



OpReport

The quarterly newsletter of the Stanford University General Surgery Residency Program for members, faculty, alumni and friends.

A Quarterly Newsletter

Volume 2 Summer, 2013

A new group of residents

Profiles of the new residents joining our program

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Graduation day events

June 14 began with RAD day and culminated with the chiefs' dinner

Pages 4 and 8

Honors earned by residents and faculty

Multiple awards were announced for everyone from the residents to the chair of surgery

Pages 5 and 6

Resident-faculty softball game

Pictures from this year's contest

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Year-end awards

Individual honors from the past year were presented

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2013 Stanford Surgery Chief Residents

The newest class of Stanford Surgery alumni

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This June 14 marked the graduation of another group of chief residents shown above with program director, Dr. Marc Melcher. All of them are

fellowship bound in a variety of fields. The event was a chance to celebrate the accomplishments of these six tremendous individuals, and to welcome their families to

the Farm. Next year's interns were also present giving them a chance to see where they will be in just a few years. More pictures are on Page 4.

ANOTHER YEAR

The end of the academic year always brings about some mixed feelings. Resident Appreciation Day was started as a way of giving thanks to the residents of the program for all the hard work they do. As attending physicians at Stanford, we know we are privileged to have such talented people working with us to take care of patients; we truly could not do our work without them.

This is also the time when we celebrate the graduation of our chief residents. While it may not be listed, I can tell you that each class leaves behind a tremendous legacy of work from publications to education programs to lives affected by their work and teaching. We are invariably proud of their accomplishments and know they will go on to do great things in their careers.

However, there is always some sadness to see them go. Over the years they have spent here, they have become part of this place and part of our Stanford family. Just like when family moves away, we wish they could be closer.

Excitement also comes from the newest members of our family, our new interns. You will find in these pages, short profiles of the new faces in our residency program. They will provide the next generation of our surgical alumni.

Finally, we want to recognize all of the winners of the year end awards. These are especially important because they have been voted on by people within the Stanford Surgery community. The award winners represent the ones we look up to within the program for their excellence. Congratulations to all of them for their hard work.

Yours truly,

Tom Krummel, MD

Emile Holman Professor and Chair
Department of Surgery
Stanford University School of Medicine

Meet the Incoming Residents

Categorical Interns**Shushmita Ahmed, MD - Stanford University**

Shushmita was born in Dhaka, Bangladesh but moved to the US at the age of 4. After brief stints in Alabama and the Bronx, she moved to California. After attending UC Irvine for her undergraduate degree, she came to Stanford for medical school. During medical school, she was involved in research on bariatric surgery. In addition, she worked to reopen the Pacific Free Clinic to provide medical care to underserved populations in San Jose.

Clement Marshall, MD - Columbia University

Clem was born in Olympia, WA, but grew up near New Haven, CT. He majored in biochemistry at Brown University where he also played on the school's ultimate frisbee and rugby teams. He would go on to earn his MD from Columbia University. Prior to coming to Stanford, he has had the chance to spend a lot of time in California, especially enjoying camping and hiking in the Sierra Nevadas. His initial interests are in pediatric surgery.

Adam Sang, MD - Yale University

Adam was born in Beijing, China and grew up in New York City where his parents are school teachers. He earned his degree in biochemistry at Harvard University before attending medical school at Yale University. His experiences with volunteer work in China and Zambia have stimulated him to pursue global health and education as his academic goals. Outside of medicine, he enjoys music, basketball and skiing.

Tiffany Sinclair, MD - University of Pennsylvania

Tiffany originally lived in the Pittsburgh area, but a number of her family have recently relocated to Honolulu, HI. She studied neuroscience and psychology at the University of Pittsburgh before attending



medical school at the University of Pennsylvania. She spent the past year at Stanford, and we are happy to add her to the categorical residency. Outside of medicine, she enjoys dance and reading fiction and theoretical physics.

Rachel Yang, MD - University of Pennsylvania

Rachel grew up in Bellevue, WA where she would meet her high school sweetheart and future husband, Joe Yang. She attended Wellesley College where she majored in neuroscience. This was followed by medical school at the University of Pennsylvania. In addition to research in breast cancer, she has also been busy cooking and painting.

Kristen Rumer, MD, PhD - University of Colorado

Kristen is a long time resident of Colorado. She studied biochemistry and Russian as an undergraduate at the University of Colorado prior to entering the MD/PhD program at the same university. Her PhD thesis was on early human placental development. Like a typical Coloradan, she enjoys almost any sort of outdoors activity. She comes to California with her husband, Eric, and two daughters, Juli and Lili. She is our first resident in the SASS program.

Preliminary Interns
Sean DeSilva, MD - Boston University

Sean comes from north of the border having grown up in Toronto, Canada. He went to undergraduate at the University of Toronto majoring in Biochemistry and Pharmacology / Toxicology prior to medical school at Boston University. He will be going to anesthesia

residency at Yale University after the completion of his internship.

David Greenwald, MD - West Virginia University



David actually grew up in Palo Alto. He got his undergraduate degree in chemical biology at Berkeley, and went to West Virginia for his medical school right after graduating. He grew up playing baseball and soccer, and finds team sports prepared him well for the world of surgery.

Jeremy Kim, MD - University of Florida



Jeremy was born in Columbus, OH but grew up in Florida and went to the University of Florida for both his undergraduate and medical education. His favorite pastime is golf. He will be going into radiology after his internship with a goal of entering interventional radiology in the future.

Tim Lee, MD - University of Buffalo



Tim was born in Taiwan and immigrated to the Bay Area at the age of 12. He majored in human biology at UCSD prior to heading east for medical school at the University of Buffalo. He will enter the anesthesia program at UC Davis at the completion of his internship.

Arian Nikpour, MD, MPH - Northeast Ohio Medical University



Arian has lived in a variety of places prior to coming here. He was born in Paris, France, and grew up in New York and Florida prior to completing high school here in the Bay Area. He went on to study molecular and cell biology at Berkeley and worked for Novartis for

a couple of years. In addition to an MD from Northeast Ohio Medical University, he also has an MPH from UCLA. He played numerous sports in high school and also volunteers with Special Olympics in support of his autistic brother.

Preliminary PGY2

Jessica Della Valle, MD - University of Florida



Jessica was born in California, but raised in Florida. She graduated high school with PD resident Dr. Peter Than. She attended undergraduate and medical school at the University of Florida. She completed her internship at UCSF East Bay and comes to Stanford to continue her training in surgery. Her hobbies include travel and tennis.

Thuy Tran, MD - UC San Diego



Thuy grew up in southern California where she played competitive golf. She went to the University of Pennsylvania for undergraduate studies and to UCSD for medical school. She also performed her internship at UCSD. In addition to golf, she is a avid cyclist and reader.

Jeong Hyun, MD - University of Minnesota



Jeong grew up in Ann Arbor, MI. He earned his undergraduate degree at Carleton College where he lettered in football and track and field. He went to medical school at the University of Minnesota. He entered the surgical residency at St. Joseph Mercy Hospital in Ann Arbor. He did laboratory research with Dr. Michael Longaker at Stanford and won the 2012 SUS Best Presentation Award for his research in addition to publishing multiple papers. He has since decided to come to Stanford to continue his surgical training.

Notable Publications

The following selected peer-reviewed publications were authored by Stanford surgeons as noted in bold.

Eisenberg, D, Bellatorre, A, Bellatorre, N. Sleeve gastrectomy as a stand-alone bariatric operation for severe, morbid and super obesity. JSLS. 2013. 17(1):63-7.

Lin, DT, Kannappan, A, Lau, JN. The assessment of emotional intelligence among candidates interviewing for general surgery residency. J Surg Educ. 2013. 70(4):514-21.

Kin, C, Rhoads, KF, Jalali, M, Shelton, AA, Welton, ML. Predictors of postoperative urinary retention after colorectal surgery. Dis Colon Rectum. 2013. 56(6):738-46.

Tao, GZ, Lehwald, N, Jang, KY, Baek, J, Xu, B, Omary, MB, **Sylvester, KG**. Wnt/beta-catenin signaling protects mouse liver against oxidative stress-induced apoptosis through the inhibition of forkhead transcription factor FoxO3. J Biol Chem. 2013. 288(24):17214-24.

Cloyd, JM, Hernandez-Boussard, T, Wapnir, IL. Poor compliance with breast cancer treatment guidelines in men undergoing breast-conserving surgery. Breast Cancer Res Treat. 2013. 139(1): 177-82.

Zhang, L, Feng, D, Yu, LX, Tsung, K, **Norton, JA**. Preexisting antitumor immunity augments the antitumor effects of chemotherapy. Cancer Immunol Immunother. 2013. 62(6):1061-71.

Nauta, AC, Grova, M, Montoro, DT, Zimmermann, A, Tsai, M, **Gurtner, GC, Galli, SJ, Longaker, MT**. Evidence that mast cells are not required for healing of splinted cutaneous excisional wounds in mice. PLoS One. 8(3):e59167.

Li, S, Meyer, NP, Quarto, N, **Longaker, MT**. Integration of multiple signaling regulates through apoptosis the differential osteogenic potential of neural crest-derived and mesoderm-derived osteoblasts. PLoS One. 8(3):e58610.

2013 Chief Residents' Dinner



1 The chiefs: Stephanie Chao, Mediget Teshome, Yijun Chen, Greg Magee, Owen Palmer, Danielle Pickham

2 Anita Hagan and Patricia Raines

3 Julia Park and Sepideh Gholami

4 Mediget Teshome shows off her new hardware

5 Kevin Helling, Micaela Esquivel, and Joy Chen

6 Erin Palm, Tanya Rinderknecht and Joe Forrester

7 Anita Hagan and Sepideh Gholami

8 The after party at the Patio

9 Mediget Teshome with her brother

10 Cindy Kin and Jennifer Erdrich

11 More after party





Tom Krummel becomes President of APSA

Dr. Tom Krummel, Emil Holman Professor and Chair of the Department of Surgery was installed as President of the American Pediatric Surgical Society, the foremost organizing body for North American pediatric surgeons. This is a singular honor among pediatric surgeons and recognizes established leaders and their many contributions to children's surgery. He will serve a one year term during which he will have a significant voice in shaping the future policies and procedures governing the art and science of surgery for children. Dr. Krummel has been Chair of the Department since 1999. Prior to coming to Stanford, he was Chair of the Department of Surgery at Penn State University. Our congratulations to Dr. Krummel.



Matt Mell wins ACS Scholarship

Dr. Matt Mell, Assistant Professor of Vascular Surgery was chosen to be the 2013 American College of Surgeons/Society of Vascular Surgery Scholar for Vascular Surgery Health Policy. The scholarship includes a "Leadership program in Health Policy and Management" course at Brandeis University this June. He will also travel to Washington, DC for the Leadership Conference and Advocacy Summit in Spring, 2014.

Dr. Mell earned his MD from Harvard University and came to Stanford for his general surgery residency (Class of 1992). He subsequently did a fellowship in vascular surgery at the University of Wisconsin where he was on faculty before we were lucky enough to recruit him back to Stanford.



Grace Chiou wins PSF research grant

Dr. Grace Chiou was awarded the National Endowment for Plastic Surgery Grant from the Plastic Surgery Foundation. The title of her proposal is entitled, "Tendon-bone composite tissue engineering in a rabbit model." Her advisor for the work is Dr. Jim Chang, Professor and Chief of the Division of Plastic Surgery. The grant awards her \$50,000 for her research year.

Dr. Chiou earned her undergraduate degree in biomedical engineering from Johns Hopkins University followed by medical school at Harvard Medical School. She matched into the Stanford general surgery residency and is about to complete her PGY2 training year. Her award marks another major accomplishment by this year's PGY2 class.



Joe Forrester wins award

Dr. Joe Forrester, PGY2, was given the 2013 Wilderness and Environmental Medicine Excellence in Peer Review Award. The Wilderness and Environmental Medicine Journal is the official publication of the Wilderness Medicine Society. This Peer Review Award recognizes service to the journal. It is especially noteworthy that this award has been given to someone still in training.

Dr. Forrester continues to excel during his surgical training. He is scheduled to depart at the end of this month to begin his fellowship at the Epidemic Intelligence Service of the US Centers for Disease Control. He will first undergo training at the headquarters of the CDC in Atlanta, GA prior to being stationed at the National Center for Emerging and Zoonotic Infectious Diseases in Ft. Collins, CO.

Two faculty members elected to ASA

The American Surgical Association was founded in 1880 and is the country's oldest and most prestigious surgical organization. Its membership includes the most prominent surgeons from the country's leading medical institutions as well as leading surgeons from around the world. Stanford has been privileged to have a large number of faculty members elected to this society. This spring, members of the ASA elected two more faculty to become Fellows of the Society, Drs. Wei Zhou and George Yang.



Dr. Wei Zhou is currently Associate Professor of Vascular Surgery and Chief of Vascular Surgery at the Palo Alto VA Hospital. Dr. Zhou went to medical school at New York Medical College in Valhalla, NY. She went on to complete her residency in general surgery at the

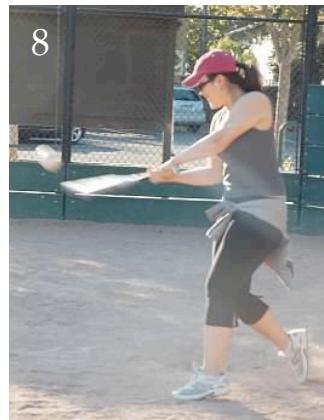
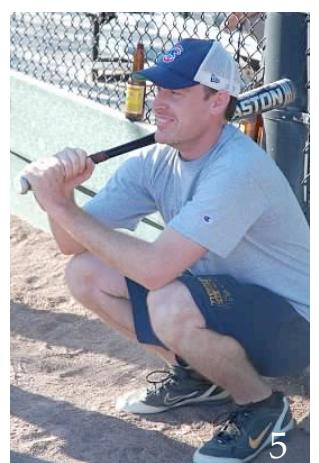
University of California, San Diego. This was followed by a fellowship in vascular surgery at Baylor College of Medicine in Houston, TX under Dr. Michael DeBakey. She remained on faculty there until she was recruited to Stanford. Her research is on molecular mechanism of and potential treatments for intimal hyperplasia, and has been funded by the VA Merit System and the NIH.



Dr. George Yang is currently Associate Professor of Surgery at the Palo Alto VA Hospital. He went to medical school at Northwestern University prior to completing his general surgery residency at Stanford (Class of 2001). His research has focused on cellular responses to injury and has also been funded by the VA Merit System and the NIH.

Both join the many ASA Fellows already here at Stanford.

Resident-Faculty Softball Game



The residents dueled with the attendings on the softball field. Due to solid fielding, hitting, and a couple of ringers, the faculty won 10-6.

- 1 The assembled players
- 2 Transplant surgeon Amy Gallo
- 3 Dimi Zlatev and Motaz Qadan enjoying their favorite pastime
- 4 Stephanie Chao losing track of another intern
- 5 Blake Read, former NCAA Division I player, couldn't help the residents
- 6 Brendan Visser rounding the bases
- 7 Mediget Teshome
- 8 Stephanie Chao showing good form
- 9 Dimi Zlatev and Jerry Chen watching with a cold one
- 10 Stephanie Chao, Danielle Zimmer, David Spain, Greg Magee and Mediget Teshome



Resident Appreciation Day



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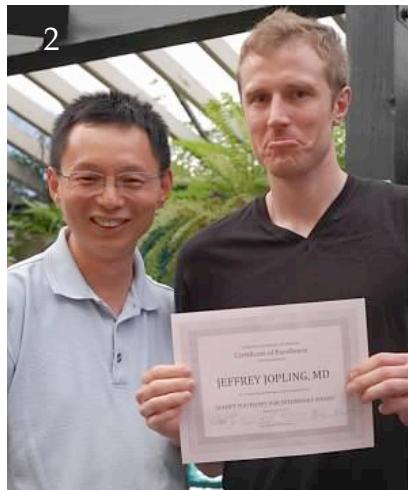


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Resident Appreciation Day, or Goof Day, is an opportunity for the faculty to show their appreciation for the hard work all of the residents put in during the year. This year, residents were given the day off after completing morning rounds on the day of the Chiefs' Dinner. Several activities were sponsored by faculty including a day at the spa, cycling, paintball, golf and boating.

- 1 Laura Prolo and Sarah Sorice at spa day
- 2 The Stanford Surgery peloton led by Jeff Norton and Mark Welton
- 3 Fingernails and toenails being buffed, polished and painted
- 4 Warrior wannabes at paintball
- 5 A day in the spa brings out a big appetite for Micaela Esquivel and Joy Chen
- 6 Kevin Helling, Jerry Chen and Eric Davalos at the 19th hole.
- 7 Tim Sweeney taking aim
- 8 Dimi Zlatev and Remy Lamberts out on the fairway

Intern Graduation and Year-End Awards



- 1 *Intern graduation at the Tied House*
- 2 *Jeff Jopling wishes he could repeat internship*
- 3 *Micaela Esquivel finally gets paid*
- 4 *Craig Stauffer and Micaela Esquivel, co-winners of Intern of the Year.*
- 5 *Michael Davenport is amazed he graduated*

Several awards were given our during end of the year events and are summarized below.

Best Service Award (voted by each PGY year)

PGY1 - Santa Clara Valley
PGY2 - Santa Clara Valley
PGY3 - Pediatric Surgery
PGY4 - Minimally Invasive Surgery
PGY5 - Surgical Oncology I

Top ABSITE Scores

Stephanie Chao
Lou Salamone
Jerry Chen
Julia Park
Zach Kastenberg
David Worhunsky
Tim Sweeney

Intern of the Year (tied, voted on by PGY4+5s)

Micaela Esquivel
Craig Stauffer

Consult Resident of the Year (voted on by attendings)

Jordan Cloyd

Arnold P Gold Foundation's Humanism and Excellence in Teaching Award

Yijun Chen
Danielle Pickham

Best Teacher Award (voted on by medical students)

Owen Palmer

Resident Research Award (voted on by faculty committee)

Recognizing the best research work from the past year
Sepideh Gholami

Kountz Humanitarian Award (voted on by faculty committee)

Mediget Teshome

Chief Residents Award (voted on by graduating chief residents)

Recognizing the attending most of service to the residency
Marc Melcher

John Henry Smith Award (voted on by residents)

Recognizing the resident most admired by their peers
Mediget Teshome

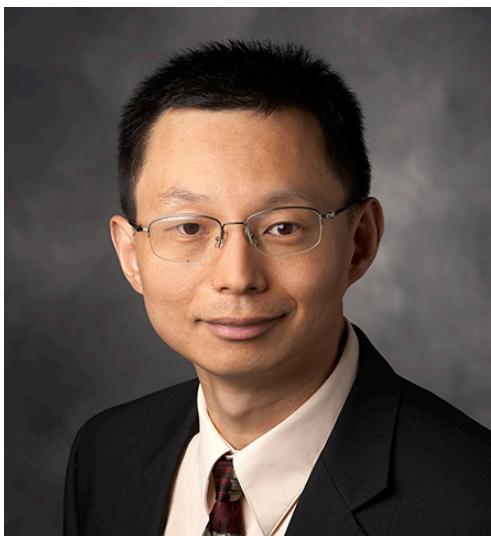
John Collins Award (voted on by residents)

Recognizing the attending contributing most to resident education
George Poulsides

2013 Stanford University Department of Surgery Chief Residents



Stephanie Chao, MD, earned her MD at UCSF before returning to Stanford for residency where she also served as chief administrative resident. She will be a pediatric surgery fellow at Stanford.



Yijun Chen, MD, attended medical school at the Fourth Military Medical School in Xi'an, China. He came to Stanford initially as a research fellow before joining the residency. He will be entering the MIS fellowship at Duke University.



Greg Magee, MD, came to Stanford after completing his medical education at Yale, and also served as chief administrative resident. He will spend the next two years in the trauma/critical care fellowship at USC.



Owen Palmer, MD, came west after medical school at the University of North Carolina, and was the chief education resident. He will be heading to USC for their vascular surgery fellowship.



Danielle Pickham, MD, went to the University at Buffalo, SUNY, for medical school. She will be going into the colorectal fellowship at the Ochsner Clinic in New Orleans, LA.



Mediget Teshome, MD, MPH, was at the University of Michigan for medical school. She earned an MPH from the Harvard School of Public Health during residency and will enter the breast oncology fellowship at MD Anderson Cancer Center in Houston, TX.

From the Program Director



Congratulations to our graduating chiefs of 2013, Drs. Mediget Teshome, Danielle Pickham, Owen Palmer, Yijun Chen, Greg Magee and Stephanie Chao. Their graduation dinner at the Palo Alto Country Club celebrated their accomplishments as residents and recognized the family and friends in their lives who made their graduation possible. It gave us the opportunity to re-familiarize ourselves with all that these individuals have accomplished in their lives outside of our field of surgery.

We welcome the newest members of our team with the incoming interns and some new PGY-2 residents. Please take some time to read about them in this newsletter. They are an extraordinary group of individuals whom I am proud to have helped recruit to our program.

One of the original purposes of this newsletter was to strengthen the interactions between the current trainees and the alumni of the Stanford General Surgery Training Program. We have already established a Facebook page (<https://www.facebook.com/pages/Stanford-General-Surgery-Training-Program-Alumni/116701141739741>) and a Twitter account (@OpNotes) to facilitate communication. However, more could certainly be done. Therefore, I encourage all graduates to look for ways to reengage with the Program. We are open to suggestions of novel ways to strengthen our community. Please use the form at the end of the Newsletter to keep us updated about where you are and what you are doing.

Marc L. Melcher, MD, PhD
Program Director
General Surgery Residency
Stanford University

The Stanford Resident International Travel Fund

Over the years, Stanford residents have benefitted from the chance to travel to Haiti, Rwanda, and Guatemala to do international work. With the advent of the new international surgery rotation in Zimbabwe, we now have a formal experience in global surgery for those residents who want it. These are expensive trips, and have been supported in the past by the Department and individual donors. In order to support these invaluable experiences for our residents, we are raising a fund to help support their travel expenses. We think this is a vitally important feature of our residency, and a major attraction for future residents. Please support this fund in any way you can to support the educational mission of the department. Proceeds will go entirely towards supporting resident international travel.



Donations should be designated to the "Stanford Resident International Travel Fund," and can be made online at the Department of Surgery web site or sent to: Stephanie Edelman, Dept. of Surgery, Stanford Medical Center, 300 Pasteur Dr., Rm M-121, Stanford, CA 94305-2200. Phone (650) 725-6493, sedelman@stanford.edu



Stanford Residency Alumni

We take this opportunity to ask you to reengage with the place where you trained. The Stanford Department of Surgery has a long, rich heritage of which you are an important part. Please take the time to fill out the response form below to let us know where you are now and how you are doing. Email the information below to anita.hagan@stanford.edu. Alternatively, send the form via mail, or fax to:

Stanford Surgery Training Program

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300 Pasteur Dr.

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FAX: 650-724-9806

Last name:

Maiden name (if applicable):

First name:

Home address:

Work address:

Email address:

Year of residency completion:

Current practice or position: