



DEPARTMENT OF

ORTHOPAEDIC

WINTER • 2023

SURGERY

WE ARE ORTHO: SPORTS MED

DEPARTMENT OF
ORTHOPAEDIC
SURGERY
NEWSLETTER

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There is a clear theme running through this Winter issue of our newsletter: teamwork.

As you read stories of Drs. Sassoon and Thompson working together to help Makayla reach her goals, Drs. Soragni and Boutros collaborating on an NIH Moonshot Project to push the bounds for our sarcoma patients, or the interdisciplinary care our sports medicine team provides for professional, collegiate, and recreational athletes, UCLA Orthopaedics continues to demonstrate how teams are more than just the sum of their parts.

This celebration of teamwork and the identification, support, and synergy of collaboration is pitted against perceived isolation in society today. As jobs become remote, smartphones absorb much of our attention, and social distancing became a norm, connections among teams need to be deliberate. I am so proud to see our teams come together on behalf of our patients. We continue to lean on each other, learn from each other, and excel with each other.

I am so proud to work alongside the best team in medicine here at UCLA. When a family brings their loved one to us, they know that there is no problem too complex, as we pride ourselves on checking ego at the door and assembling the best team to get the best result.

As the great John Wooden said, "It is amazing how much can be accomplished if no one cares who gets the credit."

THE CHAIR'S CORNER

BY NICHOLAS
BERNTHAL, M.D.



BRU[w]INS

UCLA ORTHO IN THE NEWS



Adam Sassoon, M.D., M.S.

Jewish Journal: "Surfing Doctor Rides with Patients"

Link: [jewishjournal.com/community/349231/surfing-doctor-rides-with-patients/](https://www.jewishjournal.com/community/349231/surfing-doctor-rides-with-patients/)

2022 American Association of Hip and Knee Surgeons Annual Meeting

Dr. Sassoon cohosted event at AAHKS that introduced high school STEM students from the Dallas area to careers in Orthopaedics. The program focuses on underrepresented students and women in particular.

Link: https://www.youtube.com/watch?v=JLo3t9_LTU0



Eric Johnson, M.D.

German Congress of Orthopaedics and Traumatology (DKOU) 2022: Harald Tschene Lecture, Guest Speaker

Link: <https://2022.dkou.org/en/features/>

SCHOLARSHIPS, AWARDS & GRANTS

Rishi Trikha, M.D. (PGY-3)

OREF Grant: James A. Rand Young Investigators Award 2022, "*Increased Revision Risk with Rotating Platform Bearings in Total Knee Arthroplasty.*"

Publications: *Ortho Journal of Sports Medicine*, "A Multi-Center Analysis of the Epidemiology of Injury Patterns and Return to Sports in Collegiate Gymnast"



Danielle (Greig) Brown, M.D.

Award: Cracchiolo & Leventen Resident Research Award in Orthopaedic Surgery

Dr. Brown is the first recipient of the Cracchiolo/Leventen Resident Research Award in Orthopaedic Surgery- established to honor the dedication of Dr. Andrea Cracchiolo, III, (RES '68, FEL '69), Professor Emeritus, UCLA Orthopaedic Surgery, and Dr. Edward O. Leventen, who served as an assistant clinical professor of UCLA Orthopaedic Surgery from 1967-2013. The award was named for Drs. Cracchiolo and Leventen recognizing their contribution to advancing the field of orthopaedic surgery and mentoring the next generation of foot and ankle specialists.



Vishal Hedge, M.D. (Alumnus)

Award: James A. Rand Young Investigators Award 2022, "*Increased Revision Risk with Rotating Platform Bearings in Total Knee Arthroplasty.*"

STAFF SPOTLIGHT



Lilit Ayvazyan,

Patient Care Coordinator

Anniversary: 10 years of excellence in the Department of Orthopaedic Surgery, Sports Medicine Division

"I started off as a work study student in 2012 assisting with various projects throughout the department and am now working with Dr. Jones as a patient care coordinator and assistant to the head team physician for Los Angeles Lakers."

NEW TEAM MEMBERS

Rebecca Reyes

Director of Medical Education

Rebecca brings over 20 years of experience in ACGME Residency and Fellowship programs with a career that started at the UCLA Department of Surgery Education Office and continued, more recently, to the role of the Director of Education at the Department of Neurology. Rebecca is excited to join Orthopaedic Surgery and once again work with a surgical specialty and collaborate with trainees and faculty, involved with our training programs. In addition to her busy professional life, Rebecca enjoys the performing arts, including theater, dance, and live music. On Sundays, you can catch her watching Chargers football. We're excited to have Rebecca on our team!





Kaitlyn Cedeno

Human Resources Analyst

Kaitlyn joined the Department of Orthopaedic Surgery as the Human Resources Analyst in September 2022. Kait transferred from the Department of Surgery where she was a Manager for four years. She always had an interest in the Human Resources field but never found the right fit, until now. She is so excited to finally begin her career in Human Resources with Orthopaedics.

Leo Nobleza

Fund Manager

Leo has been with UCLA for 11 years. He started with the Department of Medicine Purchasing and then moved to Pathology and Lab Medicine-Sales and Service.

"I am happy to be part of Orthopaedic Surgery, it's a new friendly environment. And as for my new job - I am excited because I have always wanted to do Fund Management. There are many things to learn but I am ready for it! "





Julie Bernthal, M.D.

Staff Physician

Dr. Bernthal is board certified in Internal Medicine and Endocrinology, Diabetes & Metabolism.

"I am thrilled to have recently joined the skeletal dysplasia team. It's a privilege and a joy to work with people from different specialties, leveraging their respective expertise to improve the lives of children and adults with metabolic and genetic bone disease."

Brian Donohoe, M.D.

Staff Physician

Dr. Donohoe is a Primary Care Sports Medicine physician within the Departments of Family Medicine and Orthopaedic Surgery. He specializes in the diagnosis and management of non-surgical orthopedic issues, caring for athletes and active individuals of all ages and levels.

"What I love most about the field of Sports Medicine is that I get to work with patients who are truly motivated to get healthy and stay healthy. It's inspiring to hear about the active lifestyles of people of all ages and backgrounds. I also love the collegial and supportive atmosphere that defines UCLA Orthopaedics!"



NEW FACULTY MEMBERS



Alexander Christ, M.D.

Orthopaedic Oncology

Dr. Christ grew up in Southern California and attended South Pasadena High school where he played varsity football and baseball. He was a scholar-athlete at Yale University where he pitched for the baseball team. Dr. Christ attended UCI for medical school and completed his orthopaedic surgery residency at the Hospital for Special Surgery. Dr. Christ stayed in New York and did fellowships in adult reconstruction/arthroplasty at Hospital for Special Surgery (HSS) and then musculoskeletal oncology at Memorial Sloan Kettering.

Dr. Christ has been on the faculty at Keck-USC for the last three years and we are thrilled to welcome him to the right side of the rivalry.

Lauren Wessel, M.D.

Orthopaedic Oncology

Dr. Wessel is trained in Hand and Upper Extremity surgery with additional training in Orthopaedic Oncology; she is one of few hand surgeons with specific knowledge and training in upper extremity tumors. Dr. Wessel was recently awarded the 2022 AFSH Three-Year \$110K Multicenter Registry-Award 3922, "A multicenter prospectively collected registry of upper extremity tumor patients".

"I like taking care of a variety of pathologies and patients. The ability to collaborate with multiple specialties and departments within UCLA as well as across centers in my research is a particularly rewarding aspect of my clinical work and research."



DONOR SPOTLIGHT: THE LUSKIN FAMILY

BY RAYSHAUN MURRAY



Renee and Meyer Luskin are lifelong friends of UCLA. Together, the Luskins have contributed to UCLA's legacy for nine decades through their many gifts and contribution which have benefited students, families, communities and institutions around the globe. Their contributions include the establishment of the Luskin Conference Center; the Luskin School of Public Affairs; and the other areas across the UCLA campus from the sciences, healthcare, humanities and the arts.

The impact of the Luskin's unwavering support for Los Angeles' children can be seen throughout the community. He has served as director for, among others, the Alliance for College Ready Public Schools, the UCLA Foundation, the UCLA Luskin School of Public Affairs and the UCLA Luskin Center for Innovation. Luskin has also received the highest honor - a UCLA Medal Alumni - from benefactors and lifelong friends of UCLA in 2019.

Meyer Luskin, chairman and chief executive officer of Scope Industries, attended UCLA on a scholarship, completing his bachelor's degree in economics in 1949, and Renee Luskin earned a bachelor's degree in sociology in 1953. The Luskins have transformed their success with an extraordinary generosity of spirit and resources to help UCLA impact countless lives.

This summer, the Luskins have extended their generosity to the UCLA Department of Orthopaedic Surgery. They donated \$10,000 to support the International Society of Limb Salvage (ISOLS) conference being held at the Luskin Conference Center on the UCLA campus. This was the first time the ISOLS conference was held on a college campus, and the Luskins' gift went towards conference registration fees for residents and fellows of the Department of Orthopaedic Surgery.

GRANT SPOTLIGHT

BY MELANIE CALUZA OKADA

Modern medicine would not be where it is today without curiosity, determination, and compassion for improving human life. Alice Soragni, Ph.D., and the Soragni Lab at UCLA's David Geffen School of Medicine (DGSOM) Department of Orthopaedic Surgery continues to push the limits on cancer research and prove there is no end when curiosity meets compassion. Dr. Soragni, in collaboration with Paul Butros, Ph.D., of the UCLA Jonsson Comprehensive Cancer Center has been awarded an NIH-funded grant to study bone tumors and chosen to lead an NIH-funded Moonshot project with the Drug Resistance and Sensitivity Network (DRSN).

THE EVOLUTION OF SARCOMA DRUG SENSITIVITY THROUGH TIME AND SPACE

The National Institute of Health (NIH) awarded UCLA DGSOM Jonsson Comprehensive Cancer Center a five-year \$2.4 million grant to study bone sarcomas.

Alice Soragni, Ph.D., and Paul Butros, Ph.D., will apply their validated organoid pipeline to study how the molecular and pharmacologic behavior of bone sarcomas differs spatially within a single patient (Aim 1) and how they vary during the transition from curable primary to lethal metastatic disease (Aim 2).

<https://newsroom.ucla.edu/dept/faculty/scientists-awarded-nih-grant-to-study-bone-sarcomas>

The National Institute of Health (NIH) awarded UCLA DGSOM a \$1 million grant to fund the Moonshot Project, "*Signaling Drivers of Sarcoma Drug Resistance*," through Drug Resistance and Sensitivity Network (DRSN).

Dr. Soragni, as the principal investigator, will complement the validated organoid pipeline with transcriptome and proteome sequencing to identify correlations of drug resistance in osteosarcoma.

<https://www.drsnmoonshot.org/en/members/drsn-revision-projects/>

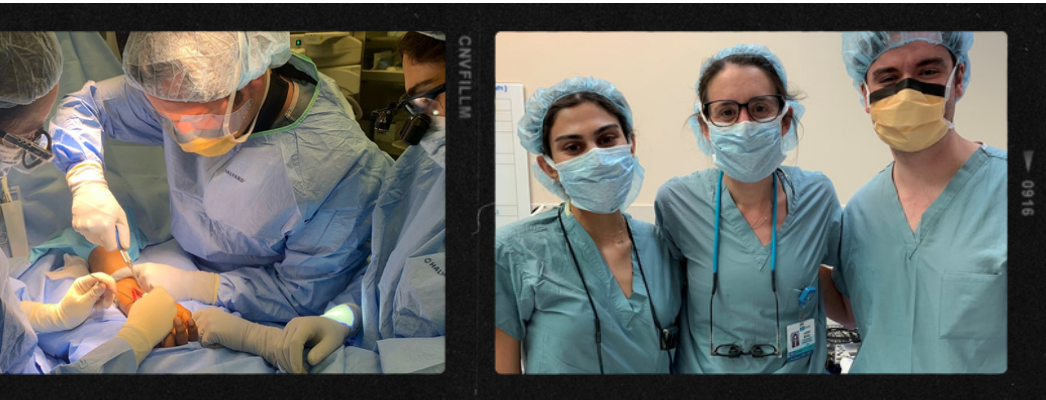
SIGNALING DRIVERS OF SARCOMA DRUG RESISTANCE



BY KSENIA
KURNAKOVA, M.P.H

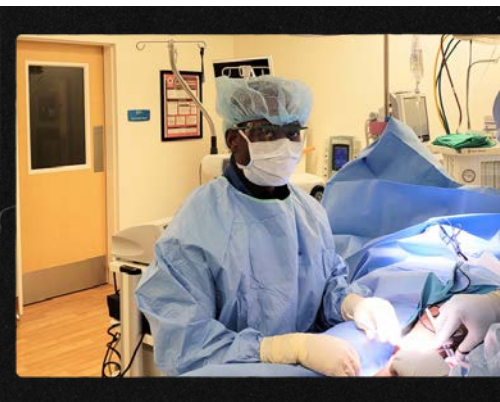
EQUITY, DIVERSITY & INCLUSION

The UCLA Department of Orthopaedic Surgery recently awarded two recipients the inaugural Visiting Student Scholarships for medical students from underrepresented backgrounds. Our mission is to encourage students to visit our department and foster interest in Orthopaedic Surgery. Our department was proud to support Jeremy Ansah Twum and Jaime Quirarte in their pursuit of a career in Orthopaedic surgery. The department is grateful to all, who helped make this scholarship happen.



Jaime Quirarte: Thank you again for the financial support to rotate with you all, I had an incredible three weeks getting to know the department. Scholarships like these make a huge difference to us students and I am glad to see UCLA leading the pack with this opportunity.

Jeremy Ansah Twum: Being selected for the UCLA Orthopaedic Surgery Visiting Student Sub-Internship Clerkship Scholarship was truly an honor and has greatly offset the cost of traveling to and staying in Los Angeles during my UCLA Orthopaedic Surgery rotation. This scholarship allowed me to focus on getting the most of out of this experience while enjoying my time at UCLA and exploring the beautiful city of LA. I had a wonderful experience meeting and working with the world-renowned PEDs Ortho faculty and amazing residents at UCLA. I feel very fortunate to have rotated here and cannot express my gratitude enough for receiving this scholarship.



The department is grateful to all, who helped make this scholarship happen. Your support made all the difference! We hope to continue our work and ask that you continue supporting our efforts. To give to the scholarship for underrepresented students, please visit:

<https://giving.ucla.edu/campaign/donate.aspx?Fund=62492C>





TEAMWORK IN MEDICINE: MYKAELA'S STORY

BY ADIAT AZEEZ, M.H.A

Every day our doctors here at the UCLA Department of Orthopaedic Surgery work to bring superior care and health outcomes to their patients. Often providing life-changing care to patients which drastically improves their quality of life.

Drs. Rachel Thompson and Adam Sassoon recently treated 15-year-old Mykaela Simmons, who was brought to UCLA from Gardena MTU through a referral from Dr. Thompson. Mykaela has spastic diplegia, which as a form of cerebral palsy, a neurological condition that usually appears in infancy or early childhood and permanently affects muscle control and coordination (National Institute of Health, 2021). Mykaela was experiencing worsening contractures which had begun to affect her gait and ultimately her quality of life. Without surgery, the natural history is that of decline and reliance on a wheelchair for mobility.

The Procedure

Together, Drs. Thompson and Sassoon were able to come up with a comprehensive care plan to treat Mykaela. The doctors performed

a left-sided adductor/iliopsoas lengthening, a total hip arthroplasty, a distal femoral extension osteotomy, patellar distalization, and gastrocnemius recession in an effort to decrease the pain Mykaela was experiencing while also improving her mobility and endurance. In the world of cerebral palsy, this type of treatment plan is a multi-level surgery.

All segments of the patients' ailments are treated at once. By performing all the surgeries at once the patient can recover all at once and hopefully be able to return to normal life in a shorter span of time. Risks associated with multi-level surgery include infection, blood loss, and the possibility that even after surgery- she will still continue to experience difficulty walking.

Mykaela's surgery was completed successfully. She is currently back with her initial team at Gardena MTU working with a team of therapists to further improve her mobility. As the orthopaedic surgeon on staff of Gardena MTU, Mykaela will continue to be under the care of Dr. Thompson. However, it is due to the specialized care of the therapists that Mykaela's recovery will be fully achieved before her 6-month post-operative appointment.

CARE AT UCLA

While amazing, the story of Mykaela Simmons is only one of the many examples of the care patients receive with UCLA Health. Our physicians utilize not only their expert knowledge but teamwork to deliver world-class results for our patients.

**TEAMWORK TO DELIVER
WORLD CLASS RESULTS FOR
OUR PATIENTS**



UCLA ORTHO SPORTS MEDICINE

BY MELANIE CALUZA OKADA

“The key ingredient to stardom is the team.”
John Wooden

The worldwide COVID quarantine of 2020 changed the lives of many and it continues to ripple through reality as we find our new normal. In its wake, the pandemic strongly impacted the lives of many athletes. With closed gyms, empty stadiums, and voiceless stands many athletes realized how much they loved the game. For our team of Sports Medicine Physicians, the pandemic tested the love of medicine and sports. Despite the challenges that they faced on the field, on the court, and in the hospital, our team of doctors' love of sports and medicine never wavered.

Our Sports Medicine team consists of two groups: surgical and non-surgical specialists. They work together to provide the best care by specializing in diagnosing, treating, and preventing all types of sports injuries.

Our state-of-the-art facilities allow us to use advanced imaging techniques to diagnose injuries and conditions accurately so we can stay on the offense of care and defend against ailments.

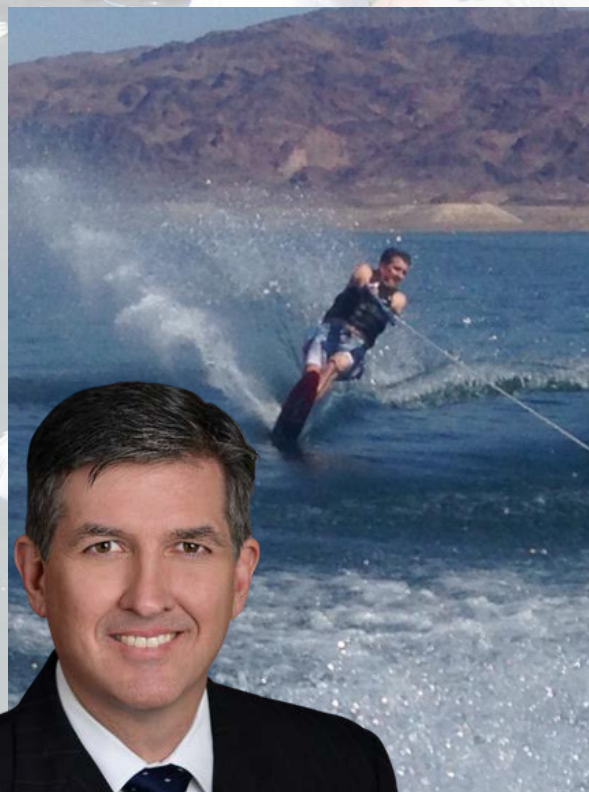
Find out more at uclahealth.org/medical-services/sports-medicine

SURGICAL SPORTS MEDICINE

Expertise in reconstructive surgery: Our surgeons restore function, relieve pain and increase mobility using the latest minimally invasive arthroscopic procedures. We perform techniques that require as little recovery time as possible so you can get back in the game quickly and safely.

Minimally invasive surgery: If you need surgery, you're in good hands. Our orthopaedic surgeons pioneered arthroscopic techniques that get you back in the game with the least recovery time and less pain than traditional surgery.

Find out more at uclahealth.org/medical-services/sports-medicine



DAVID MCALLISTER, M.D.

Dr. David R. McAllister is a native of Southern California and has been a member of the full time faculty at UCLA Health since 1998. Dr. McAllister is Chief of the Sports Medicine Service, Professor and Vice Chair for Academic Affairs in the Department of Orthopaedic Surgery at the David Geffen School of Medicine at UCLA. He is a Board Certified Orthopedic Surgeon with subspecialty Board Certification in Orthopaedic Sports Medicine. Dr. McAllister also serves as the program director of the sports medicine fellowship at UCLA which trains orthopedic surgeons to become sports medicine specialists. In addition, he is responsible for teaching UCLA medical students and orthopedic surgery residents.

Dr. McAllister is the Head Team Physician for the UCLA Athletic Department. He has extensive experience caring for athletes in a variety of sports including football, basketball, soccer, gymnastics, volleyball and track.

While it's been some time since Dr. McAllister was a competitive athlete, he still enjoys snow and water skiing.

LIFE AND SPORTS AFTER THE BUBBLE

Spectators of sports attempt to asterisk the Los Angeles Laker's 2020 Championship because of the NBA Bubble and argue against a worthy win. Kris Jones, M.D., and the Laker's medical team, including Dan Vigil, M.D., will argue that trying to keep everyone safe and healthy during a deadly pandemic was no easy feat- not even in the bubble. As the pandemic loomed over the NBA 2019-2022 season and players on every team started to test positive, Dr. Jones gathered his resources and developed a way to coach the Lakers on how to protect themselves and their families. Educating the players earlier on and as information continued to evolve was his best defense in keeping COVID-19 away. Being an athlete himself, Dr. Jones found it easy to connect with the players and prepare them for the unknown. Living with them in the bubble gave him a new perspective on not only treating the players but also his UCLA patients. It's changed the way he practices sports medicine.

Find out more at
<https://connect.uclahealth.org/2020/10/09/lakers-life-inside-the-nbas-covid-19-bubble/>



KRISTOFER JONES, M.D.

WEEKEND WARRIOR, BRUINS, AND SPARKS, OH MY!

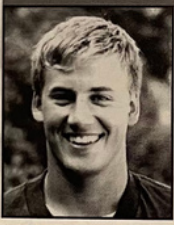
Dr. Sharon Hame is a board certified orthopaedic surgeon with subspecialty certification in sports medicine and over 23 years of experience. Dr. Hame serves as the Associate Team physician for the UCLA Athletic Department. She is the team physician for UCLA Football, UCLA Women's Basketball, UCLA Women's Indoor and Beach Volleyball and UCLA Men's Tennis. Dr. Hame considers Sports Medicine one of the most exciting and innovative fields in Orthopaedic Surgery.

"Sports medicine is one of the most exciting and innovative fields in orthopaedic surgery. Taking care of athletes whether they are weekend warriors or collegiate and professional athletes has been one of the most rewarding parts of my sports medicine career. There is no better feeling than helping an athlete return to the sport they love after an injury. Like many athletes, tearing my ACL was a turning point for me both as an athlete and a student. The injury introduced me to orthopaedic surgery and sports medicine as a career. Being a UCLA student and athlete only reaffirmed my passion for sports medicine. Following my orthopaedic residency, I was thrilled to return to UCLA as a sports medicine fellow and, ultimately, faculty. I was the first female orthopaedic surgeon in our department and one of a few female orthopaedic surgeon college team physicians at the time. Today, I serve as the Associate Team Physician for UCLA Athletics and the Head Team Physician for the Los Angeles Sparks. Over my 24-year career in sports medicine, I have been extremely honored to work with so many talented athletic trainers, team physicians, coaches, dietitians, athletes, and physical therapists. Go Bruins and Go Sparks!"

SHARON HAME, M.D.

TAD KREMEN

Senior • Backstroke
Merrimack, NH



Kremen is a co-captain for this year's squad and the Gauchos' fastest returning backstroke. His early training and performances are already exceeding those in previous years. He qualified for the 1997 Senior Nationals in the 100 yard back-

stroke after winning the Big West championship at the same event. He also placed first in the 200 yard backstroke and was on the first place team. Coach Williams says Kremen is the best swimmer this season to date. He has won 200 yard backstroke and 200 yard freestyle. He is currently coaching swim for Merrimack College. As a



Dr. Thomas "Tad" Kremen earned his medical degree from the David Geffen School of Medicine at the University of California Los Angeles (UCLA) in 2006 and then continued at UCLA where he completed his Orthopedic Surgery Residency Training in 2012.

He has served as a team physician for numerous organizations including Duke University Intercollegiate Athletics, US Men's National Team Soccer, LA Galaxy, LA Football Club, and USA Swimming. He currently serves as a team physician for the UCLA Bruins NCAA Division I intercollegiate athletics team, the chair of USA Swimming's Sports Medicine and Science Committee, the Assistant Orthopaedic Surgeon for the Los Angeles Lakers (NBA) and the Head Team Physician for the South Bay Lakers (NBA G-League).

Dr. Kremen was a D1 athlete himself, having served as captain of the men's swim team at the University of California, Santa Barbara in 1998.

THOMAS "TAD" KREMEN, M.D.

EDWARD "ED" CHEUNG, M.D.

Dr. Edward "Ed" Cheung received his medical degree from Brown University School of Medicine and completed his orthopedic surgery residency at the University of California Los Angeles. He then went on to complete a shoulder and sports medicine fellowship at the University of California San Francisco and served as an assistant team physician for the San Francisco Giants, the University of San Francisco, and local area high schools in San Francisco. He is currently a Team Physician for the UCLA Bruins athletic teams.



NON-SURGICAL SPORTS MEDICINE

Nonsurgical treatments: Many sports-related injuries don't require surgery. Our specialists have experience with all types of nonsurgical treatments, including medication, ultrasound-guided therapies and injections.

Find out more at uclahealth.org/medical-services/sports-medicine

DANIEL VIGIL, M.D.



Dr. Daniel Vigil is the head of non-surgical subdivision within Sports Medicine. Dr. Vigil is a physician member of the UCLA Department of Intercollegiate Athletics where he serves as Team Physician for UCLA Bruins' Women's Soccer and Softball programs. Dr. Vigil is an avid athlete.

"Swim, Bike, Run -- the fundamental disciplines of Triathlon. After my collegiate Track & Field career, I discovered Triathlon as an outlet to satisfy my need for a sport heavily dependent on technique (Swimming), the melding of human and machine (Bicycle), and the applications of biomechanics and physiology (Running). As much as I am an avid fan of team sports, I thoroughly enjoy the solitude of training for endurance sports. Data collection from my various workouts evolved from a curious hobby to a virtual laboratory that I now rely on to find solutions to clinical questions posed by my patients. It is not an exaggeration to say that these scientific curiosities have become the foundations for how I think about diagnostic challenges with my patients."

VANESSA FRANCO, M.D., PH.D.

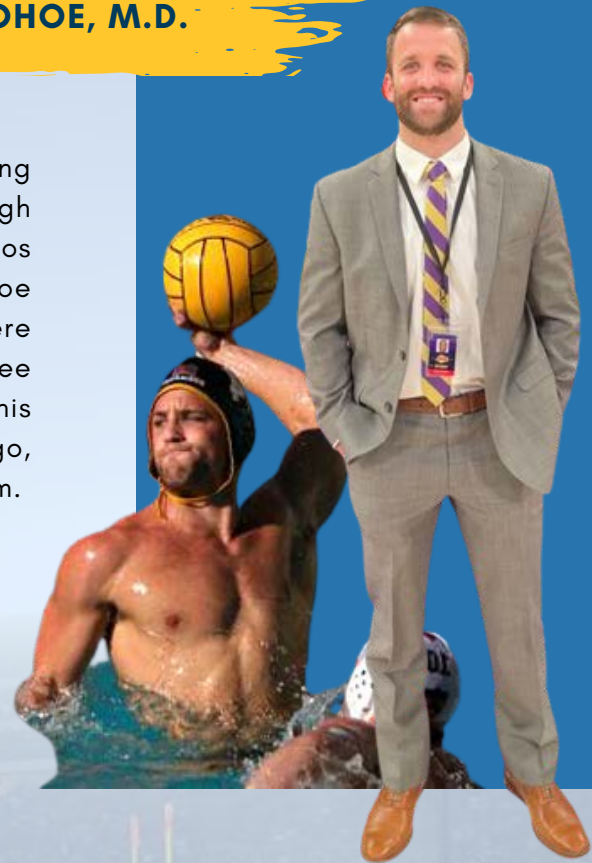
Dr. Vanessa Franco completed her medical degree and Ph.D. at University of Pittsburgh, School of Medicine. She completed residency training at UCLA David Geffen School of Medicine and has over 10 years experience in practicing sports medicine.

"I used to be very active in running, competed in seven marathons, qualified for the Boston Marathon twice, and numerous 5k races, a few half marathons and triathlons Now, with three small children, I run more for leisure than the competition. I often push two of the children in a double running stroller for fun!"



BRIAN DONOHOE, M.D.

Dr. Brian Donohoe completed his Sports Medicine fellowship training at UCLA, where he served as team physician for Santa Monica High School and assistant team physician for UCLA Athletics, the Los Angeles Lakers, and the Los Angeles Dodgers. Dr. Donohoe completed his residency training in Family Medicine at UCLA, where he was also named Chief Resident. He received his medical degree from the David Geffen School of Medicine at UCLA and his undergraduate degree from the University of California, San Diego, where he was a member of the NCAA Men's Water Polo team.



SABRINA SAWLANI, D.O.

Dr. Sabrina Sawlani received her medical degree from Touro University College of Osteopathic Medicine in Henderson, NV, and her undergraduate degree from Northwestern University in Evanston, IL. She completed her Sports Medicine fellowship training at UCLA, during which she served as team physician for Santa Monica High School, and assistant team physician for UCLA Athletics and the Los Angeles Lakers.

"Teamwork, focus, motivation, and performing under pressure—these are all qualities that lead physicians to success. They also propel an athlete to excel on the field, court, or stage. As a sports medicine physician, I balance work with my lifelong passion: dance. I grew up dancing—learning ballet, tap and jazz for 10 years, as well as Bollywood dancing, Bharatanatyam (Indian classical dance form), and Bhangra (traditional Indian folk dance). I seek out opportunities to continue dancing, finding time after clinic on the weekdays to attend local hip hop and Bollywood dance classes in LA, and perform recreationally. Dance allows me to channel my energy into a creative outlet and continue to be an athlete myself, while also caring for my athletes on the sidelines."

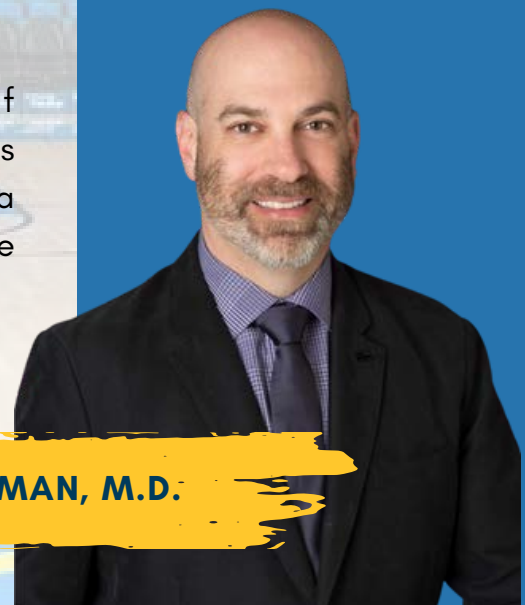




JOSHUA GOLDMAN, M.D.

Dr. Joshua Goldman received both his medical degree and Master in Business Administration from the University of Southern California, completed residency training in Family Medicine at UCLA, and completed his Sports Medicine fellowship training at UCLA. He is a lifelong athlete himself, participating in high level soccer for the majority of his youth. He is now an avid runner and co-founder of the community-based running community, the Electric Athletic Club. He enjoys blending his personal passion for running with his sports medicine practice, helping runners achieve their training and competition goals.

Dr. Joseph Luftman received his medical degree University of Southern California, Keck Medicine, and completed his Sports Medicine fellowship training at UCLA. Dr. Luftman has been a clinician, administrator, and educator for over 20 years. He likes to stay active by cycling and golf.



JOSEPH LUFTMAN, M.D.



CALVIN DUFFAUT, M.D.

Dr. Calvin "CJ" Duffaut received his medical degree University of Southern California, Keck Medicine, and completed his Sports Medicine fellowship training at UCLA. He been has treating sports injuries for pediatric and adult patients for over 13 years and is an assistant team physician for UCLA Athletics.



EMILY MILLER, M.D.

Dr. Emily Miller received her medical degree at Temple University School of Medicine. She is an assistant team physician for UCLA Athletics and holds dual appointments as Assistant Clinical Professor for the Departments of Family Medicine & Orthopaedic Surgery, Division of Sports Medicine.

Dr. Aurelia Nattiv is a Professor in the UCLA Departments of Family Medicine, Division of Sports Medicine and Non-Operative Orthopaedics, and in the Department of Orthopaedic Surgery. She has served as the Director of the UCLA Metabolic Bone and Osteoporosis Center for over 20 years, and sees patients in the areas of osteoporosis across the lifespan, and sports medicine, with an emphasis on women's sports medicine.

Dr. Nattiv received her medical degree at Washington University School of Medicine and completed her residency in Family Medicine at the Sonoma County Community Hospital in Santa Rosa, California. She received her sports medicine fellowship training at the UCLA Primary Care Sports Medicine Fellowship Program.

Dr. Nattiv has served as Chair and first author of the American College of Sports Medicine Position Stand on the Female Athlete Triad and has also co-edited a book entitled The Female Athlete.



AURELIA NATTIV, M.D.

TRAINING PROGRAM: RESIDENT SPOTLIGHT

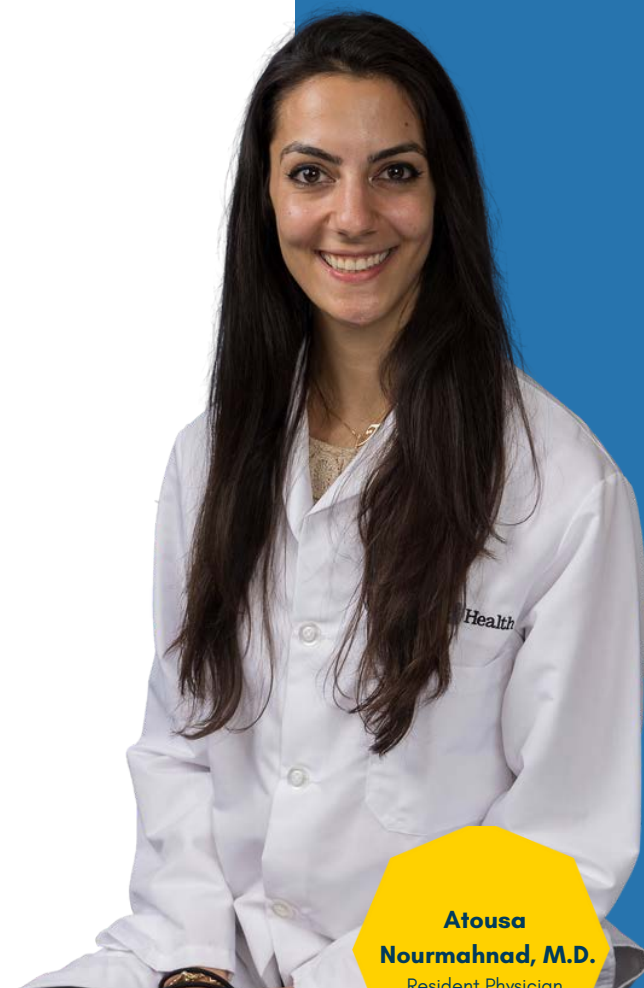
BY ADIAT AZEEZ, M.H.A &
ATOUSA NOURMAHNAD, M.D

In UCLA Ortho's Summer Issue 2022, we spotlighted William Sheppard, M.D., and explored his journey to finding his passion in orthopedic surgery. For our Fall Issue 2022, we caught up with Anahita Nourmahnad, M.D. Learn how she fell in love with UCLA Department of Orthopaedic Surgery:

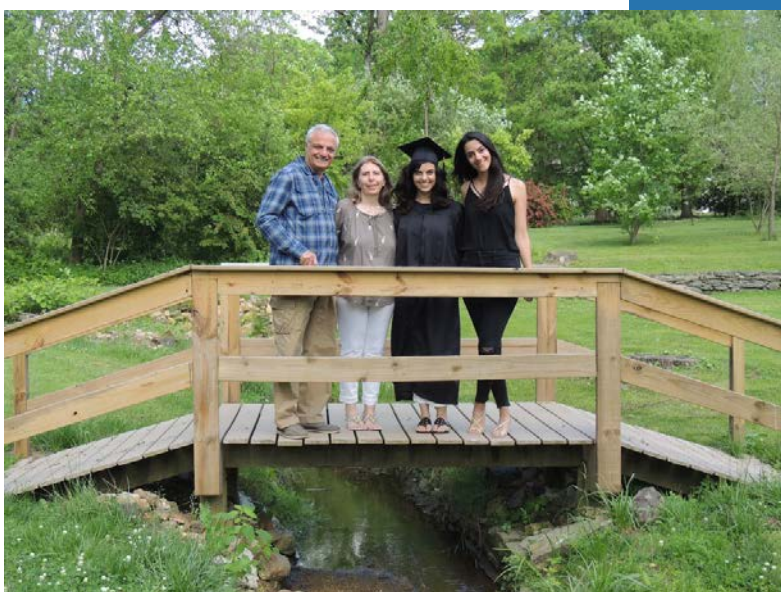
Adiat Azeez [AA]: Tell us about yourself.

Atousa Nourmahnad, M.D. [AN]:

I was originally born in Tehran, the capital of Iran. My parents were approximately my age today when they made the bravest decision of anybody I know. When my family serendipitously won the Diversity Visa lottery in 2000, my parents chose to leave their siblings, our home, their jobs - everything - in Iran and move to the USA for the sake of my sister and me. My parents envisioned better opportunities for my sister and I, who were 8 and 5 years old at the time, respectively; never in their wildest dreams, however, did they think that she and I one day would both become surgeons.



**Atousa
Nourmahnad, M.D.**
Resident Physician



[AA]: Do you have any notable mentors who have helped shape your career or interest?

[AN]:

I could list countless teachers and professors from grade school through medical school who influenced my current interest and supported me through my professional journey. I am the most indebted to all the orthopedic faculty at Harvard, particularly at BIDMC, who nurtured my interest in orthopedic surgery as a first-year medical student and constantly encouraged my growth and ambitions. I am grateful to Dr. Shapiro from the California Institute of Technology for encouraging my curiosity in science and innovation.



[AA]: What message do you have for those who may want to follow in your footsteps?

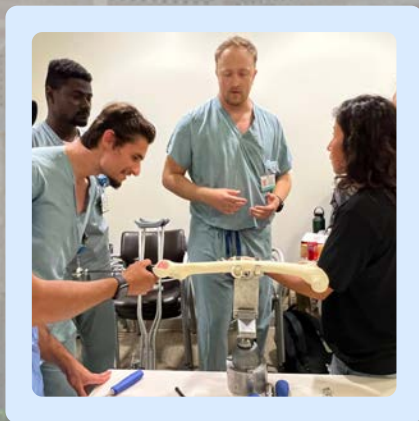
[AN]:

My most frequently encountered questions/comments from people outside the field involves being a “woman in ortho.” I have even gotten the comment from (female) MDs, “why, as a woman, are you doing man’s work?” I am not offended by the comments, mostly surprised because I have never felt like I do not belong in this field despite others possibly believing so. Orthopedic Surgery is not a “man’s job,” it is simply a job that happens to be (historically) predominantly performed by men. However, times are changing, and we at UCLA are lucky to have so many strong and confident women orthopods. If any female medical students reading this are interested in orthopedic surgery but feels discouraged for gender-identity reasons - please always know my email is open for you!



TRAINING PROGRAM: SAWBONES

On September 29, 2022, the Department of Orthopaedic Surgery hosted the David Geffen School of Medicine (DGSOM) Annual Medical Student Sawbones event which introduces first and second-year medical students to the field of orthopaedic surgery. Along with Synthes and the Orthopaedic Surgery Medical Student Interest Group, over 50 medical students were able get hands-on experience fixing fractures with plates, screws, external fixators, and intermedullary devices. Orthopaedic Surgery residents, fellows and faculty taught students about fracture fixation and fracture healing.



ALUMNI SPOTLIGHT ALEX HUGHES, MD



We are proud to bring together people with different interests outside of Orthopaedic Surgery and we believe this is what sets us apart from other programs. Our Residency program strives to connect medical students, residents, and physicians to inspire curiosity and change. Dr. Alex Hughes is one of our residency graduates who founded the Tissue Connect Group. Those who have graduated from our program, like Dr. Hughes, continue to make us proud and proud to say, WE ARE UCLA ORTHO! We caught up with him recently, and chatted about his experience before and after residency:

I became interested in orthopedic and spine surgery during my undergraduate years at Vanderbilt in Biomedical Engineering. We were fortunate to have an engineering department adjacent to a major medical center with an integrated curriculum. That experience sparked not only my interest in surgery but also an interest in solving problems using systematic and collaborative approaches.

Coming to UCLA for my residency training was a cherished experience. The clinical and technical experience was excellent and our coverage of the various facilities and outreach clinics was enriching. To this day, I always consider the professionalism of

Dr. Eckardt when needing the inspiration to go the extra mile when dealing with a difficult situation or taking on a challenging high-risk case. I was also introduced to inspiring stories of UCLA musculoskeletal research and the folklore of giants such as Marshal Urist, MD. While I found some of the basic science wet lab research intimidating and hard to approach, it was the stories of Dr. Urist's power of observation that made an impact on me. In World War II, Dr. Urist observed the development of heterotopic ossification in the muscle surrounding high-energy fractures. This sparked the light bulb that led to research in bone induction and the realization that a growth factor, bone morphogenic protein, resides in the organic matrix of bone. That simple observation and subsequent curiosity changed the trajectory of orthopedic surgery and musculoskeletal research.

I completed my residency training in orthopedic surgery at UCLA in 2008 and then completed a fellowship in spine surgery at Hospital for Special Surgery (HSS) in New York. Following that year, I was fortunate to spend several months at two major spine

centers in Germany before coming back to HSS to join the faculty in spine surgery. These experiences have enabled me to develop key collaborative working relationships with Charite in Berlin and Showa University in Tokyo. I am a strong believer in surrounding yourself with a diverse array of thinking. I think this helps foster creative problem-solving and also helps avoid dogma-driven group thinking.

When I began to practice my curiosity was sparked by the observation that as surgeons we gain instantaneous insight into a patient's musculoskeletal health the moment we make a skin incision. It's the tactile feedback from the scalpel on the dermal layer that informs us. For spine surgeons there is an ingrained self-realized association with poor dermal layer and osteoporosis. For cardiologists there is association between mitral valve prolapse and osteoporosis. For Ob/Gyn, it's pelvic floor dysfunction and osteoporosis.

Ten years ago, I started the Tissue Connect Group—our mission is to create a clinically accessible quantitative imaging biomarker (QIB) for bone and connective tissue. We also explore the cross-talk between

connective tissue groups and bone to better understand the phenotype of osteosarcopenia to develop improved therapeutic targets and strategies. By approaching the challenges of spinal balance from a different perspective, we're beginning to challenge the assumed sequence of disc degeneration leading to spinal and muscle degradation. Convolutional neural networks and deep learning algorithms will hopefully make these findings generalizable with the goal of improving risk stratification and patient outcomes.

Like most UCLA orthopedics graduates, my experience there was foundational. On that I have built what I feel is an exciting career. I'm proud of the clinical work that my partners and I do here at HSS and I'm intellectually challenged by our research questions. The lessons of professionalism, observation, and curiosity from UCLA are with me every day.



Alex Hughes, MD is currently an associate attending orthopaedic surgeon at the Hospital for Special Surgery, a director for the International Fellowship in Spine Surgery and Research at Hospital for Special Surgery and an associate professor of Orthopaedic Surgery at Weill Medical College of Cornell University.



FACULTY
FAREWELL:
JENNIFER BECK, M.D.

In December, we bid farewell to Dr. Jennifer Beck, an Associate Professor at the UCLA Department of Orthopaedic Surgery and Director of Outreach & Research for the Center for Sports Medicine at the Orthopaedic Institute for Children (OIC). Dr. Beck spent years taking care of pediatric patients, focusing in such areas as ACL tears, patella or shoulder instability, fractures, and general sports medicine. Dr. Beck played an essential role in the Development of the Center for Sports Medicine at OIC. As a testament to Dr. Beck's dedication to her profession and patients, she was named a Fellow in the American Orthopaedic Association as well as one of three traveling Fellows by the Pediatric Orthopaedic Society of North America and the Asia Pacific Pediatric Orthopaedic Society.

Dr. Beck, a true Bruin, will be missed by UCLA & OIC community; she will continue delivering compassionate state of the art care to patients at the Boulder Medical Center in Colorado.

"Thank you to UCLA Department of Orthopedics for helping build my career since I started in September 2015. If anyone is ever in Denver, let me know. You all have my cell phone number so feel free to use it. My email address is jebeck@bouldermedicalcenter.com. And no matter what, I will always be a Bruin (Class of 2003 baby!). Looking forward to following the great things to come out of this department in the future. GO BRUINS!!"



UCLA ORTHOPAEDIC GRAND ROUNDS

UCLA Department of Orthopaedic Surgery is dedicated to our resident education and belief it is important to provide a space for continued learning and discussion for other physician-scientists in the Orthopaedic community. Here are some notable grand rounds:

Linda Suleiman, M.D. (Northwestern)

Grand Rounds: *"Achieving Equity in Total Joint Arthroplasty"*

Dr. Suleiman discussed initiatives she has undertaken locally and nationally to improve equity in total joint arthroplasty.
10/28/2022



Samer Attar, M.D. (Northwestern)

Grand Rounds: *"Orthopaedic War Surgery: From, Aleppo to Kyiv"*

Dr. Attar discussed his experience providing battlefield surgery for patients in Syria and Ukraine
11/04/2022



Brad Penenberg, M.D. (Cedars Sinai)

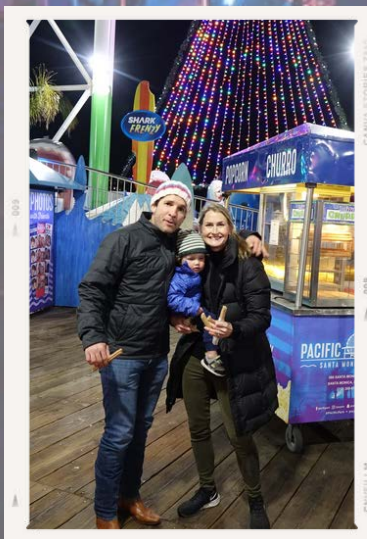
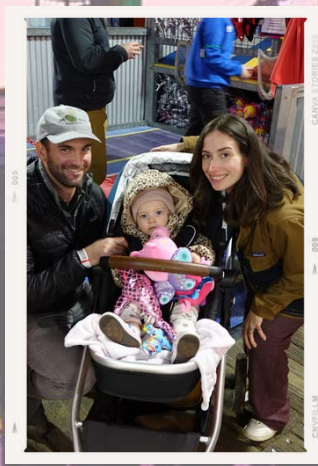
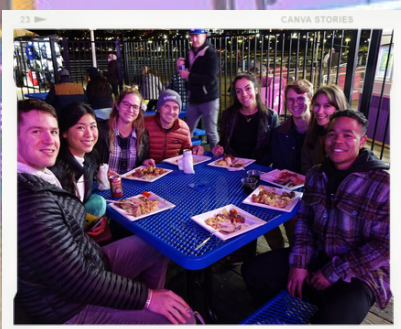
Grand Rounds: *"Intra OP Digital Radiography: In Search Of the Perfect THA"*

Dr. Penenberg discussed novel radiographic methods for implant positioning during total hip arthroplasty.
09/02/2022



UCLA & LUSKIN OIC PRESENTS: ANNUAL HOLIDAY RETREAT 2022

UCLA Departments of Orthopaedic Surgery, Head & Neck Surgery and Luskin OIC come together to celebrate the year's successes at the Pacific Pier in Santa Monica.



UPCOMING EVENTS

AAOS 2023

MEETING-LAS VEGAS, NV

MARCH 2023

ORTHO GRADUATION

UCLA-LOS ANGELES

JUNE 2023



HEY, BRUIN!

WE MISS YOU!

We want to help you keep in touch with your former fellow trainees and UCLA Ortho team!

TO SHARE YOUR INFO SCAN THE QR CODE BELOW OR VISIT OUR WEBSITE:
UCLAHEALTH.ORG/ORTHO/ALUMNI

