



**The  
Western  
Neurosurgical  
Society**

**Newsletter**

**Spring 2014**

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**Don't be selfish!**

Members are requested to share this newsletter with their spouses/significant others (SO). SO's are an important part of the Western and we want them involved. Please forward this email to your SO's email address or let him/her view it on your computer. They would be interested in knowing the 2014 meeting will be [August 16-19 in Sun Valley, Idaho.](#)

Meeting activities listed below.

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# Call for Papers

## WNS Annual Meeting August 16-19, 2014 Sun Valley, Idaho

The Society is pleased to be accepting papers for presentation at the annual meeting. All papers must be submitted using the Web site ([westnsurg.org](http://westnsurg.org)). Instructions and abstract forms are located in the Forms and Documents section. All members, invited guests and residents may submit an abstract.

Papers presented at the meeting will be limited to 15 minutes with an additional 5 minutes for discussion.

The program will feature papers from residents, applicants and members on Sunday August 17; the Ablin lecture, Cloward Award lecture, Resident Award papers and the Presidential address on Monday the 18th; two symposia will occupy the Tuesday program--one on TBI and one on current medico-legal issues.

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## **From Debbie's Desk**

We have been hard at work arranging fun-filled days in Sun Valley. Here are the expected activities! Look for snail mail registration information in April and online at [www.westnsurg.org](http://www.westnsurg.org); (click on 2014 meeting item)

**SATURDAY, August 16, 2014:** **Opening reception:** Cocktails (hosted bar) and buffet dinner followed by an exceptional Ice Skating Show on the world-famous Sun Valley Ice Rink

### **AFTERNOON RECREATIONAL ACTIVITIES:**

**SUNDAY, August 17, 2014:**

**Golf: Trail Creek :** Golf Sun Valley's signature course Trail Creek (par 72), a Robert Trent Jones, Jr course, while enjoying the surrounding mountains and the big blue skies. Win prizes for closet to the pin , longest drive, and best score card. *Approximately \$185.*

**Tennis:** Compete in round robin tennis at Sun Valley from 1-4 PM. Win prizes for best matches. *Approximately \$15.*

**Hemingway Tour:** Start the tour at Sun Valley Inn and Lodge then board a bus or van to the Hemingway memorial and view the Hemingway house from the outside (entrance is prohibited). You'll learn the story of his famous quote "best of all he loved the fall" and the reason he bought a house in Ketchum and later took his life. The afternoon will end sipping mojitos in Room 206 at the lodge where Hemingway finished "For Whom

the Bell Tolls.” *Approximately \$50.*

**Silver Creek Fly Fishing:** Fly fish on the Silver Creek. This 3 hour long fishing expedition includes personal instruction, transportation, waders, boots, and fishing gear plus a one-day fishing license. Win prizes for largest catch. *Approximately \$200.*

### **MONDAY, August 18, 2014**

**Golf:** Enjoy 9 holes of golf (par 36) while taking in the Wood River Valley and surrounding mountains and have enough time to come back and get ready for formal night at the Western. Win prizes for longest drive, closest to the pin and best score card. *Approximately \$100.*

**Tennis:** Compete in round robin tennis at Sun Valley from 1-4 PM. Win prizes for best matches. *Approximately \$15.*

**Art and Wine Tour, Downtown Sun Valley:** Enjoy a relaxing walking tour to downtown Sun Valley, visit three art galleries , listen to stories about Ketchum’s past including mining, sheep shipping and the founding of Sun Valley as well as visit some of Hemingway’s haunts. Return to Sun Valley Lodge for a tasting of Idaho wines. *Approximately \$30.*

**Trap Shooting: 2-4 PM (10 shooters per hour)** Learn to trap shoot or show off how to do it. Win prizes for the best shooting and most improved! *Approximately \$45*

**BOWLING AND PIZZA or MOVIE NIGHT WITH PIZZA:** 5:30pm to

10PM. Enjoy the formal night and let your kids have fun bowling and eating pizza-if bowling alley is not under construction! Otherwise it will be movie night with pizza! Includes chaperones/sitters. Price TBD.

**LOOKING TO BIKE?:** The Village Shop on site has more bikes (with helmet and locks) to rent than you can imagine (208-622-2279; hours 9am-5pm).

### **ADDITIONAL ACTIVITIES**

The concierge can help with horseback riding, river rafting, and ice skating on the world famous ice rink

**DINNERS** (included in registration fee as are continental breakfasts each morning):

**Sunday Local Night**—Western attire. Stetsons, cowboy boots and Levi's are in order. Casual dinner and hosted bar at nearby Trail Creek Lodge with music, games and entertainment for old and young alike.

**Monday Banquet at Sun Valley Inn**—As usual, formal dress is requested but not mandated. Hosted bar and plated dinner with special program commemorating our 60th annual meeting. Special evening for kids (see above).

**See you in Sun Valley!!!**

**Deborah Henry**

**WNS Secretary/Treasurer**

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In Memoriam **Robert W. Rand** January 28, 1923 – December 14, 2013





We are more than just saddened by learning of the death of one of the two remaining 1955 founders of the Western Neurosurgical Society--our friend and good colleague Robert Wheeler Rand, MD, PhD. Bob ('55 pic upper left) was noted in the Western for his very frequent attendance at annual meetings, his informative and often ground breaking presentations, his friendly nature and his keen sense of humor. He could always be found sharply dressed (upper right) and accompanied by his wife Helen (lower left). Dr. Rand served the Western as Vice president in 1980, President in 1982 and as Historian from 1985 to 1990. He last attended an annual meeting in 2004 (lower right) and shared remembrances of his 50 years as a member. After 2004, physical infirmities sharply curtailed his ability to travel and we were deprived of his and Helen's presence forevermore.

Bob was the only son of Carl W. Rand, one of the first neurosurgeons in the Los Angeles area (who became a WNS member in 1956) and he grew up in the LA area surfing on a redwood board. After an undergraduate degree at Harvard, he received his MD from USC and did his neurosurgery training at the University of Michigan where he met Helen and where he also got a PhD in neuroanatomy under the tutelage of Elizabeth Crosby. He returned to Los Angeles and was a founding member of the UCLA Department of Neurosurgery where he spent his entire academic career. He is credited with introducing the microscope to operative neurosurgery and to bringing the first gamma knife to the United States. Dr. Rand authored approximately three hundred scientific articles, presented almost four hundred scientific lectures around the world, wrote eight major textbooks on subjects in neurosurgery and was recognized as one of the most prominent and creative surgeons of the 20th Century.

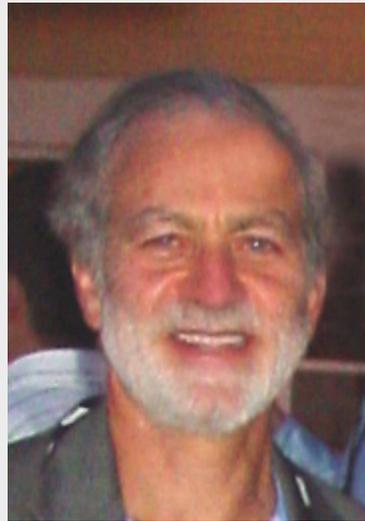
Bob is survived by Helen and their two sons Carl Wheeler Rand II and Richard Pierce Rand, MD and by the fond memories so many of us in the Western will harbor for as long as we live.

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**Program  
Chairman  
Martin Weinand, M.D.**

Martin was born on October 19, 1958, at the Jewish Hospital in St. Louis, Missouri where his father, Dr. Ernest Weinand, was a surgery resident and his mother, Martha, was a nurse. He attended Central High School where he served as captain of his high school swim team, and earned the prestigious Eagle Scout award in 1972. He graduated from Emory University in 1980 receiving a Bachelor of Science degree, mentored by Dr. Leon Mandel, and performing honors organic chemistry research. He continued his prowess in the pool and captained his college swim team. Martin began his medical career, motivated by his grandfather's friendship with Dr. Albert Schweitzer, at St. Louis University



**President-Elect  
Gary Steinberg, MD,  
PhD**

Dr. Steinberg was born in Brooklyn, New York and graduated summa cum laude with Honors in Biology from Yale University. Prior to starting his medical training, he was awarded a scholarship to study classical trumpet at the Institute for Advanced Musical Studies in Montreaux, Switzerland. While enjoying this experience immensely, the laboratory beckoned and he returned to the USA to enroll in the Medical Scientist Training Program at Stanford University School of Medicine. He graduated with a MD and PhD in Neurosciences in 1980. He remained at Stanford for his residency in Neurosurgery and completed a 1 year cerebrovascular surgery fellowship with Charlie Drake in Canada. He returned

where he graduated in 1984. During his medical school training, Martin was inspired to pursue a career in Neurological Surgery by Dr. M.B. Laskowski and Dr. Kenneth Smith in the Department of Physiology. He completed his neurosurgical training at the University of Kansas in 1990. During his neurosurgical training, Martin developed an interest in functional neuroanatomy under the encouragement of Dr. Charles Brackett, Paul O'Boynick, and Dr. George Ojemann (WNS member and 2003 Cloward Award recipient). In 1991, Martin completed an epilepsy surgery fellowship under the direction of Dr. Allen Wyler at the University of Tennessee, Memphis.

Martin was appointed Professor of Surgery in 2002 and became the Founding Program Director of the Neurological Residency at the University of Arizona in 2003. He served as Chief of the Division of Neurosurgery from 2004 to 2009. He is a member of the AANS and the American Epilepsy Society, and has served as a guest examiner for the American Board of Neurological Surgeons, and on the American College of Surgeons, Committee on Trauma.

Martin was married to Dr. Mary Ann Coadv in 1986 and together they have

to Stanford as an Assistant Professor in Neurosurgery and quickly ascended the ranks to Professor and Chairman of the Department of Neurosurgery, a position he has held for almost 20 years.

Dr. Steinberg's basic science research investigates the pathophysiology and treatment of acute cerebral ischemia and methods to restore function after stroke. Most recently he was awarded \$20 million dollars to translate neural stem cell transplantation for treatment of chronic stroke into a clinical trial. He has authored close to 300 peer-reviewed journal articles, 100 book chapters and served as the editor of three basic texts focused on the clinical and basic science aspects of cerebrovascular disease. He has served on the editorial boards of the Journal of Cerebral Blood Flow and Metabolism, Neurosurgery, Cerebrovascular Diseases, the Journal of Stroke and Cerebrovascular Diseases and World Neurosurgery. Dr. Steinberg is married to Sandra Garritano, a photographer and they have two children: Jeff, a neurosurgery resident and Liz, a psychology PhD student.

You may wonder how he will have time to be our President, but those of us who know him and work with him can assure you that his energy is endless

three children. Mary Ann passed away in 2007 from metastatic breast cancer. In 2010, Martin married Shauna Ruth Reynolds, with whom he enjoys swimming, traveling, and reading.

and so too is his ability to foster innovation and growth. We look forward to seeing what he has in store for the Western Neurosurgical Society.

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*(The following is an article requested by the Editor to personify WNS leadership, in this case our President Rich Wohns who has just published his first book [The Kashmir Connection](#) available on Amazon as well as being named one of the top 40 smartest people in US healthcare by Becker's Hospital Review)*

## **TRAVELS IN THE HIMALAYAS**

The Himalayas have been transformed from a distant, unfathomable, and mystical goal to a place of comfort and familiarity. After eight trips to various regions in the highest mountains of the world, "going high" has become my passionate escape to beauty, challenge, and the hidden secrets of another world. My mountaineering career began as a hiker and scrambler while at Harvard College, then quickly progressed to an interest in higher peaks than the White Mountains. In 1973, Mt. Kilimanjaro in Africa was my introduction to the world of thin, cold air. Himalayan odysseys began while I was at Yale Medical School (Class of 1977). In 1974, I was fortunate to receive a grant to travel and study retinoblastomas in Sri Lanka. This is a relatively rare eye tumor in the Western world, but apparently more common in the Sinhalese and Tamils of Sri Lanka. At the termination of my research stint in Sri Lanka, I decided to travel through Kashmir prior to my return to Yale. My visit to the Vale of Kashmir involved a mountaineering excursion to the Gangabal Glacier, which provided an exciting combination of glacier and rock climbing, plus superb high altitude lake trout fishing.

Both on Kilimanjaro and on the Gangabal Glacier, I suffered from acute mountain sickness (AMS), which I did not recognize as such. After returning to Yale, the subject of AMS plus high altitude physiology became pet subjects and have since become serious field research interests and major avocations. Initially, I was simply interested in how to continue sojourns to high altitude without suffering the severe headaches, insomnia, Cheyne-Stokes respirations, and nausea of AMS. Then as my professional interests became focused on neurosurgery, a natural inclination to study high altitude cerebral pathophysiology evolved.

I was able to arrange accredited clerkships abroad and had one other advantage that allowed additional travel time: At Harvard, I received a Summa Cum Laude in biochemistry and also had taken

several medical school courses in neurophysiology and biochemistry which enabled me to place out of equivalent courses at Yale Med school. The resulting "extra time" could have been used to finish medical school in three years but my advisor, Dr. Etsuro Motoyama, dissuaded me from this "fast track." I am forever indebted to him for this sage advice. Dr. Motoyama not only guided me intellectually and professionally, but also shared a keen interest in the mountains. Coincidentally, we further found common ground in numerous other realms, including opera, flying, Japanese culture and cuisine, and skiing. Furthermore, Dr. Motoyama introduced me to the woman I married, and is also the godfather of my third child. He was also my partner on a trip to the Nepal Himalayas where we cross a remote high pass in the Langtang region, Ganja-La Pass.

I traveled back to Kashmir in 1975 and worked as an extern in the outpatient clinic and emergency room at the University Hospital in Srinagar, which of course, allowed further access to the Kashmiri Himalayas. This second Himalayan encounter continued into Nepal, where I completed the classic trek to Everest Base Camp and climbed Kala Patar, an 18,400 foot "hill" with spectacular views of several 8,000 meter peaks, including Everest, Lhotse, and Nuptse.

Toward the middle of my internship, the vice-president of Mountain Travel, Dick McGowan, called me and invited me to be the doctor for an expedition to Pakistan that he and his wife were scheduled to lead during the summer of 1978. This involved an extremely rigorous approach up the Baltoro Glacier to K2, the second-highest mountain in the world. We climbed up to 21,000 feet on K2, following the route that Chris Bonington's British expedition had just abandoned due to an avalanche that killed a noted climber, Nick Estcourt. On this expedition, we experienced numerous medical emergencies, including a porter with a ruptured appendix and peritonitis. I performed an appendectomy on this porter alongside the Braldu River which arises from the Baltoro Glacier.

The following few years revolved around marriage, children, and my neurosurgery residency until 1981, when an invitation arrived to join a Mt. Everest expedition in the spring of 1984. The team desired a climbing physician who could also direct a high altitude research program. I had authored papers on mountain medicine and related subjects, had become active in the field of high altitude physiology, and had further continued climbing locally in the Cascades of Washington State.

The research plan for the expedition was primarily directed toward further investigation of the role of cerebral dysfunction in AMS, high altitude cerebral edema (HACE), high altitude pulmonary edema (HAPE), and retinal hemorrhages (RH). There had never been an expedition whose research was neurologically oriented; thus, we were able to become the first to pioneer the use of cortical evoked potentials at extreme high altitude and demonstrate a correlation between symptoms of AMS and increased latency of visual evoked potentials. We also carried out a double-blind, controlled, randomized study on Dilantin and its potential prophylactic effect against AMS. Other research protocols involved the use of ambulatory EEG's, pulmonary impedance plethysmography, and retinal photography. I recruited additional physician-climbers including Dr. Ben Blackett. The research tent doubled as a clinic and mini-hospital, where I treated our climbers with AMS symptoms and several British Everest North Face Expedition members injured in an avalanche. After completion of the base camp research protocols, we moved the research equipment to 21,500 feet in a tent under the North Col. Here, we were able to monitor climbers' evoked potentials before and after extreme high altitude exposure.

Our group did very well on Everest but missed reaching the summit by 800 feet due to porter problems. We had carefully planned our load-carrying to include enough food, tents, climbing supplies, and oxygen for several summit approaches; but when the high altitude porters quit unexpectedly, only two of our climbers were within reach of the summit and they were unsupported by adequate food and oxygen for a potential bivouac on the descent. They elected not to take the exceedingly high risks involved with an oxygen-less, tent-less, and food-less bivouac, and gave up the opportunity to be the first Americans to summit Everest from the north side. The preparation for the expedition, the time on the expedition, followed by the data analysis, scientific paper writing, and slide presentations took an

enormous amount of my time and energy. I realized that climbing and hiking with friends and family was actually more gratifying than involvement in a major Himalayan expedition.

My avocation of mountain medicine became formalized when I was voted vice-president of the International Society of Mountain Medicine. I continue to enjoy the mountains with friends and family. My love of the people of the Himalayas led me to a volunteer position in Kathmandu, Nepal, through the Foundation for International Education in Neurosurgery. I spent two gratifying weeks teaching novel spine surgery techniques to the faculty and residents of the Tribhuvan University Teaching Hospital during the summer of 2013.

Richard Wohns, MD, MBA, JD

### WNS Members in Print

#### JNS—December 2013

**Mitchel S. Berger, M.D.** Changing our culture to advance patient safety: The 2013 AANS Presidential Address

**Marc R. Mayberg, M.D.** Delayed postoperative hyponatremia after transsphenoidal surgery: prevalence and associated factors

**Michael T. Lawton, M.D.** Letter to the Editor: Posterior inferior cerebellar artery aneurysms

#### JNS—January 2014

**Mark E. Linskey, M.D., Michael McDermott, M.D.** The accuracy of predicting survival in individual patients with cancer

**Bob S. Carter, M.D., Ph.D** Gross-total resection outcomes in an elderly population with glioblastoma: a SEER-based analysis

**Michael W. McDermott, M.D., and Mitchel S. Berger, M.D.** Targeted reduction in neurosurgical laboratory utilization: resident-led effort at a single academic institution

**William T. Couldwell, M.D., Ph.D.** Comparison of plaintiff and defendant expert witness qualification in malpractice litigation in neurological surgery

**William T. Couldwell, M.D., Ph.D.** Assessing National Institutes of Health funding and scholarly impact in neurological surgery

#### JNS—February 2014

**Praveen V. Mummaneni, M.D.** Generation of a patient-derived chordoma xenograft and characterization of the phosphoproteome in a recurrent chordoma: Laboratory investigation

**William T. Couldwell, M.D., Ph.D.** Normal dimensions of the posterior pituitary bright spot on magnetic resonance imaging

**Michael T. Lawton, M.D.** Intraoperative rerupture during surgical treatment of aneurysmal subarachnoid hemorrhage is not associated with an increased risk of vasospasm

#### JNS—March 2014

**Mitchel S. Berger, M.D.** Frequency and predictors of complications in neurological surgery: national trends from 2006 to 2011

**JNS-Peds January 2014**

**Richard G. Ellenbogen, M.D., and Jeffrey G. Ojemann, M.D.** Dysphagia after pediatric functional hemispherectomy: Clinical article

**JNS-Peds March 2014**

**J. Paul Muizelaar, M.D.** Computed tomography characteristics in pediatric versus adult traumatic brain injury

**JNS-Spine January 2014**

**Andrew S. Little, M.D.** Prospective observational study of acute postlumbal laminectomy MRI

**JNS-Spine March 2014**

**Christopher I. Shaffrey, M.D.** Impact of age on the likelihood of reaching a minimum clinically important difference in 374 three-column spinal osteotomies: Clinical article

**Neurosurgery Focus January 2014 Video Supplement**

**Johnny Delashaw, M.D., and Marc Mayberg, M.D.** Introduction: Surgical Approaches to the Cerebellopontine Angle

**Steven L. Giannotta, M.D.** Resection of a cystic brainstem hemangioblastoma via a retrosigmoid approach

**William T. Couldwell, M.D., Ph.D.** Transtemporal approach to the removal of a lateral pontine tumor

**Michael L. Lawton, M.D.** Resection of pontine cavernous malformation through the pontomedullary sulcus

**Michael L. Lawton, M.D.** Retrosigmoid craniotomy for clipping of two vertebrobasilar junction aneurysms

**Neurosurgery Focus February 2014**

**Mitchel S. Berger, M.D.** Editorial: Use of 5-aminolevulinic acid helps see the way beyond MRI

**Mitchel S. Berger, M.D.** Editorial: The fluorescein-guided technique

**Neurosurgery Focus March 2014**

**J. Patrick Johnson, M.D.** Introduction: Intraoperative spinal imaging and navigation

**J. Patrick Johnson, M.D.** Clinical and radiographic outcomes of minimally invasive percutaneous pedicle screw placement with intraoperative CT (O-arm) image guidance navigation

**J. Patrick Johnson, M.D.** Accuracy of intraoperative computed tomography image-guided surgery in placing pedicle and pelvic screws for primary versus revision spine surgery

**J. Patrick Johnson, M.D.** Instrumenting the small thoracic pedicle: the role of intraoperative computed tomography image-guided surgery

**J. Patrick Johnson, M.D.** Image-guided navigation and video-assisted thoracoscopic spine surgery: the second generation

**J. Patrick Johnson, M.D.** Robotics and the spine: a review of current and ongoing applications

**Operative Neurosurgery March 2014**

**Steinberg, Gary K.** Less Invasive Pedicled Omental-Cranial Transposition in Pediatric Patients With Moyamoya Disease and Failed Prior Revascularization

**Martin, Neil A.** Extended Subtemporal Transtentorial Approach to the Anterior Incisural Space and Upper Clival Region: Experience With Posterior Circulation Aneurysms

**Steinberg, Gary K.** Flexible Omnidirectional Carbon Dioxide Laser as an Effective Tool for Resection of Brainstem, Supratentorial, and Intramedullary Cavernous Malformations

**Lawton, Michael T.** Microsurgical Technique for Posterior Inferior Cerebellar Artery-Posterior Inferior Cerebellar Artery In Situ Bypass: 3-Dimensional Operative Video

**Lawton, Michael T.** End-to-End Reanastomosis Technique for Fusiform Aneurysms: 3-Dimensional Operative Video

**Couldwell, William T.** Complex Middle Cerebral Artery Aneurysm: 3-Dimensional Operative Video

**Sekhar, Laligam N.** Treatment of Giant and Large Fusiform Middle Cerebral Artery Aneurysms With Excision and Interposition Radial Artery Graft in a 4-Year-Old Child: Case Report

**Neurosurgery Journal January 2014**

**Sekhar, Laligam N.** Monitoring Flow in Extracranial-Intracranial Bypass Grafts Using Duplex Ultrasonography: A Single-Center Experience in 80 Grafts Over 8 Years

**Shaffrey, Christopher I. MD** The Comprehensive Anatomical Spinal Osteotomy Classification

**Neurosurgery Journal February 2014 - Volume 74 - Supplement 1**

**Lawton, Michael T.** Advances in Open Microsurgery for Cerebral Aneurysms

**Neurosurgery Journal March 2014**

**Martin, Neil A.** Tracking and Sustaining Improvement Initiatives: Leveraging Quality Dashboards to Lead Change in a Neurosurgical Department