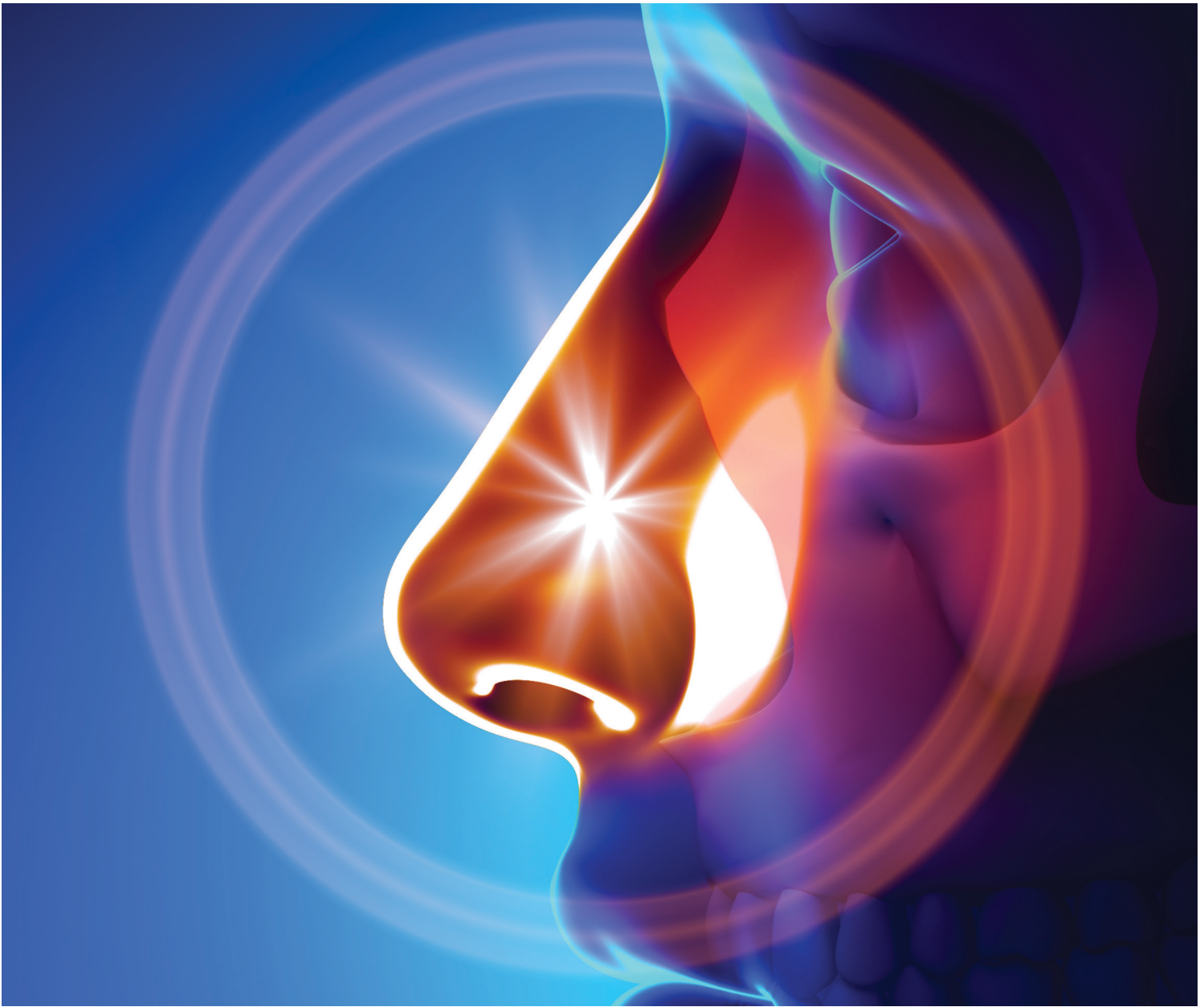




A Biannual Publication of the Medical College of Georgia Department of Otolaryngology
and the Augusta University Division of Communications and Marketing

The OTO OBSERVER

The Newsletter of the Department of Otolaryngology



AUGUSTA UNIVERSITY
**MEDICAL COLLEGE
OF GEORGIA**

Department of Otolaryngology

Summer 2017

CHAIRMAN'S NOTE

DEAR READERS,



Summer is in full swing, which means the beginning of a new academic year. We ended the year with a wonderful Porubsky Symposium and Alumni Event showcased by the amazing teaching abilities and mesmerizing personality of our guest of honor, Dr. Rick Pillsbury, and some relaxing time on the golf course. We had time to reflect on a very successful and productive year that just ended, which included spending time with an amazing group of fellows and residents who just completed their training with us. Their future is bright and we expect the best of them in their academic and private practice careers. We have been fortunate over the years being associated with such bright and caring individuals and we feel always connected to them, as they took a little bit of us (maybe a large bit of us...) when they left. We follow their careers with interest and we encourage them to reconnect with their training grounds. We invite you to join us for the next Porubsky Symposium and Alumni Event, which is registration-free and includes spending time with not only our world renowned guests of honor, but with old acquaintances and possibly new friends. Our next event will take place June 8-9, 2018 and we will wait for you with open arms!

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Stil Kountakis, MD, PhD
*Professor and Chairman, Department of
 Otolaryngology-Head and Neck Surgery*
**Edward S. Porubsky, MD Distinguished
 Chair in Otolaryngology**
skountakis@augusta.edu

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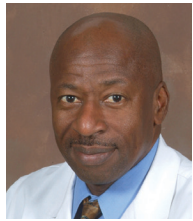
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FACULTY HIGHLIGHTS

FACULTY HONORS



Dr. Jimmy Brown received the exemplary Teaching Award for 2016 from MCG-AU. He was a Senior Board Examiner for the American Board of Otolaryngology, on the Planning Committee for COSM 2016, invited faculty for the St. Louis University Advanced Surgical Techniques for OSA, and the keynote speaker for the Palmetto Medical/Dental Pharmaceutical Society and the University of Arkansas Sleep Surgery Symposium.



Dr. Gregory Postma was named as one of Americas Top Doctors and was an invited speaker to Mother Teresa Medical Center in Skopje, Macedonia.



Dr. Stil Kountakis received a Vice Presidential Citation from the Triological Society Southern Section. He was an invited speaker for the UC Irvine Otolaryngology update in Palm Desert, CA, the Surgical Endoscopic Skull Base Course in Santiago, Chile and the IFOS World Congress in Paris, France.



Dr. David Terris was invited faculty for the AHNS 9th International Conference on Head and Neck Cancer, the keynote speaker for the 25th Annual Meeting of the Caribbean Association of Otolaryngology in Dominica, and was visiting professor at Rabin Medical Center in Israel.

SELECTED PUBLICATIONS

Hughes CA, **Brown JJ**. Pediatric Trans-oral submandibular gland excision: A safe and effective technique. *Intl J Peds Otolaryngol* 93:13-16, 2016.

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Lin HS, **Terris DJ**. An update on the status of nerve monitoring for thyroid/parathyroid surgery. *Curr Opin Oncol* 29(1):14-19, 2017.

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CLINICAL HIGHLIGHTS

WORLD VOICE DAY 2017

Since its inception in 2002 in Brazil to call attention to hoarseness as a presenting symptom of laryngeal cancer, World Voice Day has grown dramatically. World Voice Day is now celebrated in countries on every continent and has drawn great attention to the voice and its importance to our quality of life and as a measure of overall wellness. World Voice Day this year was called "Share Your Voice" and activities were held at Augusta University on April 14, 2017.

Tonya Currier, the Director of Augusta University's Opera Program, organized this year's activities. These included several performances from *The Marriage of Figaro* as well as *Man of La Mancha*, and *Les Miserable* by various students at Augusta University. Lauren Enloe, MS, CCC-SLP, the lead voice Speech-Language Pathologist at the Medical College of Georgia at AU, gave an inspiring talk on the need for speech therapy in singers (figure 1).

It would be difficult to pick the best singing performance, but the duet from Mozart's *The Magic Flute* by Daon Drisdom and Raji Venkat was simply outstanding (figure 2). The keynote speaker was Dr. Gregory Postma, Director of

the Voice, Airway, and Swallowing Center at MCG. Dr. Postma spoke on the anatomy of the voice as well as professional voice. The talks were filled with many videos demonstrating various singers as well as different types of vocal pathology. The highlight of these talks was a live laryngeal examination of Mr. Drisdom while he was speaking and singing. This year's World Voice Day once again called attention to the importance of voice and voice care and the pleasure it can give performers and listeners when the human voice is used in singing performances. We hope you will join us next year as we celebrate World Voice Day.



HEAD AND NECK CANCER SCREENING 2017

April is Oral, Head and Neck Cancer Awareness Month, which the Otolaryngology Department marked by holding a free public head and neck cancer screening on Friday, April 21. Participants received a thorough exam and education on the symptoms of head and neck cancers. Our head and neck faculty along with residents and fellows participated in the screening process and examined a total of 94 individuals. Six were referred for further evaluation, making this event our most productive screening event ever. During the screening Dr. Ken Byrd was interviewed by local WRDW channel 12. Many thanks to everyone who participated in the screening, ensuring the success of this worthy event.



Dr. Ken Byrd answers questions regarding oral, head and neck cancer.

WHY AND WHEN TO TARGET EOSINOPHILS IN THE POST-OPERATIVE MANAGEMENT OF PATIENTS WITH CHRONIC RHINOSINUSITIS AND OUTCOMES

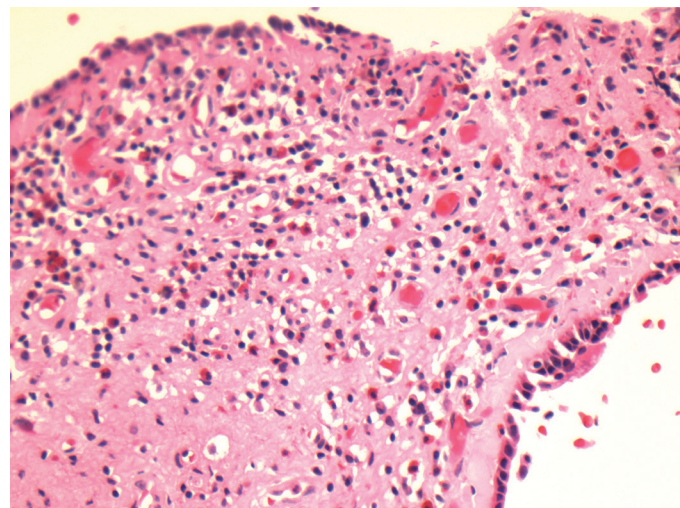
- STIL KOUNTAKIS, MD, PHD

Eosinophils are known to be present in chronic rhinosinusitis (CRS) and asthma and mediate mucosal inflammation by the secretion of cysteinyl leukotrienes (CysLT) and other inflammatory mediators and molecules. CysLTs cause vasodilation and increased vascular permeability, gland hypersecretion and mucous production, and contribute to mucosal edema. In the lower airways they cause smooth muscle contraction and wheezing. Eosinophils also secrete chemotactic factors to attract more inflammatory cells, including more eosinophils that propagate respiratory inflammation. Via secretion of IL-3, IL-5, GM-CSF and other mediators, eosinophils upregulate mRNA for GM-CSF and G-CSF and thus attract more inflammatory cells and propagate the inflammatory reaction that can eventually lead to formation of polyps. We found that higher eosinophil numbers in sinus tissue are associated with worse sinus disease and we published a disease severity classification system based on whether the patient has polyps and on the presence or absence of eosinophilia (Table 1).¹

Table 1: CRS Severity Classification System¹

1. Eosinophilic chronic rhinosinusitis with polyps (**eCRSwP**)
2. Non-eosinophilic chronic rhinosinusitis with polyps (**neCRSwP**)
3. Eosinophilic chronic rhinosinusitis without polyps (**eCRSw/oP**)
4. Non-eosinophilic chronic rhinosinusitis without polyps (**neCRSw/oP**)

During surgery, we collect sinus and polyp tissue and work with our pathologists to determine the number of eosinophils (EOS) per high powered field (HPF). Nasal endoscopy establishes the presence or absence of polyps. We use this information to guide post-operative therapy in our patients in order to achieve the best possible outcomes. Data from all treated patients is kept in a rhinologic database and can be analyzed for outcomes on demand based on an ongoing and annually reviewed and approved Augusta University IRB protocol. In addition to normal saline irrigations and intranasal steroid sprays, eosinophilic patients (Table 1) are treated long term with intranasal steroid irrigations and leukotriene receptor antagonists to counteract effects of sinus tissue eosinophilia. Intranasal steroids inhibit T-cell activation and cytokine production resulting in reduction of leukocyte influx, including eosinophils, in nasal mucosa and hasten eosinophil apoptosis. Leukotriene receptor antagonists inhibit cysteinyl leukotrienes that can cause increased vascular permeability, vasodilation, bronchoconstriction, and serve as chemotactic factors for recruitment of more eosinophils.



Sinus tissue with numerous eosinophils.

We have collected years of data on numerous patients and this data was analyzed to study the effectiveness of our postoperative medical therapy. The strength of a large prospectively collected data base is that inadvertently, enough patients will stop using only one medication while staying on the rest of the medical regiment and they can be studied at these different points to determine the effect of that single medication, using the patients themselves as controls. We found that patients with eCRS with and without polyps benefited by the use of intranasal budesonide nasal irrigations (BNI) with reduction of post-operative symptom and endoscopy scores compared to when they were not using budesonide (Table 2).²

Table 2. Post-operative outcomes in eosinophilic patients with and without budesonide nasal irrigations (BNI).²

eCRS	with BNI	without BNI	p value
SNOT_20	11.7 ± 11.6	15.3 ± 13.0	0.04
Endoscopy	4.4 ± 3.4	5.9 ± 3.0	0.02

Similarly, eCRSwNP and eCRSw/oNP patients benefited from the use of a leukotriene receptor antagonist (montelukast) with reduction of post-operative symptom and endoscopy scores compared to when they were not using montelukast (Table 3).³

Table 3. Post-operative outcomes in eosinophilic patients with and without montelukast.³

eCRS	with Montelukast	without Montelukast	change	p value (2tail)
SNOT-20	13.68 ± 12.2	25 ± 16.0	11.32 ± 13.09	<0.001
Endoscopy	4.39 ± 3.21	5.81 ± 4.26	1.42 ± 3.63	0.04

Conclusion

The presence of sinus tissue eosinophilia indicates more severe disease in patients with CRS and using budesonide nasal irrigations along with oral montelukast as a leukotriene receptor antagonist may help improve both subjective and objective post-surgical outcomes.

References

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ACADEMIC HIGHLIGHTS

2017 PORUBSKY SYMPOSIUM AND RESIDENT GRADUATION

Summer 2017
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Harold C. Pillsbury, III, MD, FACS

Our 2017 Porubsky Symposium and Alumni Event was a great success. Our guest of honor was Dr. Harold C. (Rick) Pillsbury, Thomas J. Dark Distinguished Professor and Chair, Department of Otolaryngology-Head and Neck Surgery at the University of North Carolina at Chapel Hill. Dr. Pillsbury is known worldwide for his contributions to the field of Neurotology and his lectures were interesting and thought-provoking. There were many great lectures and outstanding research presented at this year's symposium.

Our graduation dinner was once again held at the West Lake Country Club and even though it was a hot, humid evening, guests enjoyed participating in the lively outdoor activities of cornhole and a putting contest. It was a fun, relaxing evening spent with our graduating residents, Alex Caten and Mariah Pate, and their families. We wish Alex and Mariah much success in their future endeavors and invite them to return for next year's festivities.



Chief residents, Mariah Pate and Alex Caten

CONSULTANT OF THE YEAR



We are pleased to announce that Cargill Alleyne was the unanimous selection for the Department of Otolaryngology Consultant of the Year for 2017. Dr. Alleyne is the Marshall Allen Distinguished Chair and Professor in the Department of Neurosurgery. He is the Program Director for the Neurosurgery Residency Training Program, Director of the Neurosurgery Vascular Service and Director of the Neurosurgical Intensive Care unit. Dr. Alleyne received his medical

degree from Yale University, his residency training at Emory University and completed a cerebrovascular and skull base tumor surgery fellowship at the Barrow Neurological Institute, in Phoenix, Arizona. Dr. Alleyne is an integral member of the AU Georgia Skull Base Center and works closely with our skull base team to deliver outstanding care to patients with skull base tumors and diseases of the skull base region. Our center is the only one in Augusta and the first of its kind in Georgia to offer complete endoscopic endonasal skull base surgery, a technology that has revolutionized the management of many types of skull base tumors that were once thought to be inoperable. We are extremely grateful for the care that Dr. Alleyne provides our patients.

2017 Visiting Professor Series

September 5, 2017

Jack C. Yu, MD, DMD, MS Ed, FACS, FADI
Milford B. Hatcher Professor of Surgery
Department of Surgery, Division of Plastic Surgery, Medical College of Georgia @ Augusta University, Augusta, GA
"Cleft Care at Children's Hospital of Georgia"

October 3, 2017

Ramon Figueroa, MD, FACR
Professor of Neuroradiology, Department of Radiology, Medical College of Georgia @ Augusta University, Augusta, GA
To Be Announced

November 7, 2017

VyVy N. Young, MD
Assistant Professor, Department of Otolaryngology, University of Pittsburgh School of Medicine, Pittsburgh, PA
"A New Problem in Old People: The Skinny on Vocal Fold Atrophy"

December 5, 2017

James K. Fortson, MD, MPH, FACS
Private Practice - Midtown Sinus Clinic
Atlanta, GA
"Head and Neck Manifestations of Child Maltreatment"

HAIL



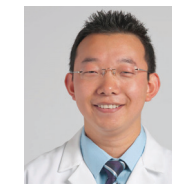
PGY-1 Resident
Jacqueline Booth
University of Virginia



PGY-1 Resident
Thomas Holmes
Medical College of Georgia at Augusta University



Laryngology Fellow
Malik Alsaied
University of Dammam, Saudi Arabia



Rhinology and Sinus/Skull Base Surgery Fellow
Mingsi Li
Cleveland Clinic



Endocrine Surgery Fellow
Nathaniel Walsh
Medical College of Georgia at Augusta University



Facial Plastic and Reconstructive Surgery Fellow
Camilo Reyes
Medical College of Georgia at Augusta University

FAREWELL



Chief Resident
Alex Caten
will join a private practice in Carson City, NV



Chief Resident
Mariah Pate
will join a private practice in St. Petersburg, FL



Head & Neck Surgery Fellow
Fared Alghamdi
will pursue additional training at the University of Miami



Rhinology and Sinus/Skull Base Surgery Fellow
Christopher Ito
will join the faculty at the University of Massachusetts



Laryngology Fellow
Mark Fritz
will join the faculty at the University of Kentucky



Endocrine Surgery Fellow
Seth Kay
will join a private practice in Winfield, IL



Head & Neck Surgery Fellow
Amani Obeid
will pursue additional training at the University of Tennessee



H&NS Fellow
Camilo Reyes
will pursue a FP and Reconstructive Surgery fellowship at MCG-AU

WHERE ARE THEY NOW?

- JUSTIN ANTISDEL



Justin L. Antisdel, MD, FACS joined the Medical College of Georgia at Augusta University in 2009 for his fellowship in Rhinology and Sinus/Skull Base Surgery. He received his medical degree and completed his residencies in general surgery and otolaryngology-head and neck surgery at Saint Louis University School of Medicine in St. Louis, MO.

Upon completing his fellowship in 2010, Justin returned to St. Louis University to join the faculty and quickly became an important member of the department. Justin excelled in his career and was named chair of the department in January 2017. He is currently one of the youngest chairmen in the country and serves as the Donald and Marlene Jerome Endowed Chair of Otolaryngology-Head and Neck Surgery, Associate Professor, Director of Rhinology & Sinus Surgery and Program Director of the Otolaryngology Residency Program. He has published many manuscripts and his research interests include quality of life in sinonasal disorders, novel technology in sinus surgery, and the pathophysiology of chronic sinusitis. In addition to his busy career, he has managed to be a loving husband and father of three.

We are proud to have had the opportunity to train Dr. Justin Antisdel and wish him continued success in his career!



Dr. Antisdel with his wife, Jamie, and their children, Adali, Ames and Emry.

Otolaryngology Program

SPECIALTIES INCLUDE:

- Head and neck cancer
- Thyroid and parathyroid surgery
- Facial plastic surgery
- Otology/Neurotology
- Rhinology (Nose and Sinuses)
- Laryngology (Voice, airway and swallowing disorders)
- Sleep apnea
- Pediatric otolaryngology (ENT)
- Skull base disorders

The Augusta University Otolaryngology-Head and Neck Surgery Department offers treatment of conditions affecting the ears, nose, throat, and head and neck including diagnostic procedures, minor surgical procedures, speech and language evaluation and treatment, and full audiology services including hearing aids and cochlear implants.

MEET THE TEAM



Stil Kountakis, MD, PhD, FACS
 Administrative Title: Edward S. Porubsky, MD
 Distinguished Professor and Chairman
 Specialty: Otolaryngology (Rhinology and Sinus Surgery)
 Medical School: University of Texas – Houston
 Residency: University of Texas – Houston
 Special Interests: Diseases of the nose and sinuses, acute and chronic sinusitis, rhinology, endoscopic sinus surgery, nasal polyps, nasal obstruction, deviated nasal septum, nasal allergies, and nasal and sinus tumors



Gregory N. Postma, MD
 Administrative Title: Professor and Vice Chairman,
 Director of the Augusta University Center for Voice,
 Airway, and Swallowing Disorders
 Specialty: Otolaryngology (Laryngology)
 Medical School: Hahnemann University
 Residency: Naval Hospital, Oakland, California; University
 of North Carolina, Chapel Hill
 Fellowship: Vanderbilt University (Laryngology/
 Professional Voice)
 Special Interests: Laryngology, voice and swallowing
 disorders, professional and singing voice care, dysphagia
 and associated swallowing disorders, airway surgery and
 reconstruction, spasmodic dysphonia, extraesophageal
 and gastroesophageal reflux, and chronic cough



Jack C. Borders Jr., MD
 Administrative Title: Associate Professor and Chief of
 Pediatric Otolaryngology
 Specialty: Otolaryngology (Pediatric Otolaryngology)
 Medical School: Medical College of Georgia
 Residency: Johns Hopkins University
 Fellowship: Sydney University, Australia (Pediatric Airway
 Management)
 Special Interests: Infant and childhood critical airway
 management



J. Kenneth Byrd, MD
 Administrative Title: Assistant Professor and Director of
 Research
 Specialty: Otolaryngology (Head and Neck and Skull Base
 Surgery)
 Medical School: Medical University of South Carolina
 Residency: Medical University of South Carolina
 Fellowship: University of Pittsburgh Medical Center
 (Advanced Head and Neck Oncologic Surgery; Skull Base
 Surgery)
 Special Interests: Transoral robotic and laser surgery,
 endoscopic surgery for skull base tumors and defects,
 conservation laryngeal cancer surgery



Jimmy J. Brown, MD, DDS, FACS
 Administrative Title: Professor and Chief of Head and Neck
 Surgery
 Specialty: Otolaryngology (Head and Neck Surgery, Facial
 Plastic Surgery, Sleep Apnea)
 Dental School: Howard University
 Medical School: George Washington University
 Residency: King/Drew Medical Center
 Fellowship: Stanford University Medical Center (Advanced
 Head & Neck Oncological Surgery; Advanced Surgical
 Techniques for OSA)
 Special Interests: Head and neck cancer ablative surgery,
 functional microvascular reconstructive surgery, facial plastic
 surgery, advanced orthognathic sleep surgery



Michael W. Groves, MD, FACS
 Administrative Title: Assistant Professor and Residency
 Program Director
 Specialty: Otolaryngology (General Otolaryngology)
 Medical School: University of Michigan Medical School
 Residency: Baylor College of Medicine
 Special Interests: Salivary gland surgery including
 minimally invasive sialoendoscopy, congenital neck
 masses, head and neck cancer ablative surgery



J. Drew Prosser, MD
 Administrative Title: Assistant Professor
 Specialty: Otolaryngology (Pediatric Otolaryngology)
 Medical School: Medical College of Georgia
 Residency: Augusta University
 Fellowship: University of Cincinnati (Pediatric
 Otolaryngology)
 Special Interests: Airway reconstructive surgery,
 pediatric obstructive sleep apnea, otologic
 procedures and surgical treatment of benign and
 malignant pediatric head and neck masses



Mohammad Seyyedi, MD
 Administrative Title: Assistant Professor
 Specialty: Otolaryngology (Otology/Neurotology)
 Medical School: Tehran University of Medical Sciences
 Residency: Mashhad University of Medical Sciences
 Fellowship: Paparella Ear, Head & Neck Institute at the
 University of Minnesota (Otology/Neurotology) and
 Christiana Care Health System in Wilmington, Delaware
 (Otology/Neurotology)
 Special Interests: Hearing loss/deafness, tinnitus,
 otosclerosis, chronic otitis media, cholesteatoma,
 vestibular schwannomas, vestibular and balance
 disorders such as Meniere's disease, benign paroxysmal
 positional vertigo (BPPV), vestibular migraine, migraine
 headaches, disorders of the facial nerve, temporal
 bone paragangliomas, temporal bone encephalocele,
 BAHA (bone anchored hearing appliance) implants, and
 cochlear implants



David J. Terris, MD, FACS, FACE
 Administrative Title: Regents' Professor and Surgical
 Director of the Augusta University Thyroid/Parathyroid
 Center
 Specialty: Otolaryngology (Thyroid and Parathyroid
 Surgery)
 Medical School: Duke University
 Residency: Stanford University
 Fellowship: Stanford University (Head and Neck
 Oncologic Surgery)
 Special Interests: Minimally invasive thyroid and
 parathyroid surgery, robotic facelift thyroidectomy,
 endoscopic neck surgery



Arthur J. Torsiglieri, MD, FACS
 Administrative Title: Assistant Professor
 Specialty: Otolaryngology (General Otolaryngology)
 Medical School: University of Pennsylvania
 Residency: University of Pennsylvania
 Special Interests: All aspects of adult and pediatric
 otolaryngology



Marc LeDuc, PA-C
 Title: Physician Assistant
 Specialty: Otolaryngology (Otology)



Heather C. Bentley, FNP-C
 Title: Nurse Practitioner
 Specialty: Otolaryngology (Head and Neck Surgery)



Brian B. Shirley, PNP-BC
 Title: Nurse Practitioner
 Specialty: Otolaryngology (Pediatric Otolaryngology)



Sarah C. King, AuD, CCC-A
 Title: Director of Audiology
 Special Interests: Cochlear implant candidate evaluation,
 mappings and follow-ups, hearing aid evaluations and
 fittings



Laura E. Barber, AuD, CCC-A
 Title: Audiologist
 Special Interests: Vestibular (balance) evaluations,
 pediatric and adult diagnostic hearing evaluations,
 tinnitus evaluation and management, evaluations
 and fittings for hearing protection, hearing aids and
 assistive listening devices.



Sarah S. Storey, AuD, CCC-A
 Title: Audiologist
 Special Interests: Pediatric diagnostics, pediatric
 and adult hearing aid evaluation, fittings and follow-
 ups, electrophysiologic evaluations, cochlear implant
 candidate assessments

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PROFESSIONAL OPPORTUNITIES

Otologist/Neurotologist: We are seeking an Assistant or Associate Professor who wishes to join a thriving academic Neurotology/Otology practice. Fellowship/ Postdoctoral training required.

Head and Neck Surgeon: We are seeking a fellowship trained head and neck surgeon to serve as VA Otolaryngology Division Chief with a part time appointment at MCG-AU.

To apply and receive additional information about the support associated with these opportunities, please send a curriculum vitae to Dr. Stil Kountakis, skountakis@augusta.edu

Fellowships:

- **Endocrine/Head and Neck Surgery**
 Contact Dr. David Terris, dterris@augusta.edu
- **Rhinology and Sinus/Skull Base Surgery**
 Contact Dr. Stil Kountakis, skountakis@augusta.edu
- **Laryngology**
 Contact Dr. Gregory Postma, gpostma@augusta.edu

EDUCATIONAL EVENTS

May 3-5, 2018:
 Southern States Rhinology Symposium
 Kiawah Island, South Carolina
southernstatesrhinology.org

June 8-9, 2018:
 Porubsky Symposium and Alumni Event
 Augusta, Georgia
augusta.edu/ce/medicalce

Giving Opportunities

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