



AMERICAN LARYNGOLOGICAL ASSOCIATION

Winter 2016 Newsletter

March 2016

MEET YOUR 2015- 2016 COUNCIL

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Dear ALA Fellows and Members,

On behalf of President Peak Woo, MD, and the ALA Council, I am pleased to provide you with the Winter Newsletter with a report on our ongoing activities and details on the upcoming 137th Annual Meeting.

The 2016 Annual Meeting of the ALA will be held at the Hyatt Regency Chicago in Chicago, Illinois, on May 18-19, 2016. President Woo, Program Chair Kenneth Altman, and the Program Committee have worked very hard on selecting the best papers for oral and poster presentation. This year we had an extremely large number of submissions, almost 100. I would like to take this opportunity to thank the Program Committee, Drs. Kenneth Altman (Chair), Ted Mau, Christine Gourin, Peter Belafsky, Randy Paniello, and Norman Hogikyan.

Our first session on Wednesday, May 18, will begin with the business meeting at 12:30 PM. Candidates will be introduced and welcome into the Association as Active Fellows, Emeritus Fellows, and Post-Graduate Members. President Peak Woo will open the scientific session at 1:00 PM. He will introduce the Guest of Honor, Dr. Robert T. Sataloff, and will present Presidential Citations to Drs. Jean Abitbol, Michael S. Benninger, Michael M. Johns III, Dennis Kraus, Kenneth W. Altman, and Gady Har-El. Dr. Woo will then deliver his Presidential Address entitled "*The March of Laryngology – Our Last 40 Years*". The scientific program on Wednesday will include three sessions. At 3:15 PM, between the second and third session, the State of the Art Lecture will be delivered by Dr. Shigeru Hirano from Kyoto, Japan. Dr. Hirano's lecture, entitled "*Tissue Regeneration Medicine and the Larynx*", will update us with the latest research on this promising topic. During the third scientific session, the Seymour Cohen, MD, Research Grant will be presented to Dr. Christopher M. Johnson and his colleagues from San Diego, California and Augusta, Georgia. This will be followed with the

presentation of the Young Faculty/Practitioner Award to Dr. Ryo Suzuki from Kyoto, Japan. Dr. Suzuki talk is entitled, *“Prevention of Vocal Fold Scarring by Local Application of Basic Fibroblast Growth Factor in a Rat Vocal Fold Injury Model”*. The first day’s scientific program will conclude with a panel discussion on *“Vocal Fold Scar Wars”* moderated by Dr. Seth Dailey, and panelists, Drs. Susan Thibeault, Ryan Branski, Shigeru Hirano and Stacy Halum.

The Neurolaryngology Study Group will meet after the first day’s scientific session at 5:00p PM. The guest speaker will be Yuri Danilov, PhD, from the University of Wisconsin-Madison. He has chosen as his topic *“New Approach to Neurorehabilitation: Cranial Nerve Noninvasive Neuromodulation (CN-NINM) Technology”*. We invite you to attend this session immediately following the conclusion of our scientific session on Wednesday.

On the second day, Thursday, May 19, our business meeting will begin at 7:30 AM. Reports from the Secretary, Treasurer, Editor, Historian, and other Committees will be presented. The scientific program will begin at 8:00 AM and will include three scientific sessions. The Resident Research Award will be presented to Dr. Andrew M. Vahabzadeh-Hagh from Los Angeles, California, during the first session. The title of his award-winning abstract is *“Changes in the Three Dimensional Geometry of the Vocal Fold Medial Surface Resulting from Individual and Combined Intrinsic Laryngeal Muscle Activation”*. Attendees will be treated to a special presentation at 8:35 AM by our Past-President Dr. Stanley M. Shapshay who will deliver the Daniel C. Baker Jr. Lecture. He will share with us the history and his personal experience of 44 (forty four!) years with lasers for upper airway surgery. His presentation is entitled *“The Development and Evolution of Lasers in the Larynx and Airway (1972-2016).”*

Awards will be presented on Thursday, May 19th . The American Laryngological Association Award will be presented to Dr. Gerald S. Berke from Los Angeles, California. Dr. Michael Rutter, from Cincinnati, Ohio, will be presented the Gabriel F. Tucker, MD Award. The second day scientific session will conclude with a panel discussion on *“Managing the Larynx after Chemotherapy and Radiation Therapy”* . Dr. Christine Gourin will serve as moderator to the panelists Drs. Michael M. Johns III, Peter C. Belafsky, Tim McCulloch, and Giselle Carnaby. The 2017 ALA President will be introduced at 11:50 AM. You are encouraged to participate in the Annual Group Photo of Fellows and Members that will follow immediately at the conclusion of the 2016 Scientific Program.



2016 President's Reception

On Wednesday evening, May 18th, the ALA President's Reception will be held to celebrate Dr. Peak Woo as the 2016 President. The theme chosen for this year's event is "**A Tribute to Chicago's Jazz and Blues History: Past and Present.**" Additional information and tickets may be obtained by contacting the Administrator, Maxine Cunningham at 615-812-6170 or via email, maxine.c@comcast.net. Tickets for ALA Fellows are \$80 each and for non-members, \$90 each. We invite you to join us as we recognize Dr. Woo's outstanding contributions as our President.

2016 Winter Council Meeting Recap

The winter meeting of the ALA Council was held January 22, 2016, in conjunction with the Combined Sectional Meetings of the Triological Society. The Council reviewed the recommendations submitted by the membership committee, chaired by Dr. Michael M. Johns, III and with members Drs. Joel Blumin and Seth Dailey. The Council approved three (3) candidates for Active Fellowship, and 13 candidates for Post-Graduate Membership. In addition, the Council approved elevation of five Active Fellows and one Corresponding Fellow to Emeritus status. Pending results of the enclosed ballot, all new fellows and members will be inducted at the first business meeting on Wednesday, May 18th.

Nominating Committee - At the 2015 Annual Meeting, a nominating committee was formed, chaired by Dr. Mark Courey and with Members Drs. Gaelyn Garrett, Marvin Fried, Joel Blumin, and Michael M. Johns, III. According to the new bylaws, adopted in 2013, the ALA Membership was solicited for recommendations and suggestions for a new Councilor-at-Large and two members for the 2016-2017 Nominating Committee. After deliberation as well as consultation with the Council, the Nominating Committee recommends the following slate of candidates for the 2016-2017: For Councilor-at-Large: Dr. Paul Flint; for members of the 2016-2017 Nominating Committee: Drs. Al Merati and Ted Mau.

Bylaws Committee - We have not had a major review of our bylaws or a reprinting of the By-Laws Book for almost six years. The Bylaws Committee chaired by Dr. Mark Courey initiated an in-depth review of the by-laws. Many suggestions for updates were brought to the Council. The Council approved the proposed by-laws changes which included with this newsletter. Please review them and let us know **by April 15, 2016** if you have any concern or you require any clarification. The proposed by-laws will be voted on during the business meeting in Chicago.

Financial Update - The Treasurer report was presented by Dr. Clark Rosen. I am pleased to report to the ALA Fellowship that our organization is financially healthy. Details will be reported to the ALA during our second business meeting on Thursday, May 19, 2016.

Research Grant - As you recall, in 2014 the ALA decided to separate our research grant process from the AAO's CORE mechanism. The ALA is now soliciting, receiving, reviewing, and awarding its own grants (ALVRE and Seymour Cohen). I am pleased to report that the new process was very successful during 2015, the first year of implementation. For 2016, we received eleven grant applications. They are currently being reviewed and scored by the Research Committee chaired by Dr. Gaelyn Garrett. Grant awardees will be announced at the Annual Meeting.

Website - Please continue to visit our website www.ALAHNS.org. It is managed and updated by our Editor, Dr. C. Blake Simpson, and it serves as a great resource for updated information on our educational, clinical, and administrative activities. If you haven't received or have forgotten your User Name and/or Password, please contact our Administrator by email and she will forward your User Name and a temporary password to you.

From the Secretary's Desk

I thank the ALA Council and Membership for giving me the honor of serving in this capacity.

Respectfully,

A handwritten signature in blue ink, appearing to read "Har-EI", with a horizontal line underneath.

Gady Har-EI, MD, FACS
ALA Secretary

Historical Vignettes of the American Laryngological Association

In my new role as Historian, I am working to have a new section of the Newsletter dedicated to interesting historical vignettes of the ALA. I will be recruiting some of our ALA colleagues who have had an interest in the history of our Association to write short summaries of some of the interesting stories and happenings of the ALA. What follows is the first segment on “Historical Vignettes of the American Laryngological Association”.

As laryngologists, we all have opportunities to treat professional voice users, and particularly professional singers. This has been a particular interest of mine, not only related to the ALA, but also to my activities with the Voice Foundation. I have also published 4 books related to the care and treatment of performers and singers. When I look at my career, I think back to the practices of many people who propelled professional voice care from a small part of a general ENT or head and neck practice to a focused subspecialty. Names such as Von Leden, Gould, Brodnitz, Sataloff and Ossoff, to name a few. What was once a small area of expertise for a selected small group of otolaryngologists practicing primarily in New York and LA is now a subspecialty area with experienced, well-trained people in almost every major city in the country and colleagues throughout the world. This evolution appeared to have happened over a relatively short period of time during which the greats mentioned above developed the professional voice care specialty.

That is why I was so surprised when I came across a session at the 9th annual meeting of the American Laryngological Association dedicated to this topic in 1887, entitled: “The Treatment of Laryngitis in Professionals”. Dr. T. Amory DeBlois from Boston moderated the session, which included iconic laryngologists such as Dr J. Solis-Cohen of Philadelphia. It is very interesting to hear some of the recommendations for treatment for a performer who needs care within a short time of performing. Suggested treatments included:

emetics	-silver nitrate
astringents	-caustics
cocaine	-perchloride of iron
carbolyzed iodine	-wine
vaporized zinc, benzoin, turpentine, or eucalyptol	

The cocaine, iodine, silver nitrate and caustics were applied either directly to the vocal folds or into the pharynx. It is also very interesting to see some of the more formal recommendations:

“For habitual inhalation, turpentine, terebene, eucalyptol, etc. are good. Sometimes I advise these patients to throw some turpentine upon the carpet at the bedside when they go to bed, so that they can inhale some vapor during the night” (Dr J. Solis-Cohen). Although many people still advocate for the use of aromatics such as eucalyptol, it would seem that turpentine would have a negative effect both on the voice and on health in general.

“A professional who is compelled to attend a performance that night hoarse from a recent laryngitis...the one method which I have found to be best is to administer a sharp emetic and then rest until the time of the performance” (Dr J. Solis-Cohen). I find it interesting that we have spent a few decades in trying to figure out how to avoid acid reflux irritation of the larynx whereas they were advocating using a medication that induces vomiting as a treatment for hoarseness.

“There seems to be a certain amount of relaxation following the use of cocaine, so that, although the pain of laryngitis subsides, it does not seem to bring tone to the vocal cords” (Dr. T. Amory DeBlois). Cocaine would have the theoretical advantages of both reducing pain and reducing edema through decongestion. This is an interesting comment, not dissimilar to the discussion that we now have in relationship to the use of topical anesthetics that reduce discomfort but do not improve the voice, or the use of topical oxymetazoline or neosynephrine. There was nothing mentioned there as to the adverse effect of reducing pain and risking additional injury. Dr. DeBlois did mention that he did not feel that it made any difference in the quality of the voice.

I was encouraged by the final comments that were made by DeBlois as he tried to summarize the benefits of the various treatment options for these performers: “I have had these professional vocalists under my care, and I have found that, no matter how much zinc is used, or how much turpentine is sprinkled upon the carpet, if they do not rest their vocal organs the hoarseness will continue.”

Hmm, what a novel idea, vocal rest. Have we really learned so much in the last 128 years?

Michael S. Benninger, MD
Cleveland, Ohio
Historian, ALA

Post Graduate Members Corner

The Post-Graduate Members Committee continues to foster collegiality with our members by encouraging them to complete their Triological theses and move forward in meeting the criteria for ALA Active Fellows.

As started by Mike Johns and then carried forward by Tanya Meyer, our most enduring activity has been the pairing of post-graduate mentees with full member mentors annually. This past July saw the creation of 11 new mentor/mentee pairs, bringing the total number of matched pairs to 26. Thanks to your efforts to recruit full members as mentors, 11 new ALA members signed up to mentor post-graduates, and 5 previous volunteers renewed their association with the program. At present, we still have 12 potential mentors who are 'unmatched', and this surplus will certainly help as we recruit future post-graduate mentees into the process.

In addition to the full member/post-graduate member mentorship program above, for the first time we solicited volunteers for a post-grad to post-grad peer mentoring program. There are 2 groups of 4 post-graduate members currently active in this, with each group diversified across geographic, fellowship training, and practice site lines. If this proves popular among these 2 trial groups, we'll certainly encourage other post-graduate members to sign up for similar peer mentoring relationships.

—COSM 2016 Post Graduate Symposium

The Post-Graduate Members Committee is pleased to announce and invite you to attend the 2016 Post-Graduate Symposium that will be held on Thursday morning, May 19, at 6:30 - 7:20 am, in the Columbus CD meeting room at the Hyatt Regency Chicago Hotel. Dr. Gayle Woodson, will speak on "*Work/Life Balance in the Pursuit of an Academic Career.*" Dr. Michael M. Johns III, selected as his topic, "*Is What I'm Feeling Burnout? Measuring, Understanding, and Avoiding Burnout.*" You are encouraged to support our Post-Graduate Members by attending this well-planned session. To RSVP, you may contact our Administrator, Maxine Cunningham, at maxine.c@comcast.net.



2015 Post-Graduate Members and ALA Council

