

# Tibia-Tribune

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## President's Message

H. Clayton Thomason III, MD



Dear Colleagues,

Next summer will mark the Southern Orthopaedic Association's 40th Annual Meeting and I am excited to announce that it will be held in Miramar Beach,

Florida at the Hotel Effie Sandestin from July 26-29, 2023. The meeting will be educational for all physicians as well as provide exceptional opportunities for fun and fellowship for attending friends and families. My wife, Tracy, is busy putting together a great complimentary spouses' program for the meeting.

Shawn (Skip) Gilbert, MD, Professor and Vice Chair of Orthopaedic Surgery at the University of Alabama Birmingham will be the Program Chair. He is already hard at work to provide a program that should benefit all orthopaedists, from the academicians to those in private practice. I am proud to present my friend and mentor Paul Lachiewicz, MD as our 2023 Dis-



tinguished Southern Orthopaedist. The Presidential Guest Speaker will be Travis Tygart, JD, CEO of the US Anti-Doping Agency. He will tell us about the state of performance enhancing drugs in sports today, from colleges to professional leagues to the Olympics as well as his integral role in the investigation of the great cyclist, Lance Armstrong.

Miramar Beach is in the panhandle of Florida, with gorgeous white sand beaches and the clear waters of the Gulf of Mexico. Bring your whole family and enjoy typical summer beach activities like swimming and bike riding, go fishing for king mackerel or red snapper, play golf on

one of the four courses on site, or play tennis or pickleball. You can also soak in a fabulous day at the spa or enjoy great shopping.

Whatever your family's interests; you will certainly find plenty of fun during your week at the Hotel Effie Sandestin next July. Mark your calendar and come join us for an outstanding meeting and great fellowship. We look forward to seeing you there!

Sincerely,

*Clay Thomason*

H. Clayton Thomason III, MD

President, Southern Orthopaedic Association

## Call for Abstracts

The Southern Orthopaedic Association will have its next Annual Meeting from July 26-29, 2023, at the Hotel Effie Sandestin in Miramar Beach, 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 opportunity to present a paper to your peers. The submission deadline is January 8, 2023. Abstract applications may be submitted on-



line through the SOA's website. Visit us at [www.soaassn.org](http://www.soaassn.org) and click on the "Submit Abstracts" link.

We look forward to receiving your abstract(s) and to seeing you at Hotel Effie Sandestin next year.

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## Meet Our New Board Member



Kevin W. Farmer, MD  
Gainesville, FL

Kevin W. Farmer, MD, earned his medical degree at the Johns Hopkins University of Medicine in 2003 before going on to complete his residency in Orthopaedic Surgery at the Johns Hopkins Hospital and his fellowships in sports medicine and arthroscopy at the Uribe, Hechtman, Zvijac Sports Medicine Institute and shoulder and elbow reconstruction at the University of Florida.

He returned to UF in 2009 to complete his second fellowship and immediately afterwards began working in the Department of Orthopaedics and currently works as a team

physician for the University of Florida Athletic Association.

He has published 12 book chapters and 30 peer-reviewed publications in journals such as *Clinical Journal of Sports Medicine*, the *Journal of Bone and Joint Surgery* and *Clinical Orthopedics and Related Research*.

Dr. Farmer was elected to membership in the American Orthopaedic Society for Sports Medicine and American Academy for Orthopaedic Surgeons. He is also a member of several other professional organizations, including the Arthroscopy Association of North America and American College of Sports Medicine. He is also a member of the Board of Directors for the Florida Orthopaedic Society.

## Have you taken our Self-Assessment Exam?

It's free for members (a \$95 savings) and provides 10 CMEs toward your Maintenance of Certification.

Register today at [www.soaassn.org/sae](http://www.soaassn.org/sae)

## 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.

## 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.



## 2023 Calendar of Events

### January 8, 2023

Abstract deadline for 2023 Annual Meeting

### March 2023

Resident Award Manuscripts Requested

### April 2023

Annual Meeting Preliminary Program Mails

### April 2023

Abstracts Selected and Notifications Mailed

### July 26-29, 2023

40th Annual Meeting, Miramar Beach, FL

## Welcome New Members

Keith Aziz, MD, Jacksonville, FL  
A. Brent Bankston, MD, Baton Rouge, LA  
Ryan Beck, MD, Paducah, KY  
Phillip Bostian, MD, Hickory, NC  
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William Morris, MD, Dallas, TX  
Jess Mullens, MD, Mobile, AL  
Jason O'Dell, MD, Florence, SC  
Robert Pilcher, MD, PhD, Waycross, GA  
Holly Pilson, MD, Winston-Salem, NC  
Steven Potter, MD, Thomasville, NC  
Ajay Premkumar, MD, MPH, Atlanta, GA  
Thomas Royals, MD, Hattiesburg, MS  
Dickson Schaefer, MD, Fayetteville, NC  
Thomas Sculco, MD, New York, NY  
Brian Seabolt, MD, Bryan, TX  
John Seiler III, MD, Atlanta, GA  
Paul Shupe, MD, Houston, TX  
James Slater, MD, Tulsa, OK  
James Slauterbeck, MD, Mobile, AL  
William Sudduth, MD, Tuscaloosa, AL  
Chad Thurman, DO, Florence, SC  
Richard Topping Jr, MD, Elkins, WV  
Jose Torres, MD, Ocoee, FL  
William Wilson, MD, Corpus Christi, TX  
Brian Zirgibel, MD, Tallahassee, FL

## Upcoming SOA Meeting



### 40th Annual Meeting

July 26-29, 2023  
Hotel Effie Sandestin  
Miramar Beach, FL

## SOA Newsletter

The *Tibia Tribune* encourages and welcomes all member input.

If you have any information you would like included in the next issue, please email material to Heather Skinner at [hskinner@datatrace.com](mailto:hskinner@datatrace.com)

# See you at Hotel Effie this summer!

Mark your calendar for July 26-29, 2023







## Recap of the 39th Annual Meeting

The 39th Annual Meeting was a tremendous success, with an outstanding Scientific Program put together by Program Chair, Dr. Deryk G. Jones along with the SOA Program Committee.

Program highlights included Presidential Guest Speaker, Vice Chair of Emergency Medicine at Sharp Memorial Hospital, Dr. Zack Shinar, with an enlightening presentation, "On the Frontlines..." Additionally, the L. Andrew Koman, MD Distinguished Southern Orthopaedist, Dr. Gregory A. Mencio, gave an informative talk titled, "A Tale of Two Nails: Reflections on the Treatment of Fractures in Children Over the Past 30 Years" and Dr. Andrew A. Shinar gave a thought provoking Presidential Address "Building This". Round Table Discussions were again a very popular feature Thursday afternoon. In addition to the exceptional Scientific Program, there was a Resident Review Course and E-Poster presentations.

The Meeting kicked off with the always fun Welcome Dinner on the Chesapeake Terrace

at sunset with stunning views of the surrounding mountains. 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 enjoy all The Greenbrier Resort has to offer. The Meeting was brought to a close with a wonderful Gala Dinner Dance. Spouse Hospitality included a breakfast every morning, with special breakfast events where guests learned about the rich history of The Greenbrier Hotel, heard a presentation about household emergencies by Presidential Guest Speaker, Dr. Zack Shinar, followed by a falconry demonstration and made hygiene kits to donate to women's shelters.

It was a wonderful Meeting, and we express our thanks to all who attended. If you missed it, view some photo highlights from The Greenbrier online at [www.soaassn.org](http://www.soaassn.org).

We look forward to seeing you next year at Hotel Effie Sandestin in Miramar Beach, Florida, July 26-29, 2023!

## 2022 Poster Awards

Congratulations to the following 2022 SOA e-Poster Award Recipients. The Poster Awards were presented at the 39th Annual Meeting at The Greenbrier.

### 1st Place Poster Award

Joseph T. Gibian, MD, Washington University in St. Louis  
Predictors of Internal Rotation after Reverse Shoulder Arthroplasty

### 2nd Place Poster Award

Alexander J. Volkmar, MD, Vanderbilt University Medical Center  
Dexamethasone Increases Postoperative Blood Glucose Levels following Primary TKA

### 3rd Place Poster Award

Vani J. Sabesan, MD, Cleveland Clinic Florida  
\*Presented by Justin Elkhechen, BS  
The Use of Preoperative Planning for Shoulder Arthroplasty to Decrease Costs and Increase Efficiency in the OR



## Thank You Annual Meeting Exhibitors

The Southern Orthopaedic Association would like to thank the grantors and exhibitors of the Southern Orthopaedic Association's 39th 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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## Tax Diversification: An Essential Strategy for Long-Term Wealth Planning

by David B. Mandell, JD, MBA and Carole C. Foos, CPA

In our work with more than 1,500 physicians, including orthopaedic surgeons, we have observed that their top financial goals are tax reduction and long-term retirement wealth accumulation. This is not surprising.

What is surprising (to us anyway) is how many of those same physicians attempt to reach these goals without considering the fundamental long-term strategy of tax diversification. In this article, we will explain this concept and how retina surgeons can implement it for their benefit.

### Tax Diversification Defined

Tax diversification means building up wealth in three “buckets”: assets subject to ordinary income tax rates upon distribution in retirement, assets subject to capital gains tax rates, and assets not subject to any tax upon distribution. While many physicians have heard of asset class diversification in the context of investing, it is important to direct additional attention to diversifying your wealth according to tax rate exposure.

The illustration may help you to see the value of having differently taxed “buckets” to draw from when you reach retirement. As the retirement/wealth distribution phase may last for many years, or even multiple decades, being diversified across three tax buckets puts you in a position of strength and gives you options for withdrawing income depending on the tax rates then in effect.

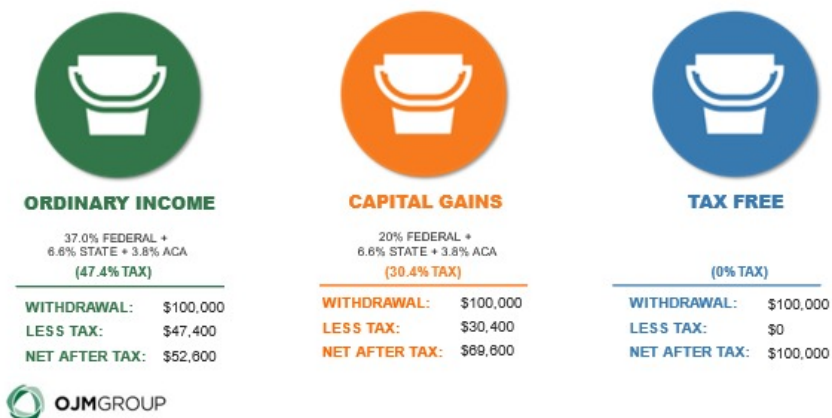
In this diagram, we assume a marginal top tax bracket since many orthopaedic surgeons will be in the top two or three tax brackets in retirement and the current rate of 37% is not close to an all-time high. We also assume a 6.6% state income tax, although many states, such as California and New York, have rates far exceeding this.

The benefit of being well-diversified from a tax perspective is that, once in retirement, one can examine tax rates each year and pull from the appropriate “bucket” to maximize after-tax income. If, at the beginning of a physician’s retirement, income tax rates are high and capital gains taxes are relatively low, then it may be best to draw from Bucket #2 (orange). If the opposite is true, Bucket #1 (green) may be targeted for “overweight” distributions. Bucket #3 (blue) provides the highest level of flexibility, as it can be accessed in any tax environment. An ideal retirement plan calls for physicians to have a significant percentage of their wealth in each bucket; yet in our experience, most physicians have too little wealth in Bucket #3.

### Case Study: Retina Surgeon Rachel & Gastroenterologist Gary

Let’s look at the examples of retina surgeon Rachel and gastroenterologist Gary. Rachel, Gary and their spouses are all 45 years old and plan on retiring at age 65. At this point, both couples have a joint life expectancy of 91 years, meaning that, according to the actuaries, at least one spouse in each couple should live until age 91. With a planned retirement age of 65, these couples will need to rely on their assets and other sources of income (for example, social security) to provide them with income for 26 years.

### TAX DIVERSIFICATION



While numerous financial, investment and planning factors are essential for Rachel and Gary, let’s concentrate on just the tax issue here. Both couples will begin drawing down assets in 20 years and stop doing so 46 years from now. During that period of time, tax rates may be very different than they are today and may change several times.

Let’s assume that Rachel and Gary have the same overall net worth, but their asset mix is very different. Rachel has her net worth in all three buckets—some in a qualified retirement plan (QRP), some in after-tax brokerage accounts and real estate, and some in a Roth IRA and a permanent life

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insurance policy. Gary has nearly all his net worth in his home and 401(k) QRP. They both qualify for social security.

Rachel is much better positioned than Gary to maximize her post-tax retirement income. Most of Gary's retirement income will come from his QRP and social security, both of which are subject to ordinary federal and state income tax. If income tax rates are high, Gary has little flexibility to take income from other sources unless he is willing to sell his home, which he may be reluctant to do. (Also, he can't sell only part of his home, like Rachel can do with her brokerage accounts, and it may be difficult for him to get favorable loans against his home equity in retirement when he will have no income.)

Rachel, on the other hand, is well positioned if income tax rates are high. She can draw down her brokerage account if capital gains taxes have remained lower than income taxes. Moreover, she can take income from her Roth IRA or access life insurance cash values, both completely tax free.

Rachel is much better positioned to alter her income plan if tax rates change during her retirement, while Gary does not have this flexibility. It is not difficult to understand that, despite their equal net worth, Rachel may net out significantly more after-tax retirement income than Gary. Because of tax diversification in her long-term planning, Rachel is in a more secure position in her retirement.

#### Long Term Planning Requires Flexibility

Regardless of the planning tools a physician employs to save for retirement, one of the fundamental pillars of any retirement plan should be flexibility to withstand changes in tax rates, income, market performance, and personal health. Here, we focused only on flexibility regarding taxes and the importance of tax diversification. While always an important concept, tax diversification is especially relevant today, as many physicians are seeking ways to minimize the negative impact of potential tax increases in 2023 and beyond.

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David Mandell, JD, MBA, is an attorney and author of more than a dozen books for doctors, including *Wealth Planning for the Modern Physician*. He is a partner in the wealth management firm OJM Group ([www.ojmgroup.com](http://www.ojmgroup.com)), where Carole Foos, CPA, is a partner and tax consultant. They can be reached at [mandell@ojmgroup.com](mailto:mandell@ojmgroup.com) or 877-656-4362.

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See you at Hotel Effie this summer!



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**Save the Date - 40th Annual Meeting**  
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