

ENT UPDATE

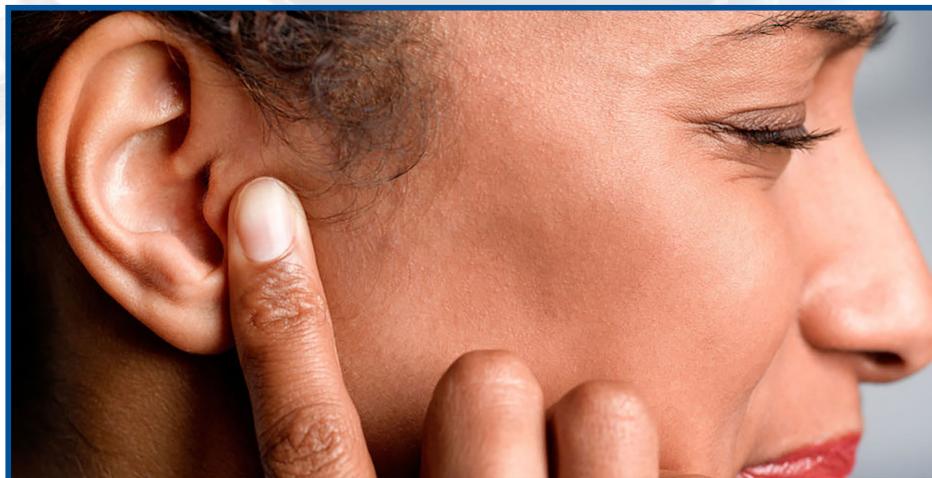
DEPARTMENT OF OTOLARYNGOLOGY & COMMUNICATIVE SCIENCES AT THE UNIVERSITY OF MISSISSIPPI MEDICAL CENTER

Ears are the Window to our Health

You are likely familiar with the phrase “the eyes are the window to the soul”, but recent work out of the UMMC Department of Otolaryngology and Communicative Sciences suggests that the “the ears may be the window to our health.”

In 2007, John Schweinfurth, MD and Charles Bishop, AuD, PhD were awarded a \$1.5 M grant from the National Institute of Deafness and Other Communicative Disorders, part of the National Institutes of Health (NIDCD-NIH), to examine hearing and balance health in participants of the Jackson Heart Study. The Jackson Heart Study is an all African-American prospective cohort study of factors that influence the development and progression of cardiovascular disease in African Americans. The aims of the study were to determine the prevalence of hearing and balance deficits of the cohort and identify modifiable determinants. The data collection transpired over a 5-year period and has generated novel findings relative to hearing and balance function in this cohort. The dataset has also provided a wonderful opportunity for resident research in epidemiological analysis.

A recent study led by recently graduated resident Jonathan Sorrel, MD examined the relationship between stroke risk and hearing loss. Stroke risk was measured by the 10-year atherosclerotic cardiovascular disease



(AVCD) risk estimator. The findings suggested that higher stroke risk was associated with higher prevalence of hearing loss even when adjusting for other factors (Sorrel et al. 2018).



Dr. Jonathan Sorrel

In a follow-up analysis, distortion product otoacoustic emissions (DPOAEs), an objective measure of cochlear function, were found to have a comparable relationship, where higher stroke risk was predictive of poorer DPOAEs. Interestingly, this relationship was conserved even when participants were limited to those with normal audiometric thresholds (Sorrel et al. in review). In other words, despite meeting the clinical definition of normal hearing, participants with higher stroke risk still had poorer DPOAEs.

These findings suggest that the cochlea, as an end-organ in regards to

vascularization and supplied by a single artery, may serve as a predictor of cardiovascular health, and that DPOAEs specifically, may serve as an objective measure to further inform cardiovascular risk. Further studies are needed to determine prospective relationships and clinical applications. ■

References:

Sorrel JE, Spankovich C, Bishop CE, Su D, Valle K, Schweinfurth JM (in Review). Stroke risk in African Americans with subclinical auditory dysfunction evidenced by DPOAEs: The Jackson Heart Study.

Sorrel JE, Bishop CE, Spankovich C, Su D, Valle K, Seals S, Schweinfurth JM (2018). Relationship of stroke risk and hearing loss in African Americans: The Jackson Heart Study. *Laryngoscope* 128, 1438-1444.

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Chairman's Message

Our department has a long-standing commitment to the constant pursuit of excellence. The many accomplishments of the faculty members, residents, and staff detailed in this newsletter illustrate their commitment to this goal. We recognize that the pursuit of excellence is never ending. However, embracing this goal and adopting the mindset that goes with it drive us to continually innovate and improve. We have selected this goal in order to assure that we provide the very best service to you, your patients, and your staff and produce the finest graduates from our program possible.

As an example of this commitment to excellence and highlighted later in the newsletter, our residents achieved the fifth highest overall score on the annual otolaryngology examination out of 110 programs nationally. This is a credit to the talent, dedication, and hard work of the residents and their faculty. We could not be more proud of all of them. It is very satisfying to put Mississippi in the top 5 in a national ranking on the positive end.

On a related subject, I have traveled throughout the state and adjoining areas over the last year listening to your needs, learning about your practices, and reiterating our dedication to serving you and your patients. It has reaffirmed my long standing observation that we have outstanding practitioners throughout this area providing world class quality health care. I feel very fortunate to partner with you in this effort. Please be sure to let me know any way that we can better serve you and your patients. Feel free to call me on my cell anytime you need me, 601-941-6169.

Best wishes to you and your families as you enjoy the end of summer and the beginning of a new school year!

Scott P. Stringer

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ALUMNI SPOTLIGHT

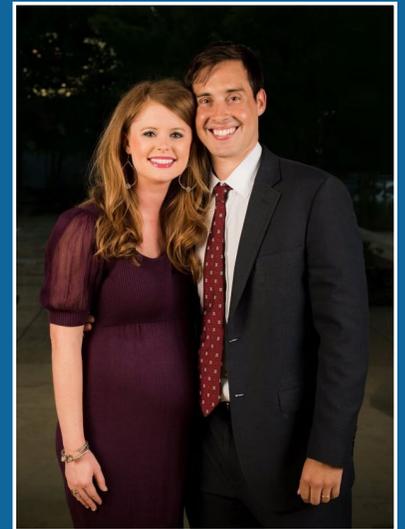
Andrew M. Nida, MD, FAAOA

Dr. Andrew M. Nida was born in Alexandria, LA. He attended Louisiana Tech University and LSU School of Medicine in Shreveport. Andrew finished his Otolaryngology residency at UMC in 2016. He is a fellow of the American Academy of Otolaryngic Allergy.

After residency, Andrew and his wife, Suzanna, moved to Houston, TX for Suzanna to complete an Orthodontics residency. While in Houston, Andrew worked for Baylor St. Luke's Medical Group in solo ENT practice.

Suzanna will complete her Orthodontics residency in August at which time the Nidas will move to Hattiesburg, MS, Suzanna's hometown. Andrew will join the Hattiesburg Clinic ENT group. Suzanna will open her own Orthodontic practice, Magnolia Orthodontics.

Andrew and Suzanna are anxiously awaiting the arrival of their first child, Charlotte Diane Nida, in late August. They are excited to move back to Mississippi to start their new chapter. ■



Department News and Highlights

- Dr. Hong Zhu was awarded \$230K in NIH funding for her two-year project, "A Novel Animal Model of Blast-Induced Vestibular Deficits".
- Dr. Christopher Spankovich received a \$55K award from the American Otological Society for his one-year project, "Cool Vestibular Caloric as a Novel Approach to Prevention of Drug Induced Hearing Loss".
- Our department held its annual advanced practice provider continuing education course titled, "ENT for the Advanced Practice Provider" for 40 participants on April 6th.
- Speech-language pathologist, Mallory Upchurch, has been selected to receive scholarship to participate in the Millsaps College Business Advantage Program for the fall of 2018.
- Speech-language pathologist Rachel Tyrone has been accepted into the inaugural PhD Program in Population Health Sciences through the John. D. Bower School of Population Health at UMMC.
- Audiologist Sarah Faucette successfully defended her dissertation to earn her PhD from East Carolina University.
- We were honored to welcome Dr. Shan R. Baker, Professor and Chief for the section of Facial Plastic and Reconstructive Surgery in the Department of Otolaryngology – Head and Neck Surgery at the University of Michigan as the visiting professor at our seventeenth annual Graduation Lectureship. Dr. Baker presented "Which Local Flap to Use" and "Principles of Nasal Reconstruction".

Interesting Case: Benign Mixed Cutaneous Tumors

The patient is a 54 year-old female with past medical history of small cell lung cancer and breast cancer who was referred for evaluation of a left upper lip cystic mass that had gradually increased in size over the past two years. She denied any pain or tenderness to palpation of the lesion, but did report expressing purulent material from it on one occasion. The mass was presumed to be a follicular cyst, and the patient was scheduled for removal in the operating room. The cyst was removed operatively and measured 2.4cm X 2.3cm X 2.0cm. Pathology identified the mass as a benign mixed

cutaneous tumor. There were no issues in the immediate post-operative period other than mild swelling of the lip. She was seen at one month post-operative follow-up and had no regrowth of the tumor. The patient was advised to return to clinic if the tumor returned in the future.

Benign Mixed Cutaneous Tumors

Benign mixed cutaneous tumors, also known as chondroid syringomas, are rare cutaneous tumors that often arise in the head and neck area. Less than 0.01% of primary skin tumors are identified as a mixed cutaneous tumor, and it characteristically

presents as a painless, slow-growing, subcutaneous or dermal nodule in an older male. Rarely, they can transform into malignant tumors, so complete excision is the treatment of choice. Here we report a case of a benign mixed cutaneous tumor identified in a 54 year-old female. While the classic presentation of this rare tumor is in middle-aged or elderly men, benign mixed cutaneous tumor should also be part of the differential diagnosis in women of similar age groups when evaluating a painless cystic or nodular mass of the head or neck. ■



●●●●● GIVING BACK TO OUR COMMUNITY ●●●●●

First Annual Departmental Volunteer Event - Faculty, staff and students, along with friends and family, gave their time and efforts on a Saturday morning to the Mississippi Food Network. Over 80,000 pounds of food were boxed for distribution across the State of Mississippi for those in need.

Free Hearing Screenings - The communicative sciences divisions, along with friends and families, participated in four outreach events including the MS Special Olympic Winter and Spring Games, a Health Fair hosted by Lanier High School, and an on-campus hearing screening event for UMMC employees. Together they served over 205 Mississippians.

Free Oral Cancer Screenings - The annual free oral cancer screening event took place at the State Capitol Building this year. 80 Jackson-metro residents stopped by to take advantage of the screening and to educate themselves on oral, head and neck cancer. ■

ACADEMIC HIGHLIGHTS

- Our residents tied for the fifth best score out of 108 otolaryngology programs on the 2018 Inservice exams. This achievement places our department 4-7% nationally.
- It is with great enthusiasm that we welcome the three incoming residents who matched with us this year. Dr. Alberto Arteaga earned his medical degree from Universidad Central de Venezuela Escuela de Medicina Luis Razetti. Dr. Britton Beatrous earned his medical degree from LSU Shreveport School of Medicine. Dr. Joseph “Alex” de Gruy earned his medical degree from University of Mississippi School of Medicine. Welcome!
- The department was well represented at the Combined Otolaryngology Spring Meetings (COSM) in National Harbor, Maryland April 18-22. Laura House, MD (PGY-4) gave a poster presentation at the American Neurotology Society Meeting: “Diaph3 Expression and Localization in the Inner Ear Suggests Constitutive Function”. Erin Smith, MD gave a podium presentation at the American Head and Neck Society Meeting: “The Role of Intravenous Acetaminophen in Post-Operative Pain Control in Head and Neck Cancer Patients”. Kristen Pitts, MD podium presented at the Triological Society Meeting: “Lean Thinking in an Inpatient Otolaryngology Consult Service”. Brandon Shepherd, MD gave a poster presentation at the Triological Society Meeting: “Esophageal Adenocarcinoma Presenting as a Metastatic Nasal Mass”. Incoming residents Alberto Arteaga, MD and Joseph Alex de Gruy also presented. Alberto Arteaga gave a poster presentation at the Triological Society Meeting: “Latrogenic Pneumothorax during Hypoglossal Nerve Stimulator Implantation”.
- Joseph Alex DeGruy gave a poster presentation at the American Rhinologic Society Meeting: “Myhre-LAPS Syndrome: A Case Report”.
- Dr. Gina Jefferson presented at the Society of Black Academic Surgeons annual meeting on April 28: “Prophylaxis against Venous Thromboembolism in Head and Neck Cancer Patients”.
- Please join us in congratulating last year’s chiefs – Dr. Patrick Bockenstedt, Dr. Jessica Lange and Dr. Allison Ordemann – for passing their oral boards and becoming officially board certified. This maintains our 100% board pass rate. Thank you to the faculty and staff for providing an environment for success through their time and efforts to teach and support our residents.
- We are proud of our 2018 graduates, David Kowalczyk, MD, Andrew Robichaux, MD, and Jonathan Sorrel, MD. Dr. Kowalczyk will begin a facial plastic and reconstructive surgery fellowship at the University of Illinois. Dr. Robichaux is joining a private practice in Gonzalez and Prairieville, Louisiana. Dr. Sorrel is joining a private practice in Mandeville, Louisiana.

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