

Young Neurosurgeons NEWS



Spring 2015

Y o u n g N e u r o s u r g e o n s C o m m i t t e e

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Chairman's Message



Stacey Wolfe, MD,
FAANS

I will start with thanking you for the privilege to act as chair of the American Association of Neurological Surgeons (AANS) Young Neurosurgeons Committee (YNC). It has been an incredible time of growth and progress for our

field, and specifically for our next generation of neurosurgeons. We have seen an unprecedented commitment to the training and mentorship of our young constituency, and I am thrilled with the dedication and vision of the AANS to accomplish this goal. I rest assured that I am leaving the YNC in the excellent hands of our new chair, Krystal Tomei, MD, MPH.

With the inception of AANS Medical Student Chapters last summer, we now have 18 chapters and 687 medical student members. This is an overwhelming response that continues to increase monthly. Our goal is to have a chapter at every North American medical school and residency program, and applications can be found here. We encourage you to become founding members of your local chapter! Additionally, our website redesign is well underway, and our social media footprint is growing. We will soon be launching an AANS mentorship website to enhance our mentorship capabilities.

I am very excited to announce the first AANS Resident and Medical Student Forum, dedicated to the research, education and mentorship of

neurosurgery residents and students, Sunday, May 3, 2015, from 1-4 p.m. A. John Popp, MD, FAANS(L), will be the Osler Lecturer, and awards for superior research will be given in honor of Donald O. Quest, MD, FAANS(L), for their exemplary leadership in neurosurgical education.

I look forward to seeing you at the upcoming AANS Annual Scientific Meeting in Washington, D.C. Robert Harbaugh, MD, FAANS, has aptly chosen the theme, "Neurosurgery's Founding Principles." While these are certainly times of change within medicine, we are also seeing growth within neurosurgery. If we adhere to our founding principles of respect, autonomy, integrity, innovation and dedication, I have no doubt that we will successfully navigate these times and mentor an incredible next generation of neurosurgeons. Through the AANS, we are seeing neurosurgery's founding principles in action.

We look forward to seeing you in Washington, D.C., and invite everyone to the Young Neurosurgeons Committee Meeting on Monday, May 4, 2015, at 5 p.m. at the Marriott Marquis in the Capitol Room on Level M2.

Sincerely,

Stacey Wolfe, MD, FAANS
Program Director, Department of Neurosurgery
Assistant Professor, Neurosurgery and
Interventional Radiology
Wake Forest University School of Medicine
Winston-Salem, North Carolina

YNC News Secretary's Update

As I near my term's end, as secretary, I have a chance to reflect upon how far the Young Neurosurgeons Committee has come in the past several years. Our most recent initiative, the addition of medical student chapters, medical student YNC members, and the Medical Student in Organized Neurosurgery (MISSION) Fellowship has expanded our group to include the next generation in neurosurgery. This fantastic collaboration and leadership building opportunity embodies the mission of the Young Neurosurgeons Committee. We have already added 16 medical student chapters to our membership, including a total of 415 new medical student members as a result! This brings up our total of American Association of Neurological Surgeons (AANS) medical student members to 687.

Within our committee, we have added several new liaison positions, expanding the total number of liaison positions to 42. This expansion has increased opportunities for the YNC to participate at the fundamental levels of the AANS leadership realms. We look towards expanding the committee in the future to allow more opportunities for our members.

None of this would be possible without the fantastic leadership of Stacey Wolfe, MD, FAANS, to whom I owe a debt of gratitude for first introducing me to the Young Neurosurgeons Committee

in 2008. Dr. Wolfe and I met at the Council of State Neurosurgical Societies, and she immediately mentored me as a fellow resident, encouraging me to get further involved in leadership. Were it not for her encouragement, mentorship and friendship, I may not be here with you all today. For that, I hope to continue to build the AANS mentorship program, recognizing the direct impact that can have. I owe her a heartfelt "thank you" for all that she did, both knowing and unknowingly. And I know that I have very big shoes to fill. I thank you all for the opportunity to serve as your YNC Secretary, and promise to strive to continue to develop and improve the YNC opportunities as I continue on as your chair.



Thank you,
Krystal Tomei, MD, MPH
Assistant Professor, Pediatric Neurosurgery
University Hospitals Case Medical Center
Rainbow Babies and Children's Hospital

Young Neurosurgeons Research Forum and AANS Annual Scientific Meeting Highlights

The 2015 AANS Annual Scientific Meeting will feature the Young Neurosurgeons Research Forum on Sunday, May 3, 2015, from 1-4:30 p.m. A. John Popp, MD, FAANS(L), and a past president of the American Association of Neurological Surgeons, will be the featured Osler lecturer. This forum for abstracts by young neurosurgeons is jointly sponsored by the Young Neurosurgeons Committee, the AANS Mentoring Program and the Senior Neurosurgical Society. We encourage all young neurosurgeons and medical students to attend.

The opening ceremonies on Sunday, May 3, 2015, will feature NFL quarterback Peyton Manning and NBA Hall of Famer Bill Walton, followed by the opening reception at the Smithsonian's National Museum of American History. The Young Neurosurgeons Luncheon will feature guest speaker Nelson M. Oyesiku, MD, PhD, FAANS. There will also be several practical sessions and breakfast seminars with topics of interest to young neurosurgeons. The meeting guide is available on the meeting website at www.aans.org.

The Origins of the Young Neurosurgeons Committee

Edjah Nduom, MD, YNC Secretary-Elect

Roberto C. Heros, MD, is a professor of neurosurgery, vice-chairman and residency program director of the department of neurological surgery at the University of Miami. He is also the founder of the Young Neurosurgeons Committee (YNC) of the American Association of Neurological Surgeons (AANS). He took time out of his busy schedule to discuss the origins of this committee with us.

When was the YNC started?

The YNC was started in 1991 as the idea of many different people. I was asked by David Kelly Jr., MD, FAANS, president of the AANS, to start a committee for young neurosurgeons. At the time, I was on the board of directors of the AANS, a director-at-large. We were sitting in a strategic session, and Dr. Kelly asked me to develop the committee to promote the role of younger people in organized neurosurgery in general, but the AANS in particular. This is a part of my career in organized neurosurgery that I am very proud of.

Why was the YNC started?

At the time, there wasn't really much involvement in the organization of the AANS by younger neurosurgeons. The traditional path was to start with other organizations until neurosurgeons were in their late 40s, at which time, they then became involved with the board of the AANS. The idea was to create this committee of the AANS in order to get younger neurosurgeons involved in the various working committees of the AANS. The goal was to allow these younger neurosurgeons to be involved in the work of the AANS and also to provide representation of young neurosurgeons to the board of the AANS. From the very start and to this day, the chair of the YNC sits on the AANS board of directors, and in this way, it becomes a voice for young neurosurgeons to the leadership of the AANS.

What were the initial functions of the YNC?

One of the initial basic functions of the committee was to recruit younger neurosurgeons to serve in other committees. Soon, the committee branched out to work on initiatives, such as a raffle to raise money for the Neurosurgery Research and Education Foundation (NREF). From the very beginning, there was also a lunch during the AANS Annual Scientific Meeting with a speaker who spoke of subjects of interest to younger neurosurgeons. The committee members have always focused on issues that would be pertinent to young neurosurgeons in training or just starting practice, such as socioeconomic/issues related to location, certification, going into practice and how to set up a practice. They also had input into the scientific program, ensuring that there was content relevant to younger neurosurgeons.

How were the initial members selected?

The first set of members were appointed, and then subsequently, the members were elected as they are now.

Was there any opposition to the idea of the YNC?

The idea was received very enthusiastically by the AANS members, as they all saw a need to inject youth into the leadership of the AANS.

What are the most important issues facing young neurosurgeons today?

I believe that there are many issues left facing neurosurgery. I think that one of the things that is so important for young neurosurgeons is to start their career with a very clear view of ethics. By that, I mean that there are issues that are very different from when I started with neurosurgery, issues related to industry, and relationships with industry, when those relationships are kosher and when they're not, and this is something that you should start discussing early on.

Another issue on ethics, early on in your career, is the issue of informed consent; what does that really mean? How does one talk to a patient and influence choices? When is it appropriate to offer alternatives to the patient as if they are equal alternatives even though they're really not — for example, a patient has a Grade 1 arteriovenous malformation at the tip of the frontal lobe, but should one tell them we could treat them with surgery or embolization or radiosurgery as if they're equal, or should we tell them what the most effective treatment is? Should it even be an option to treat them with radiosurgery? In my opinion, the only choices that you offer the patient should be the best for the patient and not the others, and this is something that is still controversial between faculty.

For example, I once asked a colleague, "Why did you operate on that intracranial acoustic neuroma when the radiosurgery data is so strong?" And he said, "Well, I offered the patient alternatives, and the patient chose surgery." And then friendly arguments started. In my view, maybe you shouldn't tell the patient that surgery is one of the alternatives, as they aren't equal alternatives. We have two smart people, very ethical, but we still have wildly different viewpoints. This is definitely something that is well-worth being discussed by the committee.

What advice do you have for young neurosurgeons interested in organized neurosurgery?

I think it's been a great trip for me, it's been fun, and some of the best friends I've made in neurosurgery have been met through organized neurosurgery, both in the Congress of Neurological Surgeons and AANS. It is a great thing to be involved in.

Medical Student Chapter Highlight: Rutgers New Jersey Medical School

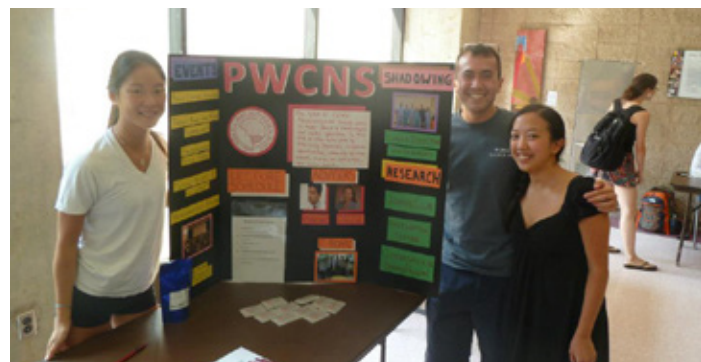
The students of the Rutgers New Jersey Medical School (NJMS) American Association of Neurological Surgeons (AANS) Medical Student Chapter have been busy at work. Since its initial founding, the chapter has hosted a variety of activities, including community bike helmet drives, hosting booths at student activity fairs, and weekly meetings that include everything from journal clubs and case-based conferences to neuroanatomy reviews for the first year neuroscience course. The chapter's lecture series includes regular lectures from all of the neurosurgery faculty. Topics range from neurosurgical topics, such as neurotrauma, to practical lectures on writing scientific papers. The students present their own lecture series for journal clubs, presentations to highlight research they are working on, and historical presentations that have a neuroscience twist. Through interest-group participation, medical students are paired with residents and faculty mentors who help get them involved with research and shadowing, as well as help to navigate them through the residency application process. The Young Neurosurgeons Committee would like to congratulate the Rutgers NJMS chapter for its hard work and dedication and welcome it as an official AANS Medical Student Chapter.

The Young Neurosurgeons Committee would also like to extend a warm welcome to its 16 new Medical Student Chapters:

- Georgetown University
- Johns Hopkins University
- Keck School of Medicine at University of Southern California
- Medical University of South Carolina
- Pennsylvania State University
- Rutgers New Jersey Medical School
- Tufts University School of Medicine
- Uniformed Services University of the Health Sciences
- University of Florida
- University of Miami Miller School of Medicine
- University of Pittsburgh
- University of Tennessee
- University of Toronto
- University of Virginia
- UT Southwestern – Dallas
- Wake Forest University



Several student members of the Rutgers New Jersey Medical School Medical Student Chapter.



Students represent the chapter at the NJMS activity fair.



The students from the Rutgers New Jersey Medical School neurosurgery interest group reached out to a local elementary school to make sure kids were properly fitted for bike helmets as part of the Helmets on Heads campaign for the ThinkFirst Foundation.



Charles Prestigiaco, MD, FAANS, gives a lecture on nuances of writing a scientific paper.



Medical students present their research on historical aspects of neuroscience.



Chirag Gandhi, MD, FAANS, lectures on neurotrauma.

Book Reviews

“AOSpine Masters Series: Volume 1, Metastatic Spinal Tumors”

Luiz Roberto Vialle, MD, PhD

This concise reference to metastatic spinal tumor treatment brings together experts in the field of spinal tumor surgery. It covers treatment of metastatic spinal tumors from initial workup to surgical resection and instrumentation. Beginning with considerations in treatment, an easy flow chart helps with preoperative decision-making. The authors then discuss relevant topics, such as resulting instability and adjuvant radiotherapy. Surgical treatment considering goals for resection, regional spine considerations and instrumentation are then discussed in separate chapters. Though the book includes pictures and a thoughtful description of the surgery, for the visual learner, this is far from an operative atlas, and descriptive images of surgical technique are generally lacking. Chapters are short and provide a good, quick reference. This book would be a useful tool for spine or tumor surgeons who want a quick resource on metastatic spinal tumors.

“AOSpine Masters Series Volume 2: Primary Spinal Tumors”

Luiz Roberto Vialle, MD, PhD; Ziya Gokaslan, MD; Stefano Boriani, MD; and Charles G. Fisher, MD

A continuation of the AOSpine Masters Series books, this volume focuses on the diagnosis and treatment of primary spinal tumors. While these tumors are rare in general practice, knowing certain critical factors about their appropriate diagnosis and treatment are invaluable to the practicing neurosurgeon in order to avoid critical pitfalls. This book gives an excellent overview of the various tumors, such as chordomas and giant cell tumors, which fall in this category. It walks you through every step from key imaging findings, how to approach biopsies, to surgical treatment and adjuvant therapies. Many chapters also feature cases to show how to integrate this knowledge into the practice of caring for these patients. A very approachable reference that covers the topic well, this book will be useful for any neurosurgeon looking to have a confident grasp on the salient issues in this field.

“Spinal Deformities: The Essentials”

Robert F Heary, MD, FAANS; and Todd J Albert, MD

Any neurosurgeon with an interest in adult or pediatric spinal deformity should add “Spinal Deformities: The Essentials” to their collection. This thorough resource covers all of the critical topics in spinal deformity surgery from measurements and evaluation, monitoring during surgery, disease-based concepts, and surgical approaches. Each chapter is easy to read, comprehensive and concise. Novice spine surgeons may find the material dense; for them, a more introductory resource would be beneficial. Intraoperative photos are included, but not in a step-by-step manner if the reader is looking for an operative atlas. For the spine surgeon interested in advanced techniques and considerations in deformity correction, this is a must-have.

“Principles and Practice of Pediatric Neurosurgery”

A Leland Albright, MD, FAANS; Ian F Pollack, MD, FAANS; and P. David Adelson, MD, FAANS

The third edition to the most comprehensive pediatric neurosurgery textbook currently available, this volume covers every facet of pediatric neurosurgery, from development and examination to all the various pathologies: developmental and congenital, functional, tumors, spinal disorders, injuries and much more. Each chapter is focused on an individual diagnosis, and covers workup, epidemiology, surgical considerations, outcomes and complications. Chapters contain illustration, radiographic imaging, intraoperative photos and figures to supplement the text. The surgical technique sections are well-written, but it is not an operative atlas with step-by-step photos; those readers looking for an atlas should seek a separate resource. Overall, “Principles and Practice of Pediatric Neurosurgery” is a reference that any budding or practicing pediatric neurosurgeon should not be without.

“Neuro-Oncology: The Essentials”

Mark Bernstein, MD, FAANS; and Mitchel S Berger, MD, FAANS

Neuro-oncology is an ever-changing field, inundated with new research, treatment options and technology. This book covers all of the basics: biology, evaluation, surgery and adjuvant therapy. The second half of the book covers individual tumor types and other topics in neuro-oncology, such as end-of-life issues and global neurosurgery. Each chapter has radiographic images, intraoperative photos and plenty of visual references. In addition, highlighted high-yield points are included throughout the chapters to cover the important pearls, pitfalls, controversies and special considerations. Chapters are concise and quite specific to the topic, so they make for an easy read for the focused reader. “Neuro-Oncology: The Essentials” certainly would be beneficial to neurosurgeons who want a quick and thorough reference for neuro-oncology.

“Neuroradiology”

Val M. Runge, MD; Wendy R.K. Smoker, MD; and Anton Valavanis, MD

Neuroradiology is an essential component of any neurosurgical training. The neurosurgery resident looking for a quick reference to neuroradiological findings of various disease states may be interested in this reference. The book is divided into three main chapters: brain; head and neck; and spine, and each of those chapters covers several sub-topics, ranging from congenital disorders to inflammatory disorders, tumors, degenerative and more. The details included for each individual diagnosis are brief, with some illustrative photographs. By no means should this book be considered a comprehensive neuroradiology reference, but for the resident seeking a quick reference on radiographic findings of disease, it will surely suffice.

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Book Reviews (continued)

“Color Atlas of Neurology”

Reinhard Rohkamm, MD

If you are looking for a neurology pocket reference, look no further. This reference starts with basic fundamentals including anatomy and pathways, combining charts, illustrations and quick-reference text for a quick read on almost any topic. Functional systems, including the basal ganglia, various cranial nerves, language, autonomic nervous system components and many others, are then addressed. Each topic is only a few paragraphs at most and covers key points. The latter chapters address presenting complaints and syndromes, as well as individual pathologic diagnoses with nuances of neurological examination for each. Finally, a comprehensive

chart-based appendix provides a quick reference to classifications and presentations. For example, a chart delineating multiple pupillary abnormalities discusses symptoms against causes; or a chart on lateral medullary lesions delineates the structures affected and subsequent symptoms. These also include chart references for metabolic disorders, tumor grading, tremor classification and a myriad of other neurological symptoms and syndromes. Certainly for the neurosurgery resident studying for boards, or any neurosurgeon who seeks a quick reference to neuroanatomy or neurology, “Color Atlas of Neurology” is a small, easy-to-carry reference fit for any bag or white coat pocket.

Washington Committee Update

Gabriel Zada, MD

The AANS/Congress of Neurological Surgeons (CNS) Washington Committee held its annual meeting on Feb. 20, 2015. Representatives from the AANS, CNS, Council of State Neurosurgical Societies (CSNS) and multiple other organizations were present. YNC members attending the meeting included Maya Babu, MD, MBA; Kimon Bekelis, MD; and Gabriel Zada, MD (YNC liaison to Washington Committee). A variety of topics pertaining to neurosurgeons’ unified legislative agenda were reviewed by John Wilson, MD, FAANS, the committee chair; and Katie Orrico, JD, Washington Committee director. These updates included developments related to Centers for Medicare and Medicaid Services, expanding support for quality resident training and education, alleviating the medical liability crisis, and

restructuring/streamlining quality improvement programs. The guest speaker was Stephen Ondra, MD, FAANS, chief medical officer of Health Care Service Corporation (HCSC), who provided tremendous insight pertaining to evolving risk-sharing strategies in health care between providers/hospitals and payers, which he viewed as a legitimate strategy for moving our health-care system forward. From the YNC standpoint, we provided updates pertaining to new AANS medical school chapters (of which there are 16 since the inception of this idea in August 2014). In addition, the AANS now has more than 650 medical student members, up from 183 over that same time frame, and who now make up seven percent of the overall AANS membership.