



Delaware Society of Orthopaedic Surgeons

DSOS NEWSLETTER FALL 2019



President's Address

by *Brian Galinat, MD, MBA*

Value: Noun or Verb

Noun: the regard that something is held to deserve; the importance, worth, or usefulness of something. *"your support is of great value"*

Verb: estimate the monetary worth of (something). *"his estate was valued at \$45,000"*

It is a pleasure to serve as your State Orthopaedic Society President.

Of orthopaedic and medical organizations that you belong to, which has the biggest potential impact and hence the highest **value**? The answer for me is our Delaware Society of Orthopaedic Surgeons (DSOS).

Healthcare, in spite of an increase in pace of change, is still a "local" phenomenon. Relations with politicians, payors, and our patients will define the future of how musculoskeletal care is provided in our state.

Our size allows us great advantages if more of us work together toward common goals.

Thanks to the current AAOS Board of Councilor Representative, Dr. Peter Townsend, we have achieved national recognition for our PAC participation. Thanks to past Medical Society of Delaware Presidents, Drs. Kahlon and Raisis, we are well thought of in that important organization. While other states have concerns regarding



hospital employment of orthopaedic surgeons, we have a long history of collaborating and supporting our colleagues employed by the DuPont/Nemours hospital. Our state society will remain important to all orthopaedic surgeons no matter their employment model.

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But you are busy and may just want to know what the bare bones minimum is that you need to do now.

First: No matter your practice type, your membership in the DSOS is needed for our mutual success. Megan Hayes, our excellent executive director, will let you know if you are up to date or in arrears for 2019. We still maintain the option of an AAOS PAC contribution in lieu of dues for members who reside in Delaware. If you are paid prior to the Bone Bash on October 25th, you can receive a free ticket to the event.

Second: I hope you can join us at the Chase Center on October 25th for the Bone Bash

which will be highlighted by Michael Axe and Lynn Synder-Mackler as the medical honorees.

Third: The 12th Annual Delaware Orthopaedic Symposium is Saturday, October 26 at Christiana Care's Ammon Education Center. Kevin Reilly, Sallies grad and former Philadelphia Eagle is our keynote speaker. All in attendance will receive a signed copy of his book, "Tackling Life."

Beyond this level of participation, our organization would benefit from active involvement by members under age 45. Our symposium program committee needs "new blood" to stay relevant for the next generation. Our by-laws could use an update. Finally, if there are any youthful members who can help guide our organization to modern communication methodologies, we desperately need your help. Though I don't know my insta-chat-book from a face-gram, I do know group communication through social media platforms can have a much higher participation rates than e-mail. Can you help us make that happen?

Our size allows us great advantages if more of us work together toward common goals.

If you have any thoughts how to make DSOS better, stop me at the Symposium, send me an e-mail (bgalinat@delortho.com) or use my cell for a text or call (302-530-5138). Thanks for all you do. #

DSOS NEWS AND UPDATES



ANNUAL BUSINESS MEETING

Date: Saturday, October 26, 2019

Time: 6:45 – 7:15 a.m.

Location: John H. Ammon Medical Education Center, Room 11/12

The 2019 DSOS Annual Business meeting will be held on Saturday, October 26, 2019 at the John H. Ammon Medical Education Center at Christiana Hospital in Newark, DE. All DSOS members are invited to attend the annual meeting.

Members may submit agenda items to Megan at megan.hayes@medsocdel.org. The deadline to submit items for inclusion on the agenda is Monday, October 14, 2019.

DELAWARE RECEIVES PAC ENGAGEMENT AWARD



DSOS President Brian Galinat, MD, MBA and DSOS Representative to the Board of Councilors (BOC), Peter Townsend, MD were presented with the Stuart L. Weinstein PAC Awards for '2018 Highest Orthopaedic PAC Participation' and '2018 Most Improved PAC Participation' at the 2019 AAOS National Orthopedic Leadership Conference (NOLC) in Washington, DC. This is the fourth year in a row that Delaware has been recognized for its PAC efforts.

For more information about the 2019 NOLC click [HERE](#) to be redirected to AAOS Advocacy Now.



AAOS
AMERICAN ASSOCIATION OF
ORTHOPAEDIC SURGEONS

ORTHOPAC RECOGNITION OF DELAWARE

- 2018** Highest Percentage of PAC Participation: 68% & Most Improved PAC Participation: 11%
- 2017** Highest Percentage of PAC Participation: 57%
- 2016** Highest Percentage of PAC Participation: 60%
- 2015** Most Improved PAC Participation 30% to 43% (13% increase)



Delaware Society of
Orthopaedic Surgeons

NEW DSOS WEBSITE

The Delaware Society of Orthopaedic Surgeons has a new website. The new site has a fresh and professional look.

Check out the new website at:

deorthosociety.org



Attention DSOS Members!

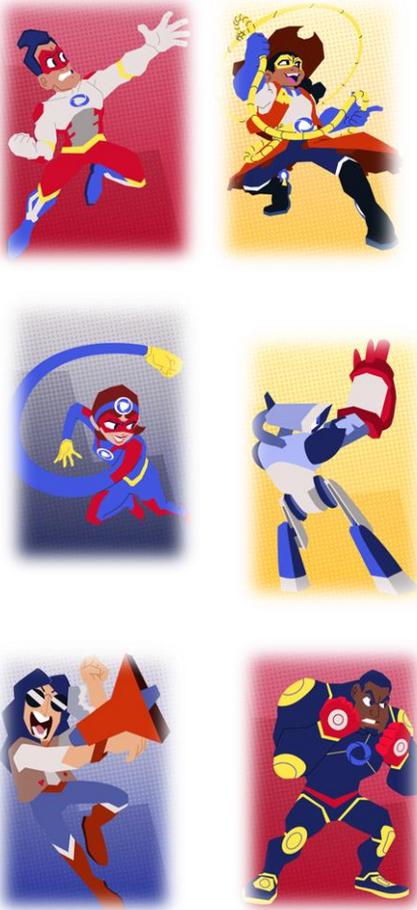
DSOS will waive its \$100 membership dues for 2019 for those members who **contribute** at least \$100 to OrthoPAC prior to December 31, 2019.

If you choose not to make a donation to the PAC you are expected to pay \$100 for 2019 DSOS membership dues.

QUESTIONS? Contact Megan at megan.hayes@medsocdel.org

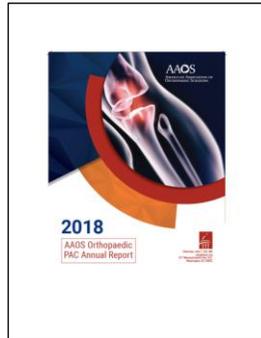
AAOS NEWS AND UPDATES

MEET THE ORTHOPAC SQUAD



The American Association of Orthopaedic Surgeons (AAOS) recently introduced the OrthoPAC Squad. The campaign is designed to boost interest in OrthoPAC and features a cast of superheroes dedicated to protecting orthopaedists and their patients. Learn more about the OrthoPAC Squad and the battles being fought to advance orthopaedics for good at www.orthopacsquad.org.

CHECK IT OUT ✓



Want to know what the PAC has been up to?

Check out the [2018 PAC Annual Report](#) for last year's OrthoPAC highlights and accomplishments and the [OrthoPAC 2019 Spring Newsletter](#) for an update on 2018 activities and progress.

Want to know Delaware's ranking in the State PAC Participation Challenge?

Check out the [2019 Black Out The Map](#) to see how Delaware ranks compared to other states.

DONATE TO ORTHOPAEDIC PAC

Orthopaedic PAC gives orthopaedic surgeons a voice on issues that impact our patients and our profession. We cannot afford to be silent or complacent. The stakes are much too high.

DSOS has set a goal to achieve 100% OrthoPAC participation by our members in 2019. We can reach our goal but we need all our members to step up and [make a contribution](#) today!

There are multiple ways to contribute to the PAC:

Online:

aaos.org/advocacy/pac/about/

Text:

Text AAOS to 41444 and follow the prompts

Mail:

Send a check to 317 Massachusetts Ave, NE, Washington, DC 20002

Questions?

Contact OrthoPAC Senior Manager, Stacie Monroe at monroe@aaos.org or (202) 546-4150



**2019
OrthoPAC
Fundraising
Goal:
*2.1 Million***

Delaware Orthopaedic Symposium

2019 Annual Delaware Orthopaedic Symposium

Saturday, October 26, 2019

7:30 a.m. - 12:30 p.m.

delawareorthopaedicsymposium.org



Agenda

We Scored a Touchdown with our 12th Annual Delaware Orthopaedic Symposium.
Keynote Address by Former NFL Player Kevin Reilly

For a detailed agenda and to register click the Agenda button or visit:

www.delawareorthopaedicsymposium.org

The 12th annual Delaware Orthopaedic Symposium will be held on Saturday, October 26, 2019 at the John H. Ammon Medical Education Center at Christiana Hospital in Newark. In addition, this year the event will also be simulcast to Bayhealth Hospital, Sussex Campus. Presented by [The Delaware Society of Orthopaedic Surgeons \(DSOS\)](#) and [Christiana Care Health System's Division of Orthopaedic Surgery](#) the symposium features a robust **AGENDA** to include a keynote address by Kevin Reilly, inspirational speaker, author, former broadcaster and NFL player, multiple lectures on the latest advancements in musculoskeletal health and orthopaedic surgery and a live anatomical dissection of the hip. 2019 Education Tracks include orthopaedic surgery, primary care orthopaedic medicine, and Orthopaedic Physical Therapy.

In addition to Kevin Reilly, we are pleased to have the following visiting speakers present at this year's event: Philip McClure, PT, Ph.D., Chair, Department of Physical Therapy and Professor of Physical Therapy, Arcadia University and; Samir Mehta, MD, Chief, Division of Orthopaedic Trauma and Fracture Care and Associate Professor of Orthopaedic Surgery Perelman School of Medicine, University of Pennsylvania.

For more information and to register please visit www.DelawareOrthopaedicSymposium.org.

KEYNOTE SPEAKER

KEVIN REILLY

Overcoming Hurdles Through Faith, Family and Fortitude

Kevin Reilly's story isn't merely about survival. It's a tale of overcoming tremendous adversities and realizing the potential to be a true champion.

When cancer surgery left Kevin without his arm, four ribs and a large portion of his left shoulder, many well-meaning people told Kevin he would no longer be able to carry on the life he'd been leading. Fortunately, Kevin ignored them. He went on to achieve incredible goals and overcome overwhelming obstacles that will make you marvel at the strength of the human spirit. Because when a human being is forced to come to terms with a serious disability, their personal victories frequently happen during those dark hours in the middle of the night when no fans will cheer for you and your toughest adversary is yourself.



KEVIN REILLY CONTINUED**BEGINNINGS**

Kevin Reilly was born in Wilmington, Delaware. From early childhood, he was recognized as an exceptional athlete. At Salesianum School, Kevin played both football and basketball. A born leader and strong motivating force on and off the playing field, he was chosen to be captain of both the varsity football team and basketball team.

A LEGACY AT VILLANOVA

Kevin's natural leadership skills and athletic abilities secured him a full athletic scholarship to Villanova University. Fellow Villanova alumni include close friend and NFL great Howie Long and former Philadelphia Eagles All-Pro running back Brian Westbrook. While at Villanova, Kevin was voted the team's MVP and first team All-East linebacker.

PRO FOOTBALL CAREER

In 1973, the World Champion Miami Dolphins drafted Kevin in the seventh round. Later that year, he returned to his hometown team of the Philadelphia Eagles, serving as captain of the special teams.

During his career in the NFL, Kevin played for the NFL coaching legends Don Shula, and Dick LeBeau. He also played with NFL greats Bill Bergey, Garo Yepremian, Harold Carmichael and Larry Csonka.

In 1975, Kevin's NFL career was cut short when he was diagnosed with a rare desmoid tumor. To halt the spread of cancer, Kevin's left arm, most of his shoulder and four ribs were amputated. He was told he'd never be able to tie his shoes or a tie, much less play sports. He didn't listen.

LIFE AFTER FOOTBALL

After retiring from the NFL, Kevin worked as a Senior Executive in Sales and Marketing at the Xerox Corporation. During his 30-year career at Xerox, Kevin spent two years as the Employee Development Manager, training new and current employees in sales skills, quality training, diversity training and sexual harassment prevention. A qualified peer visitor at the Walter Reed National Army Medical Center in Washington, D.C., he offers counseling to veteran amputees.

Kevin hosts the pre-game and post-game radio show for all Philadelphia Eagles games live on 94.1 WYSP-FM, Sports Radio 610WIP-AM and WDEI. He never gave up sports altogether – he is an avid runner and golfer, two of the many things people told him would be impossible after his surgery.

In addition to his announcing duties, Kevin is a Board member with the Easter Seals nonprofit charitable organization. He lends his talents to numerous charities and is an auctioneer for over a dozen auctions for various charities each year. After discovering how to overcome the challenges in his life, he works as a motivational speaker, delivering his inspirational message to audiences at corporate functions, commencement ceremonies, fundraisers and roasts.

In honor of his achievements on the field, Kevin was appointed to three sports halls of fame: Salesianum High School, Villanova University and the Delaware Sports Museum and Hall of Fame. #

VISITING SPEAKERS

Samir Mehta, M.D., Chief, Division of Orthopaedic Trauma and Fracture Care and Associate Professor of Orthopaedic Surgery, Perelman School of Medicine, University of Pennsylvania



Philip McClure, PT, Ph.D., Chair, Department of Physical Therapy and Professor of Physical Therapy, Arcadia University



The Arthritis Foundation's 10th Annual Bone Bash will be held on Friday, October 25, 2019, doors open at 6:30pm, at the Chase Center on the Riverfront (815 Justison St., Suite D, Wilmington, DE 19801). Please join us to celebrate 10 great years of this event. This year's event will feature a cocktail and hors d'oeuvres hour, full bar, seated dinner, an auction and entertainment. Guests are encouraged to attend in their finest Halloween costume, or cocktail attire and masquerade accessories will be offered at the door.

This year's event will honor Michael Axe, MD, an orthopaedic surgeon with First State Orthopaedics and Lynn Snyder Mackler, PT, ScD, FAPTA.

DSOS members receive one complimentary ticket to the Bone Bash so be sure to register today at www.arthritis.org/bonebashdelaware !! Use discount code DSOS at checkout under the "Tickets" tab.

Questions about the event may be directed to Cherri Sparenberg at csparenberg@arthritis.org or 410-450-4942.

**2019 Bone Bash Honorees
Michael Axe, MD and Lynn Snyder Mackler, PT, ScD, FAPTA**



Upcoming Events & Save the Date



2019 Dates to Remember

- **50th Eastern Orthopaedic Association Annual Meeting**, October 16-19, 2019, Palm Beach, FL
- **AAOS Fall Meeting**, October 24-26, 2019, Nashville, TN
- **10th Annual Arthritis Bone Bash**, October 25, 2019, Chase Center on the Riverfront
- **12th Annual Delaware Orthopaedic Symposium**, October 26, 2019, John H. Ammon Medical Education Center with simulcast to Bayhealth Hospital, Sussex Campus
- **MSD Annual Meeting & Council Meeting**, November 23, 2019, Medical Society of Delaware Conference Center
- **MSD Inaugural Gala in honor of Incoming President, Joseph Straight, MD**, November 23, 2019, Deerfield Gold Club

2020 Dates to Remember

- **AAOS Annual Meeting**, March 24 – 28, 2020, Orlando, FL
- **AAOS NOLC**, June 3-6, 2020, Washington, DC
- **51st Eastern Orthopaedic Association Annual Meeting**, October 28-31, 2020, Naples, FL
- **AAOS Fall Meeting**, date and location TBD
- **11th Annual Arthritis Bone Bash**, date and location TBD
- **13th Annual Delaware Orthopaedic Symposium**, date and location TBD
- **MSD Annual Meeting & Council Meeting and Inaugural Gala**, date and location TBD