



Message from the President

Gregory M. Swank, MD - President NCSPS



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President NCSPS

2020 has been a year for the record books. Plastic Surgery and Medicine as a whole has been greatly impacted by the COVID-19 pandemic. Resources have, at times, been scarce. Elective surgery schedules have been impacted. We have all had to find new and innovative ways to care for ourselves, our families, patients and our staff. In-person learning, continuing education, advocacy events and even patient interactions have, in part, moved to “virtual” formats. Prior to 2020, many of us had never heard of Zoom or even considered Telemedicine as an alternative to in-person interaction. The art of medicine is, in fact, a hands-on process, and virtual visits can limit diagnoses and the subsequent recommendations that we can offer. Some, however, have managed to thrive in such an environment, and have been able to capitalize on this new way of conducting business. On a brighter note, vaccines are being administered, and business-as-usual may not be too far away!

Our Society, in turn, was forced to adapt to the pandemic. The 2020 Annual Meeting, originally scheduled to be held at Pinehurst, was moved to a virtual format. The NCSPS Board, under the leadership of Immediate Past President, Dr. Matthew Blanton, along with Executive Director Susan Russell and her staff hosted a Virtual Annual Meeting that was free of charge to NCSPS members! The meeting was a one-day virtual event and was very well attended, and included presentations from Members, Residents and Nationally Renowned speakers. Please see below for the meeting recap, as presented by Dr. Blanton.

The 2021 Annual Meeting is scheduled for November 5-7 in Asheville at the Omni Grove Park Inn. We are all hoping that this will be a successful, family-oriented and in-person event, with all of the social events that we have enjoyed in the past, including golf, top-notch

entertainment and dining, as well as activities for significant others and children! That weekend, we return to daylight savings time, so you will receive an additional hour at no additional charge! Should this not be possible, your NCSPS Board will make every effort to provide a virtual educational opportunity that all can attend.

As the incoming President, I plan on continuing Virtual Town Hall meetings as deemed necessary. We will keep members up to date on relevant issues through e-mail communications.

We are currently conducting a membership drive in order to keep ALL North Carolina Plastic Surgeons informed of important developments as they may arise. If you know of any colleagues who are NOT members of the NCSPS, please encourage them to join today! Dues are only \$250 for the year.

In closing, if you have any suggestions that you would like us to pursue this year, please reach out to me personally. I will take each suggestion into consideration in order to improve the overall value for members.

You may email me at: ncsps@hdplanit.com

Save the Date

NCSPS 2021 Annual Scientific Meeting



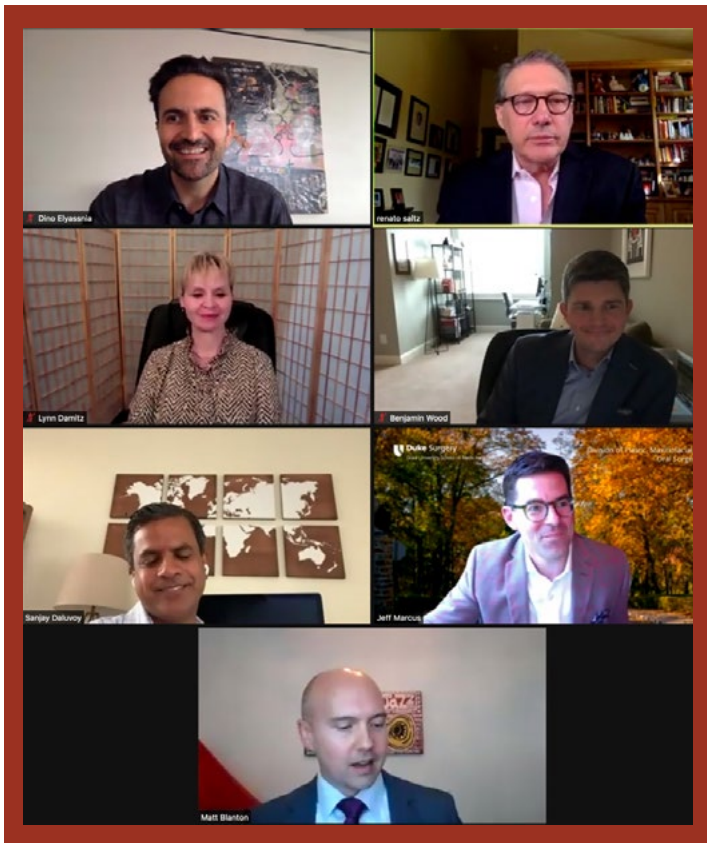
Omni Grove Park Inn

November 5-7, 2021 Asheville, NC

2020 Virtual Meeting Recap

Matthew W. Blanton, MD

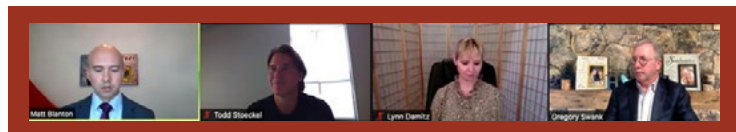
Our first annual virtual meeting this past October went very well and incorporated a one-day snapshot of safety, cosmetic, academic-related and business topics intended to be beneficial to our membership.



Additionally, the resident Georgiade cup competition provided fresh insights into our state's academic programs and complemented our excellent speaker presentations.



It was a pleasure serving as your President this past year. I look forward to seeing everyone in person (hopefully) at the Grove Park. I am confident Dr. Swank will deliver an amazing experience for all of us at next year's meeting.



2020 Resident Georgiade Competition



Andrew Atia, MD
Duke University



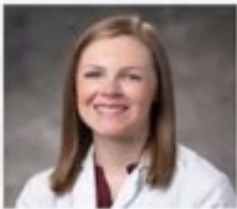
Shuting Zhong, MD
University of North Carolina



Adam Glener, MD
Duke University



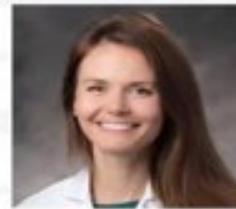
Thomas Steele, MD
Wake Forest University



Hannah Langdell, MD
Duke University



Karishma Reddy, MD
University of North Carolina



2020 1st Place Winner

Amanda Sergesketter, MD
Duke University



Ronnie Shammas, MD
Duke University

This year our residents from Duke, UNC and Wake competed virtually over Zoom for the coveted Georgiade Award. We had 12 abstracts submitted for consideration and graded by our committee to choose the top 8 for presentation during the NCSPS 2020 Virtual Annual Scientific Meeting. A diverse assembly of topics were presented in two sessions during the virtual meeting. The Residents each had 8 minutes to present their abstract and Q&A followed each section. The Resident presentations were of high quality and they defended their abstracts well. Final grading to choose the winner of the competition was carried out through an

online survey of pre-selected NCSPS members with no institutional connection.

The winner of the 2020 Georgiade Competition was Amanda Sergesketter, MD of Duke University who presented “A Comparison of Complications in Therapeutic versus Contralateral Prophylactic Mastectomy Reconstruction: A Paired Analysis”. Dr. Sergesketter was awarded \$200, a Georgiade plaque, and the Georgiade Bowl which will reside at Duke University for the 2021 year.

**Please join us in
congratulating Dr. Sergesketter!**

Special Thanks to Our 2020 Virtual Sponsors & Exhibitors

Our 2020 Annual Scientific Meeting was a little different this year being virtual and we would like to thank the following sponsors and exhibitors for participating with us.

SPONSORS:



EXHIBITORS:

Allergan

ASSI – Accurate Surgical

CAREStream

Galatea

Galderma

KLS Martin

Mentor

MTF Biologics

We also had three break-out sessions with our sponsors providing the following topics:

- Allergan Aesthetics Market Update with Carrie Strom, SVP – Abbvie and President Global Allergan Aesthetics
- Advances in Soft Tissue Support in Plastic and Reconstructive Surgery with Alicia Totemwongs of Galatea
- Systemic Symptoms in Breast Implant Patients; 30 Year Perspective of a Toxicologist with Roger Wixtrom, PhD on behalf of Mentor

Welcome to Our New North Carolina Society Members

Michael Law, MD
Raleigh, NC

Yemi Ogunleye, MD
Chapel Hill, NC

Blair Wormer MD
Charlotte, NC

NCSPS Executive Board

President Gregory Swank, MD

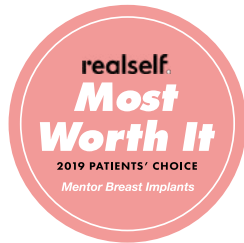
Vice-President William Todd Stoeckel, MD

Secretary Lynn Damitz, MD

Treasurer Kristen M. Rezak, MD

Immediate Past President . . . Matthew W. Blanton, MD

Past President Jean-Francois Lefavre, MD



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MENTOR® MemoryGel® Xtra
Breast Implant?



In a blinded comparison
9 out of 10 consumers
chose **MemoryGel® Xtra**
Breast Implants as feeling
more like a natural breast
than the other leading brand.*¹



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*Head-to-head blinded in-person tabletop product comparison (MemoryGel Xtra vs. Inspira Responsive vs. Inspira Cohesive) with 452 respondents. 1. Mentor Consumer Preference Market Research Report - July 2017.

IMPORTANT SAFETY INFORMATION

MENTOR® MemoryGel® Breast Implants are indicated for breast augmentation in women who are at least 22 years old. Breast implant surgery should not be performed in women: With active infection anywhere in their body; With existing cancer or pre-cancer of their breast who have not received adequate treatment for those conditions; Who are currently pregnant or nursing. Safety and effectiveness have not been established in patients with autoimmune diseases (for example lupus and scleroderma), a weakened immune system, conditions that interfere with wound healing and blood clotting, or reduced blood supply to breast tissue. Patients with a diagnosis of depression, or other mental health disorders, should wait until resolution or stabilization of these conditions prior to undergoing breast implantation surgery.

There are risks associated with breast implant surgery. You should be aware that breast implants are not lifetime devices and breast implantation may not be a one-time surgery. You may need additional unplanned surgeries on your breasts because of complications or unacceptable cosmetic outcomes. Many of the changes to your breast following implantation are irreversible (cannot be undone) and breast implants may affect your ability to breastfeed, either by reducing or eliminating milk production.

Breast implants are not lifetime devices and breast implantation may not be a one-time surgery. The most common complications for breast augmentation with MemoryGel® Breast Implants include any reoperation, capsular contracture, nipple sensation changes, and implant removal with or without replacement. A lower risk of complication is rupture. The health consequences of a ruptured silicone gel breast implant have not been fully established. MRI screenings are recommended three years after initial implant surgery and then every two years after to detect silent rupture.

Detailed information regarding the risks and benefits associated with MENTOR® Breast Implants is provided in the educational brochure for MemoryGel® Implants: Important Information for Augmentation Patients about MENTOR® MemoryGel® Breast Implants. The brochure is available from your surgeon or visit www.mentorwwlc.com. It is important that you read and understand the brochure when considering MENTOR® MemoryGel® Breast Implants.

Invite A Colleague To Become An NCSPS Member



In the challenging year of 2020 there is one thing that stands out, we all need support from our friends, family, and colleagues. Our large plastic surgery associations are very important, but our small state societies have the special connection and a more personal approach. As a member, if you have not attended an annual meeting, you are missing out on not only top-notch education, but also the personal contact with other North Carolina plastic surgeons and their valuable knowledge of our ever-changing specialty. From our coastal communities to the Piedmont to the foothills of North Carolina, we have members that offer a broad range of expertise on a variety of subjects. The annual meetings are intimate, and you have time to connect and learn, unlike the larger meetings that you cannot be in two places at once. Not to mention the fantastic venues where the meetings are held. Our beautiful venues attract nationally-recognized guest speakers to the annual meeting, where access to these speakers is unparalleled to that of the larger, national meetings.

We have recently introduced “Town Hall” events live on Zoom and much of that in 2020 focused on COVID updates and the impact on NC surgeons. These were well received and very interactive. We will continue these in 2021 and our topics will be on up-to-date issues.

Our membership has grown from year to year and in 2020 we introduced a Resident category. Our annual meetings

also include a resident competition – these are the leaders of the future and NCSPS embraces connecting with these young plastic surgeons.

Our membership has low annual dues, social media connections, and a member roster with connection to our members website. Additionally, some of our members remain politically active in our national society. NCSPS president, Dr. Gregory Swank, is the Federal Chairman of the ASPS Legislative Advocacy Committee. Past-President, Maryann Contogiannis and Secretary, Lynn Damitz also serve on the ASPS LAC. Dr. Contogiannis remains active in the American Medical Association and the North Carolina Medical Society, where she has held multiple leadership positions. Dr. Damitz is currently the Chairperson for ASPS’s Membership Committee and has held other leadership roles in the ASPS. These and other members of the NCSPS continually monitor state legislative activity that may impact our practice as plastic surgeons. Our NCSPS board is always looking for ways to increase member benefits and is committed to keeping our members up to date.

Please consider inviting a colleague to join the NCSPS membership. You may forward the link below to provide an application to them. Thank you for helping our membership to stay strong and grow.

[click here for membership application](#)

Duke University Division of Plastic, Maxillofacial, and Oral Surgery

Jeffery R. Marcus, MD



In years to come, how will we remember 2020? Likely, it will be remembered for the challenges and hardships imposed by a (hopefully) once-in-a-lifetime global pandemic. However, it has also been a year which witnessed a number of advances that will likely change the practice of plastic surgery. The advantages of telehealth, remote learning, offsite administration, and digital meetings will likely influence operational organization for academic units like ours at Duke. The past year was also one of tremendous accomplishments, and these achievements should not be overshadowed by the surrounding circumstances of our difficult times.

Here are some updates from the Division of Plastic Surgery at Duke:

1. A superb 2020 match which welcomed Dr. Victoria Wickenheisen (Duke), Andres Hernandez (Penn), and Nick Oleck (Rutgers).
2. 2020 Chief Residents Anna Carlson and Analise Thomas matching in fellowships at CHOP in Craniofacial and UAB with Dr. James Grotting respectively.
3. The 2019 Chiefs/2020 Fellows Drs. Kate Krukoff, Yash Avashia, and Rachel Anolik all joining academic faculty positions at respectively: Medical College of Wisconsin, Dallas Plastic Surgery Institute, and Washington University.
4. 2021 Chief Residents Rachel Hein, Heather Levites, and Lily Mundy matching for fellowships in respective order: Hand Surgery - Curtis Hand Center, Aesthetic Surgery - Hundsted/Kortesis/Bharti, and Extremity Surgery - Maryland Shock Trauma.

5. A highly successful, structured virtual subinternship program provided one-month personalized experiences and mentorship to all those who would have visited Duke in-person and more.
6. A resident soft-skills educational program influencing the paths of our residents and gaining recognition nationally.
7. The Duke Flap Course – fully virtual with over 800 registrants and over 20 highly recognized faculty from around the world. The course ran two simultaneous tracks with live, recorded, and HD video master dissections.
8. Grand opening of the Duke Oral Health Center – a state of the art base for our now full-time Craniofacial Orthodontist Dr. Pedro Santiago and our Oral Surgeons, Dr. David Powers and Dr. Ben Hechler.
9. Addition of new Faculty: Dr. Ben Hechler – Oral Surgery with focus on head and neck oncologic extirpative surgery.
10. Complete renovation of the Duke Aesthetic Center, currently nearing completion and rededication.
11. NIH K award to Dr. David Brown.
12. First abdominal wall transplant by team led by Dr. Detlev Erdmann now over two years from surgery and doing well.
13. Dr. Alexander Allori credited with two of the top five most cited articles as well as the cover highlight for the Cleft Palate Craniofacial Journal.
14. Best paper presentation Dr. Jeff Marcus, at the first World Rhinoplasty Day – a 23 hour marathon of 10 minute rhinoplasty presentations by 140 rhinoplasty surgeons worldwide.
16. Numerous resident and student awards:
 - Amanda Sergesketter - NC Society of Plastic Surgeons Georgiade Cup
 - Ronnie Shammas – Southeastern Society of Plastic Surgeons Best Paper
 - Danel Joh – Co-Investigator NIH R01
 - Jared Blau – Industry grant
 - Lily Mundy – Industry grant
 - Caitlin Marks – ASPS Best Breast Paper

As we finally step into 2021, as the Chief of the Division, I am grateful to be a part of this team and proud of how we came together and held strong during every twist and turn of this year. At every level in the Duke Plastic Surgery organization, everyone stuck together, we did our jobs, and we supported each other. I speak on behalf of all of our residents and faculty in saying that we eagerly look forward to seeing every one of you in the North Carolina Society in person this year.

UNC School of Medicine

Division of Plastic and Reconstructive Surgery

Lynn A. Damitz, MD

“The secret to change is to focus all of your energy not on fighting the old, but on building the new”-Socrates. As I reflect back on UNC Plastic Surgery over the past year, I am proud that despite numerous unpredictable and unprecedented challenges, that we continued to change and evolve while providing optimal care for our patients, provide educational opportunities with continued didactics, Grand rounds and Journal Clubs in virtual formats and maintain a healthy, collaborative and positive division. Necessity is said to be the mother of invention and the global pandemic led to a need for flexibility and adaptation with the advancement of telehealth, virtual/remote educational opportunities and virtual board exams to name a few. A number of these changes may be considered advancements and may provide potential long-term improvements in how we care for patients, disseminate information to health care consumers and educate our learners. Who would have predicted in January all that would transpire and change throughout 2020?

In reviewing some of the highlights of 2020, I realize that despite any challenges we may have faced, it was a year marked by many positive events.

I ironically started off 2020 with significant travel having attended the National NAPBC (National Accreditation Program for Breast Centers) Board Meeting IN Phoenix, AZ in my role as the ASPS representative to the NAPBC Board and the SESPRS/ISAPS Periorbital & Facial Symposium followed by the 36th Annual Atlanta Breast Symposium. The ASPS Regional Southeast and West Fly In was a success with representation from NC including Dr. Greg Swank, our NCSPS President and Dr. Maryanne Contagiannis, past NCSPS President and Duke residents Dr. Jared Blau and Dr. Andrew Atia.



At the WPS Retreat in Nashville, Susan Zhong, one of our PGY 4 residents, unveiled the work she has been coordinating with Allergan on the docuseries project “LIMITLESS” which highlights the experiences of women in plastic surgery who have held leadership, particularly, presidential positions in plastic surgery societies. I highly encourage everyone to watch the docuseries as it provides insight into others’ experiences and the importance of diversity in our specialty. LIMITLESS can be viewed in the Women Plastic Surgeons Forum at PlasticSurgery.org/WPS . We are very proud of Susan’s tireless work on this project which continues to evolve as additional leaders are added to the docuseries.



We had the pleasure of hosting Dr. Dennis Orgill as our PSF Visiting Professor in February at which time he shared his knowledge and provided his experience and insight on innovation in Plastic Surgery, Chest wall reconstruction and lower extremity reconstruction as well as discussing challenging cases with the residents.

As COVID became a greater concern and elective surgery was limited from March until May, we continued to focus on virtual education and opportunities for our residents and students and are grateful for the invitations received from other institutions such as Emory and Duke to join in a number of their virtual Grand Round opportunities as well.

In March, we were very excited to have matched our current intern class including Dr. Jessica Biagiotti from the University of West Virginia and Dr. William Debrock from Indiana University. We are very excited to watch their growth and maturity as plastic surgeons.

We were honored to graduate our first fully integrated plastic surgery resident class who began as PGY 1 and completed our 6-year integrated residency, Dr. Kim Jones and Dr. Rafi Fredman. Dr. Jones pursued a private plastic surgery practice in Raleigh and Dr. Fredman established his own private practice in his hometown of St. Louis, MO. We wish both of our graduates continued success!

As a new academic year began this summer, we developed new virtual initiatives which included a virtual acting internship program which allowed fourth year medical students to “rotate” with us virtually which included rounding with residents, engaging with faculty, attending didactic conferences, journal club and grand rounds. Despite the inability to travel to our program and physically work with us, the AIs have provided very positive feedback and were very grateful for the opportunity to become part of our team, even if virtually, during a time when there was much anxiety about applying to a plastic surgery residency during this unprecedented era.

We are very proud of Dr. Jennifer Carr and Dr. Yemi Ogunleye who passed the American Board of Plastic Surgery Oral Board Exam this year and are now share the honor of being Board Certified Plastic Surgeons as did a prior graduate, Dr. Paul Diegidio. As a senior examiner for the Oral Board exam, I was extremely impressed with the dedication, preparation and seamless transition to a virtual exam format with the amazing effort of the American Board of Plastic Surgery Board, staff and examiners who worked to complete 215 oral exams on Saturday November 13, 2020 and 215 exams on Sunday November 14, 2020 with no glitches or makeup exams necessary.

A number of our clinical programs have continued to grow despite COVID related challenges this year and the one I would like to highlight is our Gender Affirmation program under the direction of Dr. Yemi Ogunleye and in concert with the UNC Multi-disciplinary Transgender Health Team. In addition to Dr. Jennifer Carr, Dr. Nick Bhatt and Dr. Yemi Ogunleye continuing to perform a number of “top” or breast procedures, Dr. Ogunleye has performed two female to male phalloplasties with successful outcomes thus far. We look forward to the growth of this as well as our other programs including Craniofacial Surgery under the direction of Dr. Jeyhan Wood, Hand Surgery under the direction of Dr. Gene Deune, Lymphedema Surgery, Microsurgical, Breast Reconstruction and Aesthetic Surgery to name a few.



Having recently completed our residency interviews, I am extremely excited for the future of our program and our specialty. The applicants are intelligent, engaged, diverse and energetic and I look forward to working with them as they begin their careers and grow as plastic surgeons.

As we look forward to new adventures in 2021, I have great optimism that with continued teamwork, support, dedication and most recently, vaccination of our Division, that faculty, residents and students are excited to persevere and succeed despite any challenges to provide outstanding care for our patients and continue to learn and grow clinically as well as academically.

We wish the best to the members of the NCSPPS for a healthy and successful 2021 and look forward to the time that we may be able to meet again...hopefully at the Omni Grove Park Inn November 5-7, 2021!



NCSPS

North
Carolina
Society of
Plastic Surgeons

SAVE THE DATE

2021 Annual
Scientific Meeting

The Omni Grove Park Inn,
Asheville, North Carolina
November 5 - 7, 2021

