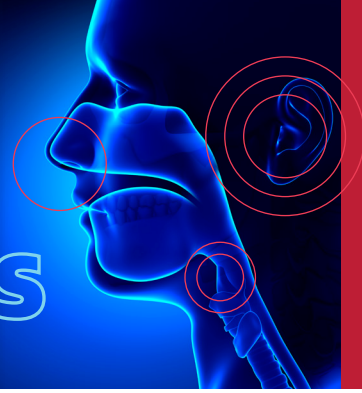




Department News



Chair's Welcome

Fall 2025



In this issue of our biannual newsletter, we highlight the many exciting activities that the University of Arizona Department of Otolaryngology is doing across its tripartite academic mission—Clinical care, Research, and Education. I am proud to share what a small group of dedicated individuals can accomplish. As I consider the articles in the current issue, I am reminded that an academic career in medicine was a choice made by all my colleagues.

I have long been a passionate advocate for the career choice of a physician. One of the aspects of a medical career that I think is so rewarding is the wide variety of different options for the type of work that one can pursue. Not only is there a diverse range of clinical fields to choose, but the type of environment where one works also varies widely. I chose to pursue academic medicine more than 20 years ago and have never regretted that choice, finding in academic

otolaryngology a professional satisfaction that continues to this day. The academic life is the best antidote I know for preventing burnout – truly, it's the finest physician wellness program. What is so fulfilling about academic medicine as a career? What exactly is academic medicine?

The Tripartite Mission in Academic Medicine: A Profession of Lasting Fulfillment

Academic medicine rests on the tripartite mission of **patient care, research, and education**—three intertwined commitments that shape the health of individuals and society. For physicians, embracing this mission offers not only the chance to heal but also the opportunity to advance knowledge and guide the next generation. This unique combination makes a career in academic medicine especially meaningful and professionally fulfilling.

The first pillar, **patient care**, is at the heart of all medicine. Academic physicians often serve patients with rare or complex conditions, working within multidisciplinary teams that deliver cutting-edge treatments. Providing such high-level care is deeply rewarding, as physicians witness firsthand how their expertise transforms lives.

The second pillar, **research**, fuels discovery and progress. Physicians in academic settings can translate questions that arise in the clinic into studies that lead to new therapies, public health insights, and better health systems. Knowing that their work contributes not only to their own patients but to countless others around the world provides a profound sense of purpose.

The third pillar, **education**, ensures the future of the profession. By teaching and mentoring medical students, residents, and fellows, academic physicians help shape the skills, ethics, and compassion of tomorrow's healthcare leaders. Seeing trainees grow into capable, compassionate clinicians is a source of enduring pride.



Dr. Audrey Baker helps an incoming student don her white coat at the U of A College of Medicine annual ceremony.

IN THIS ISSUE

- 1 Chair's Welcome
- 2 Research Spotlight
- 3 Dr. Yip Named Associate Director of CUP
- 3 Raising Awareness about Hearing Loss
- 4 Clinical Spotlight
- 4 Alumni Update: Dr. John Richards
- 5 Welcome Rhinology Fellow: Dr. Anthony Botros
- 5 Dr. Baker Named Director of Pathways in Health and Medicine
- 6 Banner University Medicine Earns National Recognition
- 6 Otolaryngology Residency Graduation
- 7 Residency Program Updates
- 7 Residency Spotlight

Department News is published twice yearly by the U of A College of Medicine Department of Otolaryngology – Head & Neck Surgery.

CONTACT:

Steven J. Wang, MD, FACS
Professor and Chair
Otolaryngology –
Head and Neck Surgery
College of Medicine,
Room 5401
The University of Arizona
1501 N. Campbell Ave.
P.O. Box 245074
Tucson, AZ 85724-5074
520-626-6673
Fax: 520-626-6995

All contents © 2025
Arizona Board of Regents.
All rights reserved.
The U of A is an EEO/AA –
M/W/D/V Employer.

Design:
U of A Health Sciences
BioCommunications

To read this and past issues
of Department News online,
visit www.otolaryngology.medicine.arizona.edu



Dr. Audrey Baker and Dr. Helena Yip attend the White Coat ceremony for new incoming medical students at U of A College of Medicine.

What makes academic medicine so professionally fulfilling is the **synergy among these three roles**. Each pillar enriches the others—patient care inspires research, research improves care, and education perpetuates both. Physicians who choose this path often find that their work remains intellectually stimulating, collaborative, and impactful throughout their careers.

In academic medicine, physicians do more than treat disease—they help shape the future of medicine itself, leaving a legacy that extends far beyond their individual practice.

In this issue of the DepartmentENT Newsletter, we highlight all three aspects of the tripartite academic mission in the activities of the faculty, residents, students, and staff of the department. As you read, you will see the passion that the people of the U of A Dept of Otolaryngology bring to their daily work, and I hope you'll agree that an academic medical career can bring meaning and fulfillment in so many wonderful ways. Enjoy our stories!

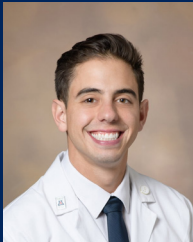
Steven J. Wang

Research Spotlight



Manlin Shao – MD/PhD student, Cancer Biology PhD Program

Manlin Shao is an MD/PhD student in her second year of the Cancer Biology Graduate Program at Dr. Carlos Caulin's lab. Manlin's research focuses on understanding how interactions between cancer cells and the immune microenvironment drive the progression of head and neck squamous cell carcinoma (HNSCC). Specifically, she is investigating how tumor-associated macrophages interact with cancer cells with p53 gain-of-function mutations to promote tumor growth and treatment resistance. Her long-term goal is to translate her findings into novel therapeutic strategies for patients with HNSCC. Manlin is currently supported by an NCI T32 training grant, under the mentorships of Dr. Caulin and Dr. Steven Wang, who also serve as her co-sponsors for her NIH F30 application that was just submitted in August. Together, they are integrating both basic and clinical perspectives to foster Manlin's development as a future physician-scientist in otolaryngology–head and neck surgery.



Troy Weinstein – Our first Medical Student Research Fellow

My name is Troy Weinstein, and I was born and raised in Phoenix, Arizona. Tucson has become my second home, as I attended the University of Arizona for both my undergraduate studies, where I received a degree in Physiology, and now for my medical degree. During my third year of medical school, I was exposed to various ENT cases and was drawn to the anatomical complexity and wide range of surgeries performed within this field.

After completing my third-year clinical rotations, I decided to pursue a dedicated year to gain a deeper understanding of clinical research. Arch and Laura Brown were extremely generous in helping establish a formal, paid research fellowship through the ENT department. With their support, and the support of Dr. Wang and the faculty, the department has created an incredible opportunity for medical students to gain a comprehensive otolaryngology research experience.

I am currently involved in over ten projects across the ENT subspecialties. These projects range from retrospective cohort studies to prospective educational initiatives. One particularly exciting project I've been working on with Dr. Chang is a virtual reality surgical simulator. We are developing a detailed virtual reality model of a functional endoscopic sinus surgery to help residents better understand the complex sinus anatomy. I'm confident this year will have a lasting impact on both my approach to clinical research and my development as a future clinician.

I am incredibly grateful to Arch and Laura Brown, as well as the entire department, for their generosity, mentorship, and support throughout this year. It has truly been a privilege to be part of such a kind, welcoming, and close-knit community.



Troy and his fiancée, Katie, with Arch and Laura Brown



Dr. Helena Yip Named Associate Director of CUP Program

Congratulations to Dr. Helena Yip for her appointment as Associate Director of the Commitment to Underserved People (CUP) Program. The CUP Clinics Program, founded in 1979, is a co-curricular initiative of the University of Arizona College of Medicine – Tucson that provides care to the local community under the supervision of volunteer attending physicians. Through CUP, medical students coordinate and deliver preventive care, primary care, referrals, immunizations, psychiatric evaluations, and diagnostic testing for patients who might otherwise lack access to health services. Participation in CUP gives students the opportunity to serve the Tucson community while building their clinical and teaching skills. As a dedicated mentor to medical students, Dr. Yip looks forward to guiding participants as they gain firsthand insight into how socioeconomic factors shape access to care and how culture influences health.

Raising Awareness about Hearing Loss

In August, Dr. Helena Wichova was invited to speak at La Posada Senior Living Community in Green Valley, where she gave an engaging presentation on hearing loss. More than 50 residents attended, hosted by the Living Well Residents Committee. Dr. Wichova discussed the signs of hearing loss, the importance of early evaluation, and treatment options that can improve quality of life. The event was a wonderful opportunity to connect with the community, answer questions, and raise awareness about hearing health.





Dr. Saif Mashaqi with Dr. Steven Wang, who performed the first HNS implant for OSA at Banner University Medical Center – Tucson.

CLINICAL SPOTLIGHT

Hypoglossal Nerve Stimulator implant, by Inspire: A new surgical option for obstructive sleep apnea

Obstructive sleep apnea (OSA) is a major public health issue in the United States with potentially serious health consequences including heart disease, stroke, and diabetes. OSA also contributes to negative mental health impacts including depression, cognitive impairment, and poor concentration often associated with fatigue and daytime sleepiness. It may affect up to 25% of American adults, and an estimated 80% of cases go unrecognized. Many treatments for OSA exist and most patients should be treated with Positive Airway Pressure therapy (PAP therapy or CPAP, for Continuous Positive Airway Pressure). Unfortunately, many patients are unable to tolerate CPAP due to discomfort of the mask or sometimes the noisiness of the machine, making healthy sleep even more difficult to achieve.

NEW OPTION FOR TREATMENT OF OSA

About 10 years ago, a new surgical device was FDA-approved called a Hypoglossal Nerve Stimulation (HNS) implant. This surgically implantable device is for treating OSA in patients who can't tolerate CPAP. Since its introduction a decade ago, several important advances in this technology have made this option safer and more available to patients with OSA. In February, 2025, the first HNS implant for OSA was performed

at Banner University Medical Center—Tucson by Dr. Steven Wang. Dr. Wang explains that the HNS implant system involves a pulse generator implanted in the chest and an electrode on the hypoglossal nerve in the neck, which is controlled by a remote. The system works by detecting breathing and sending mild electrical impulses to the hypoglossal nerve, which stimulates the tongue to move forward and prevent airway collapse during sleep. The surgery to perform the HNS implant is done through two small incisions, one on the chest and a second incision placed in the upper neck just under the jaw. The surgical procedure takes about 90 minutes and is done on an outpatient basis.

Not all OSA patients are candidates for HNS implant surgery. Dr. Wang works closely with the Banner University–Tucson Sleep Medicine Clinic and Dr. Saif Mashaqi and Dr. Monisha Das Ireland, to select patients who will benefit from this revolutionary technology. Dr. Mashaqi and Dr. Das Ireland are pulmonologists with expertise in sleep disorders. About four weeks after surgery, the HNS implant system is activated for the patient. According to Dr. Wang, seeing patients a few months post-op who are able to get their best sleep in years, often without further need for CPAP, is what is most gratifying about being able to offer this surgical procedure for patients with OSA.

Alumni Update – Dr. John Richards

After completing his residency in Otolaryngology – Head and Neck surgery at the University of Arizona in 2023, Dr. John Richards, his partner Larisa and their two pups Ringo and Lenny moved to the beautiful state of Oregon. Dr. Richards joined Mt. Scott Ear, Nose and Throat in Clackamas, Oregon just outside of Portland. Dr. Richards has spent the last few years establishing himself in the community and fostering a diverse clinical practice.

Dr. Richards and his family quickly adapted to the Pacific Northwest and have taken advantage of the beauty and access to nature it offers. Dr. Richards enjoys spending his time away from the office hiking the many beautiful trails, swimming in the rivers, and exploring the city itself. This past summer, Dr. Richards and Larisa adopted Bowie, a golden retriever puppy who came with a new hobby – dog training, which Dr. Richards has been enjoying. This year marks Dr. Richards and Larisa's 10-year wedding anniversary, and they are planning a trip to Italy this fall to celebrate.



Welcome Rhinology Fellow – Dr. Anthony Botros



My name is Tony Botros. I was raised mainly in North Carolina and attended UNC for undergrad (go Tarheels). I later remained in-state for medical school at East Carolina University after taking time off to help in my father's restaurant. Following completion of my combined MD and MBA degrees, I went to Atlanta for otolaryngology residency with a focus in healthcare management at Emory University.

What attracted you to the University of Arizona?

The first thing that was evident on my interview day was the quality of mentors I would have in Dr. Chris Le and Dr. Eugene Chang. They are both wonderful people and I have learned so much from them, both on a personal and professional level. Having trained in a very large program at Emory (40+ attendings and 5 hospitals!), I was eager for an intimate training setting where I could thrive under a true apprenticeship model. Finally, my wife and I were looking at programs in the western part of the USA with a preference to cities with great outdoor amenities. Arizona checked all the boxes, and so far my experience has exceeded expectations!

What is your favorite surgery to be involved in?

I'm starting to gravitate towards complex frontal sinus cases. There is so much variety in frontal sinus anatomy, and every approach is uniquely different. I also enjoy the challenging nature of the frontal sinus. These sinuses demand confidence and skill... which I am gradually developing with Dr. Le and Dr. Chang.

What do you enjoy doing in your spare time?

Spending time hiking/walking/running/biking outdoors with my wife is the best! I also enjoy racquet sports, especially table tennis.

What are your long-term goals?

I seek to provide the highest quality of care to my patients and community and to help build a robust, efficient, and excellent practice wherever I end up, all while remaining a supportive and loving person to my family and friends.



Congratulations to Dr. Audrey Baker, New Director of Pathways in Health and Medicine

We are excited to share that Dr. Audrey Baker will serve as the new Director for Pathways in Health and Medicine at the University of Arizona College of Medicine. The Director leads a longitudinal course that runs alongside the pre-clerkship blocks and helps prepare future physicians by integrating biomedical science with the broader social, cultural, and humanistic dimensions of medical practice. Dr. Baker has already distinguished herself as a dedicated mentor in the Societies Program, where she has shown her commitment to training and supporting medical students. In this new role, she looks forward to guiding students through the complexities of health care delivery and population-based medicine, while emphasizing a humanistic approach to caring for an increasingly diverse patient population.

Banner University Medicine Tucson Earns National Recognition in Otolaryngology

We are proud to share that Banner University Medicine Tucson, in partnership with the University of Arizona, has been ranked among the nation’s best hospitals for Ear, Nose & Throat by U.S. News & World Report for 2025–2026. This recognition highlights the excellence of our faculty, residents, and staff in providing outstanding patient care, advancing research, and training the next generation of otolaryngologists.



2025 Otolaryngology Resident Graduation



The University of Arizona Department of Otolaryngology celebrated its annual Resident Graduation Dinner on June 20, 2025, at Skyline Country Club. The event honored Dr. Claire Gleadhill, the program’s ninth graduate.

Dr. Gleadhill was born in Tempe, Arizona, and spent much of her childhood in Memphis, Tennessee. She completed her undergraduate studies at California Polytechnic State University in San Luis Obispo, earning degrees in Child Development and Psychology. She went on to receive her medical degree from East Tennessee State University’s Quillen College of Medicine in Johnson City, TN.

During her residency in Otolaryngology at the University of Arizona in Tucson, Dr. Gleadhill developed a passion for head and neck surgical oncology and reconstruction. The technical demands and intricate nature of these procedures, combined with the mentorship of outstanding faculty and the privilege of caring for inspiring patients, solidified her

commitment to this specialty. She is now pursuing fellowship training in head and neck oncology and reconstruction at Case Western Reserve University in Cleveland, Ohio.

Highlights of the evening included remarks from Dr. Steven Wang, Dr. Shethal Bearely, and Dr. Audrey Baker, followed by a lively musical performance by the “The Suprathresholds,” an ensemble of Otolaryngology faculty and Wang family members.



Several awards were presented during the evening:

- **The Stephen Goldstein Memorial Teaching Award** – Established to honor a faculty member for excellence in teaching the principles and practice of Otolaryngology. The 2024–2025 recipient was Dr. Helena Wichova.
- **Highest In-Service Score Award** – Awarded to Dr. Matt Groysman for earning the highest score on the 2024–2025 in-service examination.
- **Outstanding Research Presentation Award** – Recognizes the best presentation at the Graduation Research Symposium, where residents showcase their ongoing research projects. The 2024–2025 award was given to Dr. Royal Pipaliya for his presentation, “Post-operative Measurement of Intracranial Pressure in Patients Undergoing Surgical Repair of Spontaneous Cerebrospinal Fluid Leak.”
- **Affiliated Clinical Faculty Teaching Award** – Presented to an affiliated faculty member within the Tucson community. The 2024–2025 recipient was Dr. Jerold Olson.



Residency Program Update: Fall 2025

– Dr. Shethal Bearely, Program Director



We are proud to celebrate another successful academic year with the graduation of Dr. Claire Gleadhill, who has begun a Head and Neck Oncologic/Microvascular Fellowship at Case Western Reserve University Medical Center. Her graduation marked a historic milestone, as she was the final member of a single-resident graduating class.

On July 1, we welcomed two new interns: Dr. Megan Wilson (University of Louisville) and Dr. Luis Martinez (University of New Mexico). With their addition, our residency program has now fully expanded from five to ten residents. This growth, years in the making, represents a significant evolution in both the structure and organization of our training program.

Our faculty has expanded considerably since the residency’s inception, ensuring that our residents continue to benefit from one of the highest surgical volumes in the nation. To further strengthen training, we have implemented a subspecialty-based rotation system, allowing residents to spend one to three consecutive months immersed in a specific area.

This model not only promotes technical skill development through repetition but also fosters continuity of care, as residents can follow patients through their postoperative recovery.

A dedicated research rotation provides residents with protected time and focus to design and complete their own scholarly projects. This year, residents also participated in numerous national conferences and specialized courses, including the AAO-HNSF Annual Meeting, TRIO Combined Sections, COSM, as well as courses in sleep surgery, facial trauma, microvascular surgery, and surgical boot camps.

Beyond the hospital, our residents have also celebrated personal milestones, including two marriages and the arrival of a baby girl.

Looking ahead, we are excited to support our two chief residents as they complete their training. Dr. Austin Lever will pursue a Facial Plastics fellowship at the Medical University of South Carolina, while Dr. Matthew Groysman will begin his career in general Otolaryngology.

As our program continues to grow, it remains a privilege to witness the development of our residents—both professionally and personally. We are deeply grateful for the ongoing support that makes this progress possible.

Residency Spotlight – Welcome new Program Coordinator, Emma Blystone

We are pleased to introduce our new Residency Program Coordinator, Emma Blystone. Emma is originally from Syracuse, New York. She studied at Binghamton University where she earned a BS and MS in Biomedical Anthropology. Prior to moving to Tucson, she managed the cancer center biospecimen database at Columbia University Irving Medical Center. Her background is in clinical research, but she is enthused to be entering the world of graduate medical education. She lives with her husband, Sameer – a first year Emergency Medicine resident at U of A, and their cat Moomoo. She enjoys an active lifestyle that includes hiking, backpacking, Pilates, reading, and traveling. After only ever living on the east coast, she is excited to experience the desert and everything Tucson has to offer!



ENT in the Desert 2026

SAVE THE DATE
February 19 – February 21, 2026

Hacienda del Sol Guest Ranch Resort
Tucson, AZ



SCAN HERE
<https://bit.ly/ENTD2026>



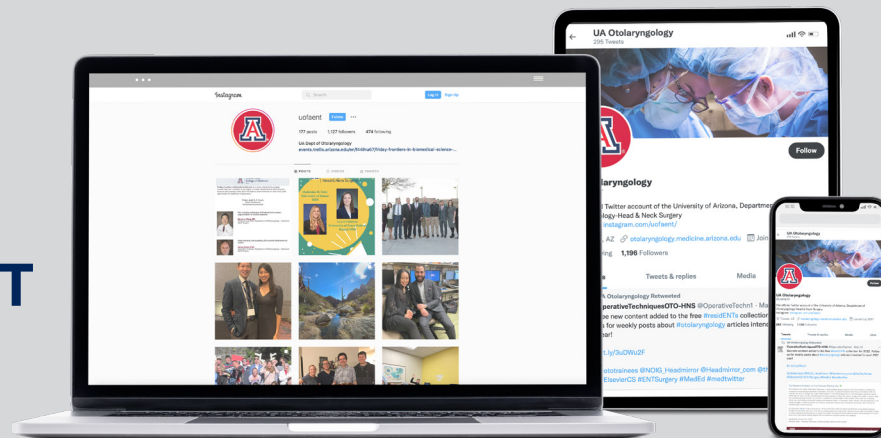


THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Otolaryngology - Head & Neck Surgery

PO BOX 245074
TUCSON AZ 85724-5074

X 
Follow us
@UofAENT



Visit our website
otolaryngology.medicine.arizona.edu