

NEWSLETTER

Elizabeth A. Martin, MD, ScM, Editor

Summer 2024 Issue



55th Annual Meeting ☀ October 16-19, 2024 ☀ Palm Beach, FL



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PRESIDENT'S MESSAGE

John P. McConnell, MD

Dear Colleagues and Friends,

The Mission of the Eastern Orthopaedic Association (EOA) is to promote, encourage, foster and advance the highest quality and most cost-effective practice in orthopaedic surgery. THE EOA establishes a forum for practicing orthopaedic surgeons to update their knowledge and awareness of new techniques, treatment methods and devices available for patient care, teaching and research using the most appropriate educational methods.

I am humbled and honored to serve as the 54th President of the EOA, and am excited to announce that our Annual Meeting this year will be held at the luxurious Breakers in Palm Beach, Florida from October 16th to 20th. Our Program Chair, Dr. Cynthia Emory, has worked tirelessly to put together an outstanding program. Over 1,000 abstracts have been reviewed, and I offer my congratulations to those researchers who are accepted to present! The planned symposium feature nationally-recognized clinical leaders presenting state-of-the-art options for treating orthopaedic ailments and emerging information on the ever-changing landscape of orthopaedic surgery.

The EOA Resident Review Course serves as a great resource not only for residents, but anyone wishing for a didactic update on core orthopaedic knowledge. The EOEf/EOA named Resident Travel Grant and Award program continues to grow, due to generous support of our membership. This year we will award almost 20 travel stipends. Once again, we are proud to host the New Jersey Orthopaedic Society who will contribute a valuable symposium to the program. We will also welcome the Ruth Jackson Society as a guest this year.

I am proud to welcome as our Presidential Guest Speaker a man who needs no introduction to the EOA, Jay Parvizi, MD. He served as Past President of the EOA, recent President of AAHKS and is a Professor of Orthopaedic Surgery at the Sidney Kimmell School of Medicine. Dr. Parvizi is also a world-renowned expert in Prosthetic Joint Infections.

Our Howard Steel lecture will be presented by the Pulitzer Prize winning author and world-famous World War II historian Rick Atkinson. He has worked as a journalist for *The Washington Post*, and has reported extensively on the first Gulf War. His trilogy written in the European theater of World War II is the most comprehensive ever written on the subject. Mr. Atkinson is presently writing a trilogy on the Revolutionary War.

Many thanks to my wife Lynn who together with the Social Committee has drawn upon the vast cultural resources of Palm Beach to create events that will keep members, guests and families smiling throughout the meeting. Some of the planned activities include a driving tour of Palm Beach, Kayaking, Paddle Board, golf, tennis, a food tour, and a bike tour along with several others. I am sure that the children will enjoy the pool and beach as well as the Children's Movie Party with dinner.

The EOA's family culture is unlike any other orthopaedic organization. We expect a large attendance, so please register early and secure your hotel accommodation. We hope you can join us at The Breakers for an exceptional Scientific Program and social itinerary that should not be missed!

Warm regards,

John McConnell

John P. McConnell, MD
President of Eastern Orthopaedic Association

The EOA Mission

The purpose of the EOA shall be to promote, encourage, foster and advance the art of science and orthopaedic surgery and matters related thereto, and to establish a forum for free discussion and teaching of orthopaedic methods and principles among the members.

MAKE THE MOST OF YOUR MEMBERSHIP

- 10 CMEs through a scored & recorded Self Assessment Exam
- 32 CMEs through your complimentary subscription to the *Journal of Surgical Orthopaedic Advances* (Each quarterly issue has a test worth 8 CMEs)
- 15+ CMEs through the Annual Meeting

Check out *all* of your member benefits at www.eoa-assn.org/membership

2024 CALENDAR

July 2024	Abstracts Selected and Notifications Mailed
July 2024	2024 Annual Meeting Preliminary Program Mailed
October 16-19	55th Annual Meeting, Palm Beach, FL

SELF-ASSESSMENT EXAM (SAE)

We are very pleased to bring this educational tool to our members. The SAE is designed to help you assess your knowledge in comparison with other orthopaedic surgeons, no matter how many years in practice or your level of specialization. The results of your SAE should direct you toward areas of study that will lead to professional improvement. SAE is free for members / \$95 for nonmembers.

The SAE is in compliance with the ABOS requirements and provides 10 AMA PRA Category 1 Credits™ for your Maintenance of Certification (MOC). After completing the exam online, you will submit an evaluation and receive feedback, the correct answers, commentary and references, as well as acknowledgement by email that you have completed the exam and your certificate. We hope that you will find it informative and useful in furthering your educational knowledge.

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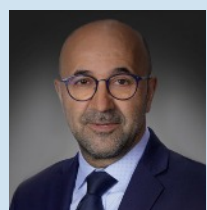
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REGISTER TODAY FOR THE 55th ANNUAL MEETING

The Eastern Orthopaedic Association will have its next Annual Meeting from October 16-19, 2024, at The Breakers in Palm Beach, Florida.

The EOA Annual Meeting is one of the leading meetings for orthopaedists practicing in the East. The Scientific Program being developed by the Program Committee is the most ambitious yet and will include timely reviews of practice-related procedures and clinical research findings in orthopaedic surgery through nationally recognized speakers and abstract presentations.

Tours and activities are being planned for all to enjoy at the meeting. The meeting will kick off with a Welcome Dinner and end with the always enjoyable EOA Jazz Band Reception and Founders Dinner. As usual there will be a spouses/guest hospitality area, daily early bird walks, golf and a book discussion. There will also be a kids' party Friday and Saturday nights, so parents can participate in the evening meeting events.



EOEF PRESIDENTIAL GUEST SPEAKER Javad Parvizi, MD FRCS

The EOA is pleased to welcome Dr. Javad Parvizi as the 2024 Presidential Guest Speaker. Dr. Parvizi is Professor of Orthopedic Surgery at Acibadem University, Emeritus Professor at Thomas Jefferson University, Founder and CEO of Parvizi Surgical Innovation, Co-Founder of International Joint Center, and Co-Founder of International Consensus Group.

He specializes in the management of young patients with hip disorders such as dysplasia, femoroacetabular impingement and other complex hip and knee conditions. He is a renowned world expert in the field of periprosthetic joint infection, joint preservation, and joint reconstruction, and has performed over 10,000 joint procedures including over 1,100 preservation surgeries (femoroacetabular osteoplasty/pelvic and femoral osteotomies).

Today, he continues to help patients of any age, performing hundreds of hip and knee replacements and revision surgeries per year.

Dr. Parvizi is a recent president of the American Association of Hip and Knee Surgeons and has served as the president of Musculoskeletal Infection Society (2013), Eastern Orthopedic Association (2018) and holds positions on the board of numerous organizations and societies.

HOWARD STEEL LECTURER Rick Atkinson



The EOA is pleased to welcome author, Rick Atkinson, as the 2024 Howard Steel Lecturer. Rick Atkinson is a historian and the author, most recently, of *The British Are Coming: The War for America, Lexington to Princeton, 1775-1777*, published in May 2019 as the first volume in his Revolution Trilogy. The book spent nearly three months on the New York Times bestseller list.

Atkinson is also the author of seven other books, including the Liberation Trilogy about the role of the U.S. military during World War II in the Mediterranean and Western European theaters. The first volume of that series, *An Army at Dawn: The War in North Africa, 1942-1943*, received the Pulitzer Prize for history and was acclaimed by the Wall Street Journal as “the best World War II battle narrative since Cornelius Ryan’s classics, *The Longest Day* and *A Bridge Too Far*.” The second volume, *The Day of Battle: The War in Sicily and Italy, 1943-1944*, drew praise from the New York Times as “a triumph of narrative history, elegantly written...and rooted in the sight and sounds of battle.” The final volume, *The Guns at Last Light: The War in Western Europe, 1944-1945*, ranked #1 on the New York Times bestseller list. The Wall Street Journal called it “a magnificent book,” and the New York Times Book Review described it as “a tapestry of fabulous richness and complexity...The Liberation Trilogy is a monumental achievement.”

Born in Munich, Germany, Atkinson is the son of a U.S. Army officer and grew up on military posts. He holds a Master of Arts degree in English literature from the University of Chicago. He worked as a reporter, foreign correspondent, and senior editor for more than 20 years at the Washington Post. Among his many other awards are the 1982 Pulitzer Prize for national reporting, and the 1999 Pulitzer Prize for public service, awarded to the Post for investigative articles directed and edited by Atkinson on shootings by District of Columbia police officers. In 2020, *The British Are Coming* won the George Washington Prize for the year’s best work on the American founding era; the New-York Historical Society’s Barbara and David Zalaznick Book Prize, awarded annually to the best work in the field of American history and biography; and the “Excellence in American History Book Award” of the Daughters of the American Revolution. The second volume of the Revolution Trilogy, *The Fate of the Day: The War for America, Ticonderoga to Charleston, 1777-1780*, is scheduled for publication in May 2025.

Atkinson lives in Washington, D.C., with his wife, Dr. Jane C. Atkinson, a researcher and clinician at the National Institutes of Health. They have two grown children, Dr. Sarah J. Atkinson, a colorectal surgeon in Seattle, and Rush Atkinson, associate deputy attorney general of the United States.

IN MEMORY

Bill Walton



We are sad to hear of Bill Walton's recent passing on May 27th. As last year's Presidential Guest Speaker, he delighted attendees with an entertaining talk, "What Great Coaches Taught Me About Leadership."

Before he was a beloved, eccentric color commentator for the NBA, Bill Walton earned respect as an all-time great on the court. Born in La Mesa, California, Walton was a star center in high school who helped lead his squad to 49 consecutive wins and two straight championships. He went on to UCLA, where he won three straight national college player of the year awards, helped the team go on an 88-game winning streak, and lead them to championships in 1972 and 1973.

Walton was the first overall pick in the 1974 NBA draft, going to the Portland Trail Blazers and quickly excelling on the professional level, too. He helped the Blazers nab a championship in 1977, then, the following year, won the league MVP award. Injuries hobbled the rest of his career — including years spent on his hometown team, the San Diego Clippers — but in 1986, he won his second championship with the Boston Celtics, playing as a solid back-up.

Though he struggled with a stutter until he was nearly 30, Walton overcame his condition and went into TV broadcasting after his playing days were over. At various times, he provided color commentary for all three major networks — ABC, CBS, and NBC — as well as ESPN. He was known for his offbeat approach and sense of humor, becoming a favorite among fans and players alike.

Walton won an Emmy Award in 2001 for his broadcasting work. He is in the Naismith Basketball Hall of Fame, National Collegiate Basketball Hall of Fame, the California Sports Hall of Fame, and UCLA Athletics Hall of Fame, among others. In 1996, he was named one of the top 50 players in history by a panel of media, players, coaches, and executives.



EASTERN ORTHO ON CALL PODCAST

THE VOICES YOU TRUST

Are you listening to the EOA's educational podcast, Eastern Ortho On Call? Directed and hosted by the EOA Podcast Committee, listeners can expect to hear one on one interviews with thought leaders, hot topic debates from the masters, timely reviews of clinical papers and great young physician and resident/fellow topics. Education is an important mission of the EOA and we are pleased to add the Eastern Ortho On Call podcast channel to our robust offering of learning opportunities.

To listen to the latest episodes go to the EOA website at www.eoa-assn.org/eastern-ortho-on-call-podcast and click on the link to download the App.

Below are the top ten Episodes:

How to Ace an Away Rotation: Wake Forest Resident Perspectives

Wake Forest Residents Drs. Matt Akelman, Sam Rosas, and Alexis Cooper provide valuable insight with their list of "Top 5 Things To Do" and "Top 5 Things Not To Do" to be successful in away rotations.

Improved Pain Relief and Opioid Reduction in Joint Arthroplasty Procedures with ZYNRELEF® Extended-Release Solution Sponsored by Heron Therapeutics.

Join orthopedic surgeons Dr. Alan Rechter and Dr. Alex Sah for an engaging conversation about improved pain relief and reduction of opioids and narcotics provided by ZYNRELEF® (bupivacaine and meloxicam) extended-release solution used in conjunction with joint arthroplasty surgery.

Health Care Disparities in Orthopaedic Surgery

Listen in as Dr. Arjun Saxena hosts a panel discussion with Drs. Vinod Dasa, Ira Kirschenbaum, and Obi Adwigmeme on healthcare disparities in patient cohorts with social determinants of health - race, education level, and socio-economic status - and panelists share their thoughts on collecting clinical outcomes data to spread awareness of, as well as remedies to, the situation.

Giving and Receiving Feedback: Wake Forest Resident and Attending Perspectives

Wake Forest Attending Surgeon Dr. John Shields talks with Residents Drs. Ameen Barghi and Anirudh Gowd about tactics to use and timing to give and receive feedback.

Trends in Total Shoulder Arthroplasty

Host Dr. John D. Kelly IV talks with Dr. Anand Murthi and Dr. Luke Austin on trends in shoulder arthroplasty. Topics include indications for reverse shoulder usage in primary OA, reverse shoulders vs. non-operative treatment for proximal humerus fractures, stemless humeral components, glenoid exposure, tips to avoid nerve injury, and many more interesting clinical pearls.

A Day in the Life of Residency: UPenn Resident Perspectives

University of Pennsylvania Residents Drs. Matt Stein, Greg Minutillo, and Ryan DeAngelis discuss their experiences and opportunities in the Residency Program at UPenn.

How to Survive Busy Call: Wake Forest Resident Perspectives

Wake Forest Residents Drs. Matt Akelman, Sam Rosas, and Alexis Cooper have an engaging discussion on tactics to employ and avoid to survive busy call.

How to Improve Orthopaedic Health and Outcomes (and what to tell your patients)

Inflammation drives pain, poorer surgical outcomes, and dysfunction. In this episode, Dr. Arjun Saxena discusses practical ways to reduce inflammation and improve orthopaedic health with Dr. Saloni Sharma, Medical Director of the Orthopaedic Integrative Health Center at Rothman Orthopaedics and author of the #1 bestseller book on orthopaedic pain, [The Pain Solution](#).

Research Opportunities During Residency: UPenn Resident Perspectives

UPenn Residents Drs. Ryan DeAngelis, Matt Stein, and Greg Minutillo discuss their personal research experiences and how to optimize the research opportunities during Residency.

The Transition to Outpatient Arthroplasty Surgery

Join host Dr. Kevin Plancher as he chats with joint reconstruction experts Drs. Geoffrey Westrich and Neil Sheth about the hot topic of outpatient arthroplasty surgery and their experiences.



RECAP OF THE 54th ANNUAL MEETING

The 54th Annual Meeting was a tremendous success, with an outstanding Scientific Program put together by Program Chair, Dr. Michael P. Ast along with the EOA Program Committee.

Program highlights included Presidential Guest Speaker, basketball legend, Bill Walton, with an entertaining presentation “What Great Coaches Taught Me About Leadership.” It was a packed room, and he did not disappoint the crowd. Additionally, the Howard Steel Lecturer, Aron Lee Ralston, known for surviving a canyoneering accident by cutting off part of his right arm gave an inspirational talk, “Between a Rock and a Hard Place: Turning Adversity to Advantage” and Dr. Kevin D. Plancher gave a motivational Presidential Address. In addition to the exceptional Scientific Program, there was a Resident Review Course and E-Poster presentations.

The Meeting kicked off with the always fun Welcome Dinner in the Market Street Circle. Everyone had a great time visiting with old friends and new. The next evening began with the Exhibitor Reception, followed by everyone going out and enjoying all the fun downtown Charleston had to offer. The Meeting was brought to a close on Saturday with the Founders’ Dinner that included the Foodie Magician, Josh Beckerman. Spouse Hospitality included a breakfast every morning, with mahjong lessons, a presentation from the Howard Steel Lecturer and a book discussion.

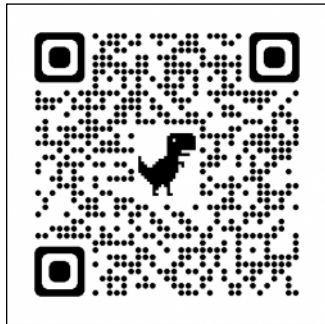
It was a wonderful Meeting, and we express our thanks to all who were able to attend the meeting. If you missed it, view some photo highlights from Charleston on the EOA website at www.eoa-assn.org. We look forward to seeing you in the fall at The Breakers in Palm Beach, Florida, October 16-19, 2024!



EASTERN ORTHOPAEDIC EDUCATION FOUNDATION

Eastern Orthopaedic Education Foundation would like to acknowledge the generous support of our 2023 contributors. The continued ability for EOA to fund special speakers and Resident/Fellow Awards for the Annual Meeting is due in large part to the generous donations by EOA members and nonmembers to EOEf. Thank you for your support!

Contributions for the Eastern Orthopaedic Education Foundation (EOEF) are strong and continue to grow. Every year the EOEf provides funds to EOA for educational projects at the Annual Meeting and opportunities for Residents and Fellows.



To make your tax-deductible contribution to the EOEf, please scan the QR code, go to <https://www.eoa-assn.org/eoef> or simply mail your check to the EOEf today. Make checks payable to EOEf and mail to 110 West Road, Suite 227, Towson, MD 21204.

We appreciate your continued support of the EOEf and would like to thank you for your generosity this past year. If you haven't contributed to EOEf previously, please start this year and make it an annual tradition.

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FUTURE MEETINGS



55th Annual Meeting
October 16-19, 2024
The Breakers | Palm Beach, FL



56th Annual Meeting
October 15-18, 2025
The Ritz-Carlton | Naples, FL



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Register Today

55th Annual Meeting
October 16-19, 2024
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