

Tibia-Tribune

Fall 2024 / Volume 24 / Number 2 / www.soaassn.org

President's Message

Christopher Heck, MD



Dear Southern Orthopaedic Association Family,

I am composing this message to you just days after our most recent, unprecedented presidential election, at a time when the emotional sequela of our nation is very reminiscent of listening to my children in the back of the car on a family trip. In both scenarios, I occasionally worry that the conflict will lead to irreconcilable relationships between people who, when working together, can accomplish the unimaginable. However, as with prior elections (as well as family outings), we eventually mend fractured bonds and find a way to enjoy each other, again.

Like our nation as a whole, the Southern Orthopaedic Association is composed of physicians with increasingly diverse backgrounds and life perspectives. While we have differing viewpoints on many things, there is one thing that we have in common: caring for our patients. Much like our children, they are a reason we get up early and go to bed late, a reason we



rearrange our schedules, and a reason why we worry at all times of the day and night. This is because we, as their physicians, are also their family. We are who they come to when they are hurting, broken, or sometimes just need an ear to bend (especially that patient with the 4:00 pm appointment!). Those of you who have received a tin of homemade cookies for the holidays will understand what I mean.

As may be obvious, our meeting's theme for this year is "family." As the oldest of 18 cousins

myself I am familiar with big families, and I consider the SOA to be a very large extension of my own. We get together once a year to reconnect, talk about our children, and tell stories (presentations) to share our experiences. But the SOA is more than just our summer meeting. The Board of Trustees is continuously searching for new exhibitors to keep our members updated on the cutting edge of ideas, procedures and products in areas from medical, to legal to commer-

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2025 Call for Abstracts

The Southern Orthopaedic Association will have its next Annual Meeting from July 23-26, 2025, at the JW Marriott Marco Island in Marco Island, Florida. The SOA holds one of the premier meetings for orthopaedists practicing in the South. The Scientific Program will be developed to present timely reviews of practice-related techniques and clinical research findings in orthopaedic surgery through select outstanding abstracts. Nationally recognized speakers will also be invited to participate.

We invite you to submit one or more abstracts for the Meeting, which is an excellent oppor-



tunity to present a paper to your peers. The submission deadline is January 6, 2025. Abstract applications may be submitted online through the SOA's website. Visit us at www.soaassn.org and click on the "Submit Abstracts" link.

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President's Message continued

cial. The organization routinely discusses the ever-changing dynamics of medical practice and organized membership with other regional orthopaedic associations, in order to maximize the benefits of membership. To be sure, there isn't anyone seeing increased reimbursement or hours in the day to make life easier.

So, this year as you juggle your scarce free time away from your "work" family and seek a great opportunity to enjoy some fun with your own family members, I encourage you to attend the SOA's 2025 meeting in Marco Island, FL this coming summer. Not only will you explore

updates on the latest and greatest from every orthopaedic subspecialty (from surgeons much smarter than myself), you'll also experience a wonderful summer vacation with the whole family – some of whom you only get to see once a year. And, please make sure to introduce yourself to me and my family. I could always use a few more cousins.

See y'all then.

Christopher Heck

Christopher A. Heck, MD

President, Southern Orthopaedic Association

Support the SOA Education Fund

Make your mark on the future by helping to support the SOA Education Fund (a 501[C]3 tax-exempt fund) with your charitable contribution. The SOA established this fund to provide educational opportunities for young orthopaedists throughout the territory.

The SOA provides more than \$12,000 in research grants for residents at its Annual Meeting, which contributions from Members have helped to make possible. These resident research grants will continue to be a focus for the SOA. We encourage you to make a donation to help the SOA achieve its goals for funding educational programs for residents. It is a worthy endeavor, and one that will endure for generations.

The process to donate is simple. Just go to <https://www.soaassn.org/donate> and you can make a donation instantly.

2025 Calendar of Events

January 6

Abstract deadline for 2025 Annual Meeting

March

Resident Award Manuscripts Requested

March 13-15

Southern at the SEC, Nashville, TN

April

Abstracts Selected and Notifications Mailed
Annual Meeting Preliminary Program Mailed

July 23-26

42nd Annual Meeting, Marco Island, FL

SOA Newsletter

If you have any information you would like included in the next issue, of the *Tibia Tribune*, please email material to Heather Skinner at hskinner@datatrace.com

The SOA

The Southern Orthopaedic Association (SOA) was founded in 1983 for physicians who are engaged in the specialty of orthopaedic and trauma surgery. Its mission is to develop and foster the art and science of medicine in the specialty of orthopaedic and trauma surgery. SOA operates exclusively for charitable, scientific and educational purposes.

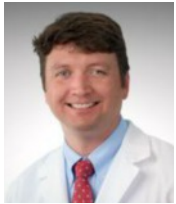
Welcome New Members

SOA is pleased to welcome the following New Members to the Southern Orthopaedic Association.

Shane Barton, MD, MPH, FAAOS, FAOrthA,
Shreveport, LA
Adam Caputo, MD, Chattanooga, TN
Eric Dilbone, MD, Morrisville, NC
David Griffin, MD, FAAOS, Huntsville, AL
Andrew Hanselman, MD, Wake Forest, NC
Kerri Houston, MS, Senec, SC
Paul Johnson, MD, FAAOS, Knoxville, TN
John Mann III, MD, FAAOS, Abingdon, VA
Kevin Neal, MD, MBA, FAAOS, Jacksonville, FL

Elizabeth Ouellette, MD, MBA, FAAOS, Miami,
FL
Stephanie Pearce, MD, Jacksonville, FL
Earl Smith, MD, Amarillo, TX
Catherine Will, MD, Lexington, KY
Ryan Wilson, PA, Melbourne, FL
Taylor Yong, MD, MS, El Paso, TX
Porter Young, MD, Jacksonville, FL
David Zuelzer, MD, Richmond, VA

Meet Our New Board Member



Gregory Grabowski, MD
Columbia, SC

Gregory Grabowski, MD, graduated from the University of Richmond in 2000 and spent the following year in the Jesuit Volunteer Corps assigned to an HIV clinic in Baltimore. He attended the University of Maryland School of Medicine, where he was elected to the AOA honors medical society. He completed his residency at the University of Vermont, where he was named the top orthopedic teaching resident, and com-

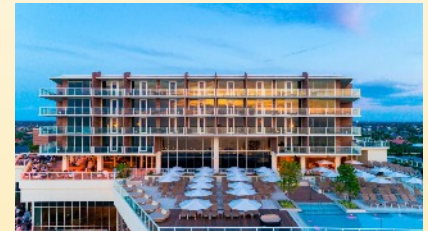
pleted a fellowship in orthopedic spine surgery at the University of Pittsburgh Medical Center.

Dr. Grabowski joined the University of South Carolina School of Medicine faculty in 2011 and is a clinical assistant professor of orthopedic surgery. Dr. Grabowski's primary interests include care for patients with pathology in all areas of the spine, including cervical and lumbar, particularly spinal stenosis and deformity. He believes in a balanced approach to spine care, including non-operative management when possible and surgical intervention when

Upcoming SOA Meetings



**Southern at the SEC:
Sports Injury Update 2025**
March 13-15, 2025
Margaritaville Hotel
Miami Beach, FL



42nd Annual Meeting
July 23-26, 2025
JW Marriott
Marco Island, FL

necessary. He is a member of the American Academy of Orthopaedic Surgeons and North American Spine Society.

Southern at the SEC: 2025 Sports Injury Update

You are invited to attend "Southern at the SEC" presented by the Southern Orthopaedic Association. Leading orthopaedists will present the latest clinical findings and techniques in treating sports injuries and related conditions. Through the combination of lectures, panel discussions, and audience involvement, you will be able to earn approximately 11 Category 1 CME credits.

The program is scheduled to take place March 13-15, 2025 at the [Margaritaville Hotel](#) in Nashville, Tennessee during the SEC

Men's Basketball Tournament. The educational sessions will take place each morning, leaving the afternoons and evenings free for you to attend the tournament.

A limited number of SEC Men's Basketball Championship ticket booklets are available. Send an email to info@soaassn.org to reserve yours!

Visit the SOA website at www.soaassn.org for more information or to register.



Recap of the 41st Annual Meeting

The 41st Annual Meeting was a great success, with an outstanding Scientific Program put together by Program Chair, Dr. Jocelyn R. Wittstein along with the SOA Program Committee.

Program highlights included the L. Andrew Koman, MD Distinguished Southern Orthopaedists, Dr. Chad T. Price, who gave a thought-provoking talk, "Looking Backwards and Forwards at Orthopedic Surgery." The following day the Presidential Guest Speaker, former NASA astronaut, Robert L. Satcher Jr. gave an interesting talk "From Space to Surgery: Reflections on the Role of Orthopaedics in Astronaut Health Care." On the last day Dr. Benjamin A. Alman gave his Presidential Address. In addition to the exceptional Scientific Program, there were also E-Poster presentations.

The Future of Orthopaedics was a main focus of the program and there were two sessions dedicated to it. The first included a presentation from Presidential Guest Speaker Kevin Reilly called "Why Research Matters - A Personal Story." L. Andrew Koman, MD Distinguished Southern Orthopaedist, Dr. Peter F. Armstrong gave a talk in the second session entitled "Children Deserve Well-Trained Surgeons: Metaverse and the Future of Orthopaedic Training."

The Meeting kicked off with the always fun Welcome Dinner on the Ocean Lawn overlooking Miami Beach. Everyone had a great time visiting with old friends and new. The following evening began with the Exhibitor Reception, after which everyone had the opportunity to go out to check out the nightlife. Saturday evening, the Meeting was brought to a close with a wonderful Gala Dinner Dance.



The Thursday & Friday Spouse Hospitality programs included breakfast with speakers, and on Saturday, participants made hygiene kits to donate to a women's shelter.

It was a wonderful Meeting, and we express our thanks to all who attended. If you missed it, view some photo highlights on the SOA website at www.soaassn.org.

We look forward to seeing you next year at the JW Marriott in Marco Island, Florida, July 23-26, 2025!

Thanks for a Great Meeting



Thank You Annual Meeting Exhibitors

The Southern Orthopaedic Association would like to thank the grantors and exhibitors of the Southern Orthopaedic Association's 41st Annual Meeting. Without the unrestricted educational support of the companies listed below, we would not have been able to provide this conference.

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Five Year-End Tax Tactics For Your Investment Portfolio

By David Mandell, JD, MBA and Andrew Taylor, CFP®

As we approach the end of the year, many investors, including physicians, will review their portfolios and assess the last twelve months of performance. Often, the focus is on gross returns without any consideration of taxes. This article provides five tactics that can be implemented at year-end and throughout the coming year to help reduce taxes on investments and bolster after-tax net returns.

1. **Utilize Asset Location Wisely:** Many are familiar with the term “asset allocation” as it relates to one’s portfolio. However, a common mistake made by many is failure to implement an *asset location* strategy. Individually owned brokerage accounts, Roth IRAs, and qualified plans are subject to various forms of taxation. It is important to utilize the tax advantages of these tools to ensure they work for you in the most productive manner possible.

As a few examples, investment vehicles paying qualified dividends are preferred in an individual or joint brokerage account, while it is generally recommended for qualified accounts to own high yield bonds and corporate debt taxed at ordinary income rates. There are countless additional examples, but the lesson is that it is important to review the pieces of your plan with an advisor who will consider both asset allocation and asset location as they relate to your specific circumstances.

2. **Consider Holding Periods:** Long-term capital gains rates are much more favorable than short-term rates. Holding a security for a period of 12 months or longer presents an opportunity to save nearly 20% on the taxation of your appreciated position. For example, an initial investment of \$50,000 which grows to \$100,000, represents a \$50,000 unrealized gain. If an investor in the highest tax bracket simply delays liquidation of the position (assuming the security price does not change), the tax savings in this scenario would be \$9,800.

Although an awareness of the holding period of a security would appear to be a basic principle of investing, many mutual funds and managed accounts are *not* designed for tax sensitivity. High income investors need to be cognizant of this fact. Therefore, it is generally advantageous to seek the advice of a financial professional who is aware of holding periods and has experience executing an appropriate exit strategy.

3. **Implement Proactive Loss Harvesting:** One benefit of holding a diversified portfolio is that, if structured properly, the securities typically will not move in tandem. This divergence of returns among asset classes not only reduces portfolio volatility, but also creates a tax planning opportunity. When some holdings within a portfolio have experienced gains, while others have declined, an astute advisor can use this situation to save clients thousands of dollars in taxes by performing strategic tax swaps prior to year end. It is important to understand the rules relating to wash sales when executing such tactics. Because the laws are confusing and a mistake can result in additional tax liability, you should make certain your advisor is well-versed in tax-loss harvesting.

4. **Use Appreciated Assets Charitably:** A successful investor can occasionally find themselves in a precarious position. You may have allocated 5% of your portfolio to a growth stock with significant upside. Several years have passed, the security has experienced explosive growth, and it now represents 15% of your investable assets. Suddenly your portfolio has a concentrated position with significant gains, and the level of risk is no longer consistent with your long-term objectives. The sound practice of rebalancing your portfolio then becomes very costly, because liquidation of the stock could create a taxable event that may negatively impact your net return.

By planning ahead, you may be able to gift a portion of the appreciated security to a charitable organization able to accept this type of donation. The value of your gift can be replaced with the cash you originally intended to donate to the charitable organization; and, in this scenario, your cash will create a new cost basis. The charity has the ability to liquidate the stock without paying tax, and you have removed a future tax liability from your portfolio. Implementing this gifting strategy offers the potential to save thousands of dollars in taxes over the life of your portfolio.

5. **Be Cognizant of Mutual Funds’ Tax Cost Ratios:** The technical detail behind a mutual fund’s tax cost ratio is beyond the scope of this article. Our intent is to simply bring this topic to your attention. Tax cost ratio represents the percentage of an investor’s

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assets that are lost to taxes. Mutual funds avoid double taxation, provided they pay at least 90% of net investment income and realized capital gains to shareholders at the end of the calendar year. But all mutual funds are not created equal, and proper research will allow you to identify funds that are tax efficient.

A well-managed mutual fund will add diversification to a portfolio while creating the opportunity to outperform asset classes with inefficient markets. You do need to be aware of funds with excessive turnover. Moreover, an understanding of when a fund pays its capital gains distributions is critical. The bottom line: Understanding the tax cost ratios of the funds that make up portions of your investment plan will enable you to take advantage of the many benefits of owning mutual funds.

Conclusion: Tax Advice Matters

Implementation of one of these tactics alone, in any given year, may not make a huge dent in a orthopedist's tax bill. However, in combination and over time, they can significantly reduce taxes and increase net investment returns. Physicians should choose an advisor who will help them look beyond portfolio earnings and focus on strategic after-tax asset growth.

David Mandell, JD, MBA, is an attorney and founder of the wealth management firm OJM Group www.ojmgroupp.com, where Andrew Taylor is a partner and Wealth Advisor. They can be reached at 877-656-4362 or mandell@ojmgroupp.com.

SPECIAL OFFER:

Mr. Mandell and OJM Group partners are pleased to announce the 2024 publication of our newest book, *Wealth Strategies for Today's Physician: A Multi-Media Playbook*. The Playbook's innovative format features more than 90 links to videos and podcast episodes to enhance important financial topics for physicians. To receive a free print copy or ebook download, text ORTHONEWS to 844-418-1212, or visit www.ojmbookstore.com and enter promotional code ORTHONEWS at checkout.

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SAVE THE DATE
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