



# Department News

## WELCOME from the Chair

Physician Wellness has been defined as “More than just the absence of distress, physician wellness or well-being means thriving in various aspects



Steven J. Wang, MD, FACS

of both professional and personal life and includes the mental, physical, and emotional domains” (Brady et al. Acad Psychiatry, 2010) A related term “Burnout” – is an indicator of negative physician wellness. The challenges that physicians face today are ever evolving and always changing. It is no wonder that reports of physician burnout are increasing. When physicians

experience burnout, there are negative consequences not only for the physician but for their patients, as well as their friends and family. It has been shown that patients treated by physicians who are experiencing burnout can expect poorer outcomes and report worse patient satisfaction scores.

What are some of the daily challenges that you face, which negatively affect your sense of wellness? The electronic health record, productivity pressures, unrealistic quality metrics, fear of being sued, the

depersonalization of today’s physician patient relationships are some of the responses that are commonly given by physicians. There is also a “burnout gap” – physicians are more likely to report burnout if they work very long hours, are female, are in their mid-career versus early or late career, are in private practice versus employed, receive incentive pay versus on a fixed salary model.

In this issue, we describe some of the ways that the faculty, staff, and residents of the University of Arizona Department of Otolaryngology-Head and Neck Surgery balance the stressors of the physician life. Dr. Michael Bays, Chief of Otolaryngology at the Southern Arizona VA and a clinical assistant professor in our department, talks about his podcast, [thehollowtube.com](http://thehollowtube.com). We also sadly pay tribute to Dr. Stephen Goldstein, a co-founder of our department, but who will always be remembered as a role model for professionalism and wellness.

I invite you to read our Spring 2020 newsletter and learn about the many recent activities of our Department.

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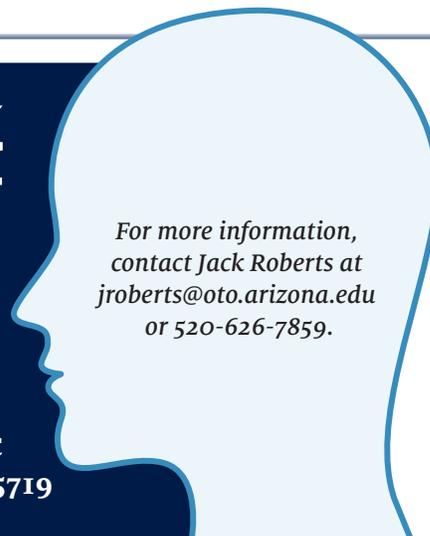
To read this and past issues of Department News online, visit [www.otolaryngology.medicine.arizona.edu](http://www.otolaryngology.medicine.arizona.edu)

## FREE HEAD AND NECK CANCER SCREENING EVENT

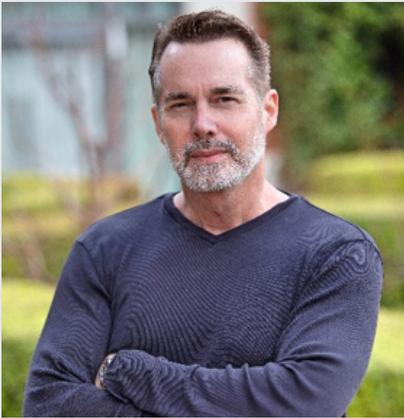
Saturday, April 18, 2020  
9:00 AM – 12:00 PM

Banner University Medicine - North Clinic  
3838 N. Campbell Ave., Building 2 • Tucson, AZ 85719

For more information,  
contact Jack Roberts at  
[jroberts@oto.arizona.edu](mailto:jroberts@oto.arizona.edu)  
or 520-626-7859.



# Physician Wellness



A long time ago, when I was young otolaryngologist, I placed all my feelings of self-worth and happiness on external things and accomplishments- success, money, prestige, and respect. I wanted it all, and it was never enough. Nothing ever made me feel content, and eventually, I nearly lost it all.

What I learned the hard way is that my well-being and the worthiness of my being does not equate to my activities, status and possessions. It came from taking a hard look at myself, my work and my life differently. It came from the understanding that nothing was lacking, and in that moment I realized that I had it all.

Two years ago, my brother, Dr. Patrick Bays and I created The Hollow Tube podcast. We talk to each other and we interview other physicians, psychologists, and anyone from former FBI hostage negotiators to university professors to martial artists to shamans- anyone who can give us some insight on how we can live more fulfilling lives with harmony, intensity, appreciation and awareness.

Available on your favorite podcast app.

[thehollowtube.com](http://thehollowtube.com)

#answerthephone

Michael Bays, DO

Chief, ENT Section

Southern Arizona VA Health System



TRIBUTE TO

## DR. STEPHEN GOLDSTEIN

In 2011, Dr. Stephen Goldstein and Dr. Alexander Chiu started the otolaryngology program at the University of Arizona Medical Center, after a 22 year hiatus. Stephen made numerous contributions to the growing UArizona Otolaryngology service, which began the first University-affiliated otolaryngology residency program in the state of Arizona in 2013. Stephen served as the Director of Facial Plastic & Reconstructive Surgery, Medical Director of the ENT/Allergy clinics, and Vice-Chair for Academic and Faculty Development. Stephen had a passion for education and mentored seven UArizona otolaryngology residents and numerous medical students.

For his dedication and excellence as an educator, he twice received the Otolaryngology Department Clinical Faculty Teaching Award.



It is fitting that we designate the theme of “Physician Wellness” to this newsletter issue because Stephen, both at work and at home, exemplified the well-balanced life. Stephen was universally loved and respected by all who worked with him. He was a compassionate physician to his patients, an encouraging and supportive colleague to his

co-workers, a husband, a father, and a friend.

Notwithstanding receiving the diagnosis of a brain glioma nearly two years ago, Stephen continued to make invaluable contributions to the Otolaryngology Department and returned to his clinical practice even while continuing treatment for his brain tumor. For his family and for us his friends and colleagues, the last 21 months have provided happy moments and memories with Stephen that will be cherished for a very long time. On January 22, 2020, Stephen lost his battle with brain cancer. Stephen leaves behind his wife, Dr. Melanie McCarty, their three boys, 6-year old Leo, 4-year old twins Milo and Jonah, and countless friends and extended family.

To preserve the legacy of Stephen’s commitment to the Department of Otolaryngology and the University of Arizona, the Goldstein family asks that you consider making a contribution to the Dr. Stephen Goldstein Memorial Otolaryngology Residency Education Fund.

# ENT IN THE DESERT 2020

From January 30 - February 1, Dr. Steven Wang, MD, Professor and Chair, and Dr. Eugene Chang, Associate Professor and Vice Chair of the Department of Otolaryngology – Head and Neck Surgery, co-directed the **8<sup>TH</sup> Annual ENT in the Desert (ENTD) Conference**. The Conference was held in the Forum of the new Health Sciences Innovations Building (HSIB) on the Health Sciences campus. The ENTD Conference provided focused sessions on Head and Neck Surgery, Laryngology, Otolaryngology, Pediatrics, and Rhinology/Allergy topics. More than 130 general otolaryngologists, residents, physician extenders and other physicians attended this 2020 Conference.

Expert Faculty from the UArizona joined other nationally and internationally renowned guest speakers from such distinguished institutions, such as the University Hospital in Ghent, Belgium, UCLA, Johns Hopkins and Harvard Medical School. “Distinguished Faculty” for the conference included Dr. Claus Bachert, Chief of Clinic, ENT Department, University Hospital Ghent, Ghent, Belgium; Dr. Dinesh Chhetri, Professor and Vice Chair of Clinical Affairs at UCLA David Geffen School of Medicine; Dr. Christine Gourin, Professor of Otolaryngology, Johns Hopkins University School of Medicine; and Dr. Daniel Lee, Director, Pediatric Otolaryngology and Neurotology, Harvard Medical School. The speakers provided updates on management of



ENT in the Desert Faculty and Participants in the HSIB Forum



Eugene Chang, MD

various ear, nose and throat problems that are likely to be encountered by the typical ENT practitioner. We encouraged meaningful interactions with presenters and guests during presentations, and



Claus Bachert, MD, PhD

outside of the daily sessions. Our program also allowed registrants time to explore Tucson during the afternoon break on Friday.



# Welcome



Fiyin Sokoya, MD

## FIYIN SOKOYA, MD

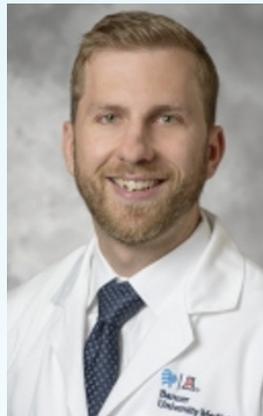
Dr. Sokoya (Show- kuh- ya), our new Director of Facial Plastic and Reconstructive Surgery, is a highly trained surgeon. He completed medical school at the University of Kentucky, followed by otolaryngology-head and neck surgery residency at the University of Colorado. He was then selected from hundreds of exceptional candidates to complete an additional one-year fellowship in advanced facial plastic and reconstructive surgery with

world-renowned surgeon Dr. Yadro Ducic at Baylor Health Systems in Texas.

Dr. Sokoya has always valued facial harmony and balance. Whether performing complex facial reconstruction, or cosmetic surgery, he brings a high level of aesthetic awareness to achieve the best results for his patients.

Dr. Sokoya takes a personalized and holistic approach to the care of every one of his patients. His clinical expertise is the full breadth of cosmetic and reconstructive procedures in the head and neck, including cosmetic facial injectables (Botox and fillers), rhinoplasty, face/neck lift, blepharoplasty, facial trauma, keloid and hypertrophic scar treatment, scar revision, skin cancer (Mohs') reconstruction, microvascular free tissue reconstruction following surgery for head and neck cancer, and treatment for facial paralysis

In his free time, Dr Sokoya likes to play soccer, run, road bike, hike, swim, and participate in triathlons. He enjoys traveling, exploring and finding new adventures. Dr. Sokoya is the tenth of eleven children, and he enjoys spending time with his many siblings, nephews, and nieces.



Nicholas Dewyer, MD

## NICHOLAS DEWYER, MD

Dr. Dewyer is our new Director of Neurotology. He graduated Magna Cum Laude from the University of Michigan with a degree in biomedical engineering and received his medical degree from the University of Michigan Medical School, where he was the recipient of the prestigious full-tuition Dean's Scholarship. He completed his residency in Otolaryngology - Head and Neck Surgery at the University of California, San Francisco (UCSF), followed by a two-year fellowship in Neurotology at Harvard Medical School.

Dr. Dewyer treats adults and children with conditions including hearing loss, otosclerosis, chronic ear infections, vertigo, cholesteatoma, and lateral skull base tumors. As a skilled otologic surgeon, he uses innovative approaches like minimally-invasive endoscopic ear surgery and balloon eustachian tube dilation, and has taught these techniques to other surgeons in national and international courses.

Dr. Dewyer chose to join the department because "I had previously worked with Dr. Wang and other Arizona faculty during my training at UCSF and Michigan. Through Dr. Wang, I knew about the many exciting happenings in the department. I came to the University of Arizona because of the unique opportunity to build a Neurotology and Skull Base Surgery division, take care of patients with complex otologic disorders, and teach residents in a new and growing department. Also, moving to Tucson and getting to explore the desert Southwest seemed a great adventure."

Dr. Dewyer's goals are to build a robust and comprehensive Neurotology division, seek collaboration among the many talented researchers at the University who perform hearing sciences research, and graduate otolaryngology residents with the skills and knowledge to take excellent care of patients with otologic disease.

## Meet Our New Business Manager

Elizabeth Cordova has joined our Administrative Staff as a Business Manager, Sr. She has many years of accounting and financial management experience at the University of Arizona and we are excited that she is now a part of our OTO Team.



Elizabeth Cordova

## Follow us on Twitter and Instagram @UofAENT



# ON OUR OWN TIME

First year resident, Dr. Andrew Johnson enjoys hiking in Arizona when he's not working on the busy ENT service. He can be seen here on top of Humphrey's Peak which is the highest point in the state, along with exploring the Grand Canyon.



At the Grand Canyon



Reached Humphrey's Peak



Geentanjali Gupta shares her artistic talents at UArizona On Your Own Time



Our Oto residents go bowling



## ENT Fall Picnic at the Park

A fun time was had by all this past September as we reserved Rio Vista Park for our annual Fall Department Picnic. Family and friends enjoyed good food, Sonoran Hotdogs from Drew's Dogs and plenty of activities for the children.

## Otology and Neurotology News

Dr. Nicholas Dewyer, Dr. Heather Coffman, Dr. Jon Young, and Christopher Adams, PA-C hosted a dinner event on Tuesday, November 19, 2019 at the Reforma Restaurant for about 20 members of the local Tucson Audiology community. A presentation of the otology and audiology services provided at our Banner University Medicine Clinics was given. Dr. Dewyer led a discussion session about the needs of the community for hearing services. The session provided a great opportunity to network and share what audiology and hearing rehabilitation services are currently available for our Tucson area community. We sincerely appreciate opportunities to partner with our local community health-care providers.



# INTERNATIONAL MEETING HIGHLIGHTS



Dr. Steven Wang speaks at the Congress of the European Otorhinolaryngology Societies meeting in Brussels, Belgium.



Dr. Steven Wang visits Severance Hospital at Yonsei University, Seoul, Korea for the 9th International Robotic Surgery Symposium



Dr. Christopher Le presenting at Thammasat University Advanced Endoscopic Sinus Surgery Course in Bangkok, Thailand.



Dr. Wang was a Distinguished Faculty Lecturer at the 4th International Guild of Robotic and Endoscopic Head and Neck Surgery, Delhi, India.



Dr. Wang was the Distinguished Overseas Keynote Speaker at the Annual Meeting of the Japanese Society of Oral and Pharyngeal Sciences in Oita, Japan.

# OTOLARYNGOLOGY Holiday Party

DEPARTMENT OF OTOLARYNGOLOGY FACULTY, RESIDENTS AND STAFF AT THE TUCSON CHILDREN'S MUSEUM DURING OUR 2019 HOLIDAY PARTY AND TALENT SHOW!



Dr. Audrey Baker, and her son William play ukulele and recorder



Our fabulous Laryngology, Voice, and Swallowing team! Natalie Monahan, MS CCC-SLP, Kathleen Cazzato, MS CCC-SLP, Dr. Helena Yip MD, Dr. Robin Samlan, PhD CCC-SLP



Our current and future Otolaryngology team! Dr. Nick Dewyer, Dr. Helena Wichova, Dr. John Simms, Dr. Heather Coffman, Chris Adams, PA-C



Dr. John Symms on the Sax



This future ENT Surgeon (OUR little beauty) always steals the show!



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## Otolaryngology - Head & Neck Surgery

PO BOX 245074  
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**Yes, I would like to make a contribution to  
the University of Arizona College of Medicine – Tucson**

### **Dr. Stephen Goldstein Memorial Otolaryngology Residency Education Fund**

For donations, please make check payable to  
“University of Arizona Foundation” in support of the  
Department of Otolaryngology’s academic and research programs.



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## Otolaryngology - Head & Neck Surgery



The Foundation was founded in 1958 as an Arizona 501(c)(3)  
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