

## Division of Plastic & Reconstructive Surgery **Education Newsletter**

#### Letter from the Program Director

Our residency program will pass a significant milestone at the end of the 2018 – 2019 academic year: we will graduate our first class of integrated residents. Mark Gruszynski, MD, a graduate of Emory University School of Medicine in Atlanta, Georgia will graduate our program and continue his training in the UCLA Hand Surgery Fellowship. Ginger Slack, MD, a graduate of the David Geffen School of Medicine at UCLA, will stay on with us as our next Microsurgery Fellow in the UCLA Division of Plastic & Reconstructive Surgery. We couldn't be more proud. As graduates of our program and ambassadors of what it will mean to be a UCLA trained plastic surgeon in this new paradigm, they represent everything we could want and hope for in our alums.

We began our program with the simple idea of providing our residents with the best possible training that we could, with a broad exposure to cases in a wide range of clinical environments. Over the last six years, we have completely revamped and redesigned our didactic curriculum, increased the number of dissections and simulation labs, increased funding for resident travel and educational resources, added new rotations at new hospitals, and reinvigorated our resident research programs.

Time and time again, our residents have exceeded our expectations. Through their research efforts, they are working on projects that will identify silicone implant ruptures through urinalysis and preoperatively identify patients likely to experience post-operative pain issues; they are using machine learning to quantify the results from aesthetic surgeries and they are investigating the role that bacteria contaminants play in capsular contracture; they are studying ER readmissions, opioid consumption, and efficacy of post-operative antibiotics. They are advancing our fund of knowledge in ways that, six years ago, we couldn't even have imagined.

None of which would be possible if it weren't contributions of our faculty, who have too often gone un-thanked and unacknowledged. Whether it's serving as mentors, teaching in the OR, showing up for 7:00 AM didactic lectures or staying late for Tuesday evening conferences, they have made our program the success that it is.

As we look ahead to the challenges yet to come, I'm confident that we have faculty, residents, and programmatic structure in place to continue UCLA Plastic Surgery's record for success.

George Rudkin, MD, FACS Clinical Professor and Program Director
UCLA Division of Plastic Surgery

#### Inside this issue

Welcome New Trainees2
Program Highlights4
Research & Awards6
Visiting Professors1
Graduation 1

#### Special points of interest

- New Residents and Fellows
- **Breast Cancer Awareness Walk**
- **PSRC Takeover**
- Resident Research
- **Graduation Spotlight**
- Farewell to Irene Chang and Megan Fuller

#### **YOU'RE INVITED**

Resident and Fellow Welcome Reception

Tuesday, July 9th 5:30PM

**Luskin Conference Center** 

The reception will be held before dinner conference.

#### Welcome New Residents and Fellows!

Please join us in welcoming our new residents and fellows to UCLA! We look forward to another wonderful year. We matched with three exceptional residents and look forward to seeing their accomplishments as they begin their training. PGY1 Residents will begin their rotations June 24, 2019.

Robert Dorfman, MD
Northwestern University

Nirbhay Jain, MD Washington University in St. Louis

**Leila Musavi, MD** *Johns Hopkins University* 

**Lynn Frydrych, MD** *Transferring in as PGY3* 

James Lee, MD
Craniofacial Fellow

**Ginger Slack, MD**Microsurgery Fellow

The retreat gives us the chance to get to know each other as more than just coresidents, but rather a close knit family working together to achieve a common goal - Sean Saadat, MD

# The Beauty of the Control of the Con

Special thank you to the UCLA Plastic Surgery Resident Wellness Committee

Ginger Slack, MD Gina Farias-Eisner, MD Alex Lambi, MD, PhD Sean Saadat, MD Megan Fuller

### **Program Kicks Off 1st Annual Retreat**

It may have been the hottest day of the summer, but that didn't stop the UCLA Plastic Surgery residents from attending the 1st Annual Resident Retreat. In July 2018, residents gathered in Santa Monica to rest and recharge away from the hospital. The Resident Wellness Committee, spent several weeks putting the event together. The program is looking forward to making this an annual tradition for years to come!



# **UCLA Plastic Surgery Walks for Breast Cancer Awareness**









In October 2018, division staff, residents, and faculty represented UCLA Plastic Surgery in a sea of pink t-shirts in Santa Monica at the American Cancer Society's Making Strides Against Breast Cancer event. Attendees enjoyed learning more about breast cancer risks, prevention, detection, and reconstruction.

## **Education Program Highlights**







In June 2018, UCLA Plastic Surgery welcomed new trainees.

Jake Alford, MD College: University of Texas at Austin Medical School: UT

Southwestern

Meaghan Barr, MD College: Yale Medical School: UCLA

Karie Villanueva, MD
College: USC
Medical School: Geisinger
Commonwealth

# Department of Surgery Promotes Diversity



Program Coordinators from Vascular Surgery, General Surgery, and Plastic Surgery represented the Department of Surgery at the SNMA Region 1 Medical Education Conferenced held at UCLA from November 16-18.

Region I, Inc. of the Student National Medical Association is the largest geographical region in the country and home to 14 medical chapters and 5 pre-medical chapters across the western United States.

## Getting Social: UCLA Plastic Surgery Takes Over Social Media

The Plastic Surgery Research Council took to social media this year to highlight Plastic Surgery training programs across the country. UCLA launched the program highlight by showcasing the program on several social media platforms including Instagram, Facebook, and Twitter. Residents, faculty, and program administration showed viewers a day-in-the-life. PSRC has continued to highlight programs including USC, Duke University, University of Pittsburgh, Johns Hopkins University, and Stanford University.

The program highlights have provided a resource for applicants, current residents, and program faculty to connect and share ideas.

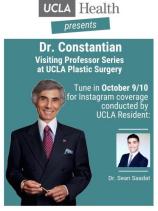
#uclaplasticsurgery #uclapsrctakeover



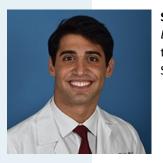
In October 2018, the program had the privilege of hosting Dr. Mark Constantian at UCLA. Residents enjoyed several lectures and a dissection from Dr. Constantian. Resident, Dr. Sean Saadat, shared Dr. Constantian's visit with Instagram through the ASPS Instagram takeover.







## **Awards & Research**



**Sean Saadat, MD** was selected to present his abstract titled *Machine Learning Technology Identifies an Anti-Aging Effect of Aesthetic Rhinoplasty* at the 33rd Annual Longmire Scientific Day hosted by the UCLA Department of Surgery.



**Edward Nahabet, MD** presented research at ASPS in Chicago on a nanoparticulate mineralized collagen glycosaminoglycan material developed in Dr. Justine Lee's lab that is highly osteogenic and ant-osteoclastogenic. The material induces progenitor cell proliferation, viability and mineralization and has been shown to regenerate bone in critical sized rabbit calvarial defects. Dr. Nahabet also presented on cleft lip and palate simulation surgery. The operative model improved knowledge of the condition, increased confidence in describing the steps and performing the repair among residents at UCLA and the University of Chicago.

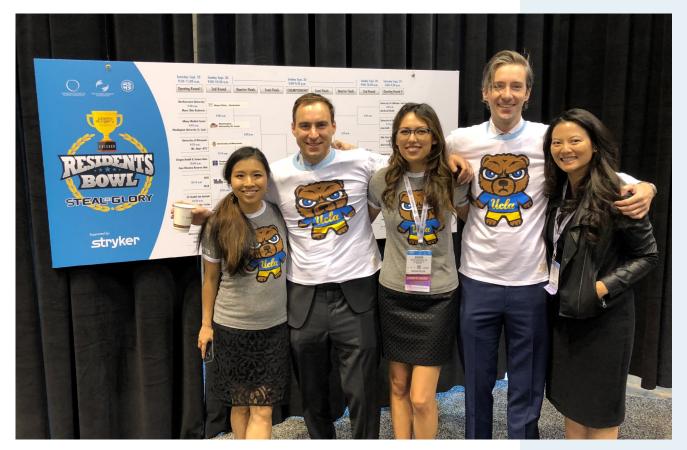


**Miles Pfaff, MD** attended the annual Plastic Surgery Research Council Meeting in Baltimore, MD and presented his research titled *Long-term Orthognathic Considerations in the Pierre Robin Sequence Patient*.



Michael DeLong, MD sat on the General and Plastic Surgery Devices
Advisory Panel convened to make recommendations regarding the benefits and risks of breast implants indicated for breast augmentation and reconstruction concerning the following topics: (1) breast implant associated anaplastic large cell lymphoma (BIA-ALCL); (2) systemic symptoms reported in patients receiving breast implants; (3) the use of registries for breast implant surveillance; (4) magnetic resonance imaging screening for silent rupture of silicone gel filled breast implants; (5) the use of surgical mesh in breast procedures such as breast reconstruction and mastopexy; (6) the use of real-world data and patient perspectives in regulatory decision making, and (7) best practices for informed consent discussions between patients and clinicians.

## **ASPS Residents Bowl**

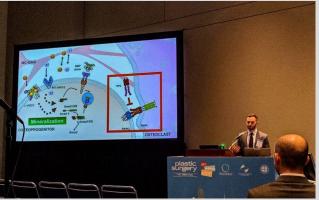


UCLA residents competed in the ASPS Residents Bowl in Chicago. The residents continue to find the Residents Bowl a fun and engaging method of studying Plastic Surgery.

Pictured from left to right: Nance Yuan, MD, Michael DeLong, MD, Ginger Slack, MD, and Justine Lee, MD, PhD.



Dr. Sean Saadat presenting at the 33rd Annual Longmire Scientific Day



Dr. Edward Nahabet presenting at ASPS in Chicago.











## **Exciting News!**

#### Weddings:

Gina Farias-Eisner, MD

#### **Birth Announcements:**

Christopher Reid, MD - Gemma Grey Reid Han Hoang, MD - Tadeusz Hoang



Christopher Reid, MD and his wife welcomed Gemma Grey Reid in September 2019.



Gina Farias-Eisner, MD married UCLA Urology resident, Steven Mills, MD in Italy in May 2019.



Han Hoang, MD and her husband welcomed Tadeusz Hoang in October 2018.





# Thank you to all of our 2018—2019 Dinner Conference Speakers

Mitchell Brown, MD
Linda Phillips, MD
Mark Constantian, MD
David Mathes, MD
Jaco Festekjian, MD
Michele Ann Manahan, MD
Lawrence Gottlieb, MD
Neil Jones, MD
Maurice Nahabedian, MD

The 2019 Resident and Faculty Teaching Awards will be announced at Graduation.

## Graduation

Congratulations to our graduating residents and fellows! We wish you all the best as you continue your careers in Plastic Surgery.

#### Where are they headed?

#### **Residents:**

Mark Gruszynski, MD — Hand Surgery Fellowship, UCLA Ginger Slack, MD — Microsurgery Fellowship, UCLA

#### **Fellows:**

Han Hoang, MD — Private Practice Christopher Reid, MD — Assistant Professor, UC San Diego Health

## **Congrats Residents & Fellows!**



Mark Gruszynski, MD



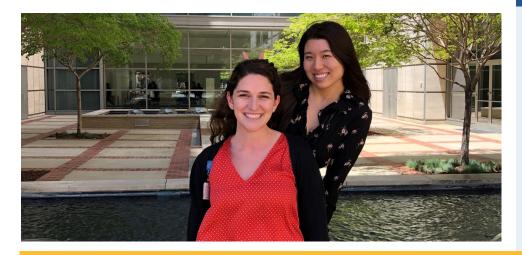
Ginger Slack, MD



Han Hoang, MD



Christopher Reid, MD





## **Staff Transitions**

This year, we say goodbye to two staff members who have played key roles in the success of our residency program: our research coordinator, Irene Chang, will leave us to begin medical school at Case Western Reserve University; and Megan Fuller, our program coordinator, will leave us to oversee the educational programs in the UCLA Department of Pediatrics.

Irene Chang joined us after graduating from UC Berkeley with a BA in molecular cell biology. Over the last two years, she has helped us reinvigorate our research efforts and reintegrated our residents into our clinical studies and quality initiatives. She has helped us obtain IRB approvals, develop study protocols, abstracted data, and worked with statisticians to help us interpret the results. The projects that she helped us start will continue on and the quality of her work goes beyond the number of papers her name is attached to: she helped us change our culture.

Megan Fuller earned her BA in psychology from Westmont College and her MS in counseling from California Lutheran University. During her four year tenure as our program coordinator, Megan has had a transformative impact on our residency program. She restructured the residents' conferences and didactic curriculum, overhauled the academic portion of our website, created our recruitment video, simplified and streamlined the onboarding process. She has been the organizing force behind Clinical Competency Committee and our Annual Program Evaluation. And she has served as a counselor and trusted confidant for our residents and faculty alike.

We are grateful to them both.

## 2018 -2019 Residents & Fellows

#### **Integrated Program**

PGY1 Meaghan Barr, MD
Karie Villanueva, MD

Vicky Kang, MD

PGY2 Corbin Muetterties, MD

Sean Saadat, MD

PGY3

Alex Lambi, MD, PhD

Edward Nahabet, MD

Kameron Rezzadeh, MD

Joshua Rouch, MD

PGY4 Jessica Chang, MD Irene Pien, MD

Gina Farias-Eisner, MD

PGY5 Miles Pfaff, MD

Nance Yuan, MD

PGY6 Mark Gruszynski, MD

Ginger Gruszynski, MD

Research Year Michael DeLong, MD

#### **Fellows**

Craniofacial Fellow Han Hoang, MD

Microsurgery Fellow Christopher Reid, MD

## 2019 -2020 Residents & Fellows

#### **Integrated Program**

Robert Dorfman, MD PGY1 Nirbhay Jain, MD Leila Musavi, MD Jake Alford, MD PGY2 Meaghan Barr, MD Karie Villanueva, MD Lynn Frydrych, MD PGY3 Corbin Muetterties, MD Sean Saadat, MD Alex Lambi, MD, PhD Edward Nahabet, MD PGY4 Kameron Rezzadeh, MD Joshua Rouch, MD Jessica Chang, MD PGY5 Michael DeLong, MD Irene Pien, MD Gina Farias-Eisner, MD PGY6 Miles Pfaff, MD Nance Yuan, MD **Fellows** Craniofacial Fellow James Lee, MD

Ginger Slack, MD

Microsurgery Fellow



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