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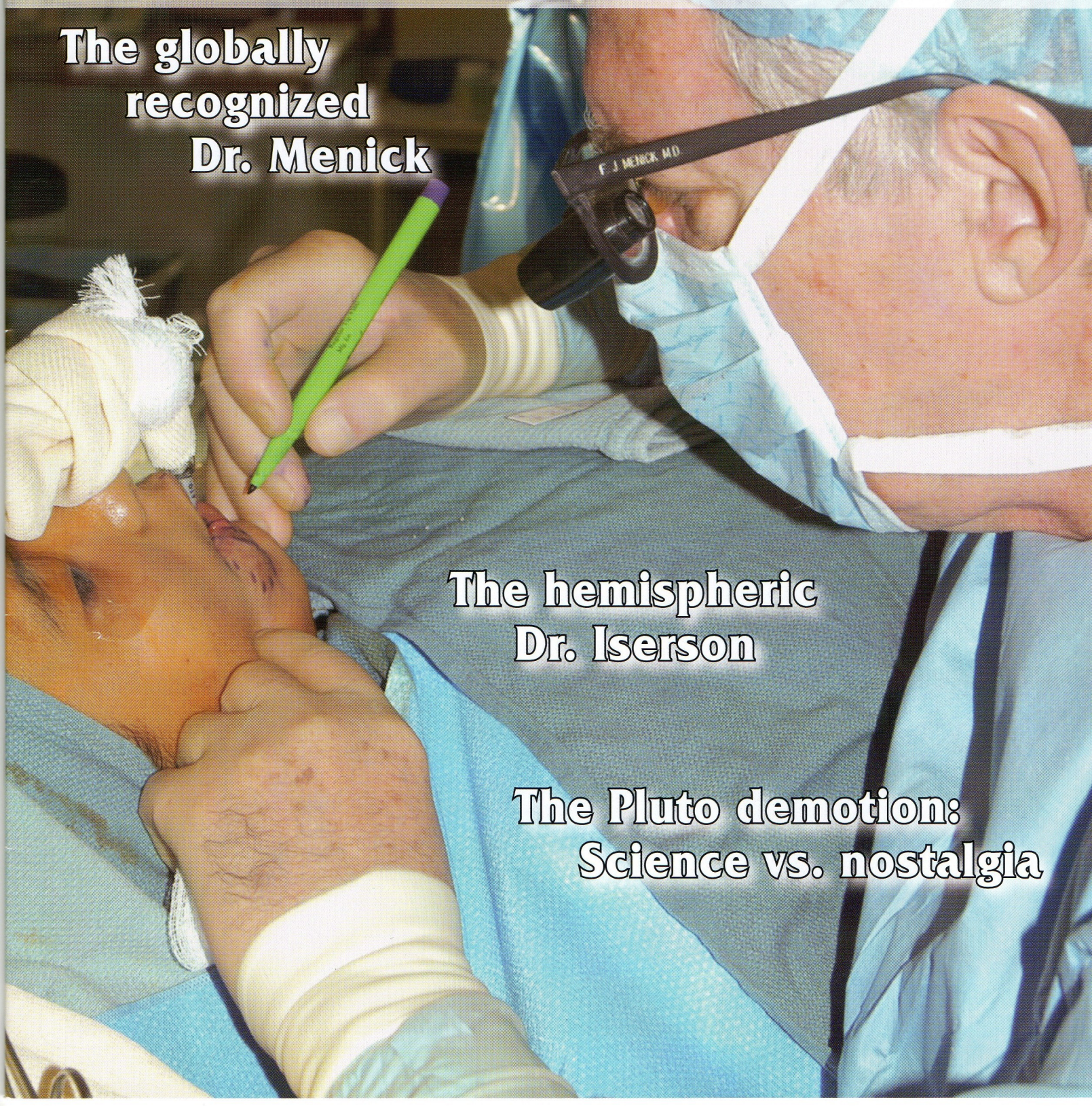
Pima County Medical Society • August/September 2009

Home Medical Society of the 17th United States Surgeon-General

**The globally
recognized
Dr. Menick**

**The hemispheric
Dr. Iserson**

**The Pluto demotion:
Science vs. nostalgia**



He knows the nose

Certain patients from around the globe know where Tucson, Arizona is, because that's where they find Dr. Frederick J. Menick, a PCMS member since he started his plastic surgery practice here in 1983.

Patients from the Middle East, South America, Russia, and the U.K., as well as from Tucson and Phoenix, come here seeking the world's premier nasal and facial reconstructionist. He treats patients who have undergone severe trauma to the face, either through acts of violence, birth deformity, or skin cancer excisions. Before-and-after patient photos are included in his most recent book, and also can be viewed on his website at www.DrMenick.com.

Also on the site is his philosophy: "Cosmetic and reconstructive surgery are complementary," he says. "The aesthetic skill needed to enhance the attractiveness of a normal but imperfect nose or face can be used to define the tissue requirements and techniques needed to rebuild a nose lost to cancer or injury. The skills needed to rebuild the face deformed by cancer, trauma, or birth defects can also be applied to aesthetic surgery."

He has originated several new ways to rebuild the nose, including:

- ✓ Use of the full-thickness, three-stage forehead flap.
- ✓ New methods for nasal lining, such as intra-nasal lining flaps.
- ✓ A new method of folded lining.
- ✓ Free micro-vascular flaps for lining.
- ✓ Shaped primary cartilage grafts to support the nose, made from septal, or ear or rib cartilage.

"It turns out that there aren't many surgeons who do this [procedural area] well," Dr. Menick said, "so I'm fortunate enough to see a lot of patients from out of town. It's not that large a pool of people."

He notes that among his patients, skin cancer is the most common cause of defect needing reconstruction, and after that, trauma such as dog bite, vehicle accidents, autoimmune disease, and cocaine use. For one patient he was able to achieve excellent results in a case of direct shotgun blast to the face.

Fixing the work of other physicians is perhaps two percent of his practice, he says. He is—and advises that plastic surgeons should be—guided by "a desire to do good work, a desire to get things to look normal as opposed to just getting things healed, and to use the best principles of how to get things done."

Dr. Menick, 64, Carondelet St. Joseph's Hospital chief of plastic

surgery and a clinical professor at the UofA College of Medicine, recently enhanced an already notable reputation by authoring what is being called THE book on nasal reconstructive surgery, *Nasal Reconstruction: Art and Practice*, published by Mosby/Saunders Elsevier, the large international medical and dental publisher.

Such a book would usually be considered to have wide distribution at 3,000 or 4,000 copies, Dr. Menick said, but at this early in the book's career it had already sold more than 2,000. He notes that his first book, written with Gary Burgett, M.D. and published in 1994, *Aesthetic Reconstruction of the Nose*, is already considered the

"bible" of nasal reconstruction and was the "first modern single book on the subject."

The new 750-page textbook offers guiding principles and techniques, and evolving concepts and methods, many developed here in Tucson, to achieve optimal appearance and function. The plastic surgeon's accolades could hardly be higher.

"Dr. Menick has emerged as the world's premier nasal reconstructionist," said Dr. Burt Brent, considered the modern developer of ear reconstruction for children born without ears—*microtia*—and a published author in Woodside, Calif. "By following his passion for nasal reconstruction, Fred Menick has become the best in the history of medicine."

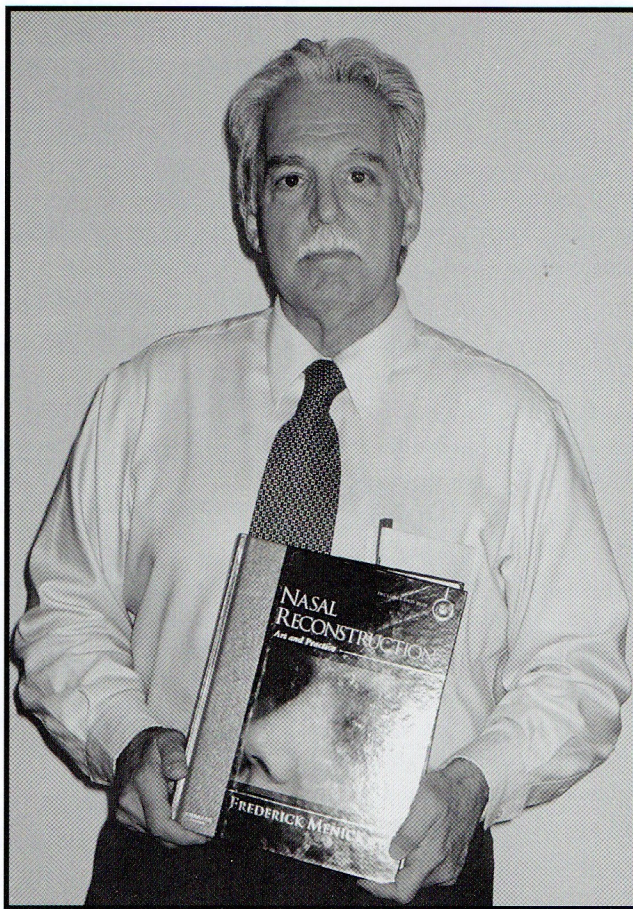
"Congratulations, I love it!" said Stefan Hofer, M.D., Ph.D., Wharton Chair in Reconstructive Plastic Surgery at the University of Toronto.

"It is really fabulous and, not unexpectedly, presented in such a well structured and thoughtful manner as to be truly valuable," said Dr. Bruce Bauer, chief, Division of Plastic Sur-

gery, Children's Memorial Hospital, Northwestern University.

St. Joseph's Hospital CEO Odette Bolano said, "We are both proud and fortunate to have a surgeon of Dr. Menick's caliber right here in Tucson and at St. Joseph's Hospital."

Dr. Menick's journal articles have been awarded the James Barrett Brown Prize in Plastic Surgery by the American Association of Plastic Surgeons as the most important articles on the subject published in 1990 and 2003. The AAPS was the first society established for plastic surgery, founded in 1929 by U.S. leaders in the specialty. Dr. Menick has been a member for about 12 years, and was elected to its Board of Trustees two years ago. Membership is limited to approximately 500 active members who are nominated and



Dr. Fred Menick at his office with the new book.

voted upon by the membership, based on their academic contributions to the specialty.

He has authored 32 published book chapters and 35 peer-reviewed papers, and is a frequent invited guest speaker on nasal and facial reconstruction, rhinoplasty, and other facial topics at annual medical society meetings, symposia, and plastic surgery training programs in the U.S., Canada, Europe, Mexico, South America, and Asia.

He gives one-to-three-hour talks on what he does, lecturing to plastic surgeons, otolaryngologists, oculoplastic surgeons, Mohs surgeons, and dermatologists. He publishes a lot, so he is known internationally to plastic surgeons. He is a Visiting Professor for the American Society of Maxillofacial Surgeons for 2009-2010, representing the Society as Invited Professor to plastic surgery residency training programs throughout the U.S. Over the next six months he is scheduled to speak at more than a dozen universities.

Eldest of three siblings and son of a general surgeon, Fred Menick grew up in Port Chester, N.Y., north of New York City. He was not shoved at medicine, but says there "was always a kind of assumption that I would be the one to go to medical school. I respected what my father did, and I saw the value of surgery in helping people."

He earned his M.D. at Yale in 1970, and did his surgery residency at Stanford and the UofA HSC. His plastic surgery residency was at U.C. Irvine. He went on to extensive plastic surgery fellowship training, with two fellowships at the University of Miami with Dr. D. Ralph Millard, and one at Queen Victoria Hospital, East Grinstead, near London.

He says of his training that the trend of the future is to have less general surgery training and a combination with, or more, plastic surgery training, while he did it the traditional way and found that he became interested in more learning as he went along.

At the UofA he finished his GS training under Dr. Earl Peacock. While tubing on the Gila River, he met his wife-to-be, Jenelle, then a regional sale rep for American Airlines. They decided to come back to Tucson together, and from that a family grew. They have two daughters. Katharine earned an M.F.A. from the UofA and works for the American Board of Radiology, headquartered in Tucson. Searcy will be a junior at ASU this fall, majoring in business.

Dr. Menick still does other reconstructive and cosmetic surgery, but 40 to 60 percent of



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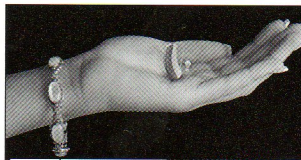
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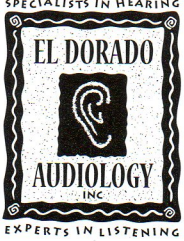
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his practice is rhinoplasty and facial reconstruction. His interest in his specialty is "hard to explain," Dr. Menick said, but adds that early on, he was "just taken aback" by the dual impact of facial deformity on people, both on the person with the damage or deformity, and on those who respond to him or her. When we improve one and create tremendous psychic relief, we create another kind of improvement for all.

Dr. Menick is at 1102 N. El Dorado Place, Tucson 85715; phone 520.881.4525; and of course www.DrMenick.com.

Getting from war to now

Dr. Menick likes to quote a gentleman named Tagliogozzi from late 16th-century Italy:

"We reconstruct complete parts, which Nature has given us but were destroyed by fate, and do so not so much for the enjoyment of the eyes, but for the psychic comfort of the afflicted."

In a review to be published in the *Journal of Plastic and Reconstructive Surgery*, Dr. Anthony Wolfe, professor of plastic surgery who attended with Dr. D. Ralph Millard at the University of Miami, places Dr. Menick and the new book in historical context:

"At Queen's Hospital at Sidcup, where the Plastic Surgery Service was directed by Harold Delf Gillies, 11,572 facial injuries were treated by the time the First World War came to an end on Nov. 11, 1918.

"An American observer said, 'Gillies and his colleagues had to deal with some of the most fantastic deformities that any group of surgeons has been called upon to correct.' And, as his biographer stated, 'Gillies had no textbooks to guide him, no one more experienced to look to for advice.'

"Out of this enormous experience, Gillies wrote his classic textbook, *Plastic Surgery of the Face*" in 1920. His first chapter was titled 'Principles,' and began with 'History, etc.,' 'Examination,' 'Making a Plan,' which included 'Lining Membrane, Contour and Supports, and Covering Tissues.' The chapter on 'Injuries of the Nose' shows many forehead flap reconstructions which were successfully done according to Gillies principles.

"When the Second World War came, the now Sir Harold Gillies was again pressed into service, and this time his unit was a Rooksdon House, Basingstoke. Here again a large volume of facial injuries were treated, and Gillies had on his service a number of foreign plastic surgeons, both learning and helping with the overwhelming work load. One of these surgeons was a young American, D. Ralph Millard, Jr.

"Millard returned to Gillies again in 1953, and although Gillies was of more of a mind to enjoy his considerable golfing and fly fishing skills, Millard managed to keep Gillies' nose to the grindstone long enough so that their book, *The Principles and Art of Plastic Surgery*, was published in 1957. Reconstruction of all types of major facial injuries was done according to 'Principle,' but also with a great deal of 'Art,' and presented with a bit of humor, which was anathema to some at the time. ...Chapter 11 of this book, 'Forehead Flaps,' is a classic, and contains one of the best descriptions of the varieties of forehead flaps anywhere.

"Ralph Millard may be best remembered for his contributions to the areas of cleft lip and palate, but nasal reconstruction was always a subject dear to his heart, and his published results were the best to date. There was a great deal of attention paid to forehead flaps in both his *Principialization of Plastic Surgery* and *A Tetralogy of Rhinoplasty*.

"Two young surgeons who trained with Millard, one as a resident (Gary Burget) and the other as a Fellow (Fred Menick), took what they had learned from him and ran with it. Their book, *Aesthetic Reconstruction of the Nose* (Mosby 1994), became the new bible for those doing nasal reconstruction.

"Fred Menick has now taken the baton on what may be its final lap. His new book, *Nasal Reconstruction: Art and Practice* (Mosby, 2009, 760 pp.) takes the subject to new levels of finesse and precision. As with both Gillies and Millard, the book begins with 'Principles.' The three-stage forehead flap is explained in detail, and should now be a standard approach. 'Lining, Support, and Cover,' the Gillies mantra, are exhaustively discussed and illustrated with good photography and drawings.

"Many of the cases shown involve much more than just nasal reconstruction, and the results that are shown show just what a superb reconstructive plastic surgeon, with the inventiveness of a Gillies, the eye of a Millard, and with newer modalities such as microsurgery and tissue expansion at his disposal, can accomplish.

"Fred Menick's results, shown in this book, are often breathtaking. Anyone dealing with the reconstruction of nasal defects should read, and re-read this book. The accompanying DVD showing technical fine points is a great addition.

"It is always inspiring to go back to the origins of nasal reconstruction—Gillies, Gillies and Millard, Millard—but Fred Menick, as shown again and again in his magnum opus, does it best of all." ▼▼

