



Vascular &
Endovascular
Surgery Society

NEWSLETTER

Volume 18 • Issue 2 • Summer 2026



President's Corner by Todd Berland, MD



As we look ahead to another exciting year, I hope everyone is enjoying a wonderful summer and reflecting on a fantastic Spring VESS Meeting held last month at the VAM in Boston.

The opportunity to reconnect with colleagues and friends, learn about innovative research, and build new professional relationships is always energizing and inspiring. This year's scientific program, expertly curated by the Spring Program Committee under the leadership of **Gabby Velazquez**, featured 21 outstanding presentations representing a diverse range of institutions. The presenters included an impressive mix of students, residents, and faculty, and the engaging discussions that followed each presentation highlighted the collaborative spirit that makes VESS so special. Thank you to everyone who contributed to the success of the meeting.

We were also thrilled to continue our growing tradition of welcoming undergraduate students to the Spring Meeting. Under the leadership of **Zachary Wanken**, the Medical Student Education Committee, and **Kris Boelitz**, VESS sponsored 13 undergraduate students from Boston-area universities to attend. Many of you had the opportunity to meet and speak with these students, whose enthusiasm, curiosity, and passion for the field were truly inspiring.

Their presence serves as an important reminder of the value of investing in every stage of our future workforce. We are excited to continue expanding this important pathway and look forward to welcoming an even larger group of future vascular surgeons next year.

VESS 2026 Spring Program Highlights/Recap

The VESS 2026 Spring Program was another success thanks to the many excellent submissions received and the work of our Spring Program Committee. This year, we had 21 presentations in total encompassing a wide range of topics including Chronic Type B dissection management, Hemodialysis Access, PAD management and CLTI peripheral interventions. It was a dynamic program, with a mix of full length and rapid fire presentations and lively discussions from a high level of audience participation as well as several invited discussants.

2006 VESS Spring Meeting Best Paper Award:

"Trends in Rivaroxaban Use for Symptomatic Peripheral Artery Disease Before and After FDA Approval"

Dr. Y.H. Andrew Wu

Johns Hopkins School of Medicine, New Haven, CT



The Rise of VESS VSIG: Building a National Pipeline for Future Vascular Surgeons

Viren Sehgal, *CUNY School of Medicine Class of 2027*
Jacob W. Soucy, *Penn State College of Medicine Class of 2027*

The energy defining the Vascular & Endovascular Surgery Society Medical Student Interest Group (VESS VSIG) this past year has been nothing short of historic. What began as a localized effort to introduce trainees to the field has rapidly evolved into a sophisticated, unified national community. By providing early clinical exposure, structured mentorship, and collaborative resource-sharing, the national VSIG is effectively rewriting the script on how medical students enter the specialty—ensuring that the pipeline for the next generation of vascular surgeons is stronger, more diverse, and more accessible than ever before.

A Level Playing Field: Our Thriving National Footprint

Historically, early exposure to vascular surgery has been dictated by geography. Because many medical schools lack an independent home department or an integrated vascular residency program, interested trainees frequently found themselves navigating this highly competitive field in isolation. The VESS VSIG was designed specifically to dismantle those institutional silos.

Today, the organization proudly represents an expansive network spanning approximately 74 medical schools across the United States, connecting more than 200 active members through a centralized, student-led communication hub. This digital infrastructure serves as a profound equalizer. It allows a student at a small regional campus to collaborate on multi-center academic projects, seek research advice, and navigate the residency application process alongside peers at major tertiary research academies.

The ultimate validation of this nationwide framework is written in the match results. In the competitive 2026 vascular surgery match cycle, a record minimum of 27 active VESS VSIG members successfully matched into 25 integrated residency programs across the country. This milestone is a direct reflection of the rigorous preparation, peer accountability, and mutual support cultivated by the society's framework throughout the year.

Sustaining Momentum Through Year-Round Programming

The true impact of the VSIG is defined by its continuity. The national student committee maintains a vibrant, year-round curriculum. The group's academic calendar features highly attended, high-yield webinars and interactive panels tailored to the distinct milestones of a trainee's education. Some of which include:

- **Match 101 & Strategic Navigation:** Demystifying the ERAS application, pulling back the curtain on competitive metrics, and hosting transparent Q&A sessions with recent matches and residency program directors.
- **National Journal Clubs:** Fostering early academic curiosity by teaching critical appraisal of landmark vascular literature, with a strong focus on emerging endovascular technologies, data-driven trial designs, and complex venous disease care models.
- **How to Shine on Sub-Is:** A vital preparatory forum that equips third- and fourth-year students with the practical strategies necessary to excel during away rotations, handle intraoperative pimping with poise, and deliver exceptional patient care on the vascular wards.



(VESS/VSIG Continued)

While the VSIG operates fluidly in the digital space for most of the year, the 2026 Vascular Annual Meeting (VAM) in Boston served as the ultimate proving ground for the community we've built. The conference floor bore witness to an incredible influx of medical student attendees, entirely changing the dynamic of the meeting.

Moving away from rigid, overly formal lectures that can occasionally alienate trainees, the VSIG intentionally focused its efforts on low-barrier, high-impact networking. Throughout the conference, the VESS VSIG students provided a source of familiar faces for each other. The digital network seamlessly integrated with the physical conference. Attendees utilized the group platform in real-time to coordinate impromptu dinner plans, navigate the vast exhibit halls together, and show up in massive numbers to support their peers presenting abstract posters or plenary sessions.

A major pillar of this outreach was the VESS VSIG booth at the medical student residency fair. The table served as a dedicated welcoming hub where attending students could drop by to learn more about the organization's mission, meet fellow trainees from across the country, and seamlessly join the national network. To celebrate the growing community, the team handed out custom VSIG swag, including branded notebooks, multicolored pens, and custom koozies, which quickly became a popular fixture among the student attendees.

VESS VSIG also hosted a successful coffee break meet and greet on site. Furthermore, VESS and the SVS's Young Surgeons Symposium co-hosted an evening dinner reception for VESS VSIG students. These spaces successfully flattened traditional professional hierarchies, allowing undergraduate and medical students to engage in spontaneous, relaxed dialogues with vascular residents, fellows, and attending faculty.

Democratizing the Specialty from the Ground Up

At its core, the foundational mission of the VESS VSIG is institutional democratization. The organization firmly believes that a student's geographic location or school size should never dictate their ability to access the field.

To turn that belief into action, the VSIG works tirelessly to help students launch local interest groups at institutions without established roots. The team provides a comprehensive, turn-key "Starter Kit"—complete with standardized sample constitutions, bylaws templates, event planning checklists, and pre-approved suture clinic outlines. By eliminating the administrative friction of starting a campus group, local student leaders are freed up to focus entirely on what matters: hands-on clinical skills, mentorship, and education.

As we look back on a phenomenal year of growth, the VESS VSIG extends an open invitation to the broader vascular community. For attending surgeons, your mentorship is our most valuable asset. For medical students interested in exploring the vast clinical, intellectual, and technical complexities of vascular surgery, the door is wide open. We encourage you to activate your discounted VESS membership, participate in our upcoming virtual panels, and join our national network. Together, we are building the future of vascular surgery from the ground up.



51st VESS ANNUAL MEETING CALL FOR ABSTRACTS DEADLINE: AUGUST 31, 2026

The Vascular and Endovascular Surgery Society is now accepting abstracts for their 51st Annual Meeting. Abstracts must be submitted online and submission must be completed by

Monday, August 31, 2026 at 11:59 p.m. (EDT).

Submission Guidelines can be found under the meetings tab at: www.vesurgery.org.

Vascular & Endovascular Surgery Society

51ST ANNUAL MEETING | STEAMBOAT GRAND, STEAMBOAT SPRINGS, CO | JANUARY 21-23, 2027

SPECIAL PROGRAMMING FOR TRAINEES & EARLY CAREER SURGEONS

Thursday, January 21, 2027

Programs are tentatively scheduled from 7am– 12:30pm

VASCULAR FELLOWS PROGRAM

Geared for the graduating fellows (and senior vascular resident) with content pertinent to starting a career as a vascular surgeon.

VESS will award up to 25 \$1,000 travel scholarships to eligible trainees.

GENERAL SURGERY RESIDENT PROGRAM

Geared to sponsor and provide network opportunities to all general surgery residents that have an interest in pursuing a Vascular Surgery Fellowship.

VESS will award up to 25 \$1,000 travel scholarships to eligible trainees.

VASCULAR EARLY CAREER FACULTY PROGRAM

The goal of the program is to provide those in their first 1 to 5 years in practice an interactive program to discuss the challenges and opportunities specific to early years in practice.

VESS will award up to 25 \$1,000 travel scholarships to eligible faculty.

MEDICAL STUDENT PROGRAM

The program aims to introduce students to the dynamic specialty of vascular surgery.

VESS will award up to 25 \$1,500 travel scholarships to eligible students

Visit www.vesurgery.org for more information and to apply online. Applications received by September 30, 2026 will be in the first round of consideration.

2027 VASCULAR TECHNOLOGY FORUM - Free to All Attendees

Join us as industry provides insights into current technology and up-and-coming developments in the pipeline. Expert physicians will share their experiences with these devices and provide some 'tips and tricks'. There will opportunity for hands-on experience in a small group format (Session takes place on Thursday afternoon).

2027 VESS GRANTS & AWARDS

Visit vesurgery.org/grants-awards for more information and details.

VESS TRAVEL AWARD - \$5,000

One VESS Active Member within the first 10 years of practice will be given a \$5,000 stipend to visit one or more) vascular centers of excellence.

VESS RESIDENT RESEARCH AWARD - BASIC TRANSLATIONAL RESEARCH - \$20,000

This Award is specifically designed to help residents in training initiate projects during protected academic development time that will lead to future academic potential toward extramural funding for basic and/or translational research and a career as a surgeon scientist.

VESS RESIDENT RESEARCH AWARD - HEALTH SERVICES RESEARCH - \$20,000

This Award is specifically designed to help residents in training initiate projects during protected academic development time that will lead to future academic potential toward extramural funding for health services research.

VESS EARLY CAREER INVESTIGATOR AWARD - \$22,500

This Award is specifically designed to help new vascular surgical investigators initiate projects that will lead to extramural funding for basic or clinical research.

SPOTLIGHT ON VESS GRANT AWARDEE



VESS 2023 Early Career Investigator Award

Frank M. Davis, MD
Assistant Professor
University of Michigan



1. How did you use the funding from the VESS Early Career Investigator Award?

The Award provided critical support during the formative stages of my independent research career. The funding allowed my laboratory to expand its research infrastructure by hiring a dedicated research technician, which significantly increased our experimental capacity and productivity. In addition, the award supported the performance of complex murine models of vascular disease, including technically demanding aneurysm and vascular remodeling experiments that would have otherwise been difficult to execute at scale. These studies enabled us to generate important mechanistic insights into vascular smooth muscle cell biology and inflammatory signaling pathways relevant to aneurysm disease. The work supported by this award directly contributed to several high-impact publications in journals including the *Journal of Clinical Investigation*, *JCI Insight*, and *Nature Communications*.

2. How did the Award help you in your professional development?

It played a pivotal role in helping me transition from a mentored investigator to an independent surgeon-scientist. Beyond the financial support, the award provided national recognition within the vascular surgery community and increased visibility for my research program. The ability to generate high-quality preliminary mechanistic data through the funded studies strengthened subsequent grant applications and established the scientific foundation of my laboratory. Importantly, the preliminary data generated through this award directly supported successful applications for an American Heart Association Career Development Award and an National Institutes of Health K08 Mentored Clinical Scientist Research Career Development Award.

3. What advice would you have for young vascular surgeons who are starting out and applying for grants?

For young vascular surgeons pursuing a scientific career, my strongest advice is to remain persistent and committed to developing a focused research niche that is both clinically relevant and mechanistically rigorous. Early grant applications are rarely perfect, and rejection should be viewed as part of the process rather than a reflection of long-term potential. Building a strong mentorship team is essential, particularly mentors who understand both the clinical demands of vascular surgery and the realities of translational research. It is also important to invest in building a strong laboratory team early, as dedicated personnel are often critical for maintaining productivity while balancing operative and clinical responsibilities. Finally, I would encourage young investigators to pursue smaller society-based grants such as the VESS Early Career Investigator Award, as these opportunities can provide the foundational support necessary to generate preliminary data, publish impactful work, and successfully compete for larger national funding mechanisms.

4. Looking back, how did the VESS Award influence your career?

Looking back, the Award was one of the most important catalysts in the early development of my academic career. The award arrived at a critical time when establishing laboratory momentum and generating independent data were essential for long-term success. The funding enabled my group to perform sophisticated murine vascular experiments, expand our research personnel through the hiring of a dedicated technician, and accelerate the pace of discovery within our laboratory. Importantly, the preliminary data generated from these studies formed the basis for successful applications for an American Heart Association Career Development Award and an NIH K08 grant, both of which were instrumental in establishing my independent research trajectory. Equally important, the award reinforced my identity as a surgeon-scientist and strengthened my long-term commitment to translational vascular research focused on improving outcomes for patients with aortic disease.

VESS TRAINEE CORNER

How To Prepare Yourself For Vascular Fellowship- Advice From Graduates From Programs With And Without Subspecialty Training

Advice about a program with subspecialty training:



Seth Sankary, MD

Vascular Surgery Fellow

Division of Vascular and Endovascular Surgery

UCSF Department of Surgery

As my final year of my surgical training draws to a close, i find myself with a unique opportunity to reflect on my own preparation for vascular fellowship. Though the step from residency to fellowship is a steep one, there are certainly things that can be done to help ease the transition. Some of these i did, and some of the wisdom i am about to share is hard won through my mistakes. In either case, hopefully these tips will help those preparing for vascular residencies make the step feel a little more like an on ramp to a rewarding career.

First, be sure to reach out to the person finishing up the role you are about to start. You can have a phone or video call, grab a coffee, or meet up for dinner and drinks. This can and should be a casual conversation (no need to take notes!), But the person who will give you the best specific advice to survive and thrive in your new situation is probably the person who just lived it.

Second, equip your support system. Whoever you leaned on to get through your residency - prepare them for the added time sink of fellowship. I haven't met a single vascular fellow who doesn't think that subspecialty training is more rigorous and time intensive than general surgery residency. In order to thrive, you need to prime your support people and come up with some strategies to optimize the limited time you will have together during this period.

Third, prepare to feel overwhelmed in unexpected ways. I came into fellowship feeling comfortable with the management of sick patients, leading a team, and operating on vascular patients. I completely underestimated how much institutional comfort i benefitted from in my seven years of residency. On day one of fellowship, I spent twenty minutes trying to find the work room and having to call someone to set up scrub access, things I was shown automatically in residency. Expect to lean on the junior residents, interns, and or staff to help guide you through the process of re-learning the basics of navigating a new hospital.

Lastly, get excited about growing your vascular-specific knowledge: start reading jvs, thumb through different device guides, and download the svv guidelines and device guide apps. During my last few months of general surgery residency, i thought i should prepare for fellowship by cramming rutherford's and memorizing all the device sizing books. In reality, that knowledge came very quickly on the job. If you start building the habit of integrating yourself into the reading habits of the vascular community now, you'll have a leg up that you can't get from textbooks.

Last but certainly not least - take a moment for yourself. You've just finished a monumental feat. Be proud of your accomplishment. You finished your general surgery residency! If you have time off, relax, recollect yourself, and regain your humanity. Fellowship is a lightning fast two years filled with plenty of long weeks. You're beginning a marathon. Do what you can to hit the start line rested.

Advice about a program without subspecialty training:



Gaurang Joshi, MD

Before starting, get as much exposure as possible to vascular cases, especially endovascular ones. Get familiar with not only the equipment, but also the decision making behind using each. Go to conferences and learn as much as you can. A personal favorite conference is Pennsylvania Hospital conference where there are case presentations, and you learn as Dr. Calligaro is surveying the audience for options. This is often filled with leaders in the field, all having different opinions on a seemingly straightforward case, which makes you realize there is more than one way to think about vascular pathology and interventions. Learning when and when not to operate, and what procedure (and backup options) to perform is instrumental. Most of this comes with experience (which is what you will get in a vascular surgery fellowship), but the only way to capitalize on the experience is exposure to cases, review the basics, discuss challenges, and plans you made with attendings, and debrief after cases. Be ready to spend the extra time, especially early on in fellowship learning post operative care of vascular patients. Attitude is everything, if you come in and take every opportunity as a way to improve yourself and your future practice, it will be tremendous in both your mental health and also your progress in fellowship. Don't let the highs take you too high, and the lows take you too low. Most importantly, get comfortable being uncomfortable. A lot of vascular surgery comes down to planning in the OR, but many times you will find yourself executing the backup plan.

APDVS Recap of Vascular Surgery Matches 2026

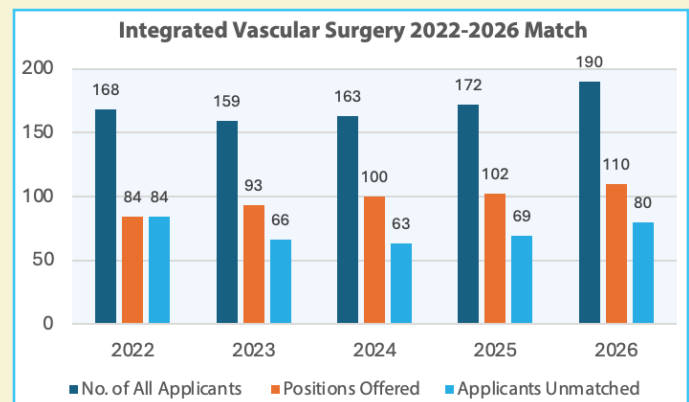
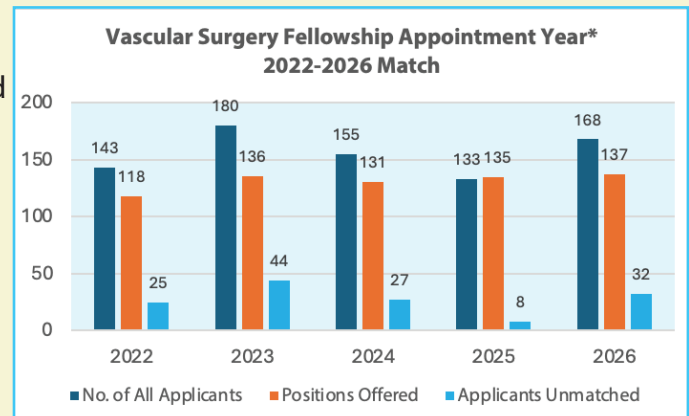
Assembled & Submitted by Kelly Kempe, MD, Evan Deutsch, MD and the APDVS Recruitment Committee

Integrated Vascular Surgery Residency Match 2026

We are pleased to report another successful year for the integrated vascular surgery match. All 110 positions offered this year were filled. Although the number of programs increased by 22% over the past five years (from 68 in 2022 to 83 in 2026), this growth is still unable to keep pace with the demand, as vascular surgery saw a record-breaking 190 applicants and 80 unmatched applicants. Of the 110 positions offered, 92 were filled by MD seniors graduating this year, 4 by MD graduates, 8 by DO seniors, 3 by U.S. IMGs, and 4 by non-U.S. IMGs.

Vascular Surgery Fellowship Match 2026

The vascular surgery fellowship continues to be a steady and viable option as a vascular surgery training paradigm. For the 2026 appointment year, 99 programs offered 137 vascular surgery fellowship positions, and 168 applicants participated in the match. These numbers have remained relatively stable over the past five years. This year's match had one unfilled position, resulting in an overall match rate of 99.3%. U.S. MD graduates continued to represent the largest group of matched applicants, filling 84 of the positions. Compared with other NRMP surgical sub-specialties, such as thoracic surgery, which had 1.7 applicants per position, vascular surgery had 1.2 applicants per position. This suggests an opportunity to increase exposure to vascular surgery and strengthen recruitment of the general surgery resident workforce.



* Match Year is one year prior to appointment year for the fellowship match, so for example match year 2026 is for appointment year 2027



Save the Dates for **VESS 2027 Annual Winter Meeting**

January 21-23, 2027 • Steamboat Grand • Steamboat Springs, CO

