

VESS

Vascular & Endovascular Surgery Society

NEWSLETTER

Volume 11 • Issue 3 • Fall 2019

VESS.... Going "NATIONAL" for You!



The VESS Winter Meeting is right around the corner!

For 2020, we return to Steamboat Springs, CO and the Steamboat Grand. This meeting location is a family favorite, with terrain for all skiers, a world-class ski school, and famous "Champagne Powder". Some 40 years or so ago, Steamboat was the first Western mountain I ever skied, and I look forward to seeing you and your family enjoy the mountain experience and Western vibe of its downtown. If you never stepped on a ski, no worries, there is hiking, snowshoeing, and snowmobiling that will make a memorable trip for anyone.

The Program Committee, headed by **Ravi Rajani**, has assembled a great slate of talks that cover the full spectrum of vascular disease and procedures. Come listen and learn, enjoy the Q & A, and know you will leave a better vascular and endovascular surgeon for the experience. We also will hold our perennially successful Fellow Program, Student Program, and Technology Forum. Don't forget the President's Dinner of Saturday night.....a gondola ride to the mountaintop for a Western Hoedown!

It has been an honor to serve as your President, and I look forward to updating you to the great things VESS members are working on to secure our position as the premier **NATIONAL Society** to serve, educate, and foster excellence for the young and mid-career surgeon. So boot up, click in, and enjoy the unparalleled experience of the VESS Winter Meeting!! See you in the meeting, on the trails, and in the trees...

James H. Black, MD
VESS President

Call for Leadership Volunteers

Are you ready to serve the premiere Society for Young Vascular Surgeons?

VESS is calling all Active & Active Senior Members to submit your nomination to serve on one of the many Committees.

- Program Committee (Spring)
- Program Committee (Winter)
- Website Committee
- Women & Diversity Committee
- Newsletter Committee
- Fundraising Committee
- Grants & Awards Committee
- Membership Development Committee
- By-laws Committee
- Vascular Residency Committee
- Student Education Committee

(Continued on next page)

Call for Leadership Volunteers

The Vascular and Endovascular Surgery Society continues to grow and be **THE** Society for Young Vascular Surgeons. The Executive Council is pleased to announce an open Call for Volunteers to serve on one or more of the many VESS Committees. Both nominations of other members and self-nominations are invited.

Active and Senior Active members in good standing are eligible to serve. Kindly let us know if you would like to participate by emailing the Administrative Office and include which Committee would be of interest. Though not required, including a brief paragraph indicating why you would like to serve may be helpful to the Nominating Committee and Executive Council members who will consider all appointments.

Unless otherwise indicated, most terms begin in February of each year with most committee business being conducted by conference call. In many instances, committee members rotate up to chair during their final year. Committee chairs and Society representatives are invited to attend the Executive Council meetings twice annually during the Annual Meeting in the winter and the spring meeting held at VAM. Send your nominations to VESS@administrare.com by Wednesday, January 10, 2020.

THE FOLLOWING COMMITTEES HAVE OPENINGS FOR NOMINATIONS:

SPRING PROGRAM COMMITTEE (3 Positions – 2 Year Term)

Committee members work collaboratively with the SVS Program Committee to select abstracts for the VESS spring meeting in conjunction with VAM. Term begins in June, 2020.

ANNUAL (WINTER) PROGRAM COMMITTEE (3 Positions – 2 Year Term)

Committee members review and select abstracts for the Annual Meeting and assist in the development of the scientific program.

WEBSITE SUB-COMMITTEE (3 Positions – 2 Year Term)

Reviews existing website, suggest changes and updates and new ideas.

WOMEN AND DIVERSITY COMMITTEE (1 Position – 4 Year Term)

The purpose of this committee is to identify and promote ways to address minority issues in vascular surgery and encourage women and minorities to actively participate in the Society and its committees. It is also responsible for fostering the VESS Mentor Program each year.

NEWSLETTER SUB-COMMITTEE (1 Position – 2 Year Term)

Develop, write and review content for three issues of the VESS Newsletter annually.

FUNDRAISING COMMITTEE (2 Positions – 3 Year Term)

Research and implement comprehensive fundraising campaigns to support Society initiatives. Assist in the fundraising for the annual winter meeting. Help to identify industry with an interest in vascular surgery that may want to support the Society in some way.

GRANTS AND AWARDS COMMITTEE (0 Positions – 2 Year Term)

Review applications and select winners for awards (Travel, Resident Research and Early Career Faculty). Also review any requests to survey the VESS membership and submit recommendation to the Executive Council.

MEMBERSHIP DEVELOPMENT COMMITTEE (1 Position – 2 Year Term)

Assist with member recruitment strategy when necessary. Review list of applicants and present nominations for membership to the Executive Council for review before final vote during the Annual Business Meeting.

BYLAWS COMMITTEE (1 Position – 3 Year Term)

Review the by-laws from time-to-time as directed by the Council and make recommendations regarding amendments. Assist with the development of official policies & procedures for Society business.

VASCULAR RESIDENCY ISSUES COMMITTEE (2 Positions – 2 Year Term)

Develop programs (i.e.: Technology Forum, Fellows Program) and address issues of vascular trainees.

STUDENT EDUCATION COMMITTEE (3 Positions – 2 Year Term)

Develop program and address issues for medical students interested in a vascular surgery career.

CANDIDATE MEMBER RECRUITMENT CAMPAIGN

Win a Free
Registration
to the 2020
VESS Annual
Meeting!

On behalf of the VESS we are asking for your help in recruiting the next generation of vascular surgeons and VESS leaders. We find that by getting the residents & fellows involved early in their careers helps to create a clear path to their futures. All we are asking is for you to spread the word and potentially sponsor those in your department that may not already be familiar with the Society or those who are familiar but have not yet joined.

We have a very simple, online enrollment that only requires one letter (or email) of support from a current VESS member. And even better, there is no membership fee for Candidate Members. As an incentive for your help, we plan to hold a raffle at the end of the year for a free registration to the 2020 annual meeting. Your name will be added to the list for each new member you recruit. The more recruits, the better your odds at winning. Should you have any questions please don't hesitate to contact our administrative office. We appreciate your help and commitment in keeping VESS the premiere vascular society for the young vascular surgeon.

Spotlight on VESS Grant Awardees

Each year, the VESS awards a Travel Grant, an Early Career Faculty Research Grant and a Resident Research Grant. Here, we catch up with previous awardees to find out how they used their funds and what impact the award had on their career. We hope this inspires members to apply for VESS grants and continue the tradition of high achievement that the VESS is proud to support. For more information on how to apply, visit <http://vesurgery.org/grants-awards>.



Ying Wei Lum, MD

John Hopkins Hospital
Baltimore, MD
Winner of the 2017 Travel Award

VESS



Vascular and
Endovascular
Surgery Society

How did you hear about the VESS travel award?

I saw the advertisement for the VESS Travel award in the Society Newsletters and had also watched prior presentations at the Annual Meetings. It struck me as a great opportunity to meet some other experts that do Thoracic Outlet Syndrome, which is a clinical interest of mine.

How did you use the funding from the award for your professional/academic advancement?

I decided to visit **Dr. Karl Illig** and **Dr. Robert Thompson**. I spent a week each at USF (Tampa) and Wash U. I got to see their approach to managing patients with TOS in clinic, and also got to watch them do several cases during my week with them. It was also a good opportunity to exchange ideas and discuss cases since TOS has so much controversy.

Did the Travel Award help you obtain any form of professional advancement?

The ability to travel and visit them as a travel fellow certainly opened the doors to letting me get to know them personally and professionally. I am sure they were also instrumental in supporting my promotion as references when I went through the promotion process. As a result of this opportunity, they also invited me to be a co-editor in an upcoming TOS book. They have continued to be great mentors to me.

What advice would you give to VESS members interested in applying for VESS awards

Everyone should apply for these awards because they open up a lot of opportunities for collaboration. The VESS travel fellowship offers such a great opportunity to foster professional relationships with other institutions that you might not get otherwise.

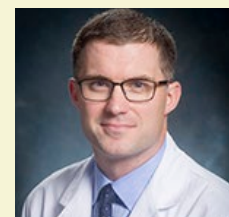
Spotlight on a VESS Member

WHO ARE WE, YOU ASK?

Each month VESS will introduce you to one of our Active Members. Members will be randomly selected to answer some questions and tell us about themselves and why they became a vascular surgeon and what VESS has meant to them.

The full interview can be found on the vesurgery.org home page.

November Spotlight:



Graeme McFarland, MD
University of Alabama at Birmingham

Social Media In Vascular Surgery

by *Therese Massri, MD and Laura Marie Drudi, MD*



Therese Massri, MD



Laura Marie Drudi, MD

The use of social media is a global phenomenon, with nearly four billion regular internet users. As the ease of access to internet around the world continues to increase, an unprecedented increase in the number of social media users is highly expected. Modern lives are going digital, and healthcare is no exception. Using social media as a tool to deliver and receive healthcare-related content benefits patients and healthcare professionals across various disciplines in medicine and surgery.

Social media has an emerging role in the broadcasting of health information. Patient-targeted campaigns to spread awareness of medical conditions, treatments, and ways to seek appropriate specialists. One example is the Peripheral Artery Disease (PAD) Awareness Month campaign which takes place every September. The campaign encourages engagement with citizens and provides access to PAD screening and treatments. These services have shown to optimize patient education, quality of life, and aid in life-style optimization. Furthermore, the use of social media may aid in branding paradigms. The Society for Vascular Surgery (SVS) has focused on their own branding enabling consumers about comprehensive vascular care. Dr. Joseph Mills among others have spearheaded this campaign with social media hashtags (#ComprehensiveVascularCare) widely being used nationally and internationally.

Recently, social media has become an avenue bridging medical students, trainees and surgeons to the vascular field. Discussing topics around vascular care on social media has allowed for a wider audience to engage globally and has shed light on common misconceptions about vascular surgery. Furthermore, the plethora of images and videos available on social media platforms such as LinkedIn, Instagram, Facebook and Twitter enable trainees to increase their knowledge about vascular anatomy and learn the complexities of this specialty.

Social media has been used widely to advance academically and professionally in the field of Vascular Surgery, empowering trainees and surgeons with the latest updates. Notices of learning opportunities, awards, grants, fellowships, and jobs are placed on several social medical platforms. The outreach, mentorship and sponsorship on social media has expanded globally. One such example encountered is SVSPulse, a platform connecting vascular enthusiasts from all over the globe. **SVSPulse** has enabled discussions fielding expert opinions on different strategies used in the vascular field.

Social media is a powerful tool connecting the patient, trainee, research, and general media across multiple platforms. It should be an important tool in our vascular toolkit to increase awareness of vascular disease, promote the opportunities in our specialty, and engage consumers and end-users to advocate for the specialty as we continue to evolve and grow in a digital world.



Interact with Society Leadership and Other Members through Social Media!

Follow us at @VESurgery for updates on society activities, VESS articles of the week, case of the week, and highlighted members. If you have information you think should be posted by VESS, send potential content to the Society by tagging @VESurgery on your post or tweet or email potential content to [vess@administrare.com](mailto: vess@administrare.com) for review by the Communications Committee. Also, check out the LIVE Twitter Feed on the vesurgery.com home page.



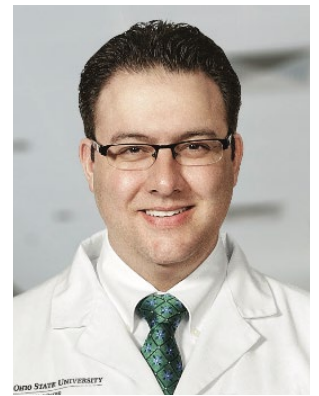
A Call to Participate in Student Mentoring

by Joe Hourani, MD

VESS will be hosting students this January at our annual winter meeting. This will be the third year students have been invited to participate in the **"Next Generation Student Mentor Program"** which was designed specifically to introduce our specialty to interested medical students.

The timing of this is no coincidence, there is continued evidence of a continued and worsening shortage of vascular surgeons. While several strategies have been implemented in order to expand the future numbers of vascular surgeons, none is more effective than mentoring.

Multiple studies on the matter consistently show that medical students and residents are more likely to choose the specialty in which they are given mentorship. Most of us have our own tales of both formal and informal mentors who have guided and influenced us to pursue careers in vascular surgery. It is often helpful to remember these mentors, recalling what they did that proved meaningful at encouraging us to become vascular surgeons.



Joe Hourani, MD

My personal story of mentorship started with my own father, although several others were also instrumental in my decision. As a solo private practice vascular surgeon, he ran his office much like any other small family business. My mother was the office manager, which meant on snow days or summer vacations, there was no guarantee of thumb-numbing video game marathons or carefree days at the pool. It was not unusual for my siblings and I to be conscripted into the service of the office staff, filing charts or posting payments on handwritten billing cards. My parents made an effort to balance work with enjoying life, but all too often family outings would get cut short as for some emergency or another. It is no surprise then that vascular surgery held no special place in my heart as I entered college, and I made this fact well known to my father. At his insistence, I agreed to spend my first summer vacation in college doing an externship in various medical professions. I recall him telling me to come and see what it is that vascular surgeons really do. I won't elaborate on the details of that experience as this is not intended to be my ERAS personal statement, but needless to say what I saw that day was my Dad having fun. Plain and simple, he loved what he was doing, and that energy was reflected in the nurses and scrub techs in the room. That single experience, witnessing someone truly engrossed in their work and wanting to share that experience with me, was all it took to undo years' worth of resent I had been harboring.

We are all faced with the inevitable unrelenting truth of our specialty, there is always more disease out there than hours in the day. It is too easy for us to dwell on the menial and mundane, at the expense of those around us. As VESS continues to provide a formal mentorship program for the next generation of vascular surgeons at our annual meetings, it is important for us to remember to be mentors year-round. Whether it is by taking an extra 2-3 minutes to really explain a procedure to a medical student, 5-6 minutes to take them through an interesting physical exam or imaging study, 10 minutes to teach them how to really use an ultrasound, or 30 minutes to just sit and talk about our specialty, it is often the smallest gestures that are longest remembered.



LOOKING FOR A MENTOR? VESS Mentorship Program Facilitates Career Development for Young Surgeons– Overview

Mentorship is one of the most important tools for professional development and has been linked to greater productivity, career advancement, and professional satisfaction. The VESS Mentorship Program aims to promote career and leadership development for early career vascular surgeons. All active members of the VESS within 10 years of training or candidate members in their last year of training are encouraged to apply.

Through a one-year young surgeon/leader match, the program will pair early career vascular surgeons with mentors who are more experienced colleagues, to provide young surgeons with opportunities to further develop leadership skills and obtain guidance for achieving specific career goals. This program also will foster engagement

in the Vascular and Endovascular Surgery Society (VESS). For more information and to submit an application, visit our website: www.vesurgery.org/resources/find-a-mentor.

44th ANNUAL WINTER MEETING

Plan to join us for the VESS 44th Annual Meeting in beautiful Steamboat Springs, Colorado – January 30 - February 2, 2020.

An outstanding program has been planned – watch your mail for the Preliminary Program brochure. For full meeting registration & hotel information visit the VESS website – www.vesurgery.org

HOTEL INFORMATION

The Steamboat Grand located at the base of the Steamboat Ski area, enjoy all of the amenities that the Grand has to offer!



Reservations must be made by 5:00 pm (Eastern) **Saturday, December 21, 2019**, to guarantee the group rate and can be made by contacting the Steamboat Grand directly at 877-269-2628. After this deadline, or if the VESS block of rooms sells out prior to the above mentioned deadline, availability and rates cannot be guaranteed. Please mention the VESS 2020 Annual Meeting to ensure the discounted rate.

We strongly recommend making your reservations as early as possible. We anticipate selling out of our discounted rooms early. Rooms rates, room descriptions and more information about booking can be found on the VESS website.

PRESIDENT'S DINNER

Saturday, February 1st – Champagne Powder Room @ The Steamboat Summit

All attendees welcome – Separate subscription required

The VESS President's Dinner is a must attend event for the whole family. Be sure to get your tickets when registering for the meeting.



VESS 2020 ANNUAL MEETING

AT-A-GLANCE

Thursday, January 20, 2020

7:00 am – 11:00 pm
7:00 am – 11:00 pm
12:30 pm – 3:30 pm

VESS Fellows Program (by invitation)
VESS Next Generation Students Program (by invitation)

TECHNOLOGY FORUM

All welcome to attend. The 2020 Vascular Technology Forum will showcase some of the best and newest devices the industry has to offer.

4:00 pm – 6:00 pm
6:00 pm – 7:30 pm

SCIENTIFIC SESSION I

WELCOME RECEPTION

All attendees, guests & exhibitors are welcome.

Friday, January 31, 2020

6:00 am – 7:00 am
6:00 am – 9:30 am
7:00 am – 9:15 am
10:00 am – 12:00 pm
1:00 pm – 3:00 pm
3:00 pm – 6:00 pm
3:30 pm – 4:00 pm
4:00 pm – 6:00 pm
6:00 pm – 7:00 pm
6:15 pm – 7:30 pm

Continental Breakfast

Registration

SCIENTIFIC SESSION II

Round Table Discussion: *Women in Vascular Surgery*

Round Table Discussion: *A Program Director's Perspective on Surgical Education*

Registration Re-Opens

Coffee/Snacks – Visit Exhibits

SCIENTIFIC SESSION III

VESS MEMBER BUSINESS MEETING

Industry Sponsored Symposium

Saturday, February 1, 2020

6:00 am – 7:00 am
6:00 am – 9:30 am
7:00 am – 8:15 am
8:15am – 8:45am

8:50 am – 9:00 am
9:00 am – 9:45 am
10:00 am – 12:00 pm
1:00 pm – 3:00 pm
3:00 pm – 6:00 pm
3:30 pm – 4:00 pm

4:00 pm – 6:00 pm
7:00 pm – 10:00 pm

Continental Breakfast

Registration

SCIENTIFIC SESSION IV

Award Session

(Reports from 2019 Recipients & Announcement of 2020 Recipients)

Introduction of the President

PRESIDENTIAL ADDRESS James Black, MD

Video Case Presentation Session

Round Table Discussion: *Early Career Vascular Surgery and the VA*

Registration Re-Opens

Coffee/Snacks

Last Chance to Visit Exhibits

SCIENTIFIC SESSION V

PRESIDENT'S DINNER

All registered attendees are welcome to attend. Separate Subscription Required



SAVE THE DATES

June 17, 2020

Toronto Convention Center Toronto • Ontario, Canada

*Note: a passport is required for U.S. citizens to reenter the country).
Information for the Call for Abstract will be available soon.*

Vascular and Endovascular Surgery Society
100 Cummings Ctr., Suite 124A
Beverly, MA 01915



VES S Vascular & Endovascular
Surgery Society
Formerly PVSS, founded 1976

REGISTRATION NOW OPEN!

44th Annual Meeting
January 30 - February 2, 2020
Steamboat Springs, CO

Register online at: www.vesurgery.org