep Disorders)
Department of Otolaryngology-Head and Neck Surgery

Dr. Reyes specializes in head and neck oncologic surgery, skull base surgery and facial plastic and reconstructive surgery.

Michael W. Groves, MD
Assistant Professor (General Otolaryngology, Sleep Disorders, Head & Neck Surgery)
Department of Otolaryngology-Head and Neck Surgery

Dr. Groves specializes in head and neck cancer surgery and reconstruction.

Edmond F. Ritter, MD
Professor (Plastic and Reconstructive Surgery)
Department of Surgery

Dr. Ritter specializes in free flap reconstruction, Mohs reconstruction and cosmetic surgery.

Mingsi Li, MD
Assistant Professor (Facial Plastic Surgery, Rhinology, Skull Base Surgery, Sleep Disorders)
Department of Otolaryngology-Head and Neck Surgery

Dr. Li specializes in rhinology, sinus and skull base surgery.

Dilip A. Thomas, MD
Associate Professor (Oculoplastics)
Department of Ophthalmology

Dr. Thomas specializes in surgical correction of age related, trauma, or cancerous lesions of the eyelids, orbit and tear drainage system.

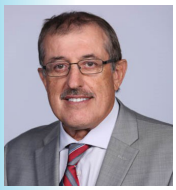
Otolaryngology - Head and Neck Surgery Team

SPECIALTIES INCLUDE:

- Head and neck cancer
- Thyroid and parathyroid surgery
- Facial plastic surgery
- Otology/Neurotology
- Rhinology (Nose and Sinuses)
- Laryngology (Voice, airway and swallowing disorders)
- Sleep apnea
- Pediatric otolaryngology (ENT)
- Skull base disorders

The Medical College of Georgia at Augusta University Otolaryngology-Head and Neck Surgery Department offers treatment of conditions affecting the ears, nose, throat, and head and neck including diagnostic procedures, minor surgical procedures, speech and language evaluation and treatment, and full audiology services including hearing aids and cochlear implants.

MEET THE TEAM

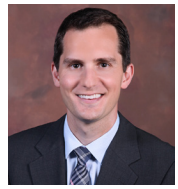


Stil Kountakis, MD, PhD, FACS
Professor and Chairman
Rhinology and Sinus Surgery

Gregory N. Postma, MD
Professor and Vice Chairman
Chief, Laryngology

W. Greer Albergotti, III, MD
Assistant Professor
Head and Neck Surgery

J. Kenneth Byrd, MD
Assistant Professor
Chief, Head and Neck Surgery



William W. Carroll, MD
Assistant Professor
Pediatric Otolaryngology

Michael W. Groves, MD, FACS
Assistant Professor,
General Otolaryngology
Residency Program Director

Mingsi Li, MD
Assistant Professor
Sleep Disorders,
Rhinology – Sinus/Skull Base Surgery

J. Drew Prosser, MD
Assistant Professor
Chief, Pediatric Otolaryngology

Camilo A. Reyes, MD
Assistant Professor
Facial Plastic and Reconstructive Surgery,
Skull Base Surgery

Mohammad Seyyedi, MD
Assistant Professor
Otology/Neurotology

David J. Terris, MD, FACS, FACE
Regents' Professor
Thyroid and Parathyroid Surgery

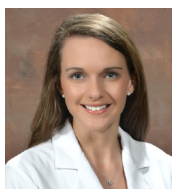
Sungmee Kim, PA-C
Physician Assistant II
Thyroid and Parathyroid Surgery

Marc LeDuc, PA-C
Physician Assistant II
Otology/Neurotology

Heather C. Bentley, FNP-C
Nurse Practitioner
Head and Neck Surgery

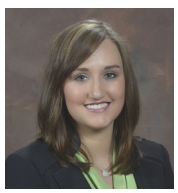
Krystal Oestreich, DNP, CPNP-PC
Nurse Practitioner
Pediatric Otolaryngology

Brian B. Shirley, PNP-BC
Nurse Practitioner
Pediatric Otolaryngology



Sarah C. King, AuD, CCC-A
Director of Audiology

Laura E. Barber, AuD, CCC-A
Audiologist



Sarah S. Storey, AuD, CCC-A
Audiologist

Otolaryngology/Head and Neck Surgery Appointments

Adults	706-721-4400
Pediatric	706-721-5500
Adult Head & Neck Cancer	706-721-6744

Department of Otolaryngology-Head and Neck Surgery
Medical College of Georgia
Augusta University
1120 15th Street, BP 4109
Augusta, GA 30912
Academic Office: 706-721-6100

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POSTGRADUATE TRAINING AT MCG OHNS

- MICHAEL GROVES, MD

Edward S. Porubsky, MD, founder of the MCG OHNS Residency Program

Although it was founded in 1828 as the nation's 13th medical school, the Medical College of Georgia had no organized division of Otolaryngology – Head and Neck Surgery until July 1, 1974. On that date, Dr. Edward Porubsky was appointed chief of the brand new Section of Otolaryngology within the Department of Surgery. Two years later, on July 1, 1976, our residency program began. Since that date, we have graduated 73 fantastic surgeons who represent our program proudly in vibrant private practices and prolific academic careers.

Our program has also been fortunate to have a long line of world-class educators and thought-leaders serve as faculty. These men and women have produced hundreds of important contributions to the medical literature, including the widely known and oft-cited "Diagnosis of Allergic Fungal Sinusitis" published by John Bent, III, and Fred Kuhn in 1994.

In 2003, the department's first fellowship in rhinology-sinus/skull base surgery was initiated by the current chairman, Stil Kountakis, and in the following years fellowships in head and neck/thyroid surgery, laryngology and facial plastic surgery followed. Since then we have graduated 43 fellows, many of whom have gone on to establish very rewarding academic careers. As a prime example of this success, Dr. Jastin Antisdel, a graduate of the Rhinology/Skull Base Surgery Fellowship in 2010, was appointed as the Chair of the Department of Otolaryngology – Head and Neck Surgery at St. Louis University in 2017.

Despite its relatively short history, the Medical College of Georgia's Department of Otolaryngology – Head and Neck Surgery, and its associated residency and fellowship programs, has accomplished a tremendous amount. We are proud of this legacy, and proud of all of our graduates, who regardless of whether they are in private practice or academics, use their surgical skills and clinical acumen first honed at MCG to positively affect the lives of countless patients across the State of Georgia and our great nation.

MCG OHNS Annual Department Group Photo 2018

MCG OHNS ALUMNI RECEPTION AT AAO-HNS

MCG-AU Otolaryngology-Head and Neck Surgery faculty, alumni and former faculty spent a memorable evening together at the annual AAO-HNS meeting in Atlanta, GA.

Daniel Sharbel (PGY3), David Parks ('89 alumnus), Michael Groves (program director)

Anit Patel (Plymouth ENT), Calvin Myint (PGY4), Stil Kountakis (chairman)

Mohammad Seyyedi (MCG OHNS faculty) and Brian McKinnon (former MCG OHNS faculty)

2019 Visiting Professor Series

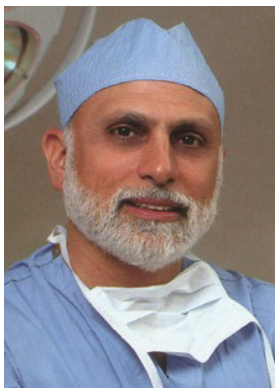
March 5, 2019 *(rescheduled from December 2018)*
Jastin L. Antisdel, MD
Chairman and Associate Professor
Director, Rhinology and Sinus Surgery
Department of Otolaryngology
St. Louis University SOM
St. Louis, MO

April 16, 2019
Eric Wang, MD
Associate Professor
Department of Otolaryngology-HNS
University of Pittsburgh Eye & Ear Institute
Pittsburgh, PA

May 7, 2019
Kenneth Vega, MD, FACP
Professor and Division Chief
Department of Medicine-Gastroenterology & Hepatology
Medical College of Georgia
Augusta University
Augusta, GA

WHERE ARE THEY NOW?

– BERNARD DURANTE, MD



Bernard (Bernie) Durante, MD, FACS graduated summa cum laude from Boston College in 1978. He received his medical degree from the Medical College of Georgia in 1982 and then completed his Otolaryngology-Head and Neck Surgery residency at MCG in 1987.

He served as Chief of Surgery at Jordan Hospital (now known as Beth Israel Deaconess Hospital-Plymouth) in Plymouth, Massachusetts from 1994 until 2007. He is currently senior partner of Plymouth ENT, a private practice office he established in September of 1987 and Medical Co-Director of South Shore Sleep Diagnostics in Plymouth, MA.

He is double board certified in otolaryngology-head and neck surgery and sleep medicine, and is a member of AAO-HNS and ACOSOG.

Bernie is an avid off-shore fisherman, diver and pilot. He is a multi-engine instrument rated commercial pilot for North West Land and Sea Wilderness Expeditions, where he also holds the position of CEO.

He currently lives in Plymouth, MA with his wife, Diane, surrounded by his children and grandchildren.

AUGUSTA UNIVERSITY
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Augusta University
Medical College of Georgia
Department of Otolaryngology-Head and Neck Surgery
1120 15th Street, BP 4109
Augusta, Georgia 30912

PROFESSIONAL OPPORTUNITIES

Otologist/Neurotologist: We are seeking an Assistant or Associate Professor who wishes to join a thriving academic Otology/Neurotology practice. Fellowship/Postdoctoral training required.

Pediatric Otolaryngologist: We are seeking an Assistant or Associate Professor to join a thriving academic practice of two pediatric otolaryngologists.

To apply and receive additional information about the support associated with these opportunities, please send a curriculum vitae to Dr. Stil Kountakis, skountakis@augusta.edu.

Fellowships:

Endocrine/Head and Neck Surgery
Contact Dr. David Terris, dterris@augusta.edu

Rhinology and Sinus/Skull Base Surgery
Contact Dr. Stil Kountakis, skountakis@augusta.edu

Laryngology
Contact Dr. Gregory Postma, gpostma@augusta.edu

EDUCATIONAL EVENTS

April 11-13, 2019:
Southern States Rhinology Symposium
Kiawah Island, South Carolina
southernstatesrhinology.org

June 14-15, 2019:
Seventeenth Annual Porubsky Symposium
and Alumni Event
Augusta, Georgia
aoefdtn.org/porubsky

Giving Opportunities

Designate Your Gift to AU Otolaryngology-HNS

- Otolaryngology-HNS Fund $_____
- Porubsky Resident Education Fund $_____
- Otology Fund $_____
- Laryngology Fund $_____
- Skull Base Academic Fund $_____

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