

VASCULAR & ENDOVASCULAR SURGERY SOCIETY STUDENT PROGRAM

Annual Winter Meeting 2019 | February 1-4 | Snowbird, UT



Becoming a Vascular Surgeon 101

VASCULAR SURGERY TRAINING PARADIGMS

Jeffrey Jim, MD, MPH, FACS | Washington University in St. Louis

5+2 (Gen Surg + Vascular)

- Sometimes called the "traditional" pathway
- 5-7 years of general surgery residency, depending on the program
- 2 years of vascular fellowship training

0+5 (Integrated Vascular)

- Relatively newer training pathway
- 5-7 years of integrated residency, depending on the program
- Most programs have ~18 months of general surgery training

There are some Early Specialization Programs (ESPs) - directly into vascular from general



SUMMARY OF THE STUDENT PROGRAM AT THE 2019 VESS ANNUAL WINTER MEETING

BECOMING A VASCULAR SURGEON 101

DR. JEFFREY JIM
DR. DAWN COLEMAN
DR. BJOERN SUCKOW



FINDING A MENTOR AND BEING A GOOD MENTEE

Dawn Coleman, MD, FACS | University of Michigan

1. Mentorship is a two-way street - mentees also have to put in effort.
2. Maintain contact - your mentors are very busy, take initiative in communicating.
3. Follow through - if you offer to assist with something, be sure to do it!
4. Listen and be comfortable receiving criticism - this will assist in your growth.
5. Be honest - be forthcoming about your expectations and abilities.
6. Say 'Thank You!' - show gratitude to your mentor for their assistance!

PERSPECTIVES FROM YOUNG VASCULAR TRAINEES

DR. SAMMY SIADA
DR. DANIELLE SUTZKO

BECOMING A COMPETITIVE APPLICANT

Bjoern Suckow, MD | Dartmouth-Hitchcock, Giesel School of Medicine

Apply to institutions that are good fits for you

Strong letters from Vascular Surgeons who know you

Research: Quality > Quantity

Personal Statement

DO: Who you are, your interests, address potential concerns
DON'T: Rehash CV, "Why I like vascular surgery"

Academics

- Good USMLE scores (>240)
- AOA
- Class rank & Dean's Letter
- Honors on rotations

Extracurriculars that you're passionate about

Strong Sub-Internship Month-Long Interview!

Interviews: Be professional, assess the environment



CAREER OPTIONS IN VASCULAR SURGERY

DR. KELLY KEMPE
DR. JASON KIM
DR. MAX WOHLAUER

VESS PRESIDENT'S ADDRESS

DR. JONATHAN ELIASON

Hearing from Young Vascular Trainees

Dr. Sammy Siada (Left)

Dr. Siada is the junior vascular surgery fellow at the University of Colorado. He attended medical school at the UNT Science Center Texas College of Osteopathic Medicine, followed by a general surgery residency at UCSF Fresno. Dr. Siada advises medical students interested in vascular surgery to immerse themselves in the field, keep an open mind, and go with your gut.

Dr. Danielle Sutzko (Right)

Dr. Sutzko is the integrated vascular surgery chief resident at the University of Michigan. She attended medical school at the University of South Florida. Dr. Sutzko advises medical students interested in vascular to gain exposure to the field, be honest with yourself, and trust your gut.



Dr. Siada and Dr. Sutzko will be the first features in our upcoming series, "Frequently Vasc Questions"!

Career Options in Vascular Surgery

COMMUNITY VS. ACADEMIC TRAINING PROGRAMS

Kelly Kempe, MD
University of Oklahoma

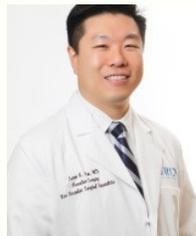


ACADEMIC PROGRAM: Associated with a university hospital. Large sizes and good reputation are factors, emphasis on teaching and research. Diverse clinical opportunities (referrals, VA, trauma I centers, etc.)

COMMUNITY PROGRAM: Often a community hospital. Opportunities to make an impact in the community. Smaller sizes good for teaching, mentorship, and research. More "bread and butter" operations. Some programs are a combination of university and community based.

A DAY IN THE LIFE OF A PRIVATE PRACTICE VASCULAR SURGEON

Jason Kim, MD
UNC Rex Vascular Specialists



A typical day in the life of a private practice vascular surgeon varies based on your practice. Outside of surgeries and clinic, there are opportunities for research. You often operate at and collaborate with hospitals, some of which may be university-based. Though there may be other groups in the area (academic or private), everyone tries to work together to minimize competition.

A DAY IN THE LIFE OF AN ACADEMIC VASCULAR SURGEON

Max Wohlauer, MD
University of Colorado



A typical day in the life of an academic vascular surgeon could consist of conferences, rounds, clinic/OR time, research meetings, and dinner with family. An academic surgeon could be called in to "put out fires" and assist other surgeons (access site complications, etc.) Other potential aspects of academic practice include treating trauma cases, reading vascular labs, participating in journal clubs, conducting research, and more.

VESS PRESIDENTIAL ADDRESS



JONATHAN ELIASON, MD
Immediate Past President
of VESS
University of Michigan

Dr. Eliason gave a moving talk on the importance of peace in today's society, examined through a historical lens. He began by taking time to thank his surgical mentors and describe the insights they instilled upon his practice. He also thanked his family for their help and understanding, and his partners at UMichigan for providing a wonderful team to work with. His speech focused on the events of World War II, which was inspired by his experience in the military. Dr. Eliason eloquently outlined the history and ideologies that led to the rise of dictatorships and the formation of the Axis Powers. He went on to share the immense number of lives lost during the conflict, including the overwhelming loss of civilians. He concluded with a powerful quote from Mother Teresa: "If we have no peace, it is because we have forgotten that we belong to each other."