“Wherever you go, there you are”
- Jon Kabat-Zinn

Everyone talks about their plans for the future...and how they will finally be able to do more, have more, relax more, and, perhaps even enjoy life more. Invariably, these dreams constitute a world that is less demanding, less hectic, and with less fluctuation than today’s reality. The kind of existence we envision for tomorrow is rarely in question; what to do today to effectively achieve these goals is not nearly as clear.

This uncertainty is surely not due to our inability to plan. Many of us have developed detailed tactics for success. Too often, however, these pathways to happiness entail tangible support, special consideration, or even considerable effort that must come from other sources or individuals. Sometimes, the strategy is based solely upon our hope that the winds of prosperity may one day blow in our direction. We are typically more comfortable with any remote changes that need to occur, and often not as cognizant of the changes we can make in ourselves.

In modern medicine it’s easy to understand why few are willing to accept that the principal barrier to professional success is frequently ourselves. This era has convinced us that healthcare providers are unable to succeed without complex operating policies, the latest expensive scientific gadget, a throng of more support personnel, and extensive administrative coordination at every level. I’m not suggesting that personnel, technology, leadership, and complex systems are not important; I just contend that in a business where quality human interaction trumps all, the individual healthcare provider is always a major determinant of their own professional achievement and contentment.

The strategy I propose for work life success is very straightforward...always know your job, and try to do it well. This simple approach ensures that one appreciates their role in the process, and is willing to address its challenges as they occur. Without role acceptance and adaptability, at the end of our trek towards a better tomorrow we may simply find the same unfulfilled person, just in a different place.

New 2016 DOSR Residents

Peter Adamson
University of Nebraska
College of Medicine

Kenrick Chur-Wei Lam
University of Texas Southwestern Medical School

Keiko Amano
University of California San Diego School of Medicine

Creed Paris
The University of Texas Medical Branch

Brittney Warren
The University of Texas Medical Branch


Publications Continued


2016 Annual Meeting of the American Academy of Orthopaedic Surgeons
Orlando, Florida, March 1-5.

**Panchbhavi VK, Gurbani BN.** Radiographic Assessment of Fibular Length Variance: The Case of “Fibula Minus.” Podium presentation.

Dr. Gurbani

**Stryker LS.** Antibiotic Spacers. Management of Infected Total Joint Arthroplasty in 2016—Where Do We Stand Now? Instructional Course Lecture.

2016 Annual Meeting of the Orthopaedic Research Society
Orlando, FL, March 5-8


**Stautberg EF III, Ilahi OA, Jupiter DC, Amin A, Qadeer AA.** Stability of Two versus Three Peripheral Pegs in Modern Total Shoulder Glenoid Components. Poster presentation.

Niki Carayannopoulos, DO and Louis S. Stryker MD were selected as Texas Monthly Super Doctors Rising Stars for 2016.

Gordon L. Klein, MD, MPH served as the guest editor of the January 2016 issue of the review journal Seminars in Cell and Developmental Biology. Editor-in-Chief John Davey notes that every guest editor is an internationally acknowledged expert in the field.

Ronald W. Lindsey, MD was named Co-Editor of The Journal of Bone and Joint Surgery (JBJS) Case Connector. JBJS has published case reports since its inception as the first scholarly scientific journal dedicated to musculoskeletal medicine and surgery more than 125 years ago.

Aaron Gray, a UTMB MD, PhD student was featured in a video on UTMB’s YouTube channel, discussing the research he performed with the DOSR. His study focused on the effects of oral contraceptives on ACL injuries in teenage girls.

Niki Carayannopoulos, DO was also awarded Top Doctor in 2016 by The International Association of Orthopedic Surgeons (IAO), and spotlighted in the publication The Leading Physicians of the World.

Eugene Stautberg III, MD (PGY 4) published an article entitled “Building a Culture of Advocacy Involvement.” in AAOS Now, the orthopaedic news magazine of the American Academy of Orthopaedic Surgeons. In the same issue Dr. Stautberg was interviewed by the Texas Orthopaedic Association on “The Future of Orthopaedics in Texas.”

Vinod K. Panchbhavi, MD was a Virtual Moderator at the 2016 American Academy of Orthopaedic Surgeons Annual Meeting’s symposium entitled "Challenges in Pediatric Trauma: What We All Need to Know."

Congratulations to Brian Gengler, MD (PGY 4) and his wife Katie who welcomed a baby girl in March.

Congratulations to Dr. Carayannopoulos and her husband George who welcomed a baby boy in January.

The DOSR remembers Martin C. Wilber, MD who recently passed away at the age of 93. Dr. Wilbur was a member of the UTMB Orthopaedic faculty from 1970-1978, and a colleague of Dr. E. Burke Evans.
January 6, 2016: **Subrata Saha, PhD**, Research Professor & Director of Musculoskeletal Research, SUNY Downstate Medical Center, Brooklyn, NY. Dr. Saha’s lecture was entitled “Ethical Issues in Orthopaedic Research & Practice,” and sponsored by the DOSR Emergency Room Lectureship endowment.

January 13, 2016: **Mark Foreman, MD**, Assistant Professor, Trauma Service, Trauma and Post-trauma Reconstruction, University of Texas Health Science Center, San Antonio, TX. Dr. Foreman’s lecture was entitled “Syndesmotic Injuries of the Ankle,” and sponsored by the Emergency Room Lectureship.

February 10, 2016: **Anne F. Lake, DNP, PNP-C, FNP-C, CCD**, Fracture Liaison Service Program Coordinator, Wake Forest Baptist Medical Center, Winston Salem, NC. Dr. Lake’s lecture was entitled “Bridging the Treatment GAP, Helping Prevent Secondary Fractures with a Fracture Liaison Service.”

March 16, 2016: **Glenda E. Blaskey, MS, RD, CSSD, LD**, Research Dietitian and Sports Nutritionist, Institute for Translational Sciences, the University of Texas Medical Branch, Galveston, TX. Ms. Blaskey’s lecture was entitled “Sports Nutrition.”

March 30, 2016: **Jason Leaseberg, MD**, Houston Methodist - St. John’s Orthopedics & Sports Medicine, Nassau Bay, TX. Dr. Leaseberg’s lecture was entitled “Charcot Foot.”
Operation Rainbow

In February, 2016, several members of the UTMB DOSR family (faculty members Kelly Carmichael, MD, Kelly Stephenson, MD, current PGY-5 resident Kevin Leffers, MD, and 2010 alumnus David Merriman, MD) travelled to San Pedro Sula, Honduras as part of a medical mission sponsored by the non-profit organization Operation Rainbow, which provides orthopaedic care to indigent children and young adults in developing countries. The volunteer UTMB DOSR team ran two clinics, examined over 60 patients, and performed numerous specialized surgical procedures (e.g. club foot deformity corrections) over a hectic four-day period.