



Catherine R. Lintzenich, MD

**Candidate for
Nominating Committee
Private Practice**

What do you see as the priorities of the Nominating Committee in selecting the future leaders of our Academy?

The healthcare landscape is morphing rapidly, and the future leaders of the Academy must be motivated to stay ahead of the changes. These leaders should represent all facets of Otolaryngology care, and should be eager to stand up for the rights of patients and physicians. Recent survey indicates that the Academy is not currently meeting the needs of the early career Otolaryngologists, and increased engagement of this demographic is essential to the future success of AAO-HNS endeavors. This means the Academy leaders must continue strong efforts to become the primary educational resource for Otolaryngologists and their patients. Particular emphasis should be placed on the development of cohesive educational programs that are mobile and accessible.

I am in a unique position as an Otolaryngologist in that I have recently transitioned from a highly specialized academic practice in Laryngology to a more general private practice. While I still have a great passion for treating voice and swallowing disorders, I have found a real joy in rediscovering the other parts of our field. I also have a new appreciation for the educational and support needs of the broader constituency of AAO-HNS.

I had the privilege of training in Otolaryngology Head and Neck Surgery at Wake Forest University School of Medicine in Winston Salem, NC. I then headed to the west coast for an adventure-filled and intensely productive fellowship in Laryngology/Bronchoesophagology at UC Davis, under the mentorship of Peter Belafsky. I returned to North Carolina to join the faculty at Wake Forest, where I enjoyed a busy laryngology practice for seven years. My particular research focus was in dysphagia, and I have continued a mission of educating providers and patients about swallowing disorders.

Change is difficult but also provides remarkable opportunities. My husband and I decided to raise our son near family, so we moved back to my hometown in Virginia. The wide breadth of our field has once again fascinated me – I am learning and growing as an Otolaryngologist every day. I have also seen how you can continue to follow your passion and career interests in any setting. For example, we are developing an exciting department of Performing Arts Medicine, bringing dancers, singers, musicians, and actors highly specialized care in the this region of arts excellence.

Each year I have felt more drawn to service in the Academy of Otolaryngology Head and Neck Surgery. I had the good fortune of serving on multiple committees in my career, and I have served as chair of the Laryngology/Bronchoesophagology Education Committee for four years. In this role, I have become involved with the Education Steering Committee and the Instruction Course Advisory Committee. These committees face the daunting challenges of meeting the changing educational needs of the membership. Recertification examinations and rapidly growing electronic media have radically altered the education landscape for the Academy. The behind-the-scenes diligence of these committee members is remarkable. I am excited about the opportunity to serve on the Nominating Committee so that I can continue to help the Academy meet the education and support needs of all Otolaryngologists.

CURRICULUM VITAE**Date** 12/5/2014**Name** Catherine Rees Lintzenich, MD**Current Employment** Riverside ENT Physicians & Surgeons, Williamsburg, Virginia**Place of Birth** Newport News, VA, USA

Education:	Dates	Degree	Graduation
University of North Carolina CH	1993-1996	BSPH	5/1996
Wake Forest University School Of Medicine	1997-2001	MD	5/2001

Residency and Fellowship

Residency in Otolaryngology Head and Neck Surgery – Wake Forest University Health Sciences, Winston Salem, NC 2001-2006

Fellowship in Laryngology/Bronchoesophagology – University of California Davis 2006-2007

Specialty Laryngology/Otolaryngology**Licensure and Certification**

2014-present Virginia, full and unrestricted license

2004-present North Carolina, full and unrestricted license

2006-2009 California

2007 American Board of Otolaryngology

Previous Employment

Associate Professor at Wake Forest University School of Medicine, Department of Otolaryngology Head and Neck Surgery, 2007-2014

Memberships and Offices Held /Academy and other societies

2009-2011 North Carolina Society of Otolaryngology – President and Program Director

2014 Virginia Society of Otolaryngology, member

2012 Co-course Director, Advances and Controversies in Laryngology Meeting

2011- present AAO-HNS Education Steering Committee

2010-present AAO-HNS Voice Committee

2010-present AAO-HNS Airway & Swallowing Committee

2009-2010 AAO-HNS Laryngology Home Study Course Co-Chair

2008-present AAO-HNS Laryngology/Bronchoesophagology Education Committee, Chair since 2011

2007-present Dysphagia Research Society, member

2008-2011 Course Director, James A. Harrill Lecture, Wake Forest University School of Medicine

2008-present American Bronchoesophagological Association, member

2008-present American Laryngological Association, member and Post-Graduate Committee

Honor/Awards

1996 Delta Omega Undergraduate Award for Excellence in Public Health, University of North Carolina

2000 Alpha Omega Alpha

2006 Clinical Scholar, American Academy of Otolaryngology

2009 AAMC Early Career Women in Medicine Professional Development

2010 Honor Award, American Academy of Otolaryngology

2010 Fellow, American College of Surgeons

2011 Wake Forest School of Medicine Career Development for Women Leaders

Community Service

Local health screenings and educational talks

Regional/Local Hospital Participation

Multiple committees at Wake Forest University: Dean's Advisory Committee, Chair of Resident and Fellows Research Day

Summation of Published Works Within the Specialty: 11 chapters, 64 publications (selected below)

1. Koufman JA, Postma GN, Whang CS, **Rees CJ**, Amin MR, Belafsky PC, Johnson PE, Connolly KM, Walker FO. Diagnostic laryngeal electromyography: The Wake Forest experience 1995-1999. *Otolaryngology Head Neck Surg.* 124 (6): 603-6, 2001 Jun.
2. **Rees CJ**, Tridico TI, and DJ Kirse. Expanding applications for the microdebrider in pediatric endoscopic airway surgery. *Otolaryngology Head Neck Surg.* 2005 Oct; 133(4):509-13.
3. Kirse DJ, **Rees CJ**, Celmer AW, Bruegger DE. Endoscopic extended ventriculotomy for congenital saccular cysts of the larynx in infants. *Arch Otol Rhinol Laryngol* 2006 Feb;132:724-728.
4. **Rees CJ**, Halum S, Wijewickrama R, Koufman J, Postma G. Patient tolerance of in-office pulsed dye laser treatments to the upper aerodigestive tract. *Otolaryngol Head Neck Surg.* 2006 June;134:1023-1027.
5. Leonard R, Belafsky PC, **Rees CJ**. Relationship between fluoroscopic and manometric measures of pharyngeal constriction: the pharyngeal constriction ratio (PCR). *Annals Otol Rhinol Laryngol.* 2006 Dec;115(12):897-90.
6. **Rees CJ**, Postma GN, Koufman JA. Cost-savings of unsedated office-based laryngeal laser surgery for laryngeal papillomas. *Annals Otol Rhinol Laryngol.* 2007 Jan;116(1):45-8.
7. Rodriguez KH, Roth CR, **Rees CJ**, Belafsky PC. The reliability of the pharyngeal squeeze maneuver. *Annals Otol Rhinol Laryngol.* 2007 Jun;116(6):399-401.
8. Belafsky PC, **Rees CJ**. Laryngopharyngeal Reflux. *Hospital Physician.* 2007 Jul:15-20, 27.
9. Koufman JA, **Rees CJ**, Postma GN, Frazier WD, Kilpatrick LA, Wright SC, Halum SL. Unsedated office-based laryngeal laser surgery: 431 cases with 3 different wavelengths. *Otolaryngol Head Neck Surg.* 2007 Jul;137(1):146-51.
10. **Rees CJ**, Koufman JA, Blalock PD, Kemp ES, Halum SL. Differentiation of adductor-type spasmodic dysphonia from muscle tension dysphonia by spectral analysis. *Otolaryngol Head Neck Surg.* 2007 Oct;137(4):576-81.
11. Postma GN, McQuirt WF Sr, Butler SG, **Rees CJ**, Crandall HL, Tansavatdi K. Laryngopharyngeal abnormalities in hospitalized patients with dysphagia. *Laryngoscope.* 2007 Oct;117(10):1720-2.
12. Belafsky PC, **Rees CJ**, Rodriguez K, Pryor JS, Katz PO. Esophagopharyngeal Reflux. *Otolaryngol Head Neck Surg.* 2008 Jan;138(1):57-61.
13. Mouadeb DA, **Rees CJ**, Belafsky PC. Utilization of the Lifestat Emergency Airway Device: A Cross-Sectional Survey. *Ann Otol Rhinol Laryngol.* 2008 Jan;117(1):1-4.
14. Farwell DG, Belafsky PC, **Rees CJ**. An endoscopic grading system for vocal process granuloma. *J Laryngol Otol.* 2008 Mar 3:1-4.
15. Coffman HMS, **Rees CJ**, Sievers AEF, Belafsky PC. Proximal suction tracheotomy tube reduces aspiration volume. *Otolaryngol Head Neck Surg.* *Otolaryngol Head Neck Surg* 2008 Apr;138(4):441-5.
16. **Rees CJ**, Mouadeb DA, Belafsky PC. Thyroid vocal fold augmentation with calcium hydroxylapatite. *Otolaryngol Head Neck Surg.* 2008 Jun;138(6):743-6.
17. Belafsky PC, **Rees CJ**. Laryngopharyngeal reflux: the value of otolaryngology examination. *Curr Gastroenterol Rep.* 2008 Jun;10(3):278-82.
18. Pham AM, **Rees CJ**, Belafsky PC. Endoscopic removal of a giant fibrovascular polyp of the esophagus. *Ann Otol Rhinol Laryngol.* 2008 Aug;117(8):587-90.
19. Belafsky PC, Mouadeb DA, **Rees CJ**, Pryor JS, Postma GN, Allen J, Leonard RJ. The validity and reliability of the eating assessment tool (EAT-10). *Ann Otol Rhinol Laryngol.* 2008 Dec;117(12):919-24.
20. Belafsky PC, **Rees CJ**. Functional esophagoscopy: endoscopic evaluation of the oesophageal phase of deglutition. *J Laryngol Otol.* 2009 Jan 20:1-4.
21. Butler SG, Stuart A, Markley L, **Rees CJ**. Penetration and aspiration in healthy older adults as assessed during endoscopic evaluation of swallowing. *Ann Otol Rhinol Laryngol.* 2009 Mar;118(3):190-8.
22. **Rees CJ**, Belafsky PC. Post-viral Vagal Neuropathy. *Annals Otol Rhinol Laryngol* 2009 Apr;118(4):247-52.
23. **Rees CJ**, Fordham T, Belafsky PC. Transnasal Balloon Dilation of the Esophagus. *Arch Otolaryngol Head Neck Surg.* 2009 Aug;145(8):781-3.

24. Leonard R, **Rees CJ**, Belafsky P, Allen J. Fluoroscopic surrogate for pharyngeal strength: the pharyngeal constriction ratio (PCR). *Dysphagia* 2011 Mar;26(1):13-7.
25. **Rees CJ**, Allen JA, Postma G, Belafsky PC. Effects of Gold laser in the Avian Chorioallantoic Membrane. *Ann Otol Rhinol Laryngol.* 2010 Jan;119(1):50-3.
26. Chapman DB, **Rees CJ**, Lippert D, Sataloff RT, Wright SC Jr. Adverse Effects of Long-Term Proton Pump Inhibitor Use: A Review for the Otolaryngologist. *J Voice.* Feb 2010.
27. Belafsky PC, **Rees CJ**, Allen J, Leonard RJ. Pharyngeal dilation in cricopharyngeus muscle dysfunction and Zenker diverticulum. *Laryngoscope.* 2010 May;120(5):889-94.
28. Farwell DG, **Rees CJ**, Mouadeb DA, Allen J, Chen AM, Enepekides DJ, Belafsky PC. Esophageal pathology after treatment for head and neck cancer. *Otolaryngol Head Neck Surg.* 2010 Sep;143(3):375-8.
29. Chapman DB, Lippert D, **Rees CJ**, Geer CP, Edwards HD, Russell GB, Browne JD. Clinical, histopathologic, and radiographic indicators of malignancy in head and neck paragangliomas. *Otolaryngol Head Neck Surg.* 2010 Oct;143(4):531-7.
30. Butler SG, Stuart A, Leng X, **Rees CJ**, Williamson J, Kritchevsky S. Factors Influencing Aspiration During Swallowing in Healthy Adults. *Laryngoscope.* 2010 Nov;120(11):2147-52.
31. Butler SG, Stuart A, Leng X, Eilhelm E, **Rees C**, Williamson J, Kritchevsky SB. The Relationship of Aspiration Status with Tongue and Handgrip Strength in Healthy Older Adults. *J Gerontol A Biol Sci Med Sci.* 2011 Apr;66(4):452-8.
32. Browne JD, Butler SG, **Rees C**. Functional Outcomes and Suitability of the Temporalis Myofascial Flap for Palatal and Maxillary Reconstruction after Oncologic Resection. *Laryngoscope* 2011 Jun;121(6):1149-59.
33. Butler SG, Stuart A, Wilhelm E, **Rees CJ**, Williamson J, Kritchevsky S. The Effects of Aspiration Status, Liquid Type, and Bolus Volume on Pharyngeal Peak Pressure in Healthy Older Adults. *Dysphagia* 2011 Sep;26(3):225-31.
34. Maslan J, Leng X, **Rees C**, Blalock D, Butler SG. Maximum Phonation Time in Healthy Older Adults. *J Voice* 2011 Nov;25(6):709-13.
35. Butler SG, Maslan J, Stuart A, Leng X, Wilhelm E, **Rees Lintzenich C**, Williamson J, Kritchevsky SB. Factors influencing bolus dwell times in healthy older adults assessed endoscopically. *Laryngoscope.* 2011 Dec;121(12):2526-34.
36. Nekl CG, **Rees Lintzenich C**, Leng X, Lever T, Butler SG. Effects of effortful swallow on esophageal function in healthy adults. *Neurogastroenterology Motility*, 2012 Mar;24(3):252-6.
37. Butler SG, **Lintzenich CR**, Leng X, Stuart A, Feng, X, Carr JJ, Kritchevsky SB. Tongue adiposity and strength in healthy older adults. *Laryngoscope* 2012 Jul;122(7):1600-4.
38. Todd JT, Stuart A, **Lintzenich CR**, Wallin J, Grace-Martin K, Butler SG. Stability of aspiration status in healthy adults. *Ann Otol Rhinol Laryngol* 2013 May;122(5):289-93.
39. Feng X, Todd T, **Lintzenich CR**, Ding J, Carr JJ, Ge Y, Browne JD, Kritchevsky SB, Butler SG. Aging-related geniohyoid muscle atrophy is related to aspiration status in healthy older adults. *J Gerontol A Biol Sci Med Sci* 2013 Jul;68(7):853-60.
40. Lester S, Langmore SE, **Lintzenich CR**, Wright SC, Grace-Martin K, Fife T, Butler SG. *Laryngoscope* 2013 Jul;123(7):1704-8.
41. Todd JT, **Lintzenich CR**, Butler SG. Isometric and swallowing tongue strength in healthy adults. *Laryngoscope* 2013 Oct;123(10):2469-73.
42. Dorton LH, **Lintzenich CR**, Evans AK. Simulation model for tracheotomy education for primary health-care providers. *Ann Otol Rhinol Laryngol.* 2014 Jan;123(1):11-8.
43. Butler SG, Clark H, Baginski SG, Todd JT, **Lintzenich C**, Leng X. Computed tomography pulmonary findings in healthy older adult aspirators versus nonaspirators. *Laryngoscope* 2014 Feb;123(2):494-7.
44. Feng X, Todd T, Hu Y, **Lintzenich CR**, Carr JJ, Browne JD, Kritchevsky SB, Butler SG. Age-related changes of hyoid bone position in healthy older adults with aspiration. *Laryngoscope* 2014 Jun;124(6).