



**Kathleen Yaremchuk, MD, MSA**

**Candidate for  
President-Elect  
Academic**

***What do you think is the most important issue that our Academy is currently facing? What are the strengths of the Academy that will lead us forward in our specialty and how will you capitalize on those strengths?***

The most important issue facing the Academy is maintaining relevance to otolaryngologists in a time of increasing sub-specialization. Otolaryngology has grown in knowledge that benefits our patients in the ability to diagnose and treat many conditions with superior outcomes than previously imagined. The increase in specialization, however, has resulted in fragmentation within our specialty. Our specialty societies successfully promote scholarly activities and provide a home for their members. Often individuals have to choose between submitting presentations to their society or the Academy for purposes of career development.

We must make sure the Academy must maintain relevance. A definition of relevance is to maintain the ability to supply material that satisfy the needs of the user much like an information retrieval system. There are few of us that go a day without the use of Google, and much like that resource, the Academy needs to supply information to our members and be the “go to” source for necessary materials. It needs to serve as the home for all otolaryngologists and will work on issues that are common and supply answers that are relevant. The pandemic was an example where the Academy served as a conduit for critical information, government policies, and advice on providing care while protecting ourselves, our patients, and our families.

Aristotle observed, “The whole is greater than the sum of its parts.” That is true for our specialty and for the Academy, but we need to remain vigilant and continue to prove our value to all practicing Otolaryngologists if we are to thrive going forward.

Otolaryngology has been exceptional in its ability to recruit the most talented medical students for residency. Because of this, we enjoy the opportunity to train exceptional residents that become leaders in the field of medicine, not just otolaryngology.

I am always amazed at the individuals in our field that go on to become Deans of Medical Schools, CEO's of their health systems and medical directors or chiefs of surgical service lines. We all have watched as the "best of the best of the best" from our specialty have grown and ascended in their careers to leadership positions at national levels.

This talent is what sustains the Academy and allows it to flourish. The membership is involved, articulate, and motivated. Academy members gain value from those that lead the way and are routinely ahead of the curve. We are learners and the strengths of the academy are its members that continue to give of their time, knowledge, and passion for each other.

The American Academy of Otolaryngology-Head and Neck Surgery is extraordinarily fortunate to have the best and the brightest as its members. Despite the turmoil that we experienced in 2020, the AAO/HNS and its members rose to the challenge of providing care to those most in need whether it was in the Emergency Room, operating room or COVID tents.

I am pursuing the office of President, to commit expanding our membership to reflect the population we serve. Our workforce needs to evolve with the demographics of our country and reflect its diversity. As a leader, I believe it is important to recognize the gaps we have within our specialty in terms of diversity, equity and inclusion. By tapping the power of equity and inclusion we will outperform and solve the complex problems that have stymied us previously.

During the pandemic, we were able to develop a common mission of protecting one another by sharing knowledge on how to deliver care through virtual visits or advise on the appropriate use of personal protective equipment to practice safely, serve our patients, continue to educate our residents and support our colleagues. Dr. James Denny, CEO/EVP of the AAO/HNS and staff were exemplary with their daily communications members to educate and explain governmental initiatives to assist practices that were closed or economically challenged.

Our ability to adopt and embrace virtual visits to care for patients that were unable or unwilling to visit our offices taught us new skills to deliver health care that will endure past the pandemic. It will allow us to reach out to those that need our care but may be unable to access it due to issues of transportation or availability. There are rural areas in every state that lack care by our specialty and will benefit from how we have learned to reach out past our office walls.

My hope is that we emerge as better, stronger and wiser care providers from the struggles we have endured. We recognize the presence and consequences of health care disparities and commit to understanding how we can mitigate and eliminate these inequities.

I have spent my career investing in our specialty through education, research and service to our colleagues and patients. During the journey, I was fortunate to meet colleagues that helped fuel the fire of excellence and innovation in our specialty. My ability to collaborate with colleagues and the willingness to listen to others, allows me to bring the best out in all of us. Leadership that is inclusive and allows everyone to contribute also results in the greatest support. The AAO/HNS has the opportunity to benefit from the vast knowledge and experience of its members in everything we aspire to achieve. I am not afraid to admit I don't have all of the answers, but I am confident that within our membership, we do.

Aristotle proposed that "the whole is greater than the sum of its parts," and I believe, I can demonstrate that as President of the AAO/HNS we will be proud of our history and excited about the future. You should choose me as your President because I am committed to bringing out the best in all of us and shining a light on the diversity of talent that resides within.

**CURRICULUM VITAE****Name:** Kathleen Lynn Yaremchuk**Current Employment:** Henry Ford Health System**Place of Birth:** Detroit, Michigan**Education (include institutions, dates, degrees):**

1984 – 1989                      Central Michigan University  
    Master of Science in Administration

1972 – 1978                      University of Michigan Medical School  
    Integrated Premedical Medical Program – M.D. received

**Residency and Fellowship:**

1979 – 1982                      University of Chicago – Otolaryngology Resident

1978 – 1979                      Cook County Hospital (Chicago, IL) – General Surgery Intern

**Specialty:**

Otolaryngology/Head and Neck Surgery, Sleep Medicine

**Licensure and Certification:**

Michigan Medical License # 4301046820

January 2008                      Board Certified - Sleep Medicine (Expiration: June 30, 2028)

March 1992                        Board Certified – American Board of Medical Management

October 1982                      Board Certified – American Academy of Otolaryngology Head and Neck Surgery

**Previous Employment:**

Great Lakes Naval Hospital 1982-1984

**Memberships and Offices Held /Academy and other societies:**

2017-2020                      Treasurer, International Surgical Sleep Society

2017-2019                      Council Member, Association of Academic Departments of Otolaryngology–Head & Neck Surgery

2018                                Chair, Society of University Otolaryngologists Gender Disparity Committee

2018                                Associate Editor, Laryngoscope for Sleep Medicine

2015-2016                      Chair, Women in Otolaryngology, American Academy of Otolaryngology Head and Neck Surgery

2014-2015                      Vice President Middle Section Triological Society

2014-2017                      Chair, Sleep Medicine Committee American Academy of Otolaryngology/Head and Neck Surgery

2012 – 2017                      Director at Large, American Academy of Otolaryngology

2012 – 2016                      Senior Examiner, American Board of Otolaryngology

2006-2011                      Member, Review Oversight Committee, National Committee for Quality Assurance of Health Care Organizations

2008-2009 National Quality Forum Enriched Administrative Data Steering Committee  
2001 President, Michigan Otolaryngological Society

**Honors/Awards:**

2020 Board of Governors Chair Award  
2020 Helen F. Krause Women in Otolaryngology Trailblazer Award, AAO/HNS  
2017 American Academy of Otolaryngology-Head and Neck Surgery Foundation Distinguished Service Award  
2017 Triological Society Citation Award  
2012 American Laryngological Society Presidential Citation  
2011 American Academy of Otolaryngology-Head and Neck Surgery Foundation Jerome C. Goldstein Public Service Award  
2009 Health Care Hero Crain's Detroit Business  
2006 American Academy of Otolaryngology-Head and Neck Surgery Foundation Distinguished Service Award 2006  
2004 Member Excellence in State Advocacy Award, Board of Governors  
2003 Chair Award, Board of Governors  
2002-2005 Outstanding Service Award, Consultant to the Board, American Rhinologic Society  
2001 Founding Member American Academy of Otolaryngology  
2000 American Academy of Otolaryngology-Head and Neck Surgery Foundation Certificate of Honor

**Community Service:**

2019-2021 Board of Directors, Greening of Detroit

**Regional/Local Hospital Participation:**

2020-2021 Chair, Board of Governors, Henry Ford Medical Group  
2020-2021 Henry Ford Health System, Board of Trustees  
2020-2021 Chair, Henry Ford Health System Board of Directors Quality and Safety Committee  
2014-2019 Chair, Revenue Officer Committee, Henry Ford Medical Group

**Summation of Published Works Within the Specialty:**

1. **Yaremchuk, K.** "Why and When to Treat Snoring." *Otolaryngologic Clinics of North America*. (06/2020); 53(3):351-365. PMID: 32336469.
2. Mann EA, Nandkumar S, Addy N, Demko BG, Freedman NS, Gillespie MB, Headapohl W, Kirsch DB, Phillips BA, Rosen IM, Schneider LD, Stepnowsky CJ, **Yaremchuk KL**, Eydelman MB. "Study Design Considerations for Sleep Disordered Breathing Devices." *Journal of Clinical Sleep Medicine* (01/2020): 16(3):441-449. PMID: 31992406.
3. McClain, Kathleen, Williams, Amy M., and **Yaremchuk, Kathleen**. "Ketorolac Usage in Tonsillectomy and Uvulopalatopharyngoplasty Patients." *The Laryngoscope* (May 2019); 2020;130(4):876-879. PMID: 31145482.

4. Kashlan KN, Williams AM, Chang SS, **Yaremchuk KL**, Mayerhoff R. Analysis of patient factors associated with 30-day mortality after tracheostomy. *Laryngoscope*. 2019;129(4):847-851. PMID: 30467863.
5. Green, K.K., Kent, D.T., D'Agostino, M.A., Hoff, P.T., Lin, H.S., Soose, R.J., Boyd Gillespie, M. **Yaremchuk, K.L.**, Carrasco-Llatas, M., Tucker Woodson, B. and Jacobowitz, O. (2019) "Drug-Induced Sleep Endoscopy and Surgical Outcomes: A Multicenter Cohort Study. *The Laryngoscope*, (December 2018) 129(3), pp.761-770.
4. Deeb, Robert, **Yaremchuk, Kathleen**, Peterson, Edward, Lin, Judith C, Smeds, Matthew, Beckman, Nanette. "Snoring and Carotid Artery Disease: A New Risk Factor Emerges." *The Laryngoscope* 129, no.1 (May 2018): 265-268.
5. **Yaremchuk KL**. Sleep Disorders in the Elderly. *Clinics in Geriatric Medicine*. (April 30 2018); Volume 34; Issue 2, 205-216.
6. Chin-Quee, Anthony L, and **Yaremchuk, Kathleen**. "Medical residents' circadian preferences across specialties." *The Laryngoscope* 127, no.10 (2017): 2236-2238. PMID:28722202.
7. Garcia-Rodriguez, LR., Sanchez, DL., Ko, AB., Williams, AM., Peterson, E. and **Yaremchuk, KL**. A study of otolaryngology resident quality of life and sleepiness. *Laryngoscope Investigative Otolaryngology*. June 2017; 2(3): 95–98.
8. Smith MM, Peterson E, **Yaremchuk KL**. The Role of Tonsillectomy in Adults with Tonsillar Hypertrophy and Obstructive Sleep Apnea. *Otolaryngology--Head and Neck Surgery*. Mar 01 2017;194599817698671. PMID: 28349770.
9. **Yaremchuk K**. USPSTF Recommendation for Obstructive Sleep Apnea Screening in Adults. *JAMA Otolaryngology-- Head & Neck Surgery*. Mar 01 2017;143(3):215-217. PMID: 28118426.
10. **Yaremchuk K**, Darian V, Williams AM. Seasonality of auricular amputations in rabbits. *Laryngoscope*. Apr 2017;127(4):773-775. PMID: 28322456.
11. Golbin D, Musgrave B, Succar E, **Yaremchuk K**. Clinical analysis of drug-induced sleep endoscopy for the OSA patient. *The Laryngoscope*. Jan 2016;126(1):249-253. PMID: 26255861.
12. **Yaremchuk K**. Palatal Procedures for Obstructive Sleep Apnea. *Otolaryngologic Clinics of North America*. Dec 2016;49(6):1383-1397. PMID: 27720460.
13. Dedhia RC, **Yaremchuk KL**. The uncertain fate of otolaryngology in sleep medicine. *Otolaryngology--Head and Neck Surgery*. Mar 2015;152(3):381-382. PMID: 25524897.
14. Miller A, Roth T, Roehrs T, **Yaremchuk K**. Correlation between sleep disruption on postoperative pain. *Otolaryngology--Head and Neck Surgery*. May 2015;152(5):964-968. PMID: 25715354.
15. Deeb R, Judge P, Peterson E, Lin JC, **Yaremchuk K**. Snoring and carotid artery intima-media thickness. *The Laryngoscope*. Jun 2014;124(6):1486-1491. PMID: 24242702.
16. Miguel GS, **Yaremchuk K**, Roth T, Peterson E. The effect of insomnia on tinnitus. *The Annals of Otolaryngology, Rhinology, and Laryngology*. Oct 2014;123(10):696-700. PMID: 24816421.
17. Baugh R, Burke B, Fink B, Garcia R, Kominsky A, **Yaremchuk K**. Safety of outpatient surgery for obstructive sleep apnea. *Otolaryngology--Head and Neck Surgery*. May 2013;148(5):867-872. PMID: 23449781.
18. Gardner GM, Smith MM, **Yaremchuk KL**, Peterson EL. The cost of vocal fold paralysis after thyroidectomy. *The Laryngoscope*. Jun 2013;123(6):1455-1463. PMID: 23703383.
19. **Yaremchuk K**, Roehrs T. Does perioperative sleep disruption impact pain perception? *The Laryngoscope*. Dec 2012;122(12):2613-2614. PMID: 23239140
20. **Yaremchuk KL**, Toma MS, Somers ML, Peterson E. Acute airway obstruction in cervical spinal procedures with bone morphogenetic proteins. *The Laryngoscope*. Oct 2010;120(10):1954-1957. PMID: 20824786.
21. **Yaremchuk K**. Regular tracheostomy tube changes to prevent formation of granulation tissue. *The Laryngoscope*. Jan 2003;113(1):1-10. PMID: 12514373