



SESPRS

SOUTHEASTERN SOCIETY OF PLASTIC AND RECONSTRUCTIVE SURGEONS

Daniel Haynes, MD - Editor

NEWSLETTER MARCH 2026

MESSAGE FROM THE PRESIDENT



Galen Perdikis, MD
SESPRS President

Dear Southeastern Members,
It has been a true honor to serve as your President this year. SESPRS continues to distinguish itself not only through the quality of its scientific programming, but through the collegiality, integrity, and generosity of its members. Our Society remains one of the premier regional plastic surgery organizations in the country, and it is a privilege to work alongside so many dedicated colleagues and friends.

Our recent Atlanta Breast Surgery Symposium was another resounding success. I would like to extend my sincere thanks to Dr. Bert Losken and his team for once again delivering an exceptional meeting. The invited surgeons who performed live surgery, including Dr. Nick Haddock, Dr. Danielle LeBlanc, and Dr. Kamakshi Zeidler, together with the invited panelists, provided outstanding real-time education that was practical and inspiring. Their transparency, technical excellence, and willingness to share insight exemplify the educational standards of this meeting.

While our meetings represent the most visible work of the Society, your Board has been equally committed behind the scenes. We have focused this year on enhancing membership value, strengthening educational opportunities, and continuing our efforts to support both our academic and private practice colleagues. Our mission remains clear: to provide meaningful professional development, mentorship, and community at every stage of one's career. SESPRS thrives because of this shared commitment.

In preparation for our upcoming Annual Meeting, Ingrid and I, along with Susan Russell, recently conducted a site visit to the JW Marriott Marco Island. It is truly an extraordinary venue and promises to be a spectacular setting for our June gathering. The resort offers exceptional meeting facilities alongside beautiful Gulf beaches, pools, golf, spa amenities, and outstanding activities for children. It is a venue that I am confident will be enjoyed by us all.

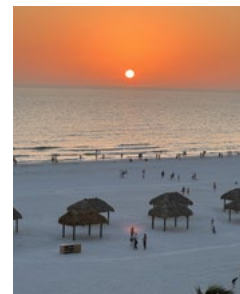
This year's program, entitled "Driven by Excellence," reflects our Society's dedication to continual growth and leadership in plastic surgery. I am especially grateful to Dr. Holly Wall, who has stepped up to help me organize this year's program, and to the entire Program Committee for assembling such a

dynamic agenda. We are honored to welcome Julia Landauer, a professional NASCAR driver and inspiration for our program this year, as our invited keynote speaker.



The meeting will feature the highly anticipated surgery disasters panel, engaging aesthetic and reconstructive panels, member papers and resident presentations. These sessions, combined with thoughtful discussion and collegial exchange, embody what makes SESPRS unique.

Our social events will once again be a highlight. The themed dinner, "Bali Nights in White," promises a vibrant and memorable evening. The traditional Black-Tie Dinner will provide an elegant capstone celebration of our Society. All of the usual events such as a Toast to Trudie, Beers and Bourbon with Bruce, and the Early Career and mentorship event, just to name a few, with the usual informal gatherings throughout the week, will continue to strengthen the bonds that make Southeastern so special.



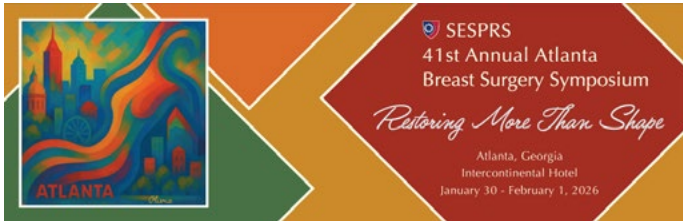
I would like to personally thank Susan Russell for her tireless leadership and organizational excellence, as well as our dedicated Board members who give generously of their time and energy. Their commitment ensures the continued strength and success of our Society.

It has already been a rewarding year, and the best is yet to come. Ingrid and I look forward to welcoming each of you and your families to Marco Island in June. 🇺🇸

With gratitude,

Galen Perdikis, MD - SESPRS President

The 41st Annual Atlanta Breast Symposium, held January 30–February 1, 2026 at the Intercontinental Hotel, delivered a dynamic and highly educational experience for the breast surgery community. The symposium welcomed 428 in-person attendees and 127 virtual participants, reflecting its continued growth and international reach.



A cornerstone of the program was the live surgery broadcast from Northside Hospital, a consistent highlight for participants. This year's procedures showcased advanced techniques and thoughtful surgical decision-making. Dr. Nicholas Haddock performed a Free Profunda Artery Perforator (PAP) Flap, Dr. Kamakshi Zeidler demonstrated a Preservation Breast Augmentation, and Dr. Daniel LeBlanc performed a Secondary Breast Reconstruction with site change incorporating soft tissue support and fat grafting. Each procedure reinforced the meeting's theme, *Restoring More Than Shape*, underscoring the commitment to both aesthetic excellence and patient-centered outcomes.



The symposium proudly hosted international scholars from Israel, who expressed deep appreciation for the opportunity to learn and collaborate. The distinguished Hartrampf Lecture, *Leading with Purpose*, was delivered by Lynn Jeffers, whose insights on leadership and professional purpose resonated strongly with attendees. Dr. Jeffers' selection as this year's lecturer was a meaningful recognition of her personal journey and contributions to the field.



Education and mentorship remained central to the symposium's mission. The John Bostwick Resident Paper Competition once again highlighted emerging talent in academic surgery. This year's award was presented to Dr. Jesse Chou of the University of Virginia for his rigorous study titled *A Prospective Randomized Double-Blinded Placebo-Controlled Trial Evaluating Intravenous TXA in DIEP Flap*

Breast Reconstruction. Residents are encouraged to continue participating in this valuable scholarly opportunity.

The faculty delivered comprehensive programming across the full spectrum of aesthetic and reconstructive breast surgery. Presentations emphasized innovation, individualized treatment planning, and refined post-operative care. New additions included technique-focused surgical videos demonstrating inframammary fold stabilization, mesh fixation strategies, and preoperative marking approaches. The continuation of case reports and case-based discussions provided practical insights and was again well received.

The Non-CME session introduced forward-thinking perspectives and emerging technologies. Topics included long-term clinical trial outcomes, novel biomaterials, fat grafting innovations, mesh applications, and staged reconstruction strategies. This session stood out as a particularly engaging and thought-provoking component of the program. Beyond the formal sessions, the symposium fostered meaningful professional engagement. Attendees reconnected with colleagues, exchanged clinical perspectives, and developed new collaborations in an environment that balanced academic rigor with collegiality. In true Southeastern fashion, the meeting promoted open dialogue and shared learning among peers.



Special recognition goes to Dr. Albert Losken and Co-Chairs Amy Alderman, Michael Mirzabeigi, and James Namnour for delivering another exceptionally organized and impactful meeting. Their leadership ensured a program that advanced education, strengthened professional connections, and elevated standards in breast surgery practice. 



69th ANNUAL SCIENTIFIC MEETING
SOUTHEASTERN SOCIETY OF PLASTIC AND RECONSTRUCTIVE SURGEONS
Marco Island, Florida | June 13-17, 2026

DRIVEN BY EXCELLENCE

Join Us for the 69th Annual Scientific Meeting of the Southeastern Society of Plastic and Reconstructive Surgeons. Mark your calendars for June 13–17, 2026, as we gather for the 69th Annual Scientific Meeting at a stunning new venue: the JW Marriott Marco Island Beach Resort in Marco Island, Florida. This meeting is a cherished Southeastern tradition—an opportunity to advance your knowledge, connect with colleagues, and enjoy time with family and friends in a remarkable setting.

Driven by Excellence is the theme of this year's educational program. Our panels and sessions are carefully curated to address the fast-paced world of plastic surgery, providing insights and strategies to keep both your practice and your team thriving. Every topic has been selected for its relevance to practicing plastic surgeons, whether in private practice or academic medicine.

We are proud to showcase the exceptional talent and leadership within our specialty. Our program features distinguished Southeastern presenters alongside esteemed visiting faculty:

- **Dr. Sal Pacella**, private practice, San Diego, CA
- **Dr. Renato Saltz**, private practice, Park City, UT
- **Dr. Peter Rubin**, Upchurch Lecturer and UPMC Endowed Professor of Plastic Surgery
- **Dr. Mindy Haws**, Nashville, TN, as The Aesthetic Society Visiting Professor

Our tradition of compact, morning-only sessions continues, ending most days by 12:30 p.m. to ensure ample time for afternoons with family and friends. Highlights include:

- **The Mini-Hand Symposium**, chaired by Dr. Harvey Chim
- **Setting the Pace: Delivering Global Care via International Outreach**, featuring Drs. Ashley Lentz, Christopher Runyan, and Raj Sawh-Martinez
- Dynamic panels such as Facial Experts, Performance Upgrades in Breast Reconstruction, Disaster Panel – Car Crash, High Performance Body Work, and Your Practice – Your Race: Building, Managing, and Thriving in Plastic Surgery
- A SESPRS favorite – Just the Facts
- **New this year:** Innovation Grand Prix Competition

Resident and member papers, rigorously reviewed by our committees, will also be featured, showcasing cutting-edge research and innovations. This year we will have representation from 8 institutions. Good Luck Everyone!

Our social events promise the perfect balance of fun and fellowship, detailed in the President's message, ensuring memorable experiences for all attendees.

We are thrilled to welcome **keynote speaker Julia Landauer**, a **two-time champion racecar driver from New York City**, former NASCAR Xfinity Series competitor, Forbes 30 Under 30 honoree, Stanford graduate, CBS SURVIVOR alum, and motivational speaker. Julia brings unparalleled insight on high performance, STEM advocacy, and women's empowerment, sharing lessons from both the track and the boardroom.



We look forward to seeing you this June at the JW Marriott Marco Island Beach Resort, where education, inspiration, and connection come together in true Southeastern style.



Visit sesprs.org and click the meetings tab to register!

Applications Are Being Accepted! 2026 - 2027 Research Grants

The Southeastern Society of Plastic and Reconstructive Surgeons (SESPRS) is excited to invite innovative research proposals for its \$15,000 Research Grant Award—a valuable opportunity to advance impactful work in plastic surgery while gaining recognition among your peers.

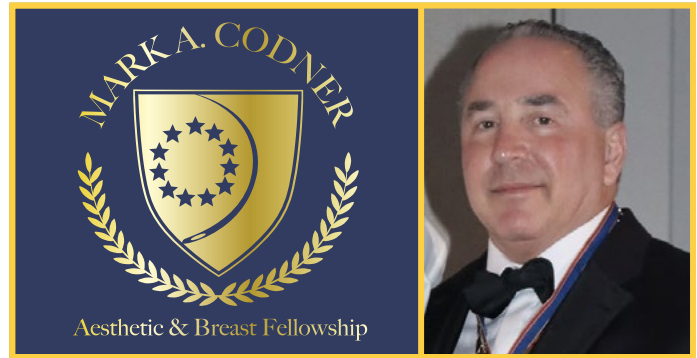
This competitive award will be presented at the 2026 SESPRS Annual Meeting to the member who submits the most compelling research proposal with clear clinical relevance to plastic surgery. The selected project will receive \$15,000 in funding to support completion of the research within 12 months of the award.

Recipients will have the opportunity to share their findings with leaders in the field by presenting their completed work at the 2027 SESPRS Annual Meeting. Awardees are also strongly encouraged to submit their resulting manuscript for publication in leading journals, including *Annals of Plastic Surgery*, *Plastic and Reconstructive Surgery*, or the *Aesthetic Surgery Journal*.

If you've been considering launching a new research project—or advancing an innovative idea with real clinical impact—this is your moment.

Application Deadline: May 11, 2026

Funding is limited and competition is strong, so don't miss the chance to bring your research vision to life and showcase it on the SESPRS stage.



2026-2027 Mark A. Codner Aesthetic and Breast Fellowship

**Now Accepting Applications – Limited
Opportunity for Southeastern Members**

**If you have a fellowship program, this is a
benefit you do not want to miss.**

The Southeastern Society of Plastic and Reconstructive Surgeons (SESPRS) will award \$30,000 in funding to support one 12-month Aesthetic and Breast Fellowship for the 2026–2027 cycle. This highly competitive opportunity is made possible through an annual educational grant from Mentor Worldwide LLC in partnership with SESPRS.

Eligible SESPRS members who currently direct a fellowship program are invited to apply to serve as the Fellowship Director and host this funded fellowship experience. The selected director will guide a young plastic surgeon resident through a year of advanced clinical and research training in aesthetic and breast surgery.

This is a premier member benefit—and one that past recipients say made a meaningful difference in their fellows' training and professional development.

**Application submission closes April 15, 2026.
With limited funding available, interested
members are encouraged to submit early to
ensure consideration.**

The Fellowship Director and funded program will be announced at the SESPRS Annual Scientific Meeting. **Don't miss the chance to bring this prestigious fellowship opportunity to your program and help shape the next generation of aesthetic and breast surgeons.**

SESPRS Oral Board Book Review Program – Volunteer Reviewers Needed



The Southeastern Society of Plastic and Reconstructive Surgeons (SESPRS) Oral Board Book Review Program was one of the most valued resources for candidate members in the past few years—providing them with direct feedback from experienced, board-certified surgeons as they prepared for their oral boards.

To continue this highly successful initiative, SESPRS is seeking Active Members to serve as volunteer reviewers. The commitment is minimal to review a candidate's oral board materials and participate in a brief discussion call—yet the impact on a young surgeon's preparation and confidence is significant.

This program is unique to SESPRS and reflects the Society's strong commitment to mentoring and supporting the next generation of plastic surgeons.

Active members are encouraged to sign up and participate—your expertise can make a meaningful difference. You may e-mail Susan at srussell@sesprs.org to be a part of this program.



Early Career Social

Monday evening, June 15 at 5:00 pm

The Southeastern Society of Plastic and Reconstructive Surgeons (SESPRS) is delighted to host another Early Career Social for our young members on Monday evening, June 15 at 5:00 pm at the JW Marriott Marco Island Beach Resort, on Lanai Beach under the Tiki Hut.

This relaxed gathering takes place during the meeting's free evening and offers the perfect way to start the night—connecting with fellow early-career colleagues while also getting to know some of the Society's more seasoned members. The Southeastern spirit is built on collegiality, mentorship, and meaningful professional relationships, and this event brings that tradition to life.

Whether you're new to SESPRS or a long-time member, we warmly encourage you to join us. You never know what conversation, idea, or connection might spark something meaningful for your career.



Toast to Trudie

Monday, June 15th

The annual Toast to Trudie luncheon—an inspiring initiative established in 2013 by SESPRS Past President Ann Reilly—honors the legacy of Gertrude Waite, the only female founding member of the Southeastern Society of Plastic and Reconstructive Surgeons (SESPRS) when the Society was formed in 1958.

This meaningful gathering brings together women members and guests for a thoughtful and engaging experience that celebrates Dr. Waite's pioneering leadership while fostering mentorship, professional connection, and dialogue around

the opportunities and challenges faced by plastic surgeons at every stage of their careers.

During the luncheon, participants will engage in facilitated table discussions centered on key professional topics, creating an interactive environment for sharing perspectives, insights, and practical solutions.

This year's luncheon will take place on Monday, June 15. We encourage you to register and be part of this educational and inspiring tradition.



Honoring the legacy of Gertrude Waite, the only female founding member of the Southeastern Society of Plastic and Reconstructive Surgeons

SAVE THE DATE! MONDAY JUNE 15TH, 1:00 PM



Finding Meaning in the Southeastern

We wanted to share some personal feedback from our members, so we asked 3 past presidents and 3 active members what the Southeastern means to them or to share their fondest Southeastern memory.

2009 Past President **Dr. Jim Wade** joined SESPRS in 1986 and was asked to expound upon his 40 years of involvement with the society. “SESPRS afforded me opportunities I wouldn’t have otherwise had. I was able to meet and befriend leaders and visionaries in the field of plastic surgery as there is a tremendous amount of talent concentrated in the southeast. My LSU program chair, George Hoffman, introduced me to the Southeastern.” Dr. Wade mentioned some of the notable friends he made, such as Bob Allen, Foad Nahai, Norm Cole,



Bruce Shack, Ed Luce, Leonard Furlow, John McCraw, John Bostwick, Josh Jurkiewicz, Jim Grotting, and Louis and Henry Vasconez. “I had the pleasure of witnessing SESPRS evolve from an old boys’ club into the vibrant, inclusive, and highly respected regional society

it is today. Frank Elliott and Mark Codner were influential in realizing this transformation.”

Dr. Alexandra Hart, who practices in Atlanta, relates, “The Southeastern Society of Plastic and Reconstructive Surgeons has been a constant in my professional life since I first attended as an intern, and I have returned every year since. Through its meetings, I have built lasting friendships, found invaluable mentors, and gained knowledge and skills that have shaped my growth as a surgeon—support that has been instrumental as I launched my own practice six months ago. What makes this society especially meaningful is that it has grown alongside my family, becoming a cherished tradition for my children and parents, and a place where I continue to learn, grow, and enjoy true camaraderie while challenging myself surgically and intellectually.

2019 Past President **Steve Finical** recalls, “One of my best times at SESPRS was the year I was program chair in 2017. As I was putting the program together and inviting speakers, I wanted to do something special for those who came down for the opening day. I wanted to introduce them to the hospitality and charm of the Southeastern. Maryallys and I

decided to throw a dinner party for them. We had invitations printed and sent out to our keynote, Bridget Brennan (author of “Why She Buys.”) Dr. and Mrs. Bahman Guyuron, Dr. and Mrs. Keith Brandt, and Ken Murgia (VP of sales for Allergan who had agreed to sponsor the Keynote that year.) In addition, we invited the SESPRS officers at that time: The Grahams, the Codners, the Drakes, the de la Torres, and we also included the Allens (famous SESPRS members and great conversationalists).”

“This was being thrown at the same time our President, Walt Erhart, was hosting the Past President’s Dinner. Our venue was the wine room in the cellar of the Cloister at Sea Island. The dinner was prepared by two very entertaining Chefs who introduced the group in very exaggerated terms to each of the courses we enjoyed that evening. Since we were in the wine cellar, there was no shortage of drinks at the table. Gourmet food, bottomless drinks, and great stories filled the evening. I believe everyone that attended had a wonderful time. The intimate location lent itself to a truly convivial gathering. The event was so enjoyed by our guests, that word got back to Walt Erhart. He proposed at the board meeting to make it a continued part of the program! That was the first ever Speaker’s dinner. Maryallys and I set out to entertain our guests and ended up adding a permanent part of the Southeastern summer meeting!”

Dr. Kurtis Moyer, chief of plastic surgery at Virginia Tech, says “Becoming part of the SESPRS has been one of the best things I’ve done in my career. It’s more than an academic meeting, it’s a yearly family reunion. I have been to numerous national as well as other regional society meetings and nothing compares to the Southeastern!”



Dr. Ashley Lentz, who practices in Ormond Beach, Florida, shares, “I have attended the Southeastern Society of Plastic and Reconstructive Surgeons annual meeting every year since I was a resident. What began as a professional opportunity quickly became something much more meaningful — both personally and for my family. I started bringing my three boys when they were very young, and now they look forward to it each summer. They reconnect with other surgeons’ children year after year, forming friendships across the Southeast. Watching those relationships grow has been one of the most unexpected gifts of this society.

**The Southeastern uniquely
blends academic excellence with
genuine fellowship.**

My children see me engaged in meaningful scientific discussion during the day and enjoying time with colleagues and their families in the evening. In its own way, the meeting has helped teach them an important lesson: dedication to your profession and devotion to your family can coexist.

Professionally, the Society has also shaped me. As a young faculty member at the University of Florida, I was invited to dinner by Dr. Mark Codner and Dr. Anne Reilly, both past presidents. I remember how meaningful it felt to sit with leaders I admired and discover not only their expertise, but their warmth and generosity. That experience captures what makes the Southeastern special — accessibility, mentorship, and humanity. It is more than a meeting. It is a community, and it has become part of my family’s story.



We sincerely hope that our members will take advantage of all the Southeastern has to offer and make the society a part of their family’s story.



2022 past president *Dr. Jorge de la Torre* reflects, “The Southeastern has been one of the most valuable professional and personal connections I have made in plastic surgery. I remember my first meeting in 2000 at the Southampton in Bermuda. I was new in practice, attending alone, with a pregnant wife at home. What struck me most was watching the children at the meeting run up to each other—excited to reconnect with friends they hadn’t seen since the previous year. That early impression of a family-centered meeting resonated with me. From attending our first meeting as a family, with my youngest only four months old, to having my grown children join me during my year as president, the Southeastern has remained a constant source of community. The Southeastern has created not just professional relationships, but a true family among colleagues.”



**The Southeastern
has created not
just professional
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Meet our Members

Kurtis Moyer, MD



If you couldn't have been a plastic surgeon, what direction would you have gone in life?

It's hard to think about what I would do if I was not a plastic surgeon. I find helping people and educating various level of learners very fulfilling. I'd like to think that my career would have involved those aspects in some way.

Who or what was the greatest influence on you in training?

My parents were the greatest influence on me. Although they have both passed, the values that they instilled in me as a young man have allowed me to become the servant leader I am today.

What is the best / worst thing about being a plastic surgeon?

There are many things about being a plastic surgeon that are incredible parts of our job. One of the things I find truly rewarding is that we are surgeons who can operate from head to toe. I think that is one of the most fantastic parts of being a plastic surgeon. The breadth of anatomic knowledge that we have is just amazing.

An operation I no longer perform is:

Unfortunately, due to a previous neck injury, I've had to give up my microsurgical practice. That really has been a disappointing progression of my career. It is rough getting old....

What is your ideal weekend recharge?

With our busy family schedule shuttling the boys between travel lacrosse, travel baseball, football, and wrestling, Ainsley and I have very few moments when we are together. Our recharge is finding an evening when she and I can go to a quiet dinner out.

Do you have a favorite aphorism or words to live by?

"Better to remain silent and be thought a fool than to speak and remove all doubt."

Choose your words carefully and thoughtfully. Early in my career I spoke too soon and didn't listen long enough to be sure of the question. That was a hard but valuable lesson learned.

Vincent Naman, MD



What do you think are the best and worst things about being a plastic surgeon?

Seeing the smile on the face of a happy patient makes my day! Getting prior authorization or being on a "peer to peer" appeal call is a bummer.

Is there an operation that you enjoyed doing, but no longer perform?

Facial fractures - I liked working with small plates and screws. I no longer do trauma call.

You've had many years of experience - what advice would you give those early in their career?

Use your free time early in your career to spend time with family and start fun hobbies. Take some fun trips and visit the practices of senior surgeons.

Describe an ideal weekend.

Friday night movie, Sat 10 mile run, Tractor/yard work, Sunday Church and Family Dinner

Do you collect anything or have any unusual hobbies?

I play keyboard for the DNR band. We're mostly physicians/healthcare providers playing charity gigs and having fun.

What is the best thing you or Dian cooks? Feel free to give more than one answer

Dian makes an awesome chickpea stew and vegetarian enchilada. I make a mean breakfast sandwich. For dessert, we all love Dian's "Death by Chocolate" cake



The DNR Band

CALENDAR OF EVENTS

FUTURE ANNUAL MEETING

June 20-24, 2027

Ponte Vedra Inn and Club

Ponte Vedra, Florida



June 10-14, 2028

The Cloister

Sea Island, Georgia



June 17-21, 2029

The Breakers

Palm Beach Florida



FUTURE ANNUAL ATLANTA BREAST SURGERY SYMPOSIUM

January 22-24, 2027

Intercontinental Hotel

Atlanta, Georgia



January 28-30, 2028

Intercontinental Hotel

Atlanta, Georgia



January 26-28, 2029

Intercontinental Hotel

Atlanta, Georgia

