

Through the Lens: CNS and Gildenberg Lecture



From throwing pitches to pitching presentations, BCM Neurosurgery was well represented at this year's Congress of Neurological Surgeons annual meeting. The conference, which was held October 8-12 in San Francisco, also served as the backdrop for the annual BCM Neurosurgery Alumni Reception. It was great to see so many familiar faces!



On Friday, November 18, the Baylor College Department of Neurosurgery welcomed Matthew Howard III, M.D. for our 14th annual Philip Gildenberg Lectureship. Dr. Howard's presentation, "Getting from A to B," offered successful strategies in leadership to our BCM Neurosurgery residents.

CHAIR'S MESSAGE

We are nearing the end of 2022 and there is much to be thankful for. We have had a very successful year in the Department of Neurosurgery at Baylor College of Medicine. Our new patient visits continue to be ahead of expectations which means we are able to offer our expertise to more patients. We also celebrated our new US News and World Report ranking at Baylor St. Luke's Medical Center in which we moved to #27 from #33 in the US (out of over 1200 hundred hospitals) for Neurology and Neurosurgery. Other accolades include recognition of our stroke program by the American Heart Association's Get with the Guidelines Program with a Gold Star Plus rating for our care of stroke patients.

This summer, Dr. Naser Jaleel joined the faculty bringing additional expertise in Cerebrovascular Neurosurgery. He is already off to a great start and is part of a team that now covers the Michael E. DeBakey VA Medical Center for comprehensive stroke care. We now have 10 full time faculty at Baylor St. Luke's Medical Center and are continuing to recruit more faculty over the next year. Additionally, please join me in congratulating Dr. Sameer Sheth on his recent promotion to Professor of Neurosurgery with Tenure.

Our clinical team has gone through some changes but we remain well staffed. The arrival of Janean Bacon has been welcome and she is off to a great start. We continue to excel in our quality metrics and routinely are recognized for our efforts in this domain. We recognized our Medical Assistants and Nurse Practitioners in the past few weeks for their excellent care of our patients.

Our research program continues to grow with new grants being awarded to the department. Our NIH



funding has increased to just over \$12 million. I am also pleased to announce that Drs. Ben Hayden and Sarah Heilbronner will be joining the Department of Neurosurgery in the Spring of 2023 as McNair Scholars. They each have very exciting basic research programs that will benefit from our rich research environment here at Baylor College of Medicine.

Our educational program continues to thrive at our five affiliate sites. We are now well into our third year with four residents per class making us one of the largest residency programs in the US. We placed our two postgraduate fellows from last year into two excellent academic positions. Last year's graduates are already doing well in their new positions and our current Chief Residents have secured positions for next year.

As we near the holiday season, a reminder that our holiday party is coming up on December 8th. Last year's party was a great success and I'm hoping we will have excellent turn out this year as well. Happy Holidays to you and your family and we are all looking forward to a great 2023!

Understanding the role a healthy spine plays in overall health

Baylor Medicine Spine Center experts Drs. Wyatt Kupperman and Joey Grochmal share tips to keep your spine healthy and how to identify when to see a specialist for prolonged back pain or discomfort. See their list of Dos and Don'ts below, and read the full article [here](#).

Dos:

- Maintain a healthy weight
- Incorporate regular aerobic exercise
- Change positions regularly
- See a doctor for any prolonged back pain or discomfort that does not respond to rest and over-the-counter painkillers

Don'ts:

- Refrain from harmful activities, such as smoking
- Avoid periods of sustained flexion on the lumbar spine, such as prolonged yard work
- Abstain from poor technique in the gym and use caution when performing spine loading exercises

Neurosurgery Team Updates

Join us in welcoming the newest members to the Department of Neurosurgery at Baylor College of Medicine and congratulating those with recent promotions:

Adeline Gonzales — Patient Support Services, Sr. Coordinator

Brandy Price — Medical Assistant II

Brittany Eberl — Research Technician I

Clarisa Alvarado — Student Helper

Danielle Brown — Speech Pathologist

Felisita Colocho — Medical Assistant I

Gabriel Sanchez — Registered Nurse II

Garrett Banks, M.D. — Fellow

Naser Jaleel, M.D., Ph.D. — Assistant Professor

Shraddha Shah, M.D. — Postdoctoral Associate

Vinay Vithala, M.S. — Data Analytics Associate

Promotions:

Mark Charles — Lead Coordinator, Business Operations

Sameer Sheth, M.D., Ph.D. — Professor

Spotlighting our MAs and NPs

BCM Neurosurgery recently celebrated Medical Assistant Recognition Week as well as National Nurse Practitioner Week. Visit our [Twitter](#) and [Facebook](#) channels for special content dedicated to these two teams, which are a vital part of the department. Be sure to also take the time to thank them for their hard work and commitment to our patients!



Save the Date



You and your guest are invited to join us at our annual Holiday Party on Thursday, December 8 from 5:30-7 P.M. at the Intercontinental Houston Medical Center (Magnolia Foyer and Terrace). Please RSVP to [May Basso](mailto:mbasso@bcm.edu) (mbasso@bcm.edu) no later than Friday, December 2 to confirm your attendance.

Kick off the holiday season and celebrate another great year at BCM Neurosurgery. We hope to see you there!

In the fight against treatment-resistant obsessive-compulsive disorder (OCD), one option, deep brain stimulation (DBS), is slowly gaining popularity since its inception nearly 20 years ago. DBS works similarly to a pacemaker and is used to treat certain neurological and psychiatric disorders.

As the use of DBS to alleviate OCD continues to increase, a group of researchers led by a team at Baylor College of Medicine sought to understand the efficacy of the treatment by using data collected from earlier studies. The group's research, recently published in the *[Journal of Neurology, Neurosurgery, and Psychiatry](#)*, provides evidence that DBS can improve OCD as well as other related depression symptoms in certain patients. Click [here](#) to learn more.



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ANNOUNCEMENTS



Sameer Sheth, M.D., Ph.D., promoted to Professor

Join us in congratulating Dr. Sameer Sheth on his promotion to Professor of Neurosurgery with Tenure at Baylor College of Medicine.

Department Chair Dr. Ganesh Rao said of the appointment, which will go into effect on December 1: “Dr. Sheth is perhaps the ultimate example of a neurosurgeon/

scientist. He has brought a unique practice of deep brain stimulation for a variety of neurological and neuropsychiatric diseases. He is a terrific partner, mentor, and educator and his promotion is a testament to his important contributions to the Department and the College.

Celebrating Diversity, Equity, and Inclusion: check out the Neurosurgery DE&I News page

At BCM Neurosurgery, we are proud to celebrate the diverse perspectives and experiences that make our team unique and strengthen us as a department. See below for more information on our first two features, then click [here](#) to read the full stories.

Hispanic Heritage Month Highlight: Will Diaz

Hispanic Heritage Month runs from September 15 - October 15 every year. Senior patient support coordinator Will Diaz discusses his career at BCM Neurosurgery and offers advice for anyone considering a career in healthcare. Click [here](#) to read his Q&A.



Women in Medicine Month Spotlight: Caroline Hadley, M.D.

October is Women in Medicine Month. Chief Resident Caroline Hadley, M.D. shares her neurosurgery journey. Click [here](#) to read her story as she reflects on her career in the field.



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