

Message from the President

Matthew W. Blanton, MD - *President NCSPS*



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President NCSPS*

2019 is coming to a close and NCSPS has continued with strong member services this year. We have just enjoyed our annual meeting at the Umstead Hotel and Spa in Raleigh, NC with an outstanding program, engaging guest speakers and “foodie-loving” social events thanks to the efforts of Jeremy Pyle, MD. Thank you to all our members that attended

this event and for those who missed it we have provided a “Top 5” list in this newsletter to inspire you to join us in 2020.

Our business meeting on Saturday, October 12, 2019 highlighted necessary changes to our by-laws that have now been distributed to membership for review. One important highlight is the decision to add resident membership as a means to encourage future members. We also had important legislative and advocacy updates by our past president, Mary Ann Contogiannis, MD and our Vice President, Greg Swank, MD. This involved national balanced billing initiatives that our ASPS colleagues are helping with. We are honored to have our newest board member, Lynn Damitz, MD, voted in to serve as Secretary. And finally, we had a review of our solid financials by Todd Stoeckel, MD.

All of us receive ASAPS and/or ASPS e-mail updates to make us aware of society efforts and opportunities. I would like to inform our society that we will follow suit with our very own NCSPS quarterly updates for our members on state-level legislative efforts, local advocacy issues and general society updates. In addition to email updates we will continue improving our social media engagement to members (and non-members) via Instagram and Facebook. Like us and join our movement!

Our 2020 NCSPS Annual Meeting will be held in the Sandhill region of North Carolina. We will take over The Carolina Inn at Pinehurst, NC for a “Southern Comfort-style” meeting. The village of Pinehurst is a charming and exciting destination that we have not visited in many years.

Even if golf is not your thing, plans are in action for an enticing “Garden & Gun” style social program worthy of the unique venue and village of Pinehurst. Several national and state recognized leaders in aesthetic and reconstructive surgery are being assembled to make this an easy and worthy opportunity for professional education.



Jeremy Pyle, MD - Past President, Jean-Francois Lefavre, MD - Past President, Matthew Blanton, MD - President, Gregory Swank, MD - Vice President, Mary Ann Contogiannis, MD - Past President

Save the Date NCSPS 2020 Annual Scientific Meeting



October 22-25, 2020 Pinehurst



Thank you to all involved for another great NCSPS meeting. These meetings have stabilized over the last 10 years to become a reliably valuable way to share knowledge and friendship.

Many were involved in making it so, both this year and in years past. A special thank you goes out to Matt Blanton, Todd Stoeckel, Greg Swank, Jean-Francois LeFaivre and Mary Ann Contogiannis for all the work they did.

Highlights of this years' meeting centered, in my mind, around two things. The speakers and the venue.

We had a series of great talks including these highlights:

- First of its kind data on dose dependent DVT prophylaxis
- A behind the scenes look at how to connect with people in our marketing
- A history of craniosynostosis, breast implants and liposuction
- Insight into the narcotic guidelines and laws and how they will impact us over the coming months (and the required CME)
- A thorough look at the state of pre-pectoral breast reconstruction
- Guidance on how to start and improve female genital rejuvenation practices
- Ancillary tools like fat grafting in the cosmetic breast
- and many others.

We also had the pleasure of enjoying the grounds and working with the staff at the Umstead which made it easy to understand why it is the highest rated hotel in our great state.

Our social events were on site at the hotel in the beautiful setting of the Umstead's indoor and outdoor spaces. Friday evening we gathered amongst the exhibitors and enjoyed a cocktail hour and light bites. On Saturday evening the Jeff Decker Band entertained attendees as they enjoyed dinner and the outside terrace. The children had crafts and Fall items to enjoy. To complete the evening the resident first and second place Georgiade winners were announced.

Please mark your calendars for our meeting next year at Pinehurst. I look forward to seeing you there. October 22-25, 2020

Voted "Top Five" Presentations of the 2019 Annual Meeting

Opioid CME Course
– *Chris Grubb, MD*

Venous Thromboembolism
Risk Reduction in the Aesthetic
Population: Pre, Intra, and
Post-operative Strategies
– *Christopher Pannucci, MD*

How Being Earnest Builds
a Following
– *Christian Subbio, MD*

Managing Tip Shape, Rotation
and Projection in Rhinoplasty
– *Jeffrey R. Marcus, MD*

Prepectoral Breast
Reconstruction:
My Evolution
– *Marissa Tenenbaum, MD*



Annual Nicholas Georgiade Competition



The Resident Research Paper session of the 2019 meeting provided insight into quality research topics from all the university programs: Wake Forest, Duke, and UNC. The NCSPS abstract selection committee comprised of academic and local private practice plastic surgeons reviewed the initial abstract submission results (16 abstracts) and selected 10 resident papers for presentation. The winning presentation was selected by a meeting committee representing eight community and academic members. The Georgiade Cup went to Ronnie Shammas, MD of Duke University for his paper entitled “Assessing the Utility of Post-Mastectomy Imaging Following Breast Reconstruction.”

Congratulations! **Ronnie Shammas, MD**

A String of Pearls – NCSPS Women’s Luncheon

The Second Annual NCSPS Women Plastic Surgeons Luncheon was a great success. We had over 20 women in attendance including residents as well as academic, solo and group practice plastic surgeons which allowed for many different perspectives and valuable pearls to be shared. Topics including procedures, technology, practice management, choosing the right practice/starting a practice, written and oral board success, advocacy, the finances of practice and work life management/wellness were discussed in this small group setting. We would like to extend our gratitude to Allergan who sponsored the luncheon as well as the support of the NCSPS for continuing this valuable networking opportunity. We look forward to seeing everyone next year in Pinehurst!



Special Thanks to Our Exhibitors & Sponsors

Our Annual meeting was a huge success due in large part to our industry support. We would like to extend a special thank you to everyone who participated and we look forward to having you with us next year at the Pinehurst Resort in Pinehurst, NC, October 22-25, 2020. If you would like contact details for any companies who supported the NCSPS 2019 meeting please contact the Society office.

SPONSORS:



EXHIBITORS:

Allergan	Ideal Implant	Plastic Surgery Studios
American Silicone	KCI, an Acelity Company	PMT Corporation
Anderson Sterilizers	KLS Martin	Red Spot Interactive
ASSI – Accurate Surgical	Mentor	Sientra
BD	Management Services International	Solution Start
Candela Medical	MicroAire Aesthetics	Stryker
CAREstream America	MiMedx	Telabio
Galatea	MTF Biologics	TouchMD
Galderma	North Carolina Medical Society	Weave
HandCraft Linen Services	Pacira Pharmaceuticals	

Opioid E-prescribing

Are You Ready?



Are you ready for opioid e-prescribing? A few weeks ago membership was sent a survey link provide by the NCMS to be sure you are ready for the changes that will take place starting January 1, 2020. If you missed that important member notice you may click on the link in this newsletter that will provide you with items you need to be ready for:

[Click Here for the Survey.](#)

Welcome to Our New North Carolina Society Members

S. Tyler Elkins-Williams, MD
Chapel-Hill, NC

Adam J. Katz, MD
Winston-Salem, NC

Alexandra C. Schmidt, MD
Huntersville, NC

NCSPS Executive Board

President Matthew W. Blanton, MD
Vice-President Gregory Swank, MD
Secretary Lynn Damitz, MD
Treasurer William Todd Stoeckel, MD

Immediate Past President . . . Jeremy W. Pyle, MD
2018 Past President Jean-Francois Lefavre, MD
2017 Past President Mary Ann Contogiannis, MD