University Establishes the Donald and Marlene Jerome Endowed Chair of Otolaryngology-Head and Neck Surgery

“I am so appreciative to the Jeromes for their generosity and commitment to excellence in otolaryngology–head and neck surgery,” notes Dr. Patricia Monteleone, Dean of the School of Medicine. “This endowed chair affords us an opportunity to further our education and research mission at the School of Medicine as well as attract and retain excellent faculty.”

The endowment created by the Jeromes’ contribution will support the educational mission of the chair and the department. This will substantially enhance the academic productivity of the department, but, most importantly, it will serve as a significant recruitment tool for future department chairs. The inclusion of an endowed chair in the recruitment package is a key component to prospective department chairmen.

The department is excited about this opportunity to honor the Jeromes for their tremendous contribution. The University formal bestowal ceremony was April 3, 2008.

Through the generosity of Dr. and Mrs. Donald Lee Jerome of Swansea, Ill., Saint Louis University School of Medicine has established the Donald and Marlene Jerome Chair in Otolaryngology–Head and Neck Surgery. This is a tremendous development in the scholastic progress of the department and will truly raise our credibility to a new national level.

Dr. Jerome is an alumnus of the Saint Louis University School of Medicine Class of 1961. He was a classmate of Dr. Patricia Monteleone, retiring Dean of the School of Medicine. After completing his medical school education and earning his degree, Dr. Jerome received his Otolaryngology–Head and Neck Surgery training at the University of Illinois, Chicago. He returned to the St. Louis Metro East area and built a highly successful practice in Belleville. For many years, he was Belleville’s only otolaryngologist and received referrals from as far east as Evansville, Ind.

From left to right: Mark Varvares MD, Donald Jerome MD, Marlene Jerome, Dean Patricia Monteleone MD
Clinical Endeavors

Research Activities

Teaching Experience
Advancements in Laryngology

The practice of laryngology has advanced dramatically in recent years due to improvements in technology, better understanding of physiology and innovative techniques. Minimally invasive procedures appeal to the patient and surgeon alike because of decreased operative time, quicker patient recovery and the potential for lower overall cost. Treatment of voice disorders has changed over the last 30 years. Specifically, the management of hoarseness secondary to vocal fold immobility continues to evolve to less invasive, more expedient and reliable alternatives.

Initial attempts to treat vocal fold paralysis occurred 100 years ago with paraffin injections used to medialize the vocal fold. Little changed until the 1960s when Teflon became the preferred product. This technique then fell out of favor after 20 years of use revealed complications such as foreign body reaction and granuloma formation. In the past two decades, vocal fold medialization (thyroplasty) has evolved as the primary technique to treat this disorder. This procedure, however, requires an operative suite with side effects including a moderate amount of swallowing and speech discomfort in the post operative period.

Taking advantage of transcutaneous injection techniques previously developed and newly available products, a patient can have medialization procedures performed comfortably in an office setting. Laryngeal Botox injections have been done in Saint Louis University's Voice Clinic for the last 14 years treating spasmodic dysphonia. Utilizing similar techniques, materials such as glycerin (carboxymethylcellulose), collagen, Cymetra® (acellular dermal matrix) and Radiesse® (calcium hydroxylapatite) are being injected to restore voice and swallowing function for patients with vocal fold immobility. The procedure usually takes less than 15 minutes, and the patient experiences immediate vocal improvement. The injections have proven ideal for individuals who have increased medical risk for anesthesia as well as those patients who would benefit from an immediate improvement in voice and swallowing. In addition, age-related vocal impairment, such as Parkinson’s disease and vocal fold bowing, may be improved by transcutaneous injection.

Our goal to make the patient comfortable while at the same time obtaining reliable voice results, is being achieved by in-office transcutaneous injection laryngoplasty.
Members of the Department of Otolaryngology-Head and Neck Surgery are pleased to be involved in the newly established Center of Skull Base Surgery at the Saint Louis University Hospital. This center represents an improved organization over what has been a multi-department and specialty collaborative approach. The team includes members of the departments and divisions of Otolaryngology-Head and Neck Surgery, Neurosurgery, Reconstructive Surgery, Ophthalmology, Radiation Oncology, Medical Oncology, Neuroradiology and Endocrinology. Our consortium of physicians and specialists work to combine our knowledge in a multi-disciplinary way to care for patients with lesions that primarily affect the anterior, middle and posterior cranial base. This group is involved in the care of both adult and pediatric patients with disorders and tumors affecting the cranial base.

The spectrum of lesions that are able to be treated by the cranial base team include lesions of anterior, middle and posterior cranial base with pathologies such as meningiomas, chordomas, acoustic neuromas, paragangliomas, angiofibromas, and those involving the paranasal sinuses and nasal cavity such as, olfactory neuroblastomas and other cancers of the anterior cranial base, advanced salivary gland tumors extending into the temporal bone and nasopharyngeal carcinomas. In addition, pituitary tumors are a significant component of the lesions treated by our cranial base team.

In order to better improve visibility and access to our Skull Base physicians and technology, Saint Louis University hospital has developed a Center for Skull Base Surgery website which may be accessed at www.sluhospital.com. In addition, in order to share the educational experience that will benefit trainees in all of the associated disciplines, a bi-monthly skull base conference has been created. Prospective as well as retrospective cases are reviewed in a multi-disciplinary setting for the purpose of education and for real-time management planning.

Participating faculty members include directors Dr. Saleem Abdulrauf of Neurosurgery and Dr. Mark Varvares of Otolaryngology-Head and Neck Surgery. Other faculty from Otolaryngology-Head and Neck Surgery include Dr. Michael Odell, Dr. Raj Sindwani, Dr. John Eisenbeis, Dr. Anthony Mikulec, Dr. Dave Harris, Dr. Stanton Jones and Dr. Dennis Fuller. Additionally the participation of Mandy Kane, RN of Neurosurgery and Deborah Manne, MSN, of Otolaryngology-Head and Neck Surgery as coordinators are key to the administration of this program.

“In addition to involving key and experienced personnel in the various disciplines, an important component to the success and strength of the program lies with our specialized technology.”

* The intraoperative MRI (iMRI) allows real time guidance in the resection of tumors at the cranial base and intracranially. The iMRI is the only such unit in the St. Louis area.

* The magnetoencephalography unit (MEG) allows for mapping of brain activity, which has many diagnostic and treatment indications for patients, particularly with arteriovenous malformations or cranial base lesions. The Regional MEG Center is a partnership between SLUCare, U.S. Medical Management and SLU Hospital. There are fewer than 50 MEG units currently in the United States.

* The 64-Slice Time-of-Flight Phillips PET/CT, one of only two beta sites using this equipment in the United States, offers unsurpassed diagnostic capabilities for patients with tumors of the cranial base. Not only does this technology allow state-of-the-art initial staging and long term tumor surveillance, but it also improves radiation therapy planning, as the PET/CT findings can be incorporated into the radiation therapy treatment ports. The 64-Slice Time-of-Flight Phillips PET/CT scanner allows most patients to be scanned in 20 minutes; which is a significantly shorter interval of time spent on the table than with other PET/CT units.

* The dextroscope offers neurosurgeons the ability to view and manipulate patient imaging in a three-dimensional virtual-reality venue that allows virtual operations to be performed to improve pre-operative surgical planning.

* The centerpiece of skull base technology at SLU is the Cyberknife. This innovative radiosurgical tool allows precise, stereotactic radiosurgery to be employed in cranial base tumors. This highly specific form of radiation therapy allows delivery of therapeutic doses to tumors at the cranial base with as little as possible damage to surrounding normal tissue.

There is a single referral line for the cranial base center for easy access. The number is (877) 777-7793.
The residency program in Otolaryngology-Head and Neck Surgery at Saint Louis University School of Medicine is a five year program that includes a highly structured PGY-1 year covering surgical and related disciplines important in the subsequent years of training. Three major affiliated hospitals that participate in the program are Saint Louis University Hospital, Cardinal Glennon Children’s Medical Center and St. John’s Mercy Medical Center.

2007-2008 First Year Residents

Timothy McEvoy, MD graduated from Columbia University College of Physicians and Surgeons, where he performed in five plays during his schooling. He is originally from Minnetonka, Minn.

Jennifer Veraldi, MD is originally from St. Louis. She graduated from Ohio State University College of Medicine, where she was a member of the Honors Research Society.
After considerable planning across several disciplines, the Medical Center is happy to announce that the SLU Care Sleep Disorders Center is now a reality. This center is a multi-disciplinary program dedicated to the evaluation, diagnosis, and management of sleep disorders. SLU Care physicians specializing in pulmonary/critical care medicine, neurology, psychiatry, otolaryngology-head and neck surgery and behavioral medicine will collaborate in the care of a broad spectrum of complex sleep disorders. Community dental professionals will also participate. The center’s mission is to provide state-of-the-art patient care, enhance education, and perform research in the rapidly growing field of sleep medicine.

The Department of Otolaryngology-Head and Neck Surgery at Saint Louis University will be closely associated with the Sleep Disorders Center with Dr. George Katsantonis, as a member of the center’s faculty. Along with the director, Dr. Joseph D. Espiritu, and his co-director, Dr. Ghazala Hayat, other members of the faculty include Dr. George Matuschak, Dr. Wegdan Andrews, Dr. Jayant Acharya, and Pratricia Dette-meier, MSN, CS, ANP.

Obstructive sleep apnea (OSA) is the most common sleep disorder affecting 4.5% of American adults, while another 3% are suspected to have OSA. The management of many OSA patients is closely associated with our specialty. Through our active participation in the Sleep Disorders Center, patients are offered a wide range of available treatments, including new procedures designed to enlarge the airway (see figure). More patients can undergo upper airway assessment, an integral part of OSA evaluation and efficient identification of candidates for various treatments.

The direct communication among the members of the multidisciplinary team will facilitate the development of treatment strategies for many challenging cases. In order to work closely with the multidisciplinary team, an Otolaryngology-Head and Neck Surgery/OSA clinic will be established at the center, where patients can be seen on a scheduled basis. A multidisciplinary clinic is also planned to begin soon, where complex cases can be seen and discussed by all members of the team in one setting.

Managing patients with OSA has become a large, albeit challenging, part of the Otolaryngology practice. The otolaryngologist should have fundamental knowledge in OSA and sleep disorders in general if he or she wishes to appropriately manage these patients. The association of our department with the Sleep Disorders Center will offer our resident staff the opportunity for exposure in both clinical and research aspects of this field. The center will also offer an avenue for sleep medicine fellowship and board certification in sleep medicine for residents who desire to be more active in this field.

The management of OSA is challenging and requires input from several disciplines. No single treatment is appropriate for all patients, and many patients will need multiple treatments. A multidisciplinary approach, where sleep medicine, otolaryngology-head and neck surgery, neurology, oromaxillofacial surgery, prosthodontics and behavioral medicine work closely together will guarantee the best possible care. The new SLU Care Sleep Disorders Center was founded in the spirit of teamwork which is fundamental for treating these complicated disorders.

The center currently has two functioning beds; three more will become operational in the near future. The center is located on the first floor of the Salus Center, easily accessible for patients. The telephone number to schedule an appointment for overnight sleep studies is (314) 977-5337.

Figure: Pre and post-op figures from a lateral pharyngoplasty
After 18 years of service, Director of Pediatric Otolaryngology steps down

Dr. John Stith has served as Pediatric Division Chief for the Department of Otolaryngology-Head and Neck Surgery for the past 18 years. He stepped down as director earlier this year, but will remain full-time faculty. Thank you to Dr. Stith for his leadership and service to the department. He will be succeeded by Dr. Ron Mitchell.
## Faculty By Specialty

### Audiology
- Amy Estill, MA
- Dave A. Harris, PhD, CCC/A
- Stanton Jones, AuD, F-AAA, CCC/A

### Clinical Fellows
- Todd Brickman, PhD, MD

### Comprehensive Sinus Clinic/Rhinology
#### Sinus Surgery
- John F. Eisenbeis, MD
- Thomas Sanford, MD, FACS
- Raj Sindwani, MD, FACS, FRCSC

### Facial Plastic and Head and Neck
#### Reconstructive Surgery
- Michael J. Odell, MD, FRCSC
- Mark A. Varvares, MD, FACS

### Head and Neck Surgery
- Michael J. Odell, MD, FRCSC
- Mark A. Varvares, MD, FACS
- Deborah Manne, RDH, RN, MSN, OCN

### General Otolaryngology
- John F. Eisenbeis, MD
- George Katsantonis, MD, FACS
- Thomas Sanford, MD, FACS
- Raj Sindwani, MD, FACS, FRCSC

### Otology/Neurotology (Pediatric and Adult)
- Anthony Mikulec, MD, FACS

### Pediatric Otolaryngology
- Thomas J. Donovan, MD, FACS
- John F. Eisenbeis, MD
- Ron B. Mitchell, MD, FRCS
- Thomas Sanford, MD, FACS
- Virginia Sepich, RN, BSN, MSN, CPNP
- John A. Stith, MD

### Skull Base Surgery
- Anthony Mikulec, MD, FACS
- Michael J. Odell, MD, FRCSC
- Raj Sindwani, MD, FACS, FRCSC
- Mark A. Varvares, MD, FACS

### Sleep Disturbance
- George Katsantonis, MD, FACS
- John F. Eisenbeis, MD

### Speech Pathology and Voice Lab
- Dennis Fuller, PhD, CCC/SLP

### Vestibular Lab
- Anthony Mikulec, MD, FACS
- Amy Estill, MA
- Dave A. Harris, PhD, CCC/A
- Stanton Jones, AuD, F-AAA, CCC/A

### Voice Disorders
- John F. Eisenbeis, MD
- Dennis Fuller, PhD, CCC/SLP

### Adjunct Faculty
- Margaret Cooper, PhD-Anatomy
- David Martin MD-Radiology
CME

Upcoming PAWS Events

Resident Update in Rhinology
October 18, 2008
Raj Sindwani, MD
Thomas Donovan, MD

Free Tissue Transfer for Major Ablative Defects of the Head and Neck
October 23-25, 2008
Mark A. Varvares, MD

Save the Date

Update in Otolaryngology-Head and Neck Surgery
August 23, 2008
7:30 am-5:30 pm

Presented by Saint Louis University School of Medicine

Course Directors:
Ron Mitchell, MD
Raj Sindwani, MD

For more information on Practical Anatomy Workshops, please visit http://pa.slu.edu/

Awards and Honors

Best Doctors Award
St. Louis magazine has named the following faculty members as the “Best Doctors in St. Louis” for 2007:

♦ John Eisenbeis, MD
♦ Raj Sindwani, MD
♦ Mark Varvares, MD
♦ Thomas Donovan, MD
♦ John Stith, MD

Saint Louis University Hospital Caring Physician Award
Dr. Mark Varvares was named the 2007 recipient of the Caring Physician Award. This award, which is presented by Pastoral Care at Saint Louis University Hospital, honors those physicians who are outstanding in their care of the whole person.

St. Luke’s Faithful Healer Award
Cardinal Glennon Children’s Medical Center named Dr. John Stith as the 2007 recipient of the St. Luke’s Faithful Healer Award. This award is given to physicians who consistently inspire those around them.
Publications


Mitchell RB, Kelly J. Behavioral changes in children with mild sleep-disordered breathing or obstructive sleep apnea after adenotonsillectomy. Laryngoscope. 2007 Sep;117(9):1685-8


Conoyer BM, Varvares MA, Cooper MH. Right common carotid artery crossing the midline neck anterior to the trachea: a cadaver case report. Head Neck. 2008 Feb 19; [Epub ahead of print]

Save the Date

The 18th Annual William B. Harkins, MD
Memorial Lecture and Scientific Forum
June 6, 2008

Dr. Mack Cheney
Professor of Otology and Laryngology
Harvard School of Medicine
Chief, Facial Plastic and Reconstructive Surgery
The Massachusetts Eye and Ear Infirmary
Boston, MA

Presented by Saint Louis University School of Medicine
Department of Otolaryngology-Head and Neck Surgery

Head and Neck Cancer
An Evidence-Based Team Approach
Eric M. Genden
Mark A. Varvares

Available summer 2008