

# THE THORACIC SURGERY MEDICAL STUDENT ASSOCIATION

FOUNDED BY STUDENTS  
WITH THE GUIDANCE OF FACULTY ADVISORS  
AND SUPPORT OF THE TSDA AND TSRA



SPRING  
Newsletter

2025



# *Announcements*

## **T SMA Away Rotation Anki Deck**

**TIRED OF GETTING  
QUESTIONS WRONG ON  
ROUNDS?**

**WE HAVE JUST THE  
RESOURCE FOR YOU!**

# **T SMA ANKI DECK**

For Crushing your Cardiac and Thoracic Rotations!

**LINK TO DECK** →



**@THORACICSTUDENT**





# Event Recap & Features

## Celebrating Black History Month in CT Surgery

### Sutures of Change: Black History in Cardiothoracic Surgery

Presented by

TSMA Diversity and Inclusion Committee



A special series highlighting ABCTS surgeons' perspective on diversity, progress, and leadership in CT surgery.

[Click here to listen to a recap on YouTube](#)



## CONGRATULATIONS



### 2025 WTS-STS Scholarship Program Recipients

Alexandra Sperry, MD  
Althea Jem Tapales  
Cheryl Kalapura  
Evelyn Alexander, MD  
Gianna Dafflisio

Lovette Azap  
Madigan Stanley  
Michaela Asher  
Stella Tsui





# Event Recap & Features

Members of TSMA attended the Society of Thoracic Surgeons (STS) 2025 Annual Meeting, where we had the exciting opportunity to connect with fellow students, residents, and faculty in the field of cardiothoracic surgery.



Congratulations to TSMA student member Sara Sakowitz for presenting the J. Maxwell Chamberlain Paper on Perioperative and Critical Care during the plenary session at STS





# Event Recap & Features

Members of TSMA also attended the AATS 2025 Annual Meeting in Seattle, Washington, where we had the opportunity to connect with fellow students, residents, and faculty in the field of cardiothoracic surgery, teach hands on suturing skills, and facilitate a suturing session with TEACH, a high school outreach program.



Congratulations to our Inaugural AATS-TSMAs Research Competition Finalists and Charles Wang, the winner of this competition.

## Inaugural AATS-TSMAs Research Competition

**Saturday, 3rd May, 2025**  
**3:30 - 4:15PM PDT | Seattle, WA**  
**Exhibit Hall Theater 1**

**JUDGES**

**Ibrahim Sultan, MD**  
 University of Pittsburgh Medical Center

**Doraid Jarrar, MD**  
 Hospital of University of Pennsylvania

**Kenan Yount, MD**  
 University of Virginia Health

**Jeremy Herrmann, MD**  
 Riley Children's Hospital, Indiana University Health

Join us at the AATS Annual Meeting in Seattle to see the TSMAs Research Competition Finalists present their research in the final round!

**FINALISTS**

**Charles Wang, MS3**  
 Vanderbilt University School of Medicine

**Gift Owolabi, MS2**  
 Columbia University Vagelos College of Physicians and Surgeons

**Gabriel Ramos, MS4**  
 University of Virginia School of Medicine



## AATS/TSMAs Medical Student Research Competition

**Winner:**  
Charles Wang, Vanderbilt University

**Finalists:**  
 Gabriel Ramos, University of Virginia  
 Gift Owolabi, Columbia

# Event Recap & Features

## T SMA CONGENITAL HEART DISEASE AWARENESS WEBINARS

Congenital Heart Awareness Week is  
February 7-14!

Join us to raise awareness and learn about  
congenital heart disease from the experts.

Wednesday, February 12th  
8:00 PM EST

*Transposition of the Great  
Arteries: Diagnosis  
Treatment and Outcomes -  
Dr. Jeffrey Jacobs  
University of Florida*

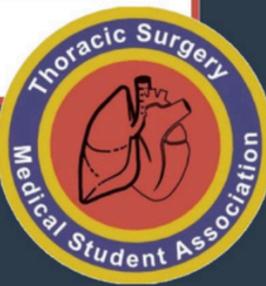


Friday, February 28th  
5:00 PM EST

*A Primer on Hypoplastic  
Left Heart Syndrome and  
Cutting-Edge Surgical  
Treatment -  
Dr. Sitaram Emani  
Boston Children's Hospital*



Register for  
2/28 here!!!



## THORACIC SURGERY MEDICAL STUDENT ASSOCIATION



## ANNUAL CT SURGERY INTEREST DAY

FEBRUARY 19, 2025  
8-10 PM ET



Rita Milewski, MD, PhD  
Cardiac Surgeon  
Associate Professor of  
Surgery  
Yale School of Medicine



George Arnaoutakis, MD  
Cardiac Surgeon  
Associate Professor  
Chief of Cardiovascular and  
Thoracic Surgery  
UT Austin Dell SOM



Doraid Jarrar, MD  
Thoracic Surgeon  
Associate Professor of  
Surgery  
University of  
Pennsylvania



Tara Karamlou, MD  
Congenital Cardiac Surgeon  
Professor of Surgery  
Cincinnati Children's Hospital  
Medical Center

### FEATURING RESIDENT PANELS ON

Away Rotations  
Residency Applications  
Research as a Trainee

Integrated vs  
Traditional Pathway  
Life as a Resident

Is CT the career for  
you?  
Surviving Intern Year

Irbaz Hameed – Yale University, I6, PGY-5  
Jad Malas – Cedars-Sinai Medical Center, I6, PGY-3  
Daniel Ragheb – Cleveland Clinic, I6, PGY-1  
Laura DiChiacchio – Cedars-Sinai Medical Center, Superfellow - MCS, Adult  
John Treffalls – Mayo Clinic, GS, PGY-1  
Ahmed Aly – The Ohio State University, I6, PGY-4  
Joseph Heiler – University of Utah, I6, PGY-3  
Jason Han – University of Pennsylvania, I6, PGY-6  
Corbin Goerlich – Stanford University, GS, Cardiac Fellow  
Sameer Hirji – Brigham and Women's Hospital, GS, Cardiac Fellow  
Ryan Kramer – Yale University, GS, PGY-1  
Marlee Sabatino – Massachusetts General Hospital, GS, PGY-3  
Daniel Dolan – Brigham and Women's Hospital, GS, Thoracic Fellow  
Jacqueline Soegaard Ballester – University of Pennsylvania, GS, PGY-7  
Lena Trager – New York University, I6, PGY-2  
Justin Robinson – University of Maryland, I6, PGY-4

[Click here to listen to a recap on YouTube](#)

## JOIN THE TSMA EDUCATION COMMITTEE FOR AN AWAY ROTATION PANEL

DISCOVER TIPS AND ADVICE TO MAXIMIZE YOUR EXPERIENCE!

### TOPICS INCLUDE:

APPLICATION STRATEGIES    PROGRAM SELECTION  
AVOIDING PITFALLS        BUILDING CONNECTIONS  
... AND MORE!



Dr. Sara Pereira  
University of Utah



Dr. Jeffrey Velotta  
Kaiser Permanente



Dr. Shari Meyerson  
University of Kentucky



FRIDAY  
FEBRUARY 28  
6:00 PM EST



SCAN TO REGISTER!

[Click here to listen to a recap on YouTube](#)



## STATS 101

3 Session Introductory Course Series to Statistical Analysis

SESSION 3: Intro to STATA II: Tests and Tables  
DURATION: 1 HOUR

- ✓ Running Statistical Tests
- ✓ Generating Tables and Kaplan-Meier Curves
- ✓ Advanced STATA use and more!



REGISTER NOW!

THURSDAY, APRIL 24TH, 2025  
7PM EST

FINAL SESSION!!!

BROUGHT TO YOU BY THE TSMA EDUCATION & RESEARCH COMMITTEES

[Click here to listen to a recap on YouTube](#)

# Event Recap & Features

## Goals for the Inspiring Cardiothoracic Surgeon



Are you interested in a career in **cardiothoracic surgery**? Then this **resource** is for you! By completing the **goals** laid out in this document, you will be able to learn more about the field of CTS and better assess if this is the **right career** for you.



### Goal **#1** Immerse yourself in the **three major subspecialties** within the field\*

- Shadow one **adult cardiac** surgery case in the operating room
- Shadow one **general thoracic** surgery case in the operating room
- Shadow one **congenital** surgery case in the room
- Spend one day in a cardiothoracic surgeon's **clinic**



\*If you are unable to watch a case live or do not have access to a home program, you can instead **watch recorded cases** on Youtube or ctsNet or **read an operative techniques manuscript** or **textbook!**

### Useful Links

[CTSNet](#)  
[MMCTS](#)  
[Atlas Of Cardiac Surgical Techniques](#)  
[Operative Techniques in Thoracic & Cardiovascular Surgery](#)

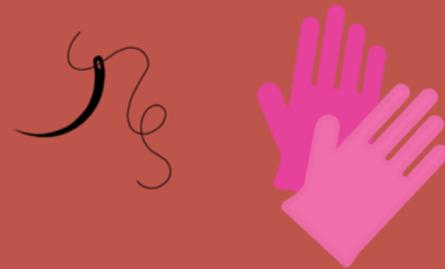
### Goal **#2** Get comfortable with your hands!

- Practice basic **simple interrupted** and **subcutaneous** suturing using either a purchased or home-made simulation kit
- Learn how to "**palm**" a needle driver (open/close a needle driver without inserting fingers)
- Become comfortable with **two-hand knot**-tying
- Become comfortable with **one-hand knot**-tying

### Useful Links

Click on the link below to access links for instrument purchase and video tutorials to practice suturing to!

[Goal #2 Links Page](#)



### Goal **#3** Develop a research mindset and build your research portfolio

- Read one new Cardiothoracic surgery paper every week
- Attend one AATS Webinar a month
- Get involved with one research project

### Useful Links

#### Research Tutorials

- [1. Types of Research](#)
- [2. Clinical Research Design](#)

#### List of CT Journals

#### AATS Webinars

- [1. Journals & Webinars](#)
- [2. Global Grand Round Webinars](#)

#### TSMA Resources

- [1. CT Surgery Research Prize](#)
- [2. CT Landmark Trials Database \(Download\)](#)



### Goal **#4** Build a network of mentors

- Sit down for a conversation with one attending Cardiothoracic Surgeon
- Sit down for a conversation with one trainee Cardiothoracic Surgeon (resident/fellow)
- Sit down for a conversation with an older medical student pursuing Cardiothoracic surgery
- Sign up for a mentorship program



### Useful Links

[TSMA-STs Mentorship Program](#)  
[ABCTS Mentorship Program](#)  
[WTS Mentorship Program](#)

### Goal **#5** Start building a presence within the field

- Attend one academic conference
- Apply for a traveling scholarship
- Attend one live TSMA Event with your camera on and ask a question
- Join a professional organization as a student
- Make a MedTwitter account and follow major cardiothoracic surgery accounts

### Useful Links

#### TSMA Resources

#### Travel Scholarships

- [1. AATS: Member for a Day](#)
- [2. STS: Looking to the Future](#)
- [3. STS-WTS](#)
- [4. Tara Karamlou](#)
- [5. ECTSS Awards](#)

[Article: CTS Scholarship Guide for Trainees](#)





# Event Recap & Features

## THORACIC THURSDAYS

Which of the following is not a commonly used conduit during coronary artery bypass grafting?

- A. LIMA
- B. Saphenous vein
- C. Radial artery
- D. Ulnar artery

Answer: Ulnar Artery (D)

### OFFICIALLY 501c3 INCORPORATED!

TSMA is proud to announce that we have received an official determination from the IRS as a 501c3 incorporated non-profit organization! This allows our donors to deduct any contributions they make to our organization when they donate here <https://donorbox.org/giving-tuesday-559>

Reach out to our finance chair at [tsmamedstudent@gmail.com](mailto:tsmamedstudent@gmail.com) with your questions on donations.

### COLLABORATE WITH TSMA

Do you have any ideas for events that you think may benefit the TSMA community? TSMA is looking for projects, proposals, and ideas related to CT Surgery from medical students. Fill out the form below and our projects/proposals committee will review your response.



### TSMA INSTAGRAM

TSMA is proud to launch our Instagram page. Follow us @[thoracicstudent](https://www.instagram.com/thoracicstudent)

### TSMA TWITTER/X

Be sure to follow us on twitter/X @[thoracicstudent](https://twitter.com/thoracicstudent) to stay connected and stay informed!

### TSMA WEBPAGE

Visit our webpage <https://www.ctmedstudent.org> to discover everything TSMA has to offer and learn more about the team dedicated to helping you elevate your journey!