

Academic Physician Perspective

Alexander (Alekos) Theologis, MD

California Orthopaedic Association Annual Meeting

June 2, 2018

Disclosures

- None

Fellowship
(Ortho Spine)

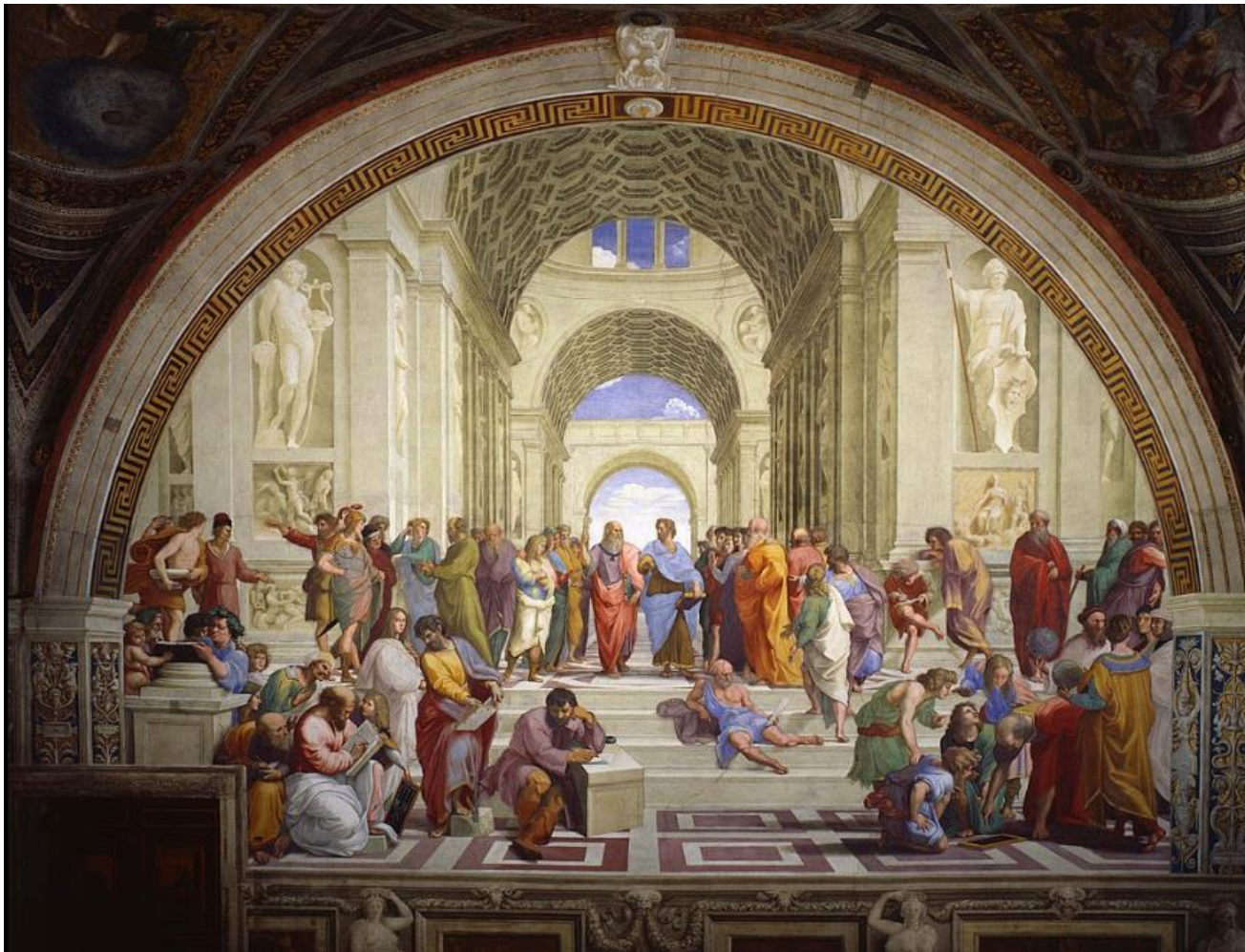


Attending
(First Job)

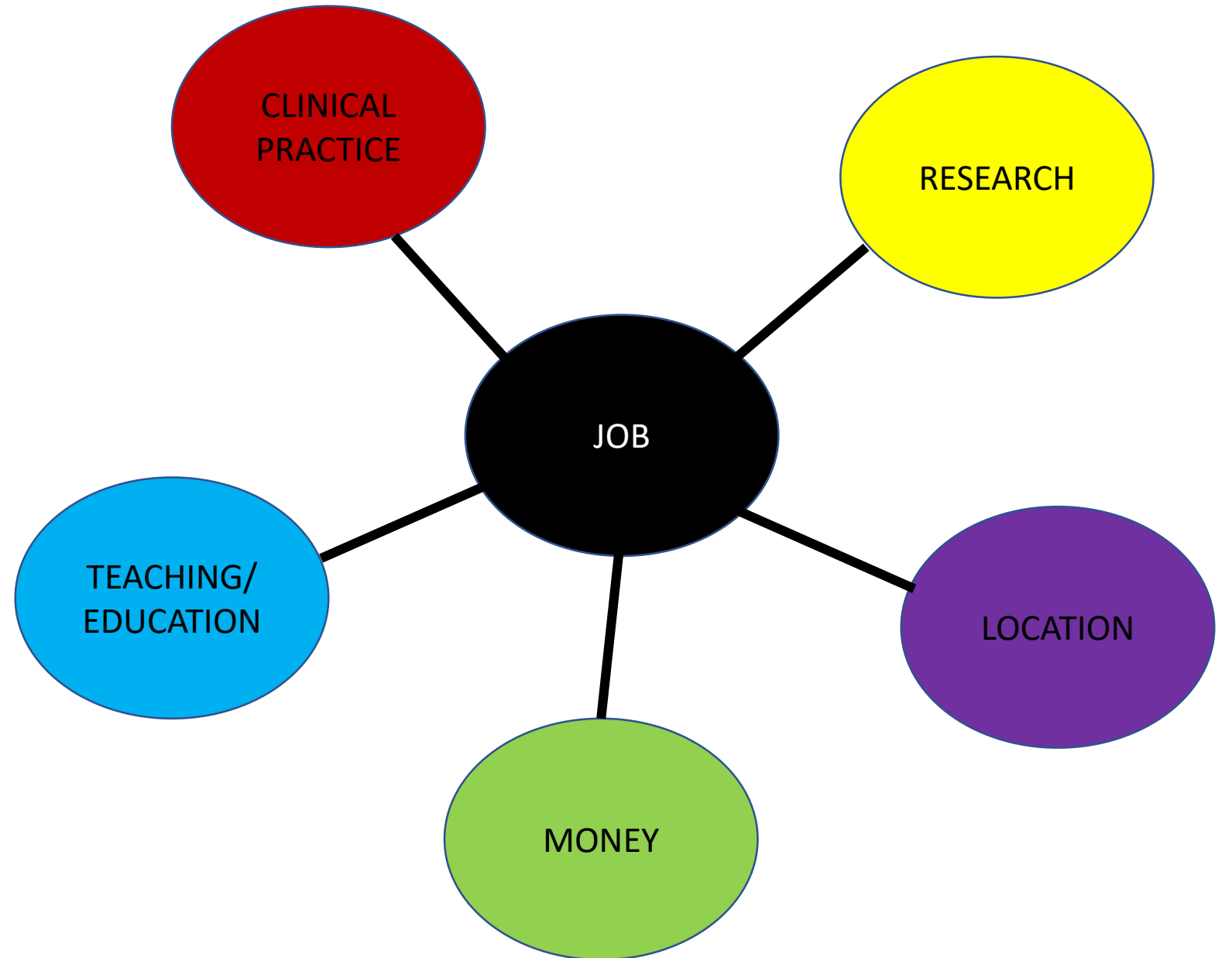


University of California
San Francisco

Why Academics?



The Factors



Personal Decision



CLINICAL

RESEARCH

**TEACHING /
EDUCATION**

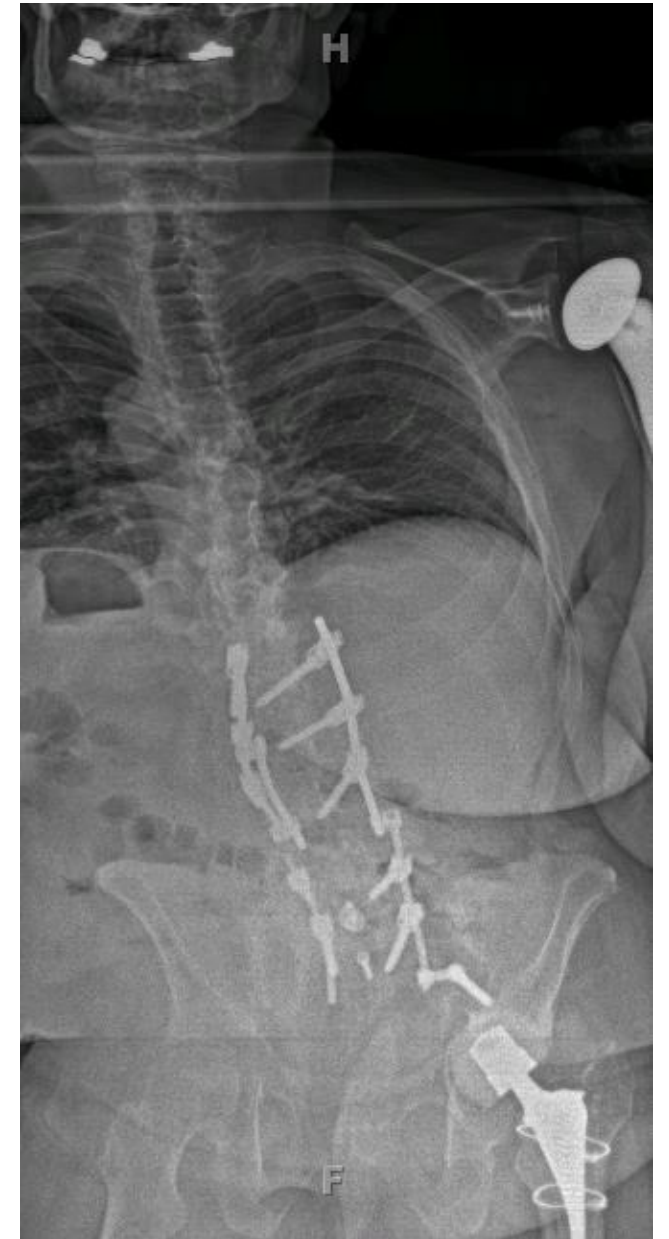


MONEY

LOCATION

Clinical

- Case complexity
- Technically challenging
- The final stop
- New techniques
- Requires specialized multidisciplinary teams





Clinical – Pros Continued...

- Peer-review
 - Pre-op/post-op conference
 - Continuous reappraisal of indications
 - Quality control
 - Maintenance of excellence



Clinical - Pros Continued...

- Not responsible for business of practice
 - i.e. hiring of staff, overhead, contracts with insurance companies
- Cons
 - Not your own boss
 - Less autonomy



Research

- Curiosity and discovery
 - Creativity
 - Answer new questions
 - Application of facts
 - Search for the unknown
 - Fill in literature's holes
- Colleagues with a similar passion/ goals
 - Collaborations



Spine (Phila Pa 1976). 2016 Aug 15;41(16):E964-72. doi: 10.1097/BRS.0000000000001523.

Economic Impact of Revision Surgery for Proximal Junctional Failure After Adult Spinal Deformity Surgery: A Cost Analysis of 57 Operations in a 10-year Experience at a Major Deformity Center.

Theologis AA¹, Miller L, Callahan M, Lau D, Zygourakis C, Scheer JK, Burch S, Pekmezci M, Chou D, Tay B, Mummaneni P, Berven S, Deviren V, Ames CP.

Spinal Deformity: A Case-Based Approach to Managing and Avoiding Complications

High-Grade Dysplastic Spondylolisthesis – The Rationale for Reduction and Interbody Support

Alexander A. Theologis, MD¹; Yazeed M. Gussous, MBBS¹; Sigurd H. Berven, MD¹

Bone Joint J. 2016 May;98-B(5):696-702. doi: 10.1302/0301-620X.98B5.36287.

Placement of iliosacral screws using 3D image-guided (O-Arm) technology and Stealth Navigation: comparison with traditional fluoroscopy.

Theologis AA¹, Burch S¹, Pekmezci M¹.

Research

- Established Infrastructure
 - Facilities
 - Meet regulations
 - Workshops
- Irrespective of Practice Type
 - Time-consuming
 - Challenging
 - Trial & error
 - Cost



[Spine \(Phila Pa 1976\)](#). 2011 Nov 15;36(24):2084-8. doi: 10.1097/BRS.0b013e3181ff2cb1.

Intrawound application of vancomycin for prophylaxis in instrumented thoracolumbar fusions: efficacy, drug levels, and patient outcomes.

[Sweet FA](#)¹, [Roh M](#), [Silva C](#).

Teaching / Mentorship





Salary

- Not a major factor in decision
- Live comfortably, not extravagant
- No lavish hobbies
- Relatively lower in academics, but not always



Fin!

- Alekos Theologis, MD
 - Cell: 650-996-6651
 - E-mail: atheolog@gmail.com

