



No BONES ABOUT IT

Volume I, Issue 1

Inaugural Issue of the Newest Communication Tool for the Residency Program

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INAUGURAL INSIGHTS WILL BECOME BONEHEAD BEGINNINGS

WELCOME TO THE 2011 – 2012 ACADEMIC YEAR!!

TO WELCOME THE DMC/PROVIDENCE RESIDENCY FACULTY, STAFF, RESIDENTS AND STUDENTS TO A NEW ACADEMIC YEAR, WE HAVE STARTED MANY NEW WAYS TO KEEP YOU INFORMED AND UP-TO-DATE WITH HAPPENS IN THE RESIDENCY.

FIRST, WE HAVE STARTED A RESIDENCY NEWS LETTER. THIS WILL BE DISTRIBUTED ON THE 15TH OF EACH MONTH FOR THE FOLLOWING MONTH (FOR EXAMPLE, THE AUGUST EDITION WILL DISTRIBUTE ON JULY 15TH). PLEASE SUBMIT YOUR REQUEST FOR ENTRY BY THE 7TH OF THE MONTH BEFORE THE NEXT ISSUE (JULY 7TH FOR JULY 15 (AUGUST 1ST EDITION). WE WILL HAVE



DEPARTMENTS AND REPORTS FROM EACH SITE AND SPECIALTY, EACH YEAR OF THE RESIDENCY AND A CALENDAR OF UP COMING EVENTS. WE WILL ALSO HAVE A FOCUSED TOPIC EACH MONTH.

IN ADDITION TO THE NEWS LETTER WE WILL HAVE ROTATING SLIDES AT THE START OF WEDNESDAYS LECTURES

HIGHLIGHTING UP COMING EVENTS. A WEEKLY EMAIL WILL BE SENT OUT AS WELL. THE ENTIRE RESIDENCY ACADEMIC AND EVENTS CALENDAR WILL BE AVAILABLE SOON. INDIVIDUAL TIME AWAY, PROJECTS DUE, EDUCATIONAL MONEY EXPENDITURES WILL ALL BE TRACKED AND AVAILABLE FOR INDIVIDUAL RESIDENTS AND ALL FACULTY TO VIEW.

OUR NEW CURRICULUM WILL BE STARTING THANKS TO THE STELLAR WORK BY DRs. OLIPHANT AND FRUSH.

WE WILL START WITH ORIENTATION ON JULY 6TH TO WELCOME OUR PGY-1'S TO OUR RESIDENCY.

AS ALWAYS, I WANT TO INVITE ALL OF YOUR INPUT AND IDEAS TO IMPROVE OUR RESIDENCY.

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WELCOME NEW RESIDENTS!

STARTING ON PEDIATRIC SURGERY AT CHM



CHRISTOPHER COOKE
WAYNE STATE

STARTING ON NEUROSURGERY AT DRH



GEORGE HANSON
RUSH MEDICAL COLLEGE

STARTING ON ORTHO TRAUMA AT DRH



ERIC MANCINI
WAYNE STATE UNIVERSITY

STARTING ON GENERAL SURGERY-SICU AT DRH



CHRISTOPHER WALSH
NORTHWESTERN

2011 3RD ANNUAL DETROIT REGIONAL SPORTS MEDICINE SYMPOSIUM

JOIN US FOR THE 3RD ANNUAL DETROIT REGIONAL SPORTS MEDICINE SYMPOSIUM. THIS TWO-DAY EVENT WILL TAKE PLACE AT THE HISTORIC DETROIT ATHLETIC CLUB. THERE WILL BE PRESENTATIONS, HANDS-ON SKILLS, BREAKOUT SESSIONS, AND NETWORKING OPPORTUNITIES. COMPLETE YOUR REGISTRATION FORM BY JULY 15, 2011 TO SECURE YOUR SPOT.

THE SYMPOSIUM WILL TAKE PLACE ON **FRIDAY, JULY 29, 2011 FROM 7:00AM-4:30PM, AND SATURDAY, JULY 30, 2011 FROM 7:00AM-12:00PM.** THE REGISTRATION FEE FOR PHYSICIANS IS \$50.00, ALL OTHER DISCIPLINES ARE \$25.00; STUDENTS, RESI-

DENTS, AND FELLOWS ARE FREE OF CHARGE. REGISTRATION INCLUDES BREAKFAST FOR BOTH MORNINGS, LUNCH ON FRIDAY, PROGRAM, AND ANY BREAKOUT SESSIONS ENROLLED IN. REGISTRATION ALSO INCLUDES A RECEPTION ON FRIDAY EVENING AFTER THE SYMPOSIUM. THE RECEPTION

ALLOWS OUR PARTICIPANTS TO FURTHER NETWORK, DISCUSS THE DAY'S EVENTS, AND TO "MIX AND MINGLE" IN A RELAXING, PROFESSIONAL, ATMOSPHERE. PLEASE INDICATE ON YOUR REGISTRATION FORM IF YOU WILL BE ATTENDING THE BREAKOUT SESSIONS AND/OR THE RECEPTION.

PLEASE CONTACT THE DMC SPORTS MEDICINE OFFICE AT (586) 558-2870 OR KRISTINE GAJOS AT KGAJOS@DMC.ORG IF YOU HAVE ANY QUESTIONS. WE LOOK FORWARD TO SEEING YOU AT THE END OF THE MONTH!

Photo from last year's symposium

GROSS ANATOMY BEGINS JULY 13TH!

GROSS ANATOMY WILL BEGIN ON **JULY 13TH** AND WILL CONTINUE THROUGH **AUGUST 31ST.** EACH SESSION WILL BEGIN WITH A LECTURE ON ANATOMY AND SURGICAL APPROACHES FOLLOWED BY THREE HOURS OF DISSECTION AND REVIEW.

JULY 13TH—SHOULDER/AXILLA/HUMERUS (LEMOS/MICHAELSON)

JULY 20TH—ELBOW AND FORE-

ARM (LEMOS/VAIDYA)

JULY 27TH—HIP/PELVIS/ACETABULUM (OLIPHANT/LITTLE/COLEN)

AUGUST 3RD—WRIST/HAND (FAILLA/NAJARIAN)

AUGUST 10TH—FEMUR/KNEE/PROXIMAL TIBIA (FACULTY NOT YET ASSIGNED)

AUGUST 17TH—THORACIC/LUMBAR/SACRAL SPINE -

(BONO/VAIDYA)

AUGUST 24TH—CERVICAL SPINE (CLAYBROOKS/VAIDYA)

AUGUST 31ST—TIBIA/ANKLE AND FOOT (MEEHAN)

THANK YOU TO ALL OF THE FACULTY FOR YOUR TIME AND SUPPORT!

IF YOU ARE NOT SCHEDULED TO LECTURE IN ONE OF THE LABS, PLEASE CONTACT BARB

**WE STILL NEED
ADDITIONAL
FACULTY
COMMITMENTS
TO COMPLETE
THE GROSS
ANATOMY
SCHEDULE!!**

NEWS FROM OUR RESEARCH DEPARTMENT

DRS. HAQUE, LEMOS, AND ESQUIVEL ALONG WITH THE ASSISTANCE OF PATRICK KEATING AND THE RESEARCH STAFF HAVE COMPLETED DATA COLLECTION FOR A NEW STUDY TITLED: CONCUSSION MANAGEMENT AND RETURN-TO-PLAY POLICIES IN HIGH SCHOOLS: A SURVEY OF ATHLETIC DIRECTORS, ATHLETIC TRAINERS AND COACHES.

CONCUSSION RATES IN HIGH SCHOOL ATHLETICS HAVE INCREASED BY 16.5% ANNUALLY

FROM THE 1997-98 TO 2007-08 ACADEMIC YEARS, POSSIBLY DUE TO AN INCREASE IN INJURY OR AN INCREASE IN DIAGNOSIS.

COUPLED WITH 21 CONSECUTIVE YEARS OF INCREASED PARTICIPATION IN HIGH SCHOOL ATHLETICS, THERE IS A GREATER RESPONSIBILITY ON THE SCHOOL STAFF TO PROPERLY PROMOTE AWARENESS, PREVENTION, AND MANAGEMENT OF CONCUSSIONS. THE PURPOSE OF THIS STUDY

WAS TO EXPLORE CONCUSSION MANAGEMENT AND RETURN-TO-PLAY POLICIES IN HIGH SCHOOLS BY SURVEYING ATHLETIC DIRECTORS, HEAD COACHES (FOOTBALL, HOCKEY AND BOYS AND GIRLS SOCCER), AND ATCS ON THEIR SCHOOL'S CONCUSSION POLICY AND ITS IMPLEMENTATION. NOW THAT THE DATA HAVE BEEN COLLECTED, WE WILL PUT TOGETHER A REPORT OF OUR FINDINGS TO BE SUBMITTED TO A SPORTS RELATED JOURNAL.

IMPORTANT DATES IN JULY

7/06/2011 — AMERICAN ORTHOPAEDIC SOCIETY FOR SPORTS MEDICINE (AOSSM) ANNUAL MEETING; SAN DIEGO, CALIFORNIA; ENDS 7/11/2011

7/13/2011 — FELLOW ACADEMIC LECTURES; CENTER FOR EDUCATION AND RESEARCH; 4:00-6:00PM

"WHOLE BODY MECHANICS" LAURA RAMUS, P.T., A.T.C., TORNIER BIOSKILLS LAB; CENTER FOR EDUCATION AND RESEARCH; 6:00PM-9:00PM

7/14/2011 — DMC SPORTS MEDICINE JOURNAL CLUB; GINOPOLIS ON THE GRILL; 27815 MIDDLEBELT, FARMINGTON HILLS; 6:30-9:00PM

7/20/2011 — FELLOW ACADEMIC LECTURES; WARREN CONFERENCE ROOM, SUITE 220; 4:00-6:00PM

"MECHANICAL APPROACH TO LOW BACK PAIN" AND **"NEUROMUSCULAR REHABILITATION"** TOM BURMIN, A.T.C.

7/21/2011 — ORTHOPAEDIC RESIDENT JOURNAL CLUB; TBD; 6:30-9:00PM

7/29-7/30/2011 — 3RD ANNUAL DETROIT REGIONAL SPORTS MEDICINE SYMPOSIUM; DETROIT ATHLETIC CLUB, 241 MADISON AVENUE, DETROIT

PLEASE MARK YOUR CALENDARS FOR THESE IMPORTANT ACADEMIC EVENTS!

UPCOMING EVENTS

AUGUST 26TH— PERIARTICULAR FRACTURE COURSE FOR RESIDENTS. **PGY-3, PGY-4 & PGY-5 REQUIRED TO ATTEND** (ALL RESIDENTS ARE INVITED TO ATTEND)

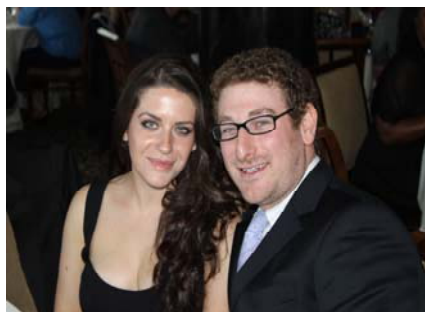
NOVEMBER 3-6, 2011— AO BASIC COURSE—**ALL PGY2 RESIDENTS REQUIRED TO ATTEND**

FEBRUARY 7-11, 2012— AAOS ANNUAL MEETING (**ALL PGY5 RESIDENTS REQUIRED TO ATTEND**)

APRIL 25-29, 2012— AAOS BOARD REVIEW COURSE (**ALL PGY5 RESIDENTS REQUIRED TO ATTEND**)

**MARK
YOUR
CALENDARS**

ANNOUNCEMENTS



NATHAN JOVE AND
DINA GUREVICH

NATHAN JOVE GOT ENGAGED TO DINA GUREVICH SHORTLY BEFORE THE RESIDENCY GRADUATION CEREMONY. THEY ARE PLANNING A 2012 WEDDING.



MATTHEW KAREK AND STEPHANIE KARDON GOT ENGAGED AT THE MOS MEETING LAST WEEKEND.



MATTHEW KAREK AND
STEPHANIE KARDON

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RESIDENT SPOTLIGHT



JONATHAN VIGDORCHIK,
CHIEF RESIDENT

JONATHAN VIGDORCHIK GRADUATED WITH HONORS FROM WASHINGTON UNIVERSITY, ST. LOUIS, MISSOURI, WITH A BACHELOR OF SCIENCE DEGREE IN ECONOMICS AND FINANCE. HE EARNED HIS MEDICAL DOCTORAL DEGREE WITH HONORS AT THE UNIVERSITY OF MISSOURI-COLUMBIA

SCHOOL OF MEDICINE IN COLUMBIA, MISSOURI. HE THEN WENT ON TO A SURGICAL INTERNSHIP AT THE UNIVERSITY HOSPITALS AND CLINICS IN COLUMBIA BEFORE JOINING THE DMC/PROVIDENCE ORTHOPAEDIC RESIDENCY PROGRAM IN JULY 2008.

WITH AN INTEREST IN ADULT RECONSTRUCTION AND HIP PRESERVATION, JONATHAN ACCEPTED A FELLOWSHIP AT THE HOSPITAL FOR SPECIAL SURGERY IN NEW YORK BEGINNING AUGUST 1, 2012.

BORN IN ST. LOUIS, MISSOURI, TO PARENTS WHO EMIGRATED FROM RUSSIA, JONATHAN HAS RETAINED HIS RUSSIAN ROOTS. IN HIS CHILDHOOD, HE SPOKE ENG-

LISH AT SCHOOL AND RUSSIAN AT HOME. NO LONGER CHALLENGED BY ONLY TWO LANGUAGES, JONATHAN ADDED SPANISH TO HIS REPERTOIRE. IN ADDITION, HE SUCCESSFULLY COMPLETED SIX YEARS OF HEBREW SCHOOL, LEARNING THE LANGUAGE, AS WELL AS JEWISH CULTURE AND CUSTOMS.

FIERCELY COMPETITIVE, JONATHAN HAS ALWAYS BEEN ATHLETIC. HE PLAYED FOUR SPORTS IN HIGH SCHOOL AND WAS NAMED CAPTAIN OF THREE. HE WAS INDUCTED INTO HIS HIGH SCHOOL'S ATHLETIC HALL OF FAME AND STILL HOLDS VARSITY SWIMMING RECORDS FROM COLLEGE. TODAY, HE ENJOYS PLAYING GOLF.

FACULTY SPOTLIGHT



STEPHEN E. LEMOS, MD, PHD
PROGRAM DIRECTOR

DR. LEMOS GRADUATED FROM THE UNIVERSITY OF NEW HAMPSHIRE IN DURHAM, NH, WITH A BA WHERE HE MAJORED IN ZOOLOGY AND MINORED IN CLASSICS. HE THEN WORKED AS AN ENGINEER AT THE SHOALS MARINE LAB IN THE GULF OF MAINE AS AN ENGINEER AND THEN WORKED AS AN ENGINEER AND MASTER ON RESEARCH VESSELS AND PRIVATE YACHTS

UNTIL HIS MATRICULATION IN MEDICAL SCHOOL IN THE MD/PHD PROGRAM IN 1985. HE COMPLETED THE MD/PHD PROGRAM (PHYSIOLOGY, VETERINARY SCIENCE AND MEDICAL SCHOOL CONCURRENTLY) IN 1994.

DR. LEMOS COMPLETED HIS ORTHOPAEDIC RESIDENCY IN 1999 AT THE UNIVERSITY OF VERMONT, BURLINGTON. HE THEN MOVED TO LOS ANGELES TO COMPLETE HIS FELLOWSHIP TRAINING IN SPORTS MEDICINE AT KERLAN-JOBE ORTHOPAEDICS IN 2000.

A NEW ENGLANDER AT HEART, DR. LEMOS ACCEPTED A POSITION AT THE LAHEY CLINIC IN BURLINGTON, MASSACHUSETTS, WHERE HE STAYED FOR SIX YEARS UNTIL HE JOINED THE DETROIT MEDICAL CENTER AND MOVED TO DETROIT IN 2006 TO BECOME THE TEAM

PHYSICIAN FOR THE DETROIT TIGERS. IN 2008, HE WAS NAMED A TEAM PHYSICIAN FOR THE DETROIT PISTONS AS WELL AND WAS THE TEAM PHYSICIAN FOR THE DETROIT SHOCK SINCE 2009.

IN JULY 2006, HE WAS NAMED VICE CHAIR AND SITE DIRECTOR OF THE DMC SURGERY HOSPITAL IN MADISON HEIGHTS. HE JOINED THE FACULTY OF OUR RESIDENCY PROGRAM IN AUGUST 2007. HE HAS BEEN CHIEF OF ORTHOPAEDIC SURGERY AT THE DMC SURGERY HOSPITAL SINCE JULY 2009 AND WAS NAMED PROGRAM DIRECTOR IN OCTOBER 2010.

DR. LEMOS HAS BEEN MARRIED TO HIS WIFE, HEATHER, FOR 15 YEARS. THEY HAVE TWO CHILDREN, HANNAH, 10 AND ROBERT, 7.