

NEWSLETTER

Richard M. Wilk, MD, Editor

Summer 2019 Issue

Register Today



50th Annual Meeting ☀ October 16-19, 2019 ☀ The Breakers ☀ Palm Beach, FL



JOHN D. AND MARIE S. KELLY SHOULDER AWARD

Dr. John and Marie Kelly have made a generous donation of \$50,000 to establish the John D. and Marie S. Kelly Shoulder Award, which will be given to the highest graded research paper concerning shoulder research.

Dr. Kelly is President of EOA, and he and his wife Marie will be hosting the 50th Annual Meeting and presenting their award for the first time this year.

IN THIS ISSUE

| | | | | | |
|--------------------------------------------------------|------|-------------------------|------|--------------------------------|-------|
| President's Message | p. 2 | Welcome New Members | p. 4 | Resident Program | p. 8 |
| Register Today for the 50 th Annual Meeting | p. 3 | Program Chair's Message | p. 5 | Presidential Guest Speaker | p. 8 |
| Self-Assessment Exam | p. 4 | Program Committee | p. 5 | Howard Steel Lecturer | p. 8 |
| Membership Benefits | p. 4 | Future Meetings | p. 5 | Scientific Program Highlights | p. 9 |
| 2019-2020 Calendar | p. 4 | Social Committee | p. 6 | Money Matters: Tax Saving Tips | p. 10 |
| Connect with Us on Social Media | p. 4 | Social Activities | p. 6 | | |
| | | Social Program Schedule | p. 7 | | |

Eastern Orthopaedic Association

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PRESIDENT'S MESSAGE

John D. Kelly IV, MD



Dear Colleagues:

It has been my humble honor to have served as President of this organization for the past year. As my term comes to a close, I truly hope for the opportunity to thank you for your involvement in the EOA, this October at the Breakers in Palm Beach, Florida. We will be celebrating our 50th anniversary and have many unique experiences in store. Program Chair Anil Ranawat has organized an inspiring Scientific Program, which is overflowing with some of the most noted names in orthopaedic surgery. Several symposia on timely subjects will be staffed and moderated by some of the best thought leaders in our vocation.

My wife and our Social Chair, Marie, has worked hard designing an invigorating recreational agenda, including a garden tour of the Breakers, a Palm Beach food tour, Segway rides through the city and premier fishing and golf on the storied Breakers golf course. Registrants can also enjoy an excursion to the famous Flagler Museum, as well as observe local aquatic life at the Loggerhead Marine Life Center. In addition, we will have a special tribute to our late founder and orthopaedic icon Howard Steel, that is not to be missed.

The Presidential address will be delivered by L. Scott Levin, MD, who will convey the leadership skills that were necessary to execute the first bilateral pediatric hand transplant. Former NFL linebacker Kevin Reilly will deliver an inspiring Howard Steel Lecture on resiliency, with the story of overcoming the loss of his left arm to cancer and becoming a leading businessman and motivational speaker.

I would like to mention at this time why the EOA holds a special place in my heart. The friends I have made over the past several years are my real treasures. The value of trusted, faithful and supportive colleagues cannot be measured. Even while fighting their own battles, my EOA “family” has always been there in good times and bad. I have regularly received wise counsel concerning shoulder surgery (my passion) from my EOA friends, who are among the most knowledgeable in the land.

Lastly, as I embrace the “fourth quarter” of my career, I appreciate more than ever the rewards of mentorship. I can think of no other organization more dedicated to the academic nurturing of orthopaedic surgeons. The travel grants, presentation awards and mere attention to Resident achievement is unparalleled. Thanks to the leadership of Chit Ranawat, the EOEf is richly endowed and poised to ensure Resident educational enrichment for years to come. I entreat Members to consider joining the Ranawat/Steel Circle, where the highest level of giving to the EOEf is recognized.

I would like to offer a special thanks to all fellow Board Members who have shown incredible dedication and resolve for the EOA. John McConnell continues to amaze all with his acumen in gaining financial support, and Scott Boden is relentless in his dedication to the success of our beloved organization. The association is in good hands – Marc Levine will serve as your next President with extraordinary integrity and leadership skills.

I also wish to recognize Cynthia Lichtefeld, who after many years of honorable service to the EOA has finally decided to retire. Her kindness and sense of honor is etched into the hearts of the Membership and will not be forgotten.

Finally, I wish to again acknowledge the help and support of my wife Marie, who has not only endured so many conference calls and meetings with great patience but has also shown great leadership in directing the Social Committee to incredible unity and achievement.

I truly hope to see you all in October.

Respectfully yours,

John D. Kelly IV, 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.

REGISTER TODAY FOR THE 50th ANNUAL MEETING

The EOA 50th Annual Meeting is October 16-19, 2019 at The Breakers in trendy West Palm Beach, Florida.

Earn up to 30.5 CME Credits

This year's program is packed with notable speakers from across nearly all subspecialties, dual-podium debates, podium and rapid fire presentations, and symposia on the latest developments in the field, as well as six special 50th Anniversary lecturers.

For detailed information on the Meeting, view the Preliminary Program and the complete Tentative Scientific Program online at www.coa-assn.org.

Relax and Unwind

After the scientific program, take a break at the pool, hit the links, or go on a tour. This year's Social Program provides opportunities for you, your family, and friends to enjoy time together that would never fit in your routine work-week!

To register for the 50th Annual Meeting, visit www.coa-assn.org.



Welcome NEW MEMBERS

EOA is pleased to welcome the following New Members to the Eastern Orthopaedic Association.

Paul M. Balthrop, MD, Savannah, GA
 Leslie A. Barnes, MD, Philadelphia, PA
 Kathleen Beebe, MD, Montclair, NJ
 Joseph Benevenia, MD, Newark, NJ
 Leigh S. Brezenoff, MD, Torrington, CT
 Anthony C. Falvello, DO, Lewes, DE
 John B. Catalano, MD, Vineland, NJ
 Antonia Chen, MD, Boston, MA
 David Crane, MD, Chesterfield, MO
 Michele D'Apuzzo, MD, Miami, FL
 James N. DeBritz, MD, Washington, DC
 Richard C. DiVerniero, MD, Vineland, NJ
 Laxmi Diwan, MD, Rego Park, NY
 Jesse F. Doty, MD, Chattanooga, TN
 Joseph M. Farrell, MD, Lewes, DE
 Samuel A. Fernandez, MD, San Juan, PR
 John H. Franklin, MD, Augusta, GA
 Timothy S. Frazier, MD, Ellicott City, MD
 Frank Giammattei, MD, Media, PA
 Robert C. Gillis, MD, Gettysburg, PA
 Sommer Hammoud, MD, Philadelphia, PA
 Boyd W. Haynes III, MD, Newport News, VA
 John H. Healey, MD, New York, NY
 Richard W. Houk, MD, Little Rock, AR
 Toby Husserl, MD, Toms River, NJ
 Emmanuel Illical, MD, Philadelphia, PA
 Ali Kalamchi, MD, Newark, DE
 Patrick M. Kane, MD, Cherry Hill, NJ
 Michael Kaplan, MD, Middlebury, CT
 Heather C. Killie, MD, Nashua, NH
 Sean McMillan, MD, Burlington, NJ
 Shahid Mian, MD, New York, NY
 Anthony Ndu, MD, Philadelphia, PA
 James Parolie, MD, Bedminster, NJ
 Michael E. Pollack, MD, Flemington, NJ
 Richard W. Pope, MD, Augusta, GA
 Steven Regal, MD, Pittsburgh, PA
 Patrick A. Robertson, MD, Douglas, WY
 Oliver Schipper, MD, Arlington, VA
 Evan Schwechter, MD, Bronx, NY
 Daniel A. Seigerma, MD, Tarrytown, NY
 Rahul V. Shah, MD, Vineland, NJ
 Jack W. Shilling, MD, Camden, NJ
 Richard L. Snyder, MD, Atlantic Beach, FL
 Jeremy Statton, MD, Atlanta, GA
 Peter Tang, MD, Pittsburgh, PA
 Heath C. Thornton, MD, Winston-Salem, NC
 Eric Turner, MD, West Chester, PA
 Everett S. Weiss, MD, Rochester, NY
 Craig Wright, MD, Wayne, NJ
 Eddie Wu, MD, Vineland, NJ
 Henry K. Yee, MD, Coupeville, WA

HAVE A STORY TO INCLUDE IN THE NEWSLETTER?

Please send it to Heather Skinner at
hskinner@datatrace.com.

SELF-ASSESSMENT EXAM (SAE)

We are very pleased to bring this educational tool to our members and Annual Meeting participants. 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.

The SAE is in compliance with the ABOS requirements and provides 10 AMA PRA Category 1 Credits™ for your Maintenance of Certification (MOC). To receive your 10 credits, you must take and submit the scored & recorded exam. 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.

The SAE is free for Members and \$95 for non-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)
- 30.5 CMEs through the Annual Meeting

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

2019-2020 CALENDAR

| | |
|---------------------|------------------------------------------------------|
| October 16-19, 2019 | 50th Annual Meeting, The Breakers, Palm Beach, FL |
| October 31, 2019 | 2020 Dues Statements Mail |
| November 2019 | 2020 Abstract Submissions Open |
| January 2020 | Interim Board of Directors' Meeting |
| March 2020 | Abstract Deadline for 2020 Annual Meeting |
| June 2020 | Resident Award Manuscripts Requested |
| June 2020 | 2020 Annual Meeting Preliminary Programs Mail |
| July 2020 | Abstracts Selected and Notifications Mail |
| October 28-31, 2020 | 51st Annual Meeting, Ritz Carlton Naples, Naples, FL |

Connect With Us On Social Media



In an effort to stay connected and up to date with EOA, please follow us on Facebook @easternorthopaedicassn, on Instagram @EasternOrthopaedicAssoc, and on Twitter @EOAOrtho. By following the Association on social media and actively "liking" tweets and Instagram posts, you will be contributing to the success of this launch. Being connected to EOA on social media is also a convenient way to stay informed of our latest updates.



2019 PROGRAM CHAIR'S MESSAGE



Dear Fellow EOA Member,

On behalf of our President Dr. John Kelly, the Board of Directors and the Program Committee, I would like to invite you to attend the Eastern Orthopaedic Association's 2019 Annual Meeting, October 16-19, 2019 at The Breakers Hotel in West Palm Beach, Florida. This year's Meeting will offer an outstanding chance to explore academics while enjoying Palm Beach's gorgeous surroundings and countless outdoor activities.

This year's Scientific Program offers 30.5 hours of Continuing Medical Education credits. The Meeting will feature intense and challenging dual-podium debates, engaging scientific podium presentations and symposia covering state-of-the-art developments in orthopaedics, as well as specialized small-group scientific presentations, 60 E-Posters and 155 Rapid Fire presentations.

The outstanding Program Committee has reviewed over 750 abstracts in order to create a diverse Program encompassing all orthopaedic sub-specialties from pediatrics to sports medicine to total joint. This year, we have also invited a number of Residents and Fellows from the Southern and Western Orthopaedic Associations to join us and share their research in a show of comradery.

The EOA also proudly welcomes the New Jersey Orthopedic Society, who will be joining us on the main stage with the Academic Program to provide even more up-to-date insight to help us all continue to provide the best care to our patients.

As always, recognition for papers showing truly outstanding work will be announced onstage. There are 27 awards in total for extraordinary research, including 12 generous donor awards.

On Friday afternoon, we will hold the Eastern Orthopaedic Association's 50th Annual Meeting Resident Program, organized by Dr. Michael Ast. Now in its fourth year, our senior faculty-led Resident Review will highlight the ins and outs of various sub-specialties. This course will help prepare our Residents and Fellows for their OITE and ABOS examinations with 11 lectures on tumors, foot and ankle, hand and adult knee and hip reconstruction, all from outstanding orthopaedic educators. We will close with a networking reception, and all are welcome to attend!

On Saturday morning, a group of Department Chairs and Residency Coordinator Directors from the Eastern Seaboard will present a special forum discussing the best ways to communicate with our young leader Residents, in a session titled "Challenges of Residency in Orthopaedics" led by Dr. Scott Boden from Emory University.

This year's Howard Steel Lecture will be presented by former NFL player Kevin Reilly. Additionally, our Guest Lecturer Dr. L. Scott Levin will discuss the value of teamwork in the principles of upper extremity allotransplantation.

Last but absolutely not least, we welcome six special Lecturers invited for our 50th Anniversary – Drs. Thomas Sculco, James Kang, David Helfet, John Healey, John Richmond and Joseph Zuckerman – who will discuss what they've learned over 25 years in their respective sub-specialties.

The EOA would like to thank our industry sponsors, including our Platinum Sponsor, Johnson & Johnson Medical Devices Companies, Gold Sponsors Arthrex, Inc. and Flexion Therapeutics, Bronze Sponsors Heron Therapeutics and Zimmer Biomet, and Copper Sponsor Stryker. Without their generous support, the Annual Meeting could not take place. Through the tireless work of John McConnell and the Members of the Board of Directors, we have come together to cultivate partnerships that are critical to the educational mission of the Eastern Orthopaedic Association.

Special thanks also goes to our President, Dr. John Kelly, who I am honored to have served under as Program Chair.

I look forward to these three days of engaging and collaborative learning, all in the tranquil setting of West Palm Beach with its beautiful beaches and magnificent golf courses. Please come and enjoy all of the social and educational experiences the EOA has to offer at our 2019 Annual Meeting. Be sure to say hello to myself and my wife Dana, who has stood by me in creating this agenda with the help of the terrific Program Committee and my RA, Erica Swartwout. Join us for a full weekend of academia and excitement – I can't wait to show you what we have in store!

Sincerely,

Anil S. Ranawat, MD
2019 Program Chair

PROGRAM COMMITTEE

The Eastern Orthopaedic Association gratefully acknowledges the following orthopaedic surgeons for their contribution to the development of the scientific program.

Anil S. Ranawat, MD, Chair
Joshua A. Baumfeld, MD
H. John Cooper, MS
Marc J. Levine, MD
Sheldon S. Lin, MD
Kevin D. Plancher, MD
Neil P. Sheth, MD
Payam Tabrizi, MD

FUTURE MEETINGS



50th Annual Meeting
October 16-19, 2019
The Breakers
Palm Beach, FL



51st Annual Meeting
October 28-31, 2020
The Ritz-Carlton Naples
Naples, FL



52nd Annual Meeting
October 20-24, 2021
Omni Nashville
Nashville, TN

SOCIAL COMMITTEE

Marie Kelly
Emily Ast
Tara Backe
Lynne-Anne Baumfeld
Mary Boden
Kelly Bolognesi
Kitsy Boran
Heidi Bowen
Allen Emory
Hala Labib

Robin Levine
Lynne McConnell
Fariba Parvizi
Jill Plancher
Christie Rana
Andrea Ranawat
Dana Ranawat
Gudie Ranawat
Cindy Richards
Susan Wilk



SOCIAL ACTIVITIES AT THE ANNUAL MEETING

The Eastern Orthopedic Association's Social Committee is working closely with the EOA Board to make our 50th Anniversary Meeting memorable for all who attend. Our Meeting, October 16-19, 2019, is at The Breakers in Palm Beach, Florida, a short 15-minute ride from the Palm Beach International Airport.

This world class resort offers magnificent accommodations, breathtaking views of the Atlantic, five oceanfront pools, a half-mile of private beaches, golf, tennis, a full-service spa, and unforgettable dining options and family activities.

Highlights of our Tours and Activities during the meeting include the following:

- History and Garden Tour of the Breakers
- Segway Tour of West Palm Beach/PB Island
- West Palm Beach Food Tour
- Fishing in Sailfish Alley
- Golf Tournament on Breakers Golf Course
- Tennis Round Robin
- Loggerhead Marine Life Center
- Flagler Museum Guided Tour

The following are free to all registered attendees of the conference:

- Spouse/Guest and Child Hospitality Breakfast
- Daily Beach Walks
- Welcome Dinner
- New Member Reception
- Book Discussion "Tackling Life" with Author Kevin Reilly
- Exhibitor Reception
- Children's Dinner Night with Movie and Crafts on Friday and Saturday so that parents are free to attend the evening events.

Our Meeting ends with an unforgettable Saturday evening Gala. Our own EOA Jazz Band will start the festivities during the Reception, followed by a sumptuous dinner. Afterwards, we will be treated to two live performances by The Atlantic City Boys and world-famous comedian and "New Jersey's Bad Boy" Mike Marino, who will keep you dancing and laughing all night long!

Throughout the Meeting and especially during the Gala Event, there will be special tributes to our beloved founder, Howard Steel, in gratitude to his and his family's years of stellar contributions in crafting the EOA into what it is today.

Please visit the EOA website at www.eoa-assn.org to view the Preliminary Program for complete Meeting information along with tour and activity times, dates and prices.

It has been an honor and a privilege to work with our Social Committee and Data Trace, in preparing for this historic 50th Annual Meeting. Everyone on the Social Board has graciously stepped up to offer their viewpoints and ideas which have culminated into what promises to be a fabulous event!

I appreciate you all and look forward to celebrating together at The Breakers.

Very Sincerely,

Marie Kelly

Marie Kelly
Social Committee Chair



SOCIAL PROGRAM SCHEDULE

Thursday, October 17

8:00 am | Early Bird Walk

9:00 am – 10:30 am | Spouse/Guest & Child Hospitality

Enjoy a continental breakfast with old friends and new. A presentation will be given by the Howard Steel Speaker, Kevin Reilly.

10:45 am – 12:45 pm | History and Garden Tour of The Breakers

This exclusive tour takes you through the resort to learn the history and soak in the grandeur of this century-old landmark. Then, it's onto the gardens where you will learn about many varieties of plants and flowers as well as tour the herb garden where the chefs select fresh flavors for each meal.

2:15 pm – 4:45 pm | Segway Tour

The tour *rolls* through the city of West Palm Beach, along the waterfront and over the bridge to Palm Beach Island. See beautiful scenery and breathtaking landmarks as you effortlessly glide along on your own self-balancing personal transporter.

6:00 pm – 7:00 pm | New Member Reception

All new EOA Members are invited to attend this reception, where the EOA Board and other leadership will welcome you to the organization.

Attire: Resort Casual

7:00 pm – 9:30 pm | Welcome Dinner

Have a wonderful evening with family and friends, enjoying the shimmer of the sunset over the Atlantic Ocean with delicious food and drinks.

Attire: Resort Casual

Friday, October 18

8:00 am | Early Bird Walk

9:00 am – 10:00 am | Spouse/Guest & Child Hospitality

Enjoy a cup of coffee with old friends and new.

9:30 am | Book Discussion

“Tackling Life” by Kevin Reilly

12:30 pm – 3:30 pm | West Palm Beach Food Tour

Expect a delicious blend of food, history, culture and fun! Eat, drink and discover Downtown West Palm Beach. This unique, small tour experience is designed to connect you with local foods and the chefs who prepare them.

12:40 pm – 5:30 pm | Fishing

You'll be fishing in Sailfish Alley, the closest point to the Gulf Stream in Florida. Be on the lookout for kingfish, wahoo, pompano, dolphin, amberjack and sailfish.

1:00 pm – 6:00 pm | Golf Tournament (1:15 pm Tee Time)

This newly renovated course offers an extraordinary golf experience for all levels of players that honors its heritage and seaside location with

contemporary playability. A rich variety of contours, shapes and depths, along with all-new salt-tolerant grass and unique water features, help bring the course to an exciting and challenging new level. The tournament will be a 1:15 pm shotgun start with scramble format.

2:00 pm – 3:30 pm | Tennis Round Robin

3.5 USTA rating or better

4:30 pm – 5:30 pm | Resident Networking Reception

5:30 pm – 7:30 pm | Exhibitor Reception

Before you go to dinner, start your evening off with drinks and hors d'oeuvres with EOA.

5:30 pm – 7:30 pm | Kids' Movie Party with Arts & Crafts

While parents are at the Exhibitor Reception, kids enjoy dinner and crafts or a movie with friends.

Children younger than 5 must be accompanied by an adult.

Saturday, October 19

8:00 am | Early Bird Walk

9:00 am – 10:00 am | Spouse/Guest & Child Hospitality

Enjoy a cup of coffee with old friends and new.

9:30 am | Party Bridge

All levels welcome!

2:00 pm – 4:30 pm | Loggerhead Marine Life Center

The tour takes you behind the gates of the outdoor sea turtle hospital to get up close and personal with its patients. Established in 1983, the Loggerhead Marine Life Center focuses on research, rehabilitation, education and conservation for threatened and endangered sea turtles and their ecosystems.

2:30 pm – 4:30 pm | Flagler Museum Guided Tour

Whitehall, home of Henry Flagler, is one of the most prestigious homes in all of America. Completed in 1902, this estate was Flagler's wedding present to his third wife, Mary Lily Kenan. This tour of the private mansion, restored to its original glory and steeped in history and grand tradition, will take you back in time.

6:15 pm – 11:00 pm | Jazz Reception & Founders' Dinner

The evening begins with our own EOA Jazz Band, playing “Jersey-style” music in memory of Dr. Howard Steel. After a delicious dinner, kick back and sing along to some favorite tunes with the Atlantic City Boys. Then, let loose and laugh with “New Jersey’s Bad Boy,” actor and comic Mike Marino.

Attire: Black Tie optional

6:15 pm – 11:00 pm | Kids' Movie Party with Arts & Crafts

While your parents are at the Jazz Reception and Founders' Dinner Dance, enjoy dinner and crafts or a movie with your friends.

Children younger than 5 must be accompanied by an adult.

Membership Benefit

EOA and Arthrex have partnered to bring you FREE access to



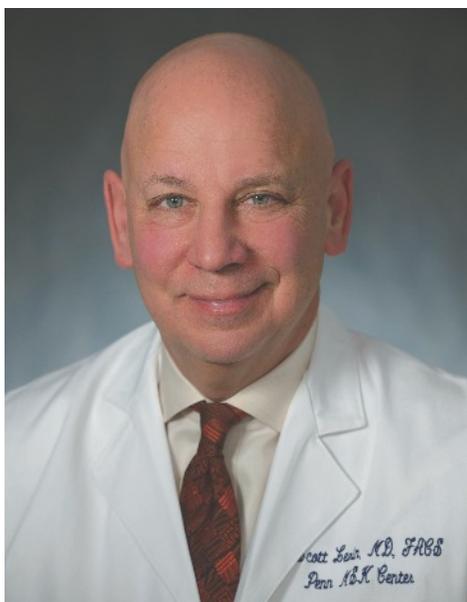
Surgical Outcomes System

RESIDENT PROGRAM

This fall, the EOA will again offer an afternoon Resident Program, free of charge for all registered attendees. The course is scheduled for Friday afternoon from 1:30-4:30 pm followed by a Networking Reception.

Topics to be covered by the exceptional faculty include:

- Surgical Care Affiliates Introduction
- Introduction to Physician Employment Models
- High-Yield Hand and Wrist
- High-Yield Trauma
- High-Yield Sports Medicine
- Spine Update 2019
- Introduction to Employment Contracts
- High-Yield Shoulder and Upper Extremity
- High-Yield Foot and Ankle
- High-Yield Adult Hip and Knee Arthroplasty
- High Yield Tumor and Basic Science



PRESIDENTIAL GUEST SPEAKER L. Scott Levin, MD, FACS

The EOA is pleased to welcome L. Scott Levin, MD, FACS as the 2019 Presidential Guest Speaker. Dr. Levin is the Paul B. Magnuson Professor of Bone and Joint Surgery, Chair of the Department of Orthopaedic Surgery at the University of Pennsylvania School of Medicine, and a professor of surgery. He is also the Medical Director of the Penn Musculoskeletal and Rheumatology Service Line. Dr. Levin is Board-certified in orthopaedic surgery and has a Certificate of added Qualification in hand surgery. In addition, he is Board-certified in plastic surgery, and is responsible for developing the field of “orthoplastic surgery.”

As an accomplished clinician, his expertise focuses on surgery of the hand and upper extremi-

ty, reconstructive microsurgical techniques for extremity reconstruction and limb salvage. His research interests focus predominantly on extremity soft tissue reconstruction and vascularized composite allotransplantation.

Widely published with more than 350 peer-reviewed journal articles, 85 book chapters and 11 books, Dr. Levin also actively participates in senior leadership activities of many national and international professional societies and associations, and has received numerous awards for his commitment to teaching.

THE HOWARD STEEL LECTURER Kevin Reilly

The EOA is pleased to welcome Kevin Reilly as the 2019 Howard Steel Lecturer. Kevin’s story isn’t merely about survival – it’s a tale of overcoming tremendous adversity and realizing the potential to be a true champion.

In 1973, the World Champion Miami Dolphins drafted Kevin in the seventh round. Later that year, he returned to his hometown team, the Philadelphia Eagles, serving as captain of the special teams.

During his career in the NFL, Kevin played with greats such as Bill Bergey, Garo Yepremian, Harold Carmichael and Larry Csonka. In 1975, Kevin’s NFL career was cut short when he was

diagnosed with a rare desmoid tumor. To halt the spread of cancer, Kevin’s left arm, most of his shoulder and four ribs were amputated. He was told he’d never be able to tie his shoes or a tie again, much less play sports. He didn’t listen.

Kevin went on to achieve incredible goals and overcome enormous obstacles that will inspire marvel at the strength of the human spirit. His story reminds us that when a person is forced to come to terms with a serious disability, their biggest personal victories frequently happen during those dark hours in the middle of the night, when no fans are cheering and one’s toughest adversary is himself.





SCIENTIFIC PROGRAM HIGHLIGHTS

Thursday, October 17, 2019

SYMPOSIUM 1

Hip Preservation

CONCURRENT SESSION 1A

Partial Rotator Cuff Tears: Let the Battle Begin

CONCURRENT SESSION 1B

Total Knee

GENERAL SESSION 1

Award Abstract Presentations

RAPID FIRE SESSION 1A-1E

Sports Medicine, Total Hip (Anterior Robotics), Trauma, Basic Science and Shoulder/Upper Extremity (Reverse Shoulder)

GENERAL SESSION 2

BOC, OREF, ABOS and AAOS Updates

GENERAL SESSION 3

Howard Steel Lecture

GENERAL SESSION 4

Round Table Discussion

CONCURRENT SESSION 2A

Foot, Ankle and Trauma

CONCURRENT SESSION 2B

Hand and Wrist

CONCURRENT SESSION 3A

Shoulder 101 – How and When I Do It

CONCURRENT SESSION 3B

Orthobiologics and Orthopaedic Science

SYMPOSIUM 2

Knee Preservation

RAPID FIRE SESSION 2A-2E

Total Knee, Health Economics and Policy, Foot/Ankle, Miscellaneous and Pediatrics

E-POSTERS

(Presenters Available before and after the Scientific Program.)

MULTIMEDIA EDUCATION SESSION

(Available each day following the Poster Session.)

Friday, October 18, 2019

SYMPOSIUM 3

ACL: Past, Present, Future

CONCURRENT SESSION 4A

Spine: Hot Topics

CONCURRENT SESSION 4B

Surgical Education and Resident Education

GENERAL SESSION 5

Award Abstract Presentations

RAPID FIRE SESSION 3A-3E

Hip Preservation State-of-the-Art, Hand/Wrist, Total Joint, Tumor and Trauma

GENERAL SESSION 6

New Jersey Orthopaedic Society Distinguished Lecturer and Resident Guest Program

GENERAL SESSION 7

Presidential Guest Speaker

RESIDENT PROGRAM

E-POSTERS

(Presenters Available before and after the Scientific Program.)

MULTIMEDIA EDUCATION SESSION

(Available each day following the Poster Session.)

Saturday, October 19, 2019

SYMPOSIUM 4

Top Hip Approaches

CONCURRENT SESSION 5A

Hot Elbow Topics

CONCURRENT SESSION 5B

Ankle Arthritis: Let the Battle Begin

GENERAL SESSION 8

Award Abstract Presentations

GENERAL SESSION 9

Presidential Address

SYMPOSIUM 5

Physician Wellness – We Have to Talk About It

GENERAL SESSION 10

Humanitarian Award Presentation

SYMPOSIUM 6

Healthcare Economics and ASC – The Future is Now

RAPID FIRE SESSION 4A-4E

Total Hip, Total Knee, Sports Medicine, Spine and Shoulder/Elbow

E-POSTERS

(Presenters Available before the Scientific Program.)

MULTIMEDIA EDUCATION SESSION

(Available each day following the Poster Session.)



The complete EOA Scientific Program is available on the EOA Website at eoa-assn.org.



Tax Saving Tips: Plan Now for April 2020

By David B. Mandell, JD, MBA & Carole Foos, CPA

Do you realize that, after the recent tax reform-- between income, capital gains, Medicare, self-employment and other taxes – some orthopaedic surgeons may still be facing marginal tax rates in excess of 50%? How many months are you working for the government before you start earning money for yourself? Nonetheless, if you are like many physicians, you get very few tax planning ideas from your advisors.

Given these sobering facts, this article shows you a few ways to potentially save and possibly motivate you to investigate these planning concepts early in the year when you can best take advantage of them. Let's examine them now:

1. Use the Right Mix of Benefit Plans

These areas are where many tax mistakes are made today – and where many orthopaedic surgeons could benefit by up to thousands of dollars annually with the right analysis and implementations. In the area of qualified retirement plans (QRPs), like 401(k)s and profit-sharing plans, many businesses and professional practices employ plans that are sub-optimal, either from a formula perspective (i.e., owners could be putting away more and getting higher deductions), a fee perspective (i.e., the third party administrator (TPA) or fund choices may charge higher fees than needed) or from a liability perspective (i.e., the business and owners are the sole fiduciary on the plan, giving them sole legal responsibilities for plan performance). All of these factors should be examined in a review/audit.

In addition to QRPs, there are additional planning opportunities using non-qualified plans. These plans have much different rules than QRPs – most importantly, such plans need not be offered to employees – practice owners can allow only themselves to participate. Despite this and other tax benefits, few medical practices utilize them today. This is unfortunate.

2. Manage your Investments with Tax Efficiency; Explore Investment Managers Who Manage with Taxes in Mind

Make sure that you have the right investments in the right accounts. Investments that generate significant taxable income can be held in your retirement accounts while growth assets can be held in after-tax brokerage accounts. Since you can't control the capital gains you will realize within mutual fund investments, consider other alternatives but at a minimum, hold these assets in the proper accounts. Harvest capital losses against capital gains all year rather than waiting until December. Also, be aware of the holding periods of your investments and where possible, time your sales to get long term capital gains treatment rather than short term gains.

Need help with these strategies? Consider working with an investment firm that designs a tax-efficient portfolio for you and communicates with you each year to minimize the tax drag on that portfolio. In a mutual fund, you have only one-way communication – the fund tells you what your return is and what the tax cost is. Working with an investment management firm, you get two-way communication, as the firm works with you to maximize the leverage of different tax environments, offset tax losses and gains, and other tax minimization techniques.

3. Gain Tax-Deferral, Asset Protection through Cash Value Life Insurance

Mutual funds and personally owned securities will generate federal short- or long-term capital gains taxes (plus state taxes) when they are turned over (within a fund) or liquidated to become cash for retirement. However, similar assets within a cash value life insurance policy will generate no taxes – because the growth of policy cash balances is not taxable and, with proper management, the cash value in such policies can also be accessed tax-free in retirement.

4. Consider Charitable Giving

There are many ways you can make tax beneficial charitable gifts while also benefiting your family. The most common tool for achieving this “win-win” is the Charitable Remainder Trust (CRT). A CRT is an irrevocable trust that makes annual or more frequent payments to you (or to you and a family member), typically, until you die. What remains in the trust then passes to a qualified charity of your choice.

Conclusion

This article provides orthopaedic surgeons with a few tax-saving ideas. If you want to save taxes, the most important thing you can do is start looking for members of your advisory team who can help you address these issues in advance. Otherwise, you will be in this same position next April 15th and for years to come.

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