

President's Message



Dear Friends and Colleagues,

I hope everyone has been enjoying their summers and managed to take a little time off for some rest and relaxation.

We had a wonderful opportunity for just that at the beautiful Ritz Carlton at Amelia Island during the annual summer meeting. We had an incredibly educational and engaging weekend. Our guest speakers were Dr. Joe Han from EVMS, who talked about updates in biologics and treatment for chronic rhinosinusitis, Dr. Stacey Ishman from Cincinnati Children's Hospital Medical Center, who talked about both pediatric and adult OSA management, and Dr. Stephanie Wetzel from Atlanta Oral Pathology, who helped clarify what to do about the lesions in the mouth we see every day. A huge thank you to them as well as all the other speakers who presented.

A highlight of the meeting was watching the prestigious Lester Brown award be presented to Dr. Keith Holmes by his son, Dr. Thomas Holmes, in the presence of his beautiful family. The Saturday evening dinner party, as usual, was an amazing, fun-filled opportunity for us to meet each other's families and enjoy the camaraderie that makes our society so special. Thank you to everyone who attended! Mark your calendars for next summer's meeting at the Cloister at Sea Island July 18-21, 2024!

As I've said before, Tara Morrison and her entire talented team are responsible for making these conferences so successful, and who, along with all of you, make our society so strong. In fact, the GSO/HNS was awarded the 2023 BOG Model Society Award by the Board of Governors of our Academy (for the 3rd time!), and will be receiving this award at our national meeting in Nashville this fall. Congratulations to all of us!

I want to thank you all for the honor of serving as your president this year. I am happy to now hand the reins over to our incoming president, Dr. Avani Ingley. She, along with the rest of the board, will ensure that this society will continue to thrive. Essential to that is your continued support of our society, which is deeply appreciated. Please encourage anyone you know who is not a member to become one!

Enjoy the rest of the summer, and see you at the Fall meeting at Reynolds Plantation in December!

Sincerely,

Jenny Kim, MD

President GSO/HNS

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Dr. Aisha Harun, MD

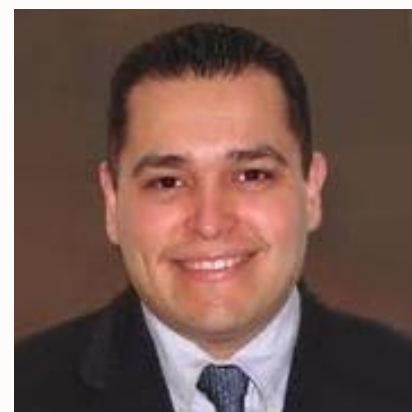
Assistant Professor, Otolaryngology -
Head and Neck Surgery
Chief, Laryngology Service, Emory
Decatur Hospital
Emory Decatur Site Director

EMORY

HEALTHCARE

New Interim Chair

C. Arturo Solares, MD, has been named interim chair of the Department of Otolaryngology, effective July 1. Dr. Douglas Mattox, otolaryngology's founding chair, is retiring after a distinguished 25 years leading the department. We are grateful to Dr. Mattox for his immeasurable contributions, and confident that Dr. Solares is extremely well positioned to continue leading this outstanding department during the search for a new chair.

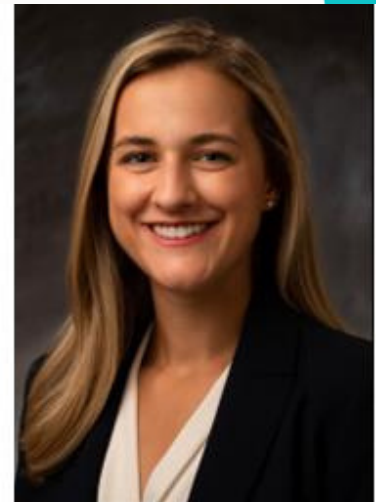


Dr. Solares has been on the Emory faculty since 2016 and is a professor of otolaryngology. His clinical interests including benign and malignant diseases of the anterior and lateral skull base, head and neck surgery and microvascular reconstruction. He is internationally recognized for his expertise in skull base surgery and has been invited to speak in more than 20 different countries. Dr. Solares' research areas of interest include surgical simulation/applied anatomy and perineural spread of cutaneous malignancies. He also plays a leadership role in the North American Skull Base Society.

Dr. Solares earned his undergraduate and medical degrees at Francisco Marroquin University in Guatemala City. He completed residency at Cleveland Clinic and has fellowship training from the Queensland Skull Base Unit at Princess Alexandra Hospital in Brisbane, Australia, and the Center for Cranial Base Surgery at the University of Pittsburgh.

New Residents and Fellows

Please welcome our new interns who started July 1st!



Andee Fontenot
LSU SOM-Shreveport

Kathryn Hardin
Virginia Tec Carilion SOM

Oliver Liu-Lam
Emory University SOM

Emily Wright
Emory University SOM

Please welcome our new fellows!



Tripti Brar, MD
Maulana Azad Med College
Pediatrics



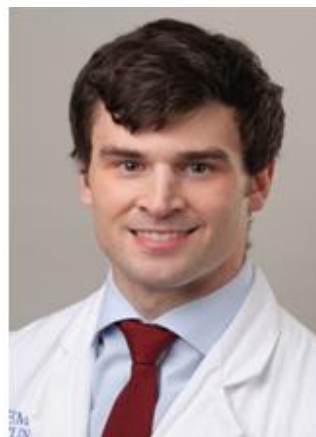
Kastley Marvin, MD
Naval Med Center San Diego
Pediatrics



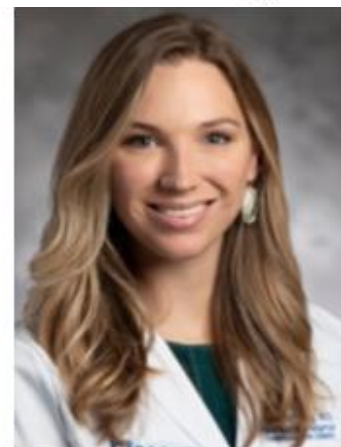
Kolby Bolk, MD
LSU- New Orleans
Rhinology



Michael Sylvester, MD
University of Michigan
Rhinology



Jackson Vuncannon, MD
Emory
Neurotology

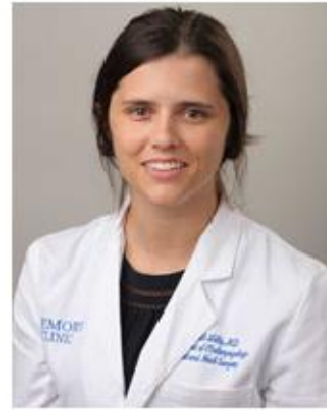


Debra McGuire, MD
Duke University
Laryngology

Please welcome our new fellows!
(continued)



Scott Hong, MD
Saint Louis University
Head and Neck



Meredith Lilly, MD
Emory
Head and Neck Endocrine



Rachel Norotsky, MS
Boston University
SLP



Follow us on
Instagram!

Keep up with all things new
within our department

@emory_ent





AUGUSTA UNIVERSITY
**MEDICAL COLLEGE
OF GEORGIA**

Department of Otolaryngology

**Dr. Still Kountakis,
MD, Ph.D.**

Edward S. Porubsky, MD Distinguished Chair in Otolaryngology
Professor and Chairman, Department of Otolaryngology-Head and Neck Surgery
Medical College of Georgia - Augusta University



Dear Fellow Georgia Otolaryngologists,

Traditionally, summer begins on Memorial Day Weekend, but for us, it can only start after our Annual Porubsky Symposium and Alumni Event, that takes place during the second weekend of June, this year, June 9-10, 2023. This free CME event was well attended, and we all had a chance to bid farewell to our graduating residents and fellows. A bittersweet moment that was followed by the excitement of having new faculty, fellows and residents join our department this summer. But more change is in the air, as we are anticipating the final agreement being signed making effective the partnership between Augusta University Health System and WellStar Health System. And that will bring on a new name, yes, a new name, that we hope will be the last name change within our institution, the WellStar MCG Health System. But there is more, our new Columbia County hospital is being built and a switch to a new electronic health record is planned. So right when you think you figured it out, "Whoa!" and you start over again. But we embrace positive change, especially when growth is involved, both in patient volumes as we anticipate, and resultant recruitment needs. Our department is in an excellent position to thrive, as we are adaptable, flexible, open-minded, and willing to collaborate. More importantly, all our faculty members and staff excel in what we do, and we feel part of a team, willing to support each other. Exciting news will be coming forth soon as will be opportunities and recruiting activities.

Keep MCG Otolaryngology on your mind.

I wish you a great summer with good health and time to enjoy it!

Sincerely,

Stil Kountakis, MD, PhD

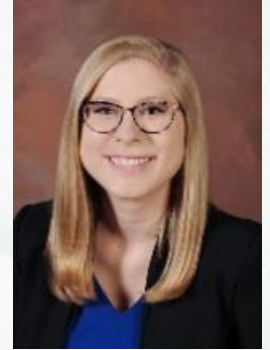
Department Highlights



Dr. J. Kenneth Byrd received the Clinical Teaching Award Academic Year 2023. This award is for the outstanding evaluation by students and residents with significant mentorship.



Dr. Heather Koehn and Dr. Diana Bigler both received the 2023 MCG Exemplary Teaching Award to recognize faculty and residents who have made a significant contribution in undergraduate and graduate medical education at MCG.



Dr. J. Drew Prosser received the Patient Care Award Academic Year 2023. This award is given to those who are popular among patients. Dr. Prosser goes out of his way to care for patients which is evidenced in patient testimonials.



Dr. Stil Kountakis received the HONORIS CAUSA award by the Hellenic Rhinologic Society-Facial Plastic Surgery, in recognition of his distinguished career and outstanding contributions to Rhinology, in Athens, Greece, November 18, 2022. The Honoris Causa is the highest award of the society.

In the News



Dr. Sarah Hodge was featured in Forbes in the article “What is Ear Pain? Symptoms, Causes, Diagnosis and Treatment”.

<https://www.forbes.com/health/hearing-aids/ear-pain/>

New Pediatric Otolaryngology Faculty



Jason G. May M.D. graduated from Virginia Commonwealth University School of Medicine in Richmond, Virginia in 2006 and completed his Otolaryngology residency at Wayne State University in Detroit, Michigan in 2011. He then completed fellowship training in Pediatric Otolaryngology at the Children's Hospital of Pittsburgh of UPMC in 2012, after which he joined the faculty of the Department of Otolaryngology at Penn State University. While at Penn State, he developed an active interest in graduate medical education and served as Associate Otolaryngology Residency Program Director. He then elected to pursue his passion of pediatric otology and pediatric hearing loss and completed a second fellowship in Advanced Otology at the University of Missouri. Upon completion of his otology fellowship, he joined Children's Mercy Hospital as co-director of the pediatric cochlear implant program. Dr. May joined the faculty at the Medical College of Georgia as a Pediatric Otolaryngologist in June 2023.

Residency Program Leadership



Christopher M. Johnson, MD is the Residency Program Director effective July 1, 2023.

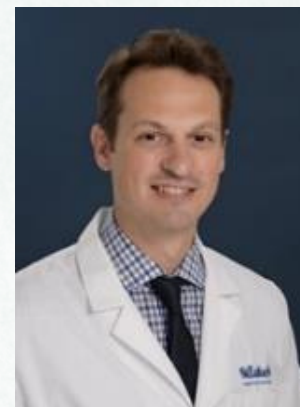


Sarah Hodge, MD is the Associate Residency Program Director effective July 1, 2023.

Welcome Fellows



Evan Compton, MD – Laryngology Fellow
University of Calgary



Joshua Ziehm, DO - Endocrine Surgery Fellow
St. Luke's University Hospital, PA

MCG Otolaryngology Social Media

The department has continued to establish a social media presence on Instagram and Facebook. We have found that this is a great opportunity to keep alumni, referring physicians and friends updated on some of the developments in our department. Over time we will be adding patient education posts as well. Our current sites can be reached at @mcgotolaryngology. We would love to hear from alumni. If you have interesting pictures or stories, please send them to Greg Postma at gpostma@augusta.edu.



Upcoming Educational Events

April 18 - 20, 2024

**Southern States Rhinology
Symposium**

Kiawah Island, South Carolina

www.southernstatesrhinology.org

June 7- 8, 2024

**Annual Porubsky Symposium and Alumni Event
Augusta, Georgia**

www.aofedn.org/Porubsky

To make an appointment for your patient, please call:

Adults 706-721-4400

Pediatric 706-721-5500

Adult Head & Neck Cancer 706-721-6744

Utilize our physician referral tool making it simple for you and your patients –
augustahealth.org/referral

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

Case Report

New Frontiers in the Endoscopic Management of Subglottic and Tracheal Stenosis: Early Experience with a New Non-Occlusive Airway Dilatation Balloon

Christopher M. Johnson, M.D.

Associate Professor

Division of Laryngology, Department of Otolaryngology-Head and Neck Surgery

Medical College of Georgia | Augusta University

Introduction: Balloon dilation, either alone or in combination with other adjunctive techniques, is the most common treatment modality for subglottic and tracheal stenosis primarily because of ease of use and the ability to deploy the device endoscopically. Although it is widely used, it is by no means a perfect treatment modality. One of its shortcomings is that the use of an airway dilation balloon typically necessitates momentary (but complete) occlusion of the airway by the balloon during dilation. Patients with poor pulmonary reserve may only tolerate a few seconds of apnea, thus limiting the duration of dilation and potentially causing significant oxygen desaturation. A new non-occlusive airway dilation balloon recently became available in the United States that circumvents this problem in an innovative way. Rather than using a single cylindrical balloon, the Trachealator (DISA Medinotec, Johannesburg, South Africa) uses a ring of 6-8 much smaller individual semi-rigid cylindrical balloons thus forming a hollow dilation device through which the patient can be ventilated during the dilation procedure (Figure 1). In addition, we recently extended the use of this novel device to an area that only a small number of centers in the world have attempted - to perform airway dilation in an awake patient without the need for general anesthesia. After the dilation balloon is inflated, the device allows the patient to breathe through it while the dilation is being performed. Two cases are illustrated herein describing our early experience with this novel device.

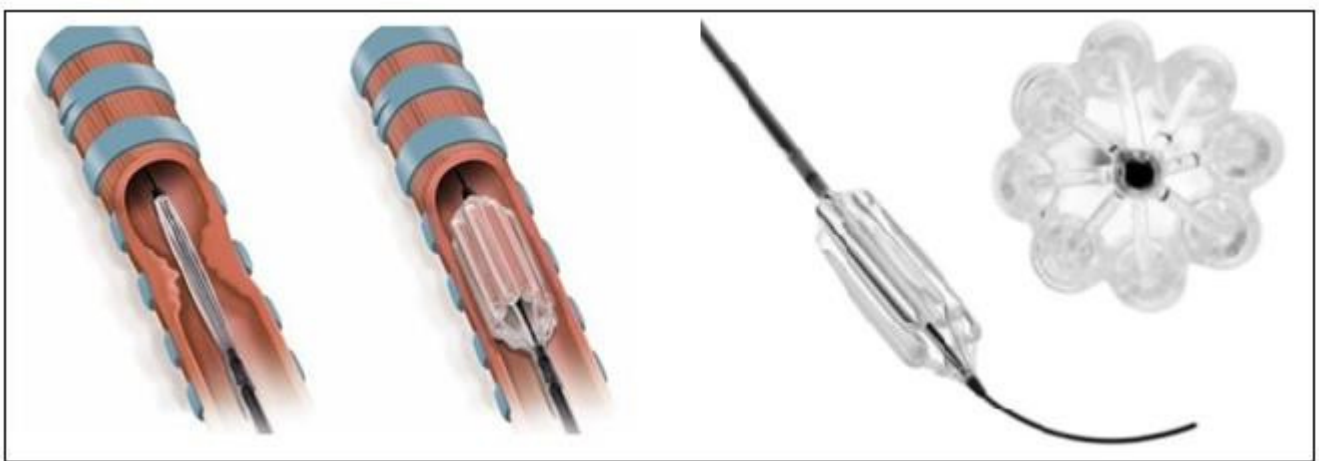


Figure 1: Illustrations of the Trachealator (DISA Medinotec, Johannesburg, South Africa) non-occlusive balloon dilation device (adapted from Hofmeyr et al1 and Wijermars et al2).

Case 1: A 60-year-old morbidly obese woman with severe asthma and chronic obstructive pulmonary disease developed a roughly 60 percent tracheal stenosis after being intubated for a routine abdominal surgery. Given her comorbidities, we anticipated poor pulmonary reserve. In the brief time taken to expose the larynx and initiate supraglottic jet ventilation, she had desaturated to 85 percent and a small endotracheal tube was placed to provide positive pressure ventilation. Once oxygenation improved, the stenosis was addressed with CO2 laser scar lysis, steroid injection, and balloon dilation through an operative laryngoscope. With the balloon dilator fully inflated, jet ventilation proceeded uninterrupted while the dilator remained deployed for 2 minutes. There were no additional desaturations. At a recent 2 month follow up, there was no recurrence of stenosis.

Case 2: A 63-year-old woman with post-intubation subglottic stenosis after a prolonged intubation in 2008 required dilation every 1-2 years. In 2021, she requested office-based treatment for her condition due to high out-of-pocket insurance costs for procedures under general anesthesia. She underwent several office-based steroid injections with incomplete relief. Based on our positive experience using the Trachealator under general anesthesia with jet ventilation, she was offered balloon dilation with the Trachealator under only mild sedation and topical anesthetic. After application of anesthetic to the nasal and pharyngeal mucosa, a flexible endoscope was passed below the level of the glottis and a guidewire placed. The guidewire was then used to place the device across the stenosis under endoscopic guidance. The device was then fully inflated, and the patient was allowed to breathe normally during the dilation. After the procedure the patient reported that she felt only mild discomfort associated with the dilation and, most importantly, no restriction of breathing during the procedure.

Discussion: Balloon airway dilation is a technology that has been widely used for decades with very little modification or innovation. The Trachealator represents a promising new technology in the endoscopic management of airway stenosis that overcomes a significant disadvantage of this treatment modality – the need for complete occlusion of the airway during the procedure. Given that this device has only recently gained FDA approval in the US, the only available published studies investigating this device are from Europe. In 2022, Hofmeyr et al published the first human trial of the device whereby the dilation was conducted endoscopically through a Laryngeal Mask Airway in 20 patients and ventilation was successfully maintained during the entire procedure.¹ Also in 2022, Wijermars et al published a series of seven patients who underwent endoscopic dilation using the device with CO2 laser scar lysis and steroid injection similar to the technique used in Case 1 with excellent results.² Other centers are currently performing the procedure in awake patients both with and without sedation with publications forthcoming.

Conclusions: As illustrated by the two cases presented here, this innovative new device has the potential to allow a safer and possibly more effective endoscopic dilation in medically complex patients who have poor pulmonary reserve or who may be at significant risk under general anesthesia. The Division of Laryngology at Augusta University is currently investigating outcomes, clinical usefulness, safety, and cost effectiveness of this exciting new technology and hope to bring this device into more widespread use in the office setting in the future thus avoiding the cost, risks and inconvenience associated with procedures conducted in the operating room.

References:

1. Hofmeyr R, McGuires J, Park K, et al. Prospective Observational Trial of a Nonocclusive Dilatation Balloon in the Management of Tracheal Stenosis. *J Cardiothorac Vasc Anesth.* 2022 Aug;36(8 Pt B):3008-3014.
2. Wijermars LGM, Hoekstra CEL, Nguyen TTT, et al. New Treatment Strategy for Subglottic Stenosis Using the Trachealator, a Novel Non-occlusive Balloon. *Laryngoscope.* 2022 Nov;132(11):2202-2205.

Board of Governors Update

Congratulations to the GSO!! The Georgia Society of Otolaryngology will be awarded the 2023 BOG Model Society Award for the 3rd time at the upcoming OTO-HNS Board of Governors General Assembly Meeting on Saturday, September 30, 2023 at 3:30pm in Nashville, Tennessee. All members of the AAO-HNS are welcome to attend the General Assembly which occurs prior to the President's Reception. Hope to see you there! Get involved- there are so many ways to help. If you have ideas or concerns, put those thoughts into action!

What does the BOG do? The BOG advocates for your needs in a Grass-Roots Approach from local & state societies to the national level such as these issues:

- MD re-imburement - MD reimbursements being flat or limited 1-2% increases and reimbursement disparities between areas of the country and within the healthcare system itself.
- Fix Prior Authorization burdens. Practices average 1MD: 1.4 FTE employee just working on Prior auths.
- EHR Burden.
- Physician Wellness - 63% MDs reporting burnout post-Covid.
- Telehealth Permanence.
- Scope of Practice.

The GSO is part of Region 4 of the Board of Governors - here are your reps:

- GovernorRep-LizShaw eshaw@entofga.com 404-831-0256
- Private Practice - Pete Abramson peteabramson@gmail.com
- Legislative Rep - Harry Baddour hbaddou@emory.edu
- Socioeconomic Rep - Brian Boyce brian.j.boyce@gmail.com

The Spring Leadership Forum occurs every Spring - both online and in-person attendance in Alexandria Virginia. Any member may attend and, also get CME credit. Get more information at our Academy website - entnet.org - login and search BOG. There are 3 Free On-Demand Webinars from our last meeting on April 29th available to all AAO-HNS members and one additional Webinar recently put out by the BOG:

- Know Your Worth - A Pathway to Fair Compensation
- Managing Your Payor Contracts & Reimbursement from Chaos to Control
- A Recovery Plan for American Physicians - AMA
- Dr AJ Tompkins: A Look into the Future Workforce 6/21/23 Webinar

Hope to see you at the BOG General Assembly. Contact me anytime.

Elizabeth "Liz" Shaw, MD
ENT of GA North, Private Practice, Sandy Springs GA

Register Now!

**GSO/HNS & MAESO 2023
SCIENTIFIC ASSEMBLY**



DECEMBER 1-3, 2023
THE RITZ-CARLTON REYNOLDS
GREENSBORO, GA

<https://gsohns.wildapricot.org/event-5339988>



GSO HNS

The Georgia Society of
Otolaryngology/Head & Neck Surgery

Save The Date!



**2024 Annual
Summer
Meeting**

JULY 18 - 21, 2024
THE CLOISTER
SEA ISLAND, GA

GSO/HNS Members

If you have not done so yet, be sure to renew your dues!

Please spread the word, and send this link for new members to join:

<https://gsohns.wildapricot.org/Join-Us>

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