It has been a fast-paced year at the department of otolaryngology-head and neck surgery at Saint Louis University School of Medicine. Over the last year, we have seen continued growth in our faculty, clinical programs and research efforts.

In July 2005, Dr. Thomas Sanford joined the faculty in the division of general otolaryngology. Dr. Sanford is an accomplished general otolaryngologist-head and neck surgeon, rhinologist, and otolaryngologic allergist. It has been great having him join us and contribute his expertise to our clinical acumen.

Dr. Michael Odell joined us in April from the University of Toronto. Dr. Odell finished his fellowship in 2005 and is a superbly trained head and neck surgeon who completed a two-year fellowship at the Princess Margaret Hospital in Toronto. He comes with expertise in all aspects of head and neck ablative and reconstructive surgery, including thyroid, parathyroid, cranial base surgery and free flap reconstruction.

We are pleased to announce that Dr. Ron Mitchell will be joining us in the division of pediatric otolaryngology at Cardinal Glennon Children’s Medical Center. Dr. Mitchell completed a pediatric fellowship in Memphis at the LeBonheur Children’s Medical Center and has most recently been an attending pediatric otolaryngologist at Virginia Commonwealth University. He will bring additional help to our very busy pediatric otolaryngology service. Dr. Mitchell is renowned for his work in pediatric sleep disorders.

Additionally, there are significant new clinical endeavors starting this year in the department. With Dr. Sanford’s expertise, we will begin an otolaryngologic allergy program in the department. This is absolutely essential for patient care and for resident education.

Resident training continues to be a major emphasis. This year’s seniors, Dr. Alex Donath and Dr. Rebecca Brandsted, are doing an exceptional job in chief roles. Dr. Donath has matched into a facial plastic and reconstructive surgery fellowship with the Glasgold Group in New Jersey. Dr. Brandsted will be joining a private practice in the St. Louis area.

Both faculty and residents have been actively involved in presenting at national and international meetings. Our department continues to have a robust volume of publications in a variety of otolaryngologic journals. We have also been very actively involved in the Practical Anatomy Workshop of St. Louis. In the last year, we have directed courses in otology-neurotology, rhinology and sinus surgery, facial plastic and reconstructive surgery, and major head and neck reconstructive surgery.

This is just a brief overview of what has been happening in the department over the last year. The following pages will delve into much more detail. Best wishes for 2006!
Recent Publications


Otolaryngology-Head & Neck Surgery, June 2005: “Surgical margin determination in head and neck oncology”, Meier JD, Oliver DA, Varvares MA


SAVE THE DATE

The 16th Annual William B. Harkins, MD Memorial Lecture and Scientific Forum
June 3, 2006

Presented by Saint Louis University Department of Otolaryngology –Head and Neck Surgery

Harkins Memorial Lecture Features
Michael Maves, MD
as Guest Speaker

We are pleased to announce that Dr. Michael Maves will be the Saint Louis University Department of Otolaryngology –Head and Neck Surgery Harkins Lecturer for 2006. Dr. Maves is the former chairman of our department from 1988 to 1994. Following his tenure here, he was appointed to the Otolaryngology Academy of Head and Neck Surgery as the executive vice president. He has risen to national prominence not only in our own specialty but across all fields in the practice of medicine through his position as executive vice president and CEO of the American Medical Association.

He is an outstanding lecturer and we are privileged to have him as our guest speaker.

Guest Lecturer
Michael Maves, MD
CLINICAL ENDEAVORS

RESEARCH ACTIVITIES

TEACHING EXPERIENCES
Patients in St. Louis who are dealing with allergies will soon have a new avenue for their care. Dr. Thomas Sanford and Dr. Raj Sindwani are working to develop an allergy testing and treatment clinic targeted for patients with chronic inflammation of the head and neck.

These conditions include chronic sinusitis and polyposis, chronic otitis media, Ménière’s disease and related vestibular disorders, chronic laryngitis and oral cutaneous inflammatory lesions. Up to 50 percent of patients with the above conditions will experience improved symptoms after identification and treatment of allergy.

In July of 2005, Thomas Sanford, MD joined the department of otolaryngology-head and neck surgery at Saint Louis University School of Medicine. Dr. Sanford’s clinical interests include allergy therapy for the head and neck patient. In addition, he was a member of the AAOA board and has lectured and published papers regarding allergy therapy. Prior to joining the faculty of Saint Louis University, Dr. Sanford had an active allergy clinic practice in the Kansas City area. His expertise in this area is extensive and we are fortunate to have him join our program. With the combination of Dr. Sanford’s experience and the expertise of Dr. Sindwani in the care of chronic sinusitis and rhinitis, our patients are ensured a multi faceted approach to their care.

While supplementing the therapy of the otolaryngic patient by offering allergy testing is our key initiative, it is felt that this clinic will also broaden the training of Saint Louis University otolaryngology residents. This training will include staying abreast of the changing pharmacotherapy options for allergic patients as well as the refinements of testing and treatment regimens. It is projected that the allergy clinic will act as a springboard for clinical research projects.

Drs. Sindwani and Sanford are working to develop an otolaryngologic allergy program that will complement the existing Comprehensive Sinus Center.

Otolaryngologic Allergy

Practical Anatomy Workshops and Training Courses

April 28-30, 2006: Techniques in Otologic and Neurotologic Surgery, St. Louis, MO -Course Director, Anthony Mikulec, MD (Practical Anatomy Workshop)
August 5, 2006: Midwest Resident Sinus Workshop, St. Louis, MO - Course Directors Raj Sindwani, MD and Thomas Donovan, MD (Practical Anatomy Workshop)
October 20-22, 2006: Contemporary Surgery of the Aging Face, St. Louis, MO - Course Director Mike Nayak, MD (Practical Anatomy Workshop)
October 27-29, 2006: Free Tissue Transfer for Major Ablative Defects of the Head and Neck, St. Louis, MO - Course Director Mark Varvares, MD (Practical Anatomy Workshop)
December 1-3, 2006: Reconstructive Surgery of The Larynx and Cervical Trachea Course, St. Louis, MO - Course Director Mark Varvares, MD (Practical Anatomy Workshop)
May 5-6, July 14-15, September 22-23, and November 10-11, 2006: Vocal and Pulmonary Rehabilitation After Total Laryngectomy, Clinical Training Course - Course Director Dennis Fuller, PhD

For more information on clinical services, please call (314) 977-5110.
Under the direction of Anthony Mikulec, MD, the division of otologic and neurotologic surgery has seen aggressive growth that has benefited the resident training program and expanded the scope of practice to provide a full breadth of services to our patients. Two new audiologists, Amy Estill, MA, and Stanton Jones, MS, have joined the practice in the past year, bringing extensive experience in audiology and hearing aid services to our patients.

**Implantable Hearing Devices**
Both pediatric and adult cochlear implantation and associated rehabilitation is being offered for the first time in over five years. Stanton Jones, previously at UCLA, joined the faculty in the fall of 2005, and brings with him a wealth of cochlear implant experience which has greatly expanded the scope of practice. Bone anchored hearing aids (BAHA) and prosthetic ear implants are now offered in the scope of practice.

**Vestibular Laboratory**
A full service vestibular laboratory is now available, including electronystagmography (ENG), rotary chair testing, posturography, and vestibular evoked myogenic potential (VEMP) testing. Clinical consultation for vestibular disorders with Dr. Mikulec are also available.

**Otosclerosis/BPPV and Osteoporosis Study**
Preliminary research by Dr. Mikulec has shown that otosclerosis and osteoporosis may be associated diseases with similar underlying pathophysiology. BPPV may also be more common in patients with osteoporosis, perhaps due to impaired calcium homeostasis. A study has been initiated to investigate the prevalence of otosclerosis and BPPV in patients with osteoporosis. Free hearing screenings and Dix-Hallpike evaluations are being offered at the University Club Tower as part of the study. Women between the ages of 50 and 75 who are undergoing Dual Energy Absorptiometry (DEXA) scanning for osteoporosis are eligible to participate in the study. For more information please contact Stanton Jones, MS, at 977-5114.

**CyberKnife Radiotherapy**
Saint Louis University Hospital has the only CyberKnife radio-surgery unit in St. Louis and through the expertise of Dr. Mikulec and Dr. Bruce Walz of radiation oncology, frameless stereotactic radiosurgery for the treatment of vestibular schwannoma and other skull base lesions is now a treatment option. The advantages of the CyberKnife include the lack of a head frame, which allows treatment to be fractionated over a period of several days, improving hearing and facial nerve preservation.
Our activities at the Saint Louis University Cancer Center continue to become more involved both in multidisciplinary care and in the administration of the Cancer Center in general.

As of January 2006, Mark Varvares, MD is the Director of the Saint Louis University Cancer Center. He will hold this role in addition to his role as Chairman of the Department of Otolaryngology – Head and Neck Surgery. The role of this directorship will be to bring multidisciplinary cancer care to all organ sites in the treatment of patients at the Cancer Center. The model that has been developed in the multidisciplinary head and neck tumor program at SLU Care has been very successful both from the standpoint of patients and participating physicians. The hope is to expand this into all major areas involved at the Cancer Center.

In addition, the charge has been to help expand and grow the basic science component of the Cancer Center. In place are several world class researchers working in the School of Medicine, and the hope is to build upon their accomplishments by attracting new faculty. The new research building, an $80 million initiative, will also help in this endeavor.

As the number of multidisciplinary programs at the Cancer Center grows, so will the number of translational programs. These programs are designed to intermix basic science and clinical work so as to bring information from “bench to bedside.” Dr. Eddy Hsueh and his work in melanoma therapy is an excellent example of translational medicine at the Saint Louis University Cancer Center.

It is also a goal to greatly increase the quality of care delivered to patients. This will involve such areas as patient registration, laboratory services and other ancillary services available to our patients. The patient information center continues to be a tremendous resource to our patients. In the last year, the Cancer Center has added a dedicated dietitian, Christina Popp, to the outpatient area to help with all cancer patients regardless of the discipline. Christina has been used extensively in the head and neck unit.

From the standpoint of the head and neck program, the service continues to provide multidisciplinary care for our patients referred with head and neck cancer of all sites and stages. Working closely with Dr. Hans Joachim Reimers of medical oncology and Drs. Bruce Walz and Don Logie of radiation oncology, patients have been provided cutting edge, state-of-the-art multidisciplinary treatment. The multidisciplinary team is continuing to participate in a number of multi-institutional trials for advanced head and neck cancer. Increasingly, CyberKnife is being used to treat patients with recurrent malignancies of the head and neck and base of skull.

The opportunity to assume the stewardship of the Cancer Center for the next several years is a significant event in the recognition of head and neck surgical oncology as a legitimate subspeciality in the care of patients with malignancies. It is a credit to the Otolaryngology-Head and Neck Surgery Academy and our Head and Neck Society that a head and neck surgeon is appointed as director of the Cancer Center. This has occurred in other major cancer centers such as Ohio State and the University of Arkansas. Dr. Varvares is thankful to the dean and the provost as well as the search committee for allowing him this opportunity and responsibility over the next several years.

For more information on clinical services, please call (314) 977-5110.
A multidisciplinary skull base program is under development at SLU-Care which will allow us to care for patients with complex lateral skull base problems that require the skill of a surgical neurotologist.

With the addition of Dr. Anthony Mikulec to our program last year, we are now able to offer expanded otologic/neurotologic services to our patients. Dr. Mikulec is also certified for CyberKnife therapy and therefore is able to treat patients with skull base tumors using radiosurgical approaches. The CyberKnife is the only radiosurgical tool of its type in the area and is located on the Saint Louis University Hospital campus.

Along with our neurosurgical colleague, Dr. Saleem Abdulrauf, we are continuing to participate in the Skull Base Society on a national level. Dr. Abdulrauf is a member of the senior leadership for the North American Skull Base Society and has been a great collaborator to assist us in the expansion of the skull base program.

Over the last several months, we have increased our use of image-guided endoscopic skull base surgery. This has been particularly useful in the treatment of patients with pituitary adenomas. Using a four-handed technique and transnasal endoscopy, our endoscopic sinus surgeon, Dr. Raj Sindwani, has been able to successfully resect pituitary adenomas in conjunction with Drs. Richard Bucholz, Saleem Abdulrauf and David Crafts of neurosurgery. We are delighted in the evolution of this approach at SLUCare which would have never been possible without the cooperation of our neurosurgical colleagues.

In the last few months, we have undertaken endoscopic cranial base resections as a joint effort with with Drs. Sindwani, Varvares and Abdulrauf. We most recently resected an extensive anterior base of skull hemangiopericytoma that clearly would have required a standard craniofacial resection. This is an area in cranial base surgery that is under great scrutiny and evolution, and we hope to participate in multi-center trials in conjunction with the North American Skull Base Society.

As we further develop the skull base program at SLU-Care, we will have available a web-site through which referring physicians and patients will be better able to find us. It will also better highlight the extensive group of involved disciplines including internal medicine, radiation oncology, medical oncology, otolaryngology, neurosurgery, endocrinology, speech and swallowing therapy and reconstructive surgery.

Patients with vestibular schwannoma who wish to consider stereotactic radiotherapy can be referred to Dr. Mikulec by calling (314) 977-5110.
Resident Research Projects

Impact of Depression on Disease-Specific Symptoms and Quality of Life in Patients with Chronic Rhinosinusitis
Rebecca Brandsted, MD, and Raj Sindwani, MD

The Maxillary Line: Anatomical Characterization and Clinical Utility of an Important Surgical Landmark
John Chastain, MD, and Raj Sindwani, MD

Metered Dose Perfusion of Dexamethasone for Treatment of Peripheral Vertigo
John Chastain, MD, Anthony Mikulec, MD, and John Epley, MD

The Labyrinthine Anesthesia Test: A Valuable Tool for Diagnosing Vestibular Pathology
John Chastain, MD, Anthony Mikulec, MD, and John Epley, MD

The Pericranial Flap for Cranialization of the Frontal Sinus
Alex Donath, MD, and Raj Sindwani, MD

Preoperative Vascular Analysis for Radial Forearm Free Flaps: A Cost-Effectiveness Comparison
Alex Donath, MD, and Mark Varvares, MD

MedPor vs. Autologous Cartilage for Alar Batten Grafting
Alex Donath, MD, and L. Mike Nayak, MD

Patient Expectations of Endoscopic Sinus Surgery
Umang Mehta, MD, Raj Sindwani, MD, and Todd Huber, MD

Congenital Malformations of the Inner Ear: 20 year Experience
Aayesha Khan, MD, and Anthony Mikulec, MD

Current Residents

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Medical School</th>
</tr>
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<tbody>
<tr>
<td>Dary Costa, MD</td>
<td>PGY1</td>
<td>Southern Illinois University School of Medicine, Springfield, IL</td>
</tr>
<tr>
<td>Joshua Hentzelman, MD</td>
<td>PGY1</td>
<td>University of Florida Medical School, Gainsville, Fl</td>
</tr>
<tr>
<td>Jastin Antisdel, MD</td>
<td>PGY2</td>
<td>Saint Louis University School of Medicine, St. Louis, MO</td>
</tr>
<tr>
<td>Ron Walker, MD</td>
<td>PGY2</td>
<td>Indiana University College of Medicine, Indianapolis, IN</td>
</tr>
<tr>
<td>Umang Mehta, MD</td>
<td>PGY3</td>
<td>Ohio State University College of Medicine, Columbus, OH</td>
</tr>
<tr>
<td>Robert Mynatt, MD</td>
<td>PGY3</td>
<td>University of Tennessee College of Medicine, Memphis, TN</td>
</tr>
<tr>
<td>Aayesha Khan, MD</td>
<td>PGY3</td>
<td>Aga Khan University, Pakistan</td>
</tr>
<tr>
<td>John Chastain, MD</td>
<td>PGY4</td>
<td>Medical College of Georgia, Augusta, GA</td>
</tr>
<tr>
<td>Rebecca Brandsted, MD</td>
<td>PGY5</td>
<td>University of Kansas School of Medicine, Kansas City, KS</td>
</tr>
<tr>
<td>Alexander Donath, MD</td>
<td>PGY5</td>
<td>University of Cincinnati College of Medicine, Cincinnati, OH</td>
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For more information on clinical services, please call (314) 977-5110.
FACULTY AND STAFF
Faculty and Staff

Mark Varvares, MD  
Professor and Chairman

Specialty 
Squamous cell carcinoma of the head and neck, free flap reconstruction, skull base surgery, surgery of the parotid, thyroid, and parathyroid glands, laryngeal cancer, nasal and paranasal sinus cancer

Anthony Mikulec, MD  
Assistant Professor

Specialty 
Superior canal dehiscence syndrome, implantable hearing devices, conservative management of skull base tumors, otosclerosis, chronic ear disease, novel treatments for tinnitus and balance disorders

Thomas Donovan, MD  
Clinical Professor

Specialty 
Pediatric hearing loss and sinusitis

Thomas Sanford MD  
Assistant Professor

Specialty 
General otolaryngology, allergy, rhinology and sinus surgery, head and neck ablative and reconstructive surgery

John Eisenbeis, MD  
Associate Professor

Specialty 
Care of the professional voice, spastic dysphonia, airway disorders, sinusitis and advanced endoscopic sinus surgery, pediatric otolaryngology/otology

Raj Sindwani, MD  
Assistant Professor

Specialty 
Sinusitis, allergic rhinitis, nasal obstruction, Grave’s orbitopathy, computer-guided endoscopic sinus surgery, minimally-invasive treatment of frontal sinusitis, endoscopic removal of nose/sinus/pituitary tumors, endoscopic DCR

George Katsantonis, MD  
Clinical Professor

Specialty 
General otolaryngology with emphasis in obstructive sleep apnea

John Stith, MD  
Associate Professor

Specialty 
Laryngotracheal reconstruction and chronic ear surgery in pediatric patients

For more information on clinical services, please call (314) 977-5110.
Faculty and Staff

Margaret Cooper, PhD  
Professor  
Specialty  
Head and neck anatomy, anatomy of the temporal bone

David Martin, MD  
Clinical Professor  
Specialty  
Head and neck imaging

Dennis Fuller, PhD  
Associate Professor  
Specialty  
Speech pathology

Dave Harris, PhD  
Instructor  
Specialty  
Audiology

Stanton Jones, MS  
Assistant Professor  
Specialty  
Audiology

Virginia Sepich, PNP  
Specialty  
Pediatric otolaryngology, cleft lip and cleft palate

Dr. Amy Estill, MA  
Specialty  
Audiology

Recruitment

The department of otolaryngology-head and neck surgery at Saint Louis University is currently recruiting for a Basic Scientist, PhD/MD. Interested candidates may send CV to:  
Mark Varvares, MD  
Department of Otolaryngology-Head and Neck Surgery  
Saint Louis University School of Medicine  
3635 Vista Avenue @ Grand Blvd, FDT 6  
St. Louis, MO  63110-0250

New Faculty at Saint Louis University  
Department of Head and Neck Surgery

Ron Mitchell, MD  
Professor  
Ron Mitchell, MD, will join the department on July 1, 2006. Dr. Mitchell specializes in pediatric otolaryngology with clinical and research interests in sleep disorders. Dr. Mitchell received his medical degree from the University of Southampton, UK. His residency was completed at the Royal College of Surgeons of England which was followed by a fellowship in Pediatrics at the LeBonheur Children’s Medical Center in Memphis, TN. Dr. Mitchell is board certified in otolaryngology and is a Fellow of the Royal College of Surgeons of Edinburgh and England. We are pleased that he has chosen to join our department as he will help us to more effectively service a growing population of patients at SSM Cardinal Glennon Children’s Medical Center.

Michael Odell, MD  
Assistant Professor  
Michael Odell, MD, joined the department April 1, 2006. Dr. Odell specializes in head and neck ablative and reconstructive surgery. Dr. Odell received his medical degree from Queen’s University in Kingston, Ontario. His residency was completed at the University of British Columbia. He also recently completed a fellowship in head and neck ablative and reconstructive surgery at the University of Toronto, Toronto, Canada. Dr. Odell has interest and expertise in all aspects of ablative and reconstructive surgery of the head and neck as well as thyroid and parathyroid surgery.
Monetary gifts play a critical role in the ongoing success and development of the department of otolaryngology–head and neck surgery at Saint Louis University School of Medicine. These donations help fund resident activities, research projects, and the development of new programs. Gifts are specifically utilized based upon the donor’s guidelines and every gift is personally recognized by the chairman of the department. In the department of Otolaryngology there are several endeavors for which you may contribute:

► **Otolaryngology Resident Fund**

This fund supports activities that improve and expand the resident learning experience including textbooks, educational seminars, and Grand Rounds Lecture Series.

► **Otolaryngology Teaching and Research Fund**

This fund assists in the support of unfunded teaching and research efforts that will support the mission of the department. It has been used to support research related to the quality of life of cancer patients and clinical outcome studies.

► **Harkins Lectureship Fund**

The annual lectureship fund supports a research day in which a nationally recognized otolaryngologist serves as guest speaker and residents present their research projects. This lectureship series has successfully led to the publishing of resident articles under the support and direction of the faculty of the department.

If you are interested in supporting any of these funds or in making an unrestricted gift, please contact us at (314) 268-7405 or mail your contribution to:

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