



Message from the President



*Kristen M. Rezak, MD
President NCSPS*

As your 2024 NCSPS President, I am looking forward to seeing everyone at the upcoming annual meeting. We have partnered with the Virginia Society of Plastic Surgeons (VASPS) for the annual meeting to be held at the Greenbrier in White Sulphur Springs, WV from October 18-20, 2024. Surrounded by the majestic Allegheny Mountains, this venue not

only provides a beautiful meeting space but also offers a wide range of recreational activities, such as archery, hiking, falconry, and bowling, to bring colleagues, friends, and families together for fun and relaxation.

We have some very exciting guest lecturers and dynamic panels planned for our 2024 event. NCSPS and VASPS will incorporate member presentations, a resident competition, and medical student papers onto the program. We are planning panels on breast aesthetics and reconstruction, a complex reconstructive panel for

head/neck and body, hand panel, leadership panel, and a cosmetic breast and body panel. We will also bring back the "Best Case/Best Save" panel, so start planning to submit a presentation for consideration now!

Our board is working on increasing our membership and feel that being a part of your state plastic surgery society offers a place to network and exchange ideas with other high quality plastic surgeons and leaders in the state. At our annual meetings, you have the opportunity to interact with colleagues and leaders in our field in a smaller and more personable setting, something you do not often find at our National meetings. NCSPS has a committed Executive Board, some of whom hold committee and higher positions

within the National plastic surgery organizations, which helps to keep our State Society in the loop. We would like to encourage you to invite new colleagues to join NCSPS. In addition to our academic endeavors, I am excited to introduce a new initiative within NCSPS.

We would like to establish an advocacy group to monitor and address legislative changes at the state level that may impact our practices. Your participation and input in this endeavor are invaluable as we strive to protect and advance the interests of our members. So, if you're passionate about making a difference, we want you on board!

Looking forward to meeting with you all at the Greenbrier Resort in October. See you there!





2024 SCIENTIFIC MEETING

*The Greenbrier - White Sulphur Springs
West Virginia - October 18 - 20, 2024*

Jointly provided by
The American Society for
Anesthetic Plastic Surgery, Inc.



OCTOBER 18-20, 2024

[Register Today](#)

The
Greenbrier[®]
AMERICA'S RESORT

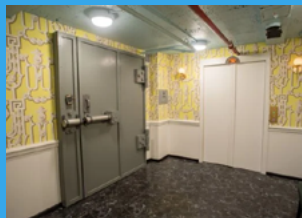
NCSPS/VASPS
Special Room Rates

[Book Now](#)

The NCSPS/VASPS Annual Meeting 2024 Best Case/Best Save Competition is ON!

NCSPS/VASPS is proud to announce our Best Case/Best Save Competition!!! Our members will take the podium to show us their most jaw dropping results.

[Details & Registration](#)



Greenbrier Activities

Greenbrier offers an abundance of resort activities, providing guests with a diverse range of experiences, including championship golf courses, outdoor adventures, spa retreats, historical tours, and exclusive events, ensuring a memorable stay filled with relaxation, exploration, and recreation.

[Plan Your Play Early!](#)

SUBMIT YOUR ABSTRACTS

2024 Member/Resident Submission

Guidelines:

- Abstract must be a Member or a Resident Member.
 - Final data must be included in the abstract. Clear representations of graphs, tables and photographs included in the abstract will be helpful in making the final selections. Images must be of excellent quality.
- Abstracts may NOT exceed 250 words.
- All papers accepted must be presented by the submitting Resident or member - substitute presenters are not acceptable.
 - Please list title and authors on the abstract.
 - A disclosure form MUST be submitted with the abstract form.
 - You will receive an e-mail confirmation of your abstract submission.

Abstract Submission

2024 Medical Student Submission

Medical Student Competition

Guidelines:

- Abstracts must be from a Medical Student in North Carolina.
- The Medical Student submitting the abstract will be the main contact for all correspondence and MUST be the presenter if selected - substitute presenters are not acceptable. Abstract presentations will be made from the podium and the date and time are to be determined.
- Final data MUST be included in the abstract with clear representations of graphs, tables and photographs included in the abstract. Abstracts may NOT exceed 250 words.
- Abstracts submitted may be on any plastic surgery topic. Student abstracts should reflect work done by the presenting student.
- All abstracts must be submitted via e-mail to srussell@hdplanit.com
- A disclosure form MUST be submitted with the abstract form.
- You will receive an e-mail confirmation of your abstract submission.

Abstract Submission

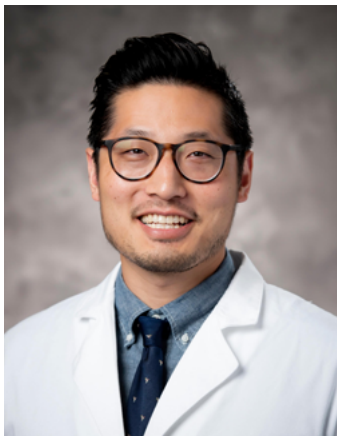
SUBMISSION DEADLINE - MIDNIGHT JULY 15, 2024

RESIDENTS • CORNER

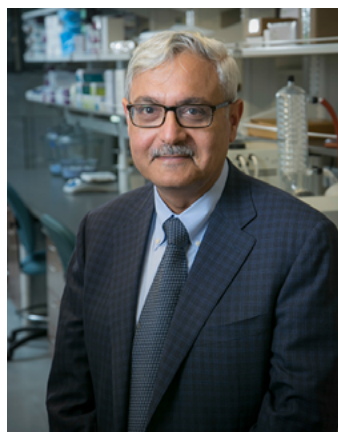


Duke

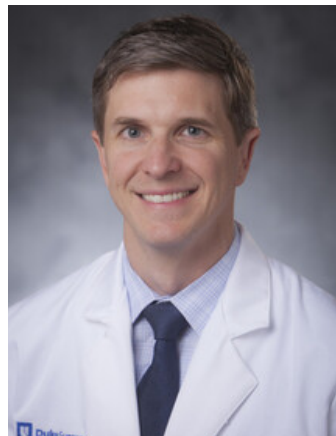
Pursuing a dual career as a surgeon-scientist presents numerous challenges, and its feasibility is often met with skepticism within the academic community. Despite these hurdles, Duke University stands out for its unwavering dedication to helping aspiring surgeon-scientists like Daniel Joh, MD, PhD, a PGY5 trainee in the integrated plastic surgery residency program. Several key ingredients have made it possible for Daniel to pursue this pathway: (1) Comprehensive longitudinal mentorship. During MD/PhD training (before residency), Daniel was mentored by Ashutosh Chilkoti, PhD in Bioengineering who specifically focused on honing Daniel’s grant-writing skills essential for an investigator career, and from David Brown, MD, PhD (a plastic surgeon-scientist & NIH K08 awardee) who offered guidance in plastic surgery-related matters and served as tangible proof that such a career was possible. These scientific and clinical relationships seamlessly extended into and enriched Daniel’s residency. (2) Strategic planning within a supportive department. Dr. Chilkoti and Duke Plastic Surgery leadership (Jeffrey Marcus, MD) supported an unconventional training approach for Daniel that allowed scientific development to occur in parallel with surgical training. This was facilitated by Dr. Chilkoti and Daniel’s strategic submission of an NIH R01 proposal before residency, which was successfully funded during PGY1 to support 5 years of bioengineering research (staff salaries, supplies, etc.), thereby allowing continued pursuit of scientific interests while he focused on surgical training. This integrated training model—deviating from traditional models that segment science and surgery— extended Daniel’s practical experience with straddling both worlds. (3) Robust institution-level support. Duke’s ecosystem is abundant with physician-scientists across disciplines. This is uniquely bolstered by a dedicated Office of Physician Scientist Development (OPSD). In Daniel’s case, OPSD generously provided additional funding for research personnel. Additionally, the Lefkowitz Society exists to network physician-scientists across all levels and perpetuate the supportive culture. Overall, this pervasive milieu of support empowers trainees like Daniel to overcome barriers and doubt about following a surgeon-scientist career path. It brings to mind Lewis Carroll’s *Through the Looking-Glass*, when Alice (the trainee) questions the possibility of the improbable: “There’s no use trying...one can’t believe impossible things”. In response, the Queen (the supportive academic institution) cheekily chastises her: “I daresay you haven’t had much practice...Why, sometimes I’ve believed as many as six impossible things before breakfast.”



Daniel Joh MD PhD



Ashutosh Chilkoti PhD



David Brown MD PhD



Jeffrey Marcus MD

RESIDENTS • CORNER



Wake

So often we physicians fall victim to the external time constraints in medicine generally, and in residency in particular. “Normal life” can just seem to pass us by. My husband and I set a goal at the beginning of residency to not let that happen to us. Whether it was a 36-hour wedding weekend in Oslo or a 48-hour celebratory weekend in London, we tried to say yes to everything that was technically possible, even if it meant spending more than what was budgetarily reasonable, or going to places with a ridiculous travel time-to-there ratio. We made the active decision that for us, we would show up whenever possible. Neither of us had

traveled outside the country growing up, but as we reflected on life to date, the handful of trips we had taken turned out to be some of our most powerful, and special memories. With that as a guiding principle, a new sense for the rhythm of residency and having just had our second child, we set the goal to travel to all seven continents during the remaining years of residency.

The traveling that ensued had a number of unexpected side effects, with the most important perhaps being that it helped me to internalize the vastness of the world and my respective place in it. The frequent frustrations of residency life faded away among the bustling streets of Seoul, the sun-laden beaches of Australia, and the serene landscapes of Antarctica. The shared experiences with locals and our fellow travelers we met along the way reinforced my human interconnectedness and strengthened my love for others, which lingered long after I returned to the operating room.

Taking off down the bumpy Antarctic runway with twenty-three countries visited and goal complete, we reflected on how cherished our travel memories were and how we would not trade them for more money in our bank account, or more time relaxing on a beach sipping piña colodas. The obvious question quickly became, what next? After some quick reflection in the air, we settled on repeating the goal with our kids; adding a twist—this time, skiing would be a required component. So with that, we have penciled in a ski trip to Japan for the upcoming winter break and summer trip to the mountains of New Zealand. Because in our experience, to show up requires two steps: saying we are going to do it, and then doing it. [🔗](#)





Advocacy Updates

Medicare Cuts

The United States House of Representatives passed a partial funding package on March 6 by a margin of 339-85. One component of the funding agreement contained a partial “fix” for Medicare reimbursement that reduced the 3.37 percent cut to an approximately 1.77 percent cut. The United States Senate passed the funding package this afternoon by a margin of 65-35, and President Biden has indicated he will sign it into law. In response, ASPS submitted a letter of opposition. The letter acknowledges that the proposal is a step in the right direction while also asserting that anything less than a full rollback of the cut is unacceptable.

Congressional Update

Senator John Barrasso, MD (R-WY), a close ally of ASPS, has announced he is running for Senate Minority Whip.

This announcement comes after Senator Mitch McConnell (R-KY) announced he would step down as the leader of the Senate Republican Conference which resulted in openings for several leadership positions. If elected, Senator Barrasso will be the highest-ranking doctor in Congress.

News from the North Carolina Medical Society Advocacy Summit in Raleigh (March 23, 2024)

1. The corporate practice of medicine was defined and reviewed by a panel including Senator Julie Mayfield, Marcus Jimison, NCMB staff attorney, representing the NCMB and Shawn Parker, General Counsel and Chief of Staff- North Carolina Academy of Family Physicians. The focus was on private equity and large for-profit healthcare systems purchasing nonprofit hospitals and the effects on patients, physicians and staff. The example utilized for discussion was the purchase of Mission Health System in Asheville by HCA Healthcare.

HCA has faced numerous lawsuits since its 2019 purchase of the previously nonprofit Mission Health System. State Attorney General Josh Stein sued the for-profit hospital system in December, alleging that it had breached the terms of its purchase agreement by failing to provide adequate emergency and oncology care at its facilities. HCA has filed a motion to dismiss that lawsuit as well. Federal authorities recently declared that conditions at HCA’s Mission Hospital put patients in “immediate jeopardy,” the most serious warning a hospital can receive. State inspectors have been making regular visits to the facility. A 384-page report by the Centers for Medicare and Medicaid Services detailed the multiple patient safety issues – including delayed treatment and failures to provide timely care – that led to the designation. Federal authorities accepted a “Plan of Correction” from HCA and were to decide by Feb. 24 whether Mission Hospital is in compliance with the plan. Current and former Mission Hospital staff sharply criticized HCA’s “Plan of Correction,” which they said did not go far enough in addressing the main force behind the hospital’s problems: chronic understaffing. Senator Julie Mayfield, who represents the 49th district in Asheville, is working with patients, physicians and staff in light of these issues with the ultimate goal of returning Mission Hospital to a nonprofit healthcare system.

2. Healthcare workplace violence: Due to rising healthcare and hospital violence, Dr. Tim Reeder, a member of the NC House of Representatives and an ER physician in Greenville, introduced a standalone bill HB809 which was ultimately incorporated into another bill, HB125, which was passed with broad bipartisan support by both chambers and signed by the Governor on September 29, 2023. The new law is intended to make hospitals safer by requiring an increased presence of law enforcement to provide greater security in hospitals, particularly emergency departments. The bill also includes training and reporting provisions to monitor the measure’s impact and compliance.

Invite a Colleague to Become an NCSPS Member



We know there are many membership options to choose from and 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. 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.

Our membership continues to grow, and we recently introduced a Resident membership category that helps to connect our future plastic surgery leaders with our active members that have the experience of private and academic practice, along with many great pearls to share with our young members. Our membership has low annual dues, a member roster with connection to our members websites, and quality annual educational meetings. Additionally, some of our members remain politically active in our national society. These NCSPS members continually monitor state legislative activity that may impact our practice as plastic surgeons and help to keep us up to date. Our NCSPS board is always looking for ways to increase member benefits. 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.

NCSPS Application



icoder
Find codes
save time

iCoder is dedicated to supporting the coding needs of medical professionals, offering an intuitive platform for managing CPT, HCPCS, and ICD10 codes. With real-time updates and a vast library of resources and tools, iCoder ensures accuracy and efficiency in medical coding, making it a valuable tool for NCSPS members.

iCoder is offering a 15% discount to NCSPS Members. Please reach out to Ashley at aryberg@hdplanit.com to receive your discount code!

Discover more at icoder.info.

Save The Dates...

NCSPS



**2024 NCSPS & VASPS
Annual Scientific Meeting**
The Greenbrier, West Virginia
October 18-20, 2024



**2025 NCSPS
Annual Scientific Meeting**
The Omni Grove Park Inn
Asheville, North Carolina
October 24-26, 2025



**2026 NCSPS
Annual Scientific Meeting**
The Omni Charlotte
Charlotte, North Carolina
November 6-8, 2026

ncsps.com