

OTOSCOPE Quarterly

A publication for friends and colleagues of Jefferson's Department of Otolaryngology– Head & Neck Surgery

Otolaryngology Faculty



Top Row, L to R: Dennis Fitzgerald, MD, Paul Johnson, MD, Edmund Pribitkin, MD, MBA, Richard Goldman, MD, Ryan Heffelfinger, MD, David Rosen, MD, Thomas Willcox, MD, Gurston Nyquist, MD
Middle Row, L to R: Kyle Fisher, MD, Gregory Epps, MD, Elizabeth Cottrill, MD, Christopher Fundakowski, MD, Joseph Curry, MD (Vice Chair for Research), Rebecca Chiffer, MD, Colin Huntley, MD, Mindy Rabinowitz, MD
Bottom Row, L to R: Danielle Demaio-DeAngelis, MHA (Administrator), Brian McGettigan, MD, Aykut Unsal, DO, Howard Krein, MD, PhD, Adam Luginbuhl, MD, David Cognetti, MD (Chair), Maurits Boon, MD (Vice Chair for Education), Joseph Spiegel, MD, Marc Rosen, MD, Elina Toskala, MD, PhD, MBA

Women in Otolaryngology



Back Row L to R: Jena Patel, MD, Jenny Ma, MD, Uche Nwagu, MD, Jules Rodin, MD, Meghan Crippen, MD, Michelle Hwang, MD, Vanessa Christopher, MD
Front Row L to R: Rebecca Chiffer, MD, Elizabeth Cottrill, MD, Elina Toskala, MD, PhD, MBA, Kathryn Landers, MD, Aarti Agarwal, MD, Sana Siddiqui, MD, and Annie Morocco, MD

Today we have four female faculty members in the department and fifty percent of our residents are women—an all-time high for Jefferson Otolaryngology. Mindy Rabinowitz, MD, Associate Professor and Chair of the Department's Diversity & Inclusion Committee joined the faculty in 2016 after having completed her residency training and a rhinology and skull base surgery fellowship within the Department. Elizabeth Cottrill, MD, Associate Professor, joined the faculty in 2017, serves as Associate Program Director of the Residency program and Co-Director of the Jefferson Thyroid and Parathyroid Center. Rebecca Chiffer, MD, Assistant Professor and Associate Director of Medical Student Education in the department, joined the faculty in 2019. Elina Toskala, MD, PhD, MBA, Professor and Chair of the Department's

Faculty Affairs and Promotions Committee, joined the department's faculty in 2019.

Seeing the benefit of diversified female mentors for residents, fellows and new attendings, our faculty organized the first Philadelphia-wide Women in Otolaryngology meeting in 2018. The event was hosted at Jefferson with keynote speaker (and Jefferson alumna) Karen Rizzo, MD and was well-attended, bringing together close to 30 female otolaryngologists from across the city. The event was such a success that the faculty have organized it again each year, despite the 2020 event being a virtual one. If you are interested in supporting or getting involved in Jefferson's WIO, please email Beth Cottrill, MD at elizabeth.cottrill@jefferson.edu.

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Women in Rhinology Section of the American Rhinology Society

Mindy Rabinowitz, MD and **Elina Toskala, PhD, MBA** participated in the Women in Rhinology section of the American Rhinology Society in Los Angeles in September. They gave a presentation on their study "Gender gap among rhinology and skull base surgeons," which was very well received. You can also see the members coming together for their annual section meeting. Congratulations to **Dr. Rabinowitz** for being elected as a member at large, starting her two-year Governing Council service. Congratulations to **Dr. Toskala** as well who was re-elected to Chair for an additional year!



Elina Toskala, PhD, MBA recently hosted the American Rhinologic Society's Women in Rhinology Social Event in Austin, Texas during the Summer Sinus Symposium. Dr. Toskala also moderated a session on the topic "What is "appropriate" medical therapy before surgery in 2021: Avoiding the "peer to peer."



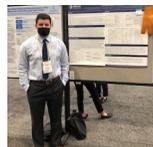
We would like to welcome **Marcia Brose, MD** to Jefferson! Dr. Brose is a medical oncologist who joins Jefferson from the University of Pennsylvania where she has collaborated with many in our department for years in the care of patients with advanced thyroid cancer. She is an international leader in clinical trials for advanced thyroid cancer and is joining the Sidney Kimmel Cancer Center to help advance our clinical trials program at Jefferson Northeast. We are excited to have Dr. Brose as a collaborator and we look forward to the research and clinical opportunities that will come with her being officially part of our team.

Jefferson Otolaryngology Well Represented at American Academy of Otolaryngology-Head & Neck Surgery Conference

Department members had a great time in Los Angeles in early October as we came together for the 2021 Annual Academy of Otolaryngology - Head and Neck Surgery Conference. Overall, we presented 10 panel discussions, 8 oral presentations and 14 posters at the meeting. Congratulations to Sidney Kimmel Medical College student, **Leonard Estephan**, for his poster presentation, "Assessing Gastroesophageal Reflux Disease Severity in Obstructive Sleep Apnea Patients Undergoing Upper Airway Stimulation," which received an Honorable Mention Award in Sleep Medicine!

We were also thankful for the opportunity to come together with our Jefferson Otolaryngology family dinner on Sunday and connect with our alumni.

We look forward to hosting the Annual AAO-HNS conference next year in Philadelphia from September 11 - 14, 2022! We hope to see you there!



Review Jefferson Otolaryngology's AAO-HNS 2021 presentations here. <http://www.jefferson.edu/content/dam/academic/skmc/departments/oto/documents/AAO-Jefferson-2021.pdf>

Jefferson Oto in the News



Lyme Disease and Tick Bites

Ryan Heffelfinger, MD and Stacy Baer, OTR/L were recently featured in a Jefferson Health Nexus article about prevention of Lyme Disease and some of

the side effects, including facial palsy. Many people take their vacations camping or hiking in the woods where tick bites are common. Be sure to check yourself and your equipment thoroughly to prevent Lyme Disease. Visit <https://thehealthnexus.org/how-to-prevent-lyme-disease-and-protect-yourself-from-tick-bites/> to read the full article.



Let's Talk Tuesday

Congratulations to Gurston Nyquist, MD for his World Sinus Day "Let's Talk Tuesday" story which was featured on the Jefferson Health Instagram account and was the most popular Instagram story for that week!



Spotlight on Research: Hope for Anosmia Patients

Over 25% of Americans above the age of 50 suffer from olfactory disturbances and the COVID pandemic has been adding to this number. Over the years, various therapies have been attempted for the treatment of anosmia with inconsistent results. Platelet-rich plasma (PrP), owing to the presence of multiple concentrated growth factors, is reported to improve tissue healing and regeneration in the musculoskeletal and peripheral nervous systems. David Rosen, MD, who has been at the forefront of olfactory research, designed a clinical trial to elucidate if PrP can help improve olfactory outcomes in patients with anosmia

and olfactory disturbance. The trial, which has been active for just over one year has already completed enrollment of 30 patients. Each patient can receive up to 10 treatments in 4-week intervals, in an office visit that lasts approximately one hour. PrP is extracted at every visit and endoscopically placed close to the olfactory mucosa. Scratch-and-sniff smell tests are used to gauge response to treatment at each visit. Most patients reported a subjective improvement in their sense of smell over their treatment course with 44% of patients showing an objective improvement of more than three points on the brief smell identification test

after three visits. One of our patients who was anosmic for two years recently completed her visits and has made a remarkable recovery. Initially, only being able to identify 3 out of the 12 odorants in her smell test, she is currently able to identify 11 out of 12 odorants and is grateful that she can smell her food again! Visit <https://www.podbean.com/ew/pb-ba37f-103bdc9> to hear her testimony.

PrP is turning out to be a ray of hope for patients who have tried almost everything to get their sense of smell back. We are thankful to our department and donors for making this study available to them.

Jefferson Otolaryngology Alumni News



Anne Kane, MD (HNF '20) was recently awarded the **Triological Society Career Development Award** to be funded in the amount of \$40,000 over years. Dr. Kane's proposal is entitled "Education of Primary Care Providers in order to Improve Rates of Early Presentation and Organ Preservation in Laryngeal Cancer Patients in Mississippi." Mississippi has the 4th highest incidence of laryngeal cancer in

the US, with a large proportion being advanced stage at presentation. Dr. Kane hopes to increase early patient presentation through education of referring providers.

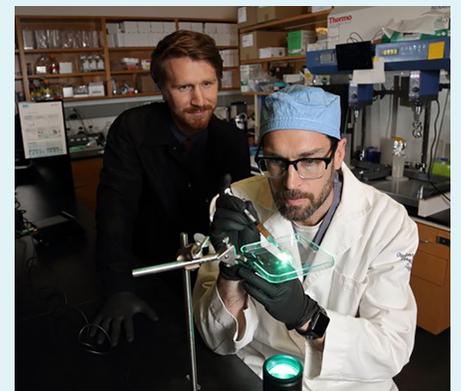


Karen Rizzo, MD (R '92) has been announced as incoming Chair-Elect of the American Academy of Otolaryngology – Head and Neck Surgery Board of Governors.



Jefferson Oto Alumni, we want to hear from you!
Click to Submit

Earlier this year, James Daniero, MD (R '92) and his colleague at the University of Virginia, Donald Griffin, MD (Biomedical Engineering) were awarded an NIH R-21 (Exploratory/Developmental Research Grant) from the **National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)** to develop a microporous hydrogel that adheres to areas of mucosal injury, accelerates wound healing, and reduces scar formation. Although this biomucosal sealant is broadly applicable to all forms of natural orifice transluminal endoscopic surgery (NOTES), the specific application of this technology is designed to treat acute laryngeal injury and prevent the development of posterior glottic stenosis. Given the surge of intubation-associated laryngeal injuries resulting from the SARS-CoV2 pandemic, the impact of this research has risen significantly. During the first year of this 2-year project, a rabbit model of laryngeal injury was developed, and in vitro optimization of mucosal adhesive properties is ongoing. In 2022 a randomized animal model trial of (1) base hydrogel, (2) mucosal adherent hydrogel, and (3) saline will be conducted to demonstrate wound retention and anti-fibrotic properties. Following completion of the proof-of-concept study, the final version of the biomucosal sealant will be commercialized for endoscopic wound healing across many applications, including laryngeal from COVID-19.



Achievements and Congratulations

Faculty Promotions



Maurits Boon, MD
Professor with secondary in Psychiatry



Elizabeth Cottrill, MD
Associate Professor



Colin Huntley, MD
Associate Professor with secondary in Psychiatry



Gurston Nyquist, MD
Professor with secondary in Neurosurgery



Dylan Bertoni, MD

Congratulations to **Dylan Bertoni, MD** (PGY2) for being recognized on the Dean's Academic Honor Roll for the 2020-2021 academic year! He was chosen by Sidney Kimmel Medical College students for his exceptional teaching.



Joseph Curry, MD

Congratulations to **Joseph Curry, MD** for being named Vice Chair of the Population Health and Clinical Service of the Research Division of the American Head & Neck Society!



Elizabeth Cottrill, MD



Richard Goldman, MD

Congratulations to **Elizabeth Cottrill, MD** and **Richard Goldman, MD** on their induction as Fellows of the American College of Surgeons (FACS)! The ceremony was held virtually on October 24th during the clinical congress. They were joined alongside over 2,300 other fellow inductees for the momentous occasion.



My Mahoney, PhD

Double congratulations to **My Mahoney, PhD**, Professor in the Department of Dermatology & Cutaneous Biology and Otolaryngology - Head and Neck Surgery, for being named Deputy Editor for the Journal of Extracellular Biology, the new sister journal of the Journal of Extracellular Vesicles. **Dr. Mahoney** has also been named Vice President Elect of the Board of Directors for the Society for Investigative Dermatology (SID). She will serve as Vice President Elect from 2022-2023 and then transition to Vice President from 2023-2024.



Christopher Fundakowski, MD

Congratulations to **Christopher Fundakowski, MD** who is the recipient of the Clinical Teacher of the Year for 2020-21 from the Philadelphia College of Osteopathic Medicine.



Troy DeRose, CRNP

Congratulations to **Troy DeRose, CRNP** who received a Thomas Jefferson University Hospital 2021 APP Advocacy Award! This award recognizes advanced practice providers who go above and beyond for the advancement of other APPs at Jefferson. Troy was joined by his colleagues at the virtual award ceremony on October 20, 2021, in recognition of his accomplishment.

Otolaryngology Events

COMING UP NEXT...

DECEMBER 8, 2021

OTOLARYNGOLOGY SPECIALTY WEBINAR SERIES

*Cutting Edge Clinical Trials in the
Treatment of Head and Neck Cancer*

Featured Speakers

David Coggnetti, MD	Christopher Fundakowski, MD
Elizabeth Cottrill, MD	Richard Goldman, MD
Joseph Curry, MD	Adam Luginbuhl, MD

DECEMBER 10, 2021

Thyroid Cancer and Parathyroid Disease Update 2021

Sidney Kimmel Cancer Center

**Thyroid Cancer and Parathyroid
Disease Update 2021**
Updates in Diagnosis and Treatment

FEATURED GUEST SPEAKERS

Marcia Brose, MD, PhD Thomas Jefferson University Philadelphia, PA	R. Michael Tuttle, MD Memorial Sloan Kettering Cancer Center New York, NY
Gregory W. Randolph, MD, FACS, FACE, FEBS Harvard Medical School Boston, MA	

JEFFERSON COURSE DIRECTORS

Elizabeth E. Cottrill, MD	Jeffrey L. Miller, MD, FACP, FACE
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**REGISTRATION
NOW OPEN!**

Jefferson
Thomas Jefferson University

Friday, December 10, 2021
Virtual Meeting

LOOKING BACK

JULY 22, 2021

Jefferson Otolaryngology Night at the Phillies

Jefferson Otolaryngology staff and friends took a break from working hard to enjoy an evening at the Phillies game on July 22, 2021. Even though the Phillies didn't win the game, a great time was had by all!



SEPTEMBER 8, 2021

ENT Emergencies/Airway Boot Camp



Thank you to **Richard Goldman, MD** and our chief residents for setting up the Emergency and Airway Boot Camp on September 8, 2021. The residents participated in various simulations and teaching moments and the feedback was overwhelmingly positive. It was a great educational opportunity for our residents and rotating students who were in attendance.

SEPTEMBER 22, 2021

Annual Clerf Lecture

The annual Clerf Lecture was held on September 22, 2021. The presenter was **Albert L. Merati, MD**, Professor and Chief of Laryngology, Head and Neck Surgery Center, University of Washington. Dr. Merati spoke on the topic "Aiming True: Perspective on Careers Wellness and the Future of Otolaryngology."

Albert Merati, MD



Professor and Chief of Laryngology at University of Washington Medicine's Head and Neck Surgery Center

Medical Director/Service Chief at UWMC Otolaryngology Head and Neck Surgery

Adjunct Professor of Speech and Hearing Sciences and School of Music at the University of Washington



Louis H. Clerf, MD, LL.D., Sc.D., LHD

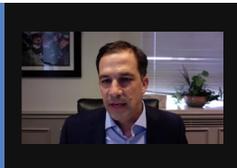


Graduated from Jefferson Medical College in 1912

Second Chair of Bronchoesophagology, 1930-1954

Fourth Chair of Laryngology, 1936-1954

Served in the Navy Medical Department in WWI



SEPTEMBER 29, 2021

Laryngeal Injection Lab

On September 29, 2021, our residents had the opportunity to partake in a laryngeal injection anatomy lab taught by **Drs. Maurits Boon and Joseph Spiegel**. It was an incredible learning opportunity for our residents which will be valuable in their future careers.



OCTOBER 13, 2021

Cutting Edge Therapies in Rhinology

The **Otolaryngology Specialty Webinar Series** continued with the Rhinology and Skull Base team presenting "Cutting Edge Therapies in Rhinology" Webinar on October 13, 2021. It was great to have many of our faculty as well as alumni residents and fellows in attendance for the virtual event.



OCTOBER 15, 2021

Facial Reanimation: Multidisciplinary Management of Facial Paralysis

Ryan Heffelfinger, MD and **Stacey Baer, OTR/L** presented "Facial Reanimation: Multidisciplinary Management of Facial Paralysis," at Jefferson's Department of Neurology Grand Rounds on Friday, October 15, 2021. They discussed the various modalities of treating facial nerve paralysis and surgical and non-surgical approaches.



Dynamic Reanimation

- Considerations in the reanimation ladder:
 - Does the patient need nerve continuity restored?
 - Primary, tension free re-anastomosis (when possible)
 - Cable grafting (great for facial nerve and nerves)
 - Does the patient need improvement in resting tone?
 - Nerve transfer (S-2)
 - Does the patient need improvement in muscle power?
 - Motor nerve to the masseter transfer (S-7)
 - Myoblast transfer (M)
 - Does the patient need replacement of functioning muscle due to chronic, motor end-plate fibrosis?
 - Gracilis free flap



Giving Back

Jetty Coquina Jam

Jefferson Otolaryngology – Head & Neck Surgery, along with **SKCC** and **Jefferson Health** were presenting sponsors for the Jetty Coquina Jam in Long Beach Island, NJ on July 25, 2021. This fantastic event featured an all-female surf competition and showcased women led local businesses. All raised money benefited **David's Dream and Believe Cancer Foundation**, which is run by our patient and friend David Caldarella, and the **Jetty Rock Foundation**. Great event, great day, and great cause!



2021 PA Walk4Hearing

Jefferson Otolaryngology staff members had a great time participating in the **2021 PA Walk4Hearing** event on October 17, 2021, at the Navy Yard. Thank you to all who donated to Team JeffEARson, as we raised over **\$2,200** for hearing loss - the most we have raised for this cause to date! The weather was perfect for the walk, and it was great to see all the participation. A special shout out to **Alexandra Costlow, AuD** and the Audiology team to make it possible for us to come together for the walk. We are already excited for next year!



David's Dream and Believe Cancer Foundation



Drs. David and Melissa Cognetti attended the annual Summer Soiree of the **David's Dream and Believe Cancer Foundation (DDBCF)** in Long Beach Island on August 13, 2021. DDBCF was founded by a patient and friend of our department, **David Caldarella**, who is also featured in the picture to the left. Also in attendance was **Aimee Peirce**, our OR Specialty Team Supervisor, who volunteers as a patient advocate for DDBCF. DDBCF has donated over 2 million dollars of financial aid to patients with cancer and has generously started a fund in our department to support our patients with head and neck cancer.

American Cancer Society Bike-a-thon

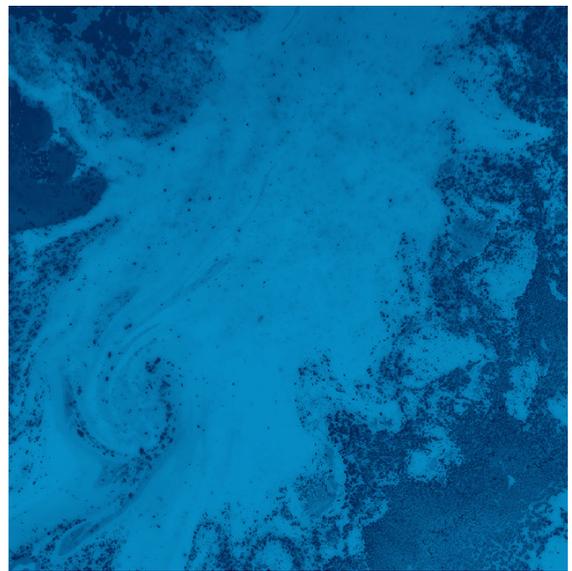


Drs. David Cognetti and **Thomas Willcox** joined other members of the Jefferson cycling team to complete the **American Cancer Society Bike-a-thon Bridge to Beach** event on September 19. The cyclists started at the Ben Franklin Bridge and rode to Atlantic City with an added loop to complete 100 miles! The ACS raised over \$1,000,000 and Jefferson was one of the top 10 fundraising teams.



INTRODUCING

Jefferson's Specialty Care Pavilion



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Built to *Innovate*
Built to *Comfort*
Built to *Simplify*
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Built by *You*



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It's care with caring.**

To learn more, please visit:
specialtycare.jeffersonhealth.org

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Department of Otolaryngology – Head & Neck Surgery
925 Chestnut Street, 6th Floor
Philadelphia, PA 19107