

# #CSA19



CENTRAL SURGICAL ASSOCIATION

## ADVANCE PROGRAM

**CSA 2019 Annual Meeting**

March 7-9, 2019

Palm Harbor, FL | Innisbrook

SPECIAL SESSIONS

Ethics Debate

Extra-Terrestrial Medical Care | Scott Duchavsky, MD, PhD

Opioids | Michael Englesbe, MD

Leadership Session

[www.centralsurg.org](http://www.centralsurg.org)



# 2019 ANNUAL MEETING

March 7-9, 2019 | Palm Harbor, FL  
*Innisbrook*

## WELCOME

On behalf of the Central Surgical Association, we would like to invite you to attend the CSA Annual Meeting. Members and guests are strongly encouraged to pre-register. You can register online at [www.centralsurg.org](http://www.centralsurg.org). Please note a discount in fee if the pre-registration form is received by February 4, 2019.

### WELCOME RECEPTION

A Welcome Reception will be held on Thursday evening. This light reception will be an opportunity to mingle with colleagues and celebrate the beginning of what is sure to be an exciting and educational meeting. Make plans to join us for the CSA Foundation fundraising dinner, immediately following the Welcome Reception.

### MEETING OVERVIEW

Dr. Wendy Wahl from St. Joseph Mercy Health System has put together an excellent scientific program with sessions that will be informative to all. A special thanks also goes to Dr. Paul Kuo for his hard work and special touches serving as this year's Local Arrangements Chair. This year, we are offering special sessions including an exciting Ethics Debate, Dr. Scott Dulchavsky's experiences with NASA, an update on the Opioids crisis from Dr. Michael Englesbe, and part 2 of our Leadership Series. Our traditional program will feature competitively selected paper presentations and case presentations.



### PRESIDENTIAL ADDRESS

The Address of the CSA President will be delivered by Dr. Margo Shoup on March 8th at 10:15am. All members and accompanying spouses and guests are invited to attend.

### PRESIDENT'S LUNCHEON FOR NEW MEMBERS

The President's Luncheon for New Members will be held on Friday, March 8th, immediately following the Presidential Address. All New Members, Past Presidents and Executive Council members are invited to attend.

### NONIE LOWRY DINNER DANCE

This year's Nonie Lowry Dinner Dance will be a Beach Party with casual beach attire on Friday, March 8th.

# WELCOME

## OVERALL LEARNING OBJECTIVES

This program has been constructed by the Program Committee of the Central Surgical Association and has been selected from abstracts submitted by the membership of the Association. The subject matter selected is a cross-section of the cutting edge of surgical practice today. After this activity participants will:

1. Possess an increased basic knowledge and understanding of surgical disease
2. Be able to analyze the result of new approaches or techniques for managing disease
3. Have increased ability to examine new concepts and techniques in surgical science
4. Identify deviations from best practices for evaluation for thyroid and parathyroid disease
5. Understand contributing factors for complications after colorectal surgery and methods to improve outcomes
6. Have new strategies for managing post-operative pain and minimizing opioid analgesia

## CME CREDIT

Continuing medical education credits will be provided for this activity.

### REGISTRATION QUESTIONS?

#### Central Surgical Association

Central Surgical Association

t: 913.402.7102

[csa@lp-etc.com](mailto:csa@lp-etc.com)



## MEETING REGISTRATION

Visit the CSA website at [www.centralsurg.org](http://www.centralsurg.org) to simplify the registration process and register online; or complete the enclosed registration form and forward to the CSA Headquarters with full payment. Additional registration forms can be downloaded from the CSA website, [www.centralsurg.org](http://www.centralsurg.org).

## Register prior to February 4th and SAVE.

Registrations received after this date will be charged an additional registration fee. Registration confirmations will be emailed to all registrants.

## REGISTRATION CANCELLATION POLICY

Registration and event cancellations must be received IN WRITING, with reason for cancellation (please submit via email no later than February 4th) and will be refunded, less a \$100 administrative fee. All refunds will be processed following the conference. [csa@lp-etc.com](mailto:csa@lp-etc.com)



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# HOTEL INFORMATION



We look forward to seeing you at the upcoming 2019 CSA Annual Meeting at the Innisbrook resort and spa.

The Innisbrook Resort and Spa is located on 900 wooded acres. The property is comprised of low rise small cluster building that blend into the natural setting. The resort has many activities available including a four championship golf courses, tennis on 11 beautifully maintained clay courts, six swimming pools, including the Loch Ness Monster Pool (complete with water slides). In addition, the Salamander® Spa, Tampa Bay as well as a fitness center are located on the property. There are also five different restaurant venues available with various locations throughout the property for different meal options. The resort also features newly renovated sleeping rooms as of fall 2018!

## Innisbrook Resort and Spa

36750 US Highway 19 North  
Palm Harbor, FL 34684  
Hotel: 727-942-2000  
<https://www.innisbrookgolfresort.com/>

**Reservations: 888-794-8627**

## HOTEL RESERVATIONS

### Reservation cut-off date: February 4, 2019

CSA Sleeping Room Rate: \$199/night  
\$20 resort service fee and taxes per night

The Resort Service Charge includes self-parking; use of the fitness center; in-room internet access; on property shuttle transportation; in-room newspaper delivery; local and toll free phone calls; in-room coffee service; use of the nature preserve;

use of the miniature golf, volleyball, basketball, and six swimming pools; and scheduled beach shuttle transportation. A deposit equal to one night stay is required to hold each individual reservations. The deposit paid is refundable if notice is received 72 hours prior to arrival and cancelation number is obtained.

## TRAVEL INFORMATION

Travel may be booked to the Tampa International Airport which is 25 miles away from the Innisbrook Resort and Spa.

## GROUND TRANSPORTATION

### Shuttle

[www.SuperShuttle.com](http://www.SuperShuttle.com) | \$28 per person each way. Reservations encouraged online or 800.258.3826

Taxi are readily available at the airport and are approximately \$40 to \$60/per person each way

### Car Service

Car service is also available through Network Limousines. They can be reached at 727-784-5466 for costs

### Car Rental

All major car rental agencies are also available at the Tampa Bay International Airport. For a particular car rental company, please go to the Tampa Bay Airport website:

<http://www.tampaairport.com/ground-transportation>

### Hotel Parking

Self-parking is included in the daily resort fee charge.

## Plenty to do at Innisbrook Resort and Spa!

|                                                                                                                 |                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|
|  4 championship courses      |  6 on-property dining options                    |
|  11 clay courts              |  Close proximity to Tampa Bay & Clearwater Beach |
|  6 swimming pools            |  Complimentary beach shuttle to Honeymoon Island |
|  Cruiser bike rentals        |  Full treatment spa                              |
|  900 acres of natural beauty |  Yoga & Fitness Classes                          |



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# GENERAL MEETING INFORMATION

## CSA SPONSORED EVENTS

### Thursday, March 7 – Golf Tournament

Don't miss this special opportunity to play golf at a legendary Innisbrook Golf Resort. Cost includes greens and cart fees, tournament coordination and prizes. The newly renovated South Course includes TifEagle Bermuda Grass with 6,620 yards of greens and a Par 71. The South Course is reminiscent of a links-style design. Ample waste bunkers, a total of 10 water hazards and the Gulf of Mexico breezes combine to make this course a crowd favorite! For additional information on the golf course and score card: <https://www.innisbrookgolfresort.com/golf/south-course>

#### South Golf Course Innisbrook Golf Course

1:00pm – Shotgun Start  
\$180/person

Please email [csa@lp-etc.com](mailto:csa@lp-etc.com) with your desired foursome team. Rental clubs are available for \$70+ tax.

### Thursday, March 7 – Welcome Reception

6:30pm – 8:00pm  
Included in registration fee  
Island Pool

Please join us at the Innisbrook Island Pool for a light reception and cocktails.

### Friday, March 8 – Nonie Lowry Dinner Dance

6:30pm – 10:00pm  
Loch Ness Pool  
Enjoy a beach themed dinner with your fellow CSA colleagues with fabulous food and socializing on the beach areas of the Loch Ness Pool. The Loch Ness Pool is crafted in the shape of the animal for which it's named and there are two sand beach areas surrounding the pool. This event is included in the fee for all registered attendees and spouses/guests. Additional fees apply for non-registered guests.

## SPOUSE & GUEST INFORMATION

### Thursday, March 7th

8:00am – 10:00am  
**Spouse/Companion Continental Breakfast**

### Friday, March 8th

8:00am – 10:00am  
**Spouse/Companion Continental Breakfast**

1:00pm – 3:00pm

\$30/person  
**Optional Spouse/Companion Tour  
Tram & Nature Walking Tour**

Enjoy a scenic tram tour throughout the resort and to a nearby fishing village. A naturalist will guide and provide insights to your surroundings. End the tour with a complimentary smoothie back at the Loch Ness Pool.

## TIME ZONE

Tampa Bay is on Eastern Standard Time.

## WEATHER

Weather is beautiful in March in the Tampa Area. The average weather range is from a high of 78 to a low of 57 degrees in the evening. Be sure to bring a light sweater for evenings and during the meetings, since sometimes the meeting rooms can get chilly. For the most up to date weather please visit [www.weather.com](http://www.weather.com).

## WHAT TO PACK

Attire for the Welcome Reception is business or cocktail attire. The Annual Reception & Dinner on Friday evening is a beach theme. Resort Casual attire is encouraged for Friday evening's reception and dinner.



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# NEARBY ACTIVITIES



## DUNEDIN

Dunedin is approximately 20 minutes south of the resort.

<http://visitudedinfl.com/>

Some of the activities in Dunedin include:

### Honeymoon Island State Park

<https://www.floridastateparks.org/honeymoonisland>

One of Florida's best-loved state parks, Honeymoon Island has more than four miles of beach to explore along with a three-mile trail through one of the last remaining virgin slash pine forests. Looking skyward, eagles, osprey and great horned owls can be seen, while ground animals include gopher tortoises, raccoons and armadillos. A trip to the Rotary Centennial Nature Center helps educate visitors about the park's history and natural resources. Find out how Honeymoon Island received its name!

### Caladesi Island State Park

<https://www.floridastateparks.org/parks-and-trails/caladesi-island-state-park>

One of the few untouched islands along the Gulf Coast, Caladesi Island State Park is accessible only by boat but is worth the extra effort. Whether it is a stroll along the island's pristine beaches or a kayak trip through the bayside mangrove forest, a trip to Caladesi Island is an unforgettable experience. Take a nature trail walk to the historic Scharrer Homestead through the island's interior and listen to the ocean breeze whisper through old-growth slash pines and feel the embrace of expansive live oaks. Find out why homesteader Myrtle Scharrer Betz called this place "Paradise" in her memoirs.

## CLEARWATER

Clearwater is approximately 30 minutes south of the resort. Some activities located in Clearwater include:

### Clearwater Beach

<https://visitclearwaterflorida.com/>

Beautiful white sand and clear, shallow water make this beach an ideal playground for families. From the activity along the palm-lined Beach Walk Promenade to the views from Pier 60, you're sure to find your perfect spot in the sand on Clearwater Beach.

### Marine Aquarium

<https://www.seewinter.com/visit/>

Visit the home of Winter (from the movie - The Dolphin's Tale) the dolphin and get an immersive look into the world of marine life rescue at our working animal hospital. Plan your visit with our tips and reminders to enhance your experience and make sure you have the best day at CMA.

### Sky Surfing Aviation

<http://sky-surfing.com/>

A Scenic Introductory Flight Lesson in Clearwater Florida is the perfect way for you to experience the majestic views of America's #1 rated beaches while learning more about these amazing aircraft. During a 1 hour flight you will likely see many types of marine life including: Dolphins, Sharks, Manatees, Stingrays and Sea Turtles. As one happy customer said, "WOW, this was better than a tour, I actually got to fly the aircraft!!!"

An FAA Certified Flight Instructor will teach you the basics of trike flying with a hands-on lesson while you surf and soar over breathtaking landscapes in "the motorcycle of the sky" with its unobstructed views! We will explain and demonstrate the basics of how a Trike flies and if you are comfortable, once out over the Gulf we will allow you to take the controls under our close supervision. If not, just relax and enjoy the incredible experience while we demonstrate the aircraft's amazing performance!



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# NEARBY ACTIVITIES



## Cleveland Street District

<https://www.visitstpeteclearwater.com/profile/cleveland-street-district/483>

Sitting atop a 30-foot bluff overlooking stunning Clearwater Harbor, the Cleveland Street Retail and Entertainment District combines a beautiful waterfront and walkable urban setting. Come experience all the exciting dining, shopping, event and entertainment options the Cleveland Street District has to offer!

## Fishing

<http://www.flyfishingflorida.com/home.html>  
<http://www.marinezonefishing.com/>

Fish inshore with light spinning tackle or fly for Redfish, Snook, and Trout. Battle a Tarpon on light tackle for a thrill you will never forget. Otherwise, go offshore to jig for Amberjack, bottom fish with bait for big Snappers and Groupers, or even troll offshore for Mahi Mahi and Blackfin Tuna in the summer.

## ST PETE

St Pete is approximately 40 minutes south of the resort.

<https://www.visitstpeteclearwater.com/>

Some of the activities in St. Pete include:

## Florida Botanical Gardens

<http://www.flbg.org/>

The Florida Botanical Gardens inspires and educates visitors by showcasing flora, fauna, and natural resources in motivational surroundings that promote environmentally friendly techniques.

Bring the family and spend the day. The Gardens are open almost every day of the year and admission is free!

## The Dali Museum

<https://thedali.org/>

The museum is dedicated to the works of Salvador Dalí. It houses the largest collection of Dalí's works outside Europe.

## TAMPA BAY

Tampa Bay is approximately 45 minutes southeast of the resort.

<https://www.visittampabay.com/>

Some of the activities in Tampa Bay include:

## Busch Gardens

<https://buschgardens.com/tampa/>

Busch Gardens Tampa Bay Florida's theme park will thrill the entire family with Florida's best roller coasters, attractions, live shows & is home to more than 12,000 animals.

## Lowry Park Zoo

<https://zootampa.org/>

ZooTampa at Lowry Park is home to more than 1300 animals and famous for having one of the most beautiful, tropical zoological settings in the world. The Zoo brings together animals and visitors to create unforgettable, natural connections.

## Shopping

Discover your Tampa shopping adventure. From national names and elite designers to local boutiques and bargain outlets, Tampa Bay's diverse shopping scene is the perfect fit for any style or price range. With both large malls and eclectic shopping districts, the shopping deals in Tampa Bay are endless.



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# SCHEDULE-AT-A-GLANCE

## THURSDAY, MARCH 7

|                   |                                                          |
|-------------------|----------------------------------------------------------|
| 7:00am – 12:30pm  | Registration Open                                        |
| 7:00am – 8:00am   | Continental Breakfast for Physicians                     |
| 7:30am – 8:00am   | Quick Shot Presentations 1                               |
| 8:00am – 10:00am  | Spouse & Companion Breakfast                             |
| 8:00am – 9:00am   | Local Program   University of South Florida              |
| 9:00am – 9:45am   | Extra-Terrestrial Medical Care   Scott Dulchavsky MD PhD |
| 9:45am – 10:05am  | Refreshment Break & Exhibits                             |
| 10:05am – 12:25pm | Scientific Session 1                                     |
| 12:30pm           | Afternoon Free                                           |
| 1:00pm – 6:00pm   | CSA Golf Tournament                                      |
| 6:30pm – 8:00pm   | Welcome Reception                                        |
| 7:30pm            | CSAF Dinner                                              |

## FRIDAY, MARCH 8

|                   |                                                  |
|-------------------|--------------------------------------------------|
| 7:00am – 5:30pm   | Registration Open                                |
| 7:00am – 8:00am   | Continental Breakfast for Physicians             |
| 7:00am – 8:00am   | Leadership Session - Part 2                      |
| 8:00am – 10:00am  | Spouse & Companion Breakfast                     |
| 8:00am – 8:30am   | Quick Shot Presentations 2                       |
| 8:30am – 9:50am   | Scientific Session 2                             |
| 9:50am – 10:15am  | Refreshment Break & Exhibits                     |
| 10:15am – 11:00am | Address of the President                         |
| 11:00am – 11:30am | CSA Foundation Awards & New Member Introductions |
| 11:30am – 12:30pm | Industry Sponsored Luncheon                      |
| 11:30am – 12:30pm | President's Luncheon for New Members             |
| 12:30pm – 3:10pm  | Scientific Session 3A                            |
| 12:30pm – 3:10pm  | Scientific Session 3B                            |
| 3:10pm – 3:30pm   | Refreshment Break & Exhibits                     |
| 3:30pm – 4:30pm   | Opioids   Michael Englesbe MD                    |
| 4:30pm – 5:30pm   | Annual Business Meeting (Members Only)           |
| 6:30pm – 7:30pm   | Reception                                        |
| 7:30pm – 10:00pm  | Nonie Lowry Dinner Dance – Beach Party!          |



## SATURDAY, MARCH 9

|                   |                                                |
|-------------------|------------------------------------------------|
| 7:00am – 11:30am  | Registration Open                              |
| 7:00am – 9:00am   | Continental Breakfast for Physicians & Spouses |
| 7:00am – 8:20am   | Scientific Session 4                           |
| 8:20am – 8:50am   | Quick Shot Presentations 3                     |
| 8:50am – 9:35am   | Ethics Debate                                  |
| 9:35am – 11:35am  | Scientific Session 5                           |
| 11:35am – 12:35pm | Scientific Session 6                           |
|                   | Meeting Concludes                              |

**MODIFIED SCHEDULE**  
Featuring Free Afternoon Thursday!



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Innisbrook

CENTRAL SURGICAL ASSOCIATION

## REGISTRATION FORM

Please complete ALL SECTIONS below. In the Registration Fees section, please indicate the registration category(ies) by placing a checkmark in the appropriate box(es), write in the applicable fee, complete the "Activities" section and total the amount due in the Total Amount Due section. If you are registering as a Guest Physician, please include sponsoring member's name. If registering a Spouse/Companion, include guest's first and last name.

REGISTRANT

|                                                           |                                          |
|-----------------------------------------------------------|------------------------------------------|
| FIRST NAME (as you would like it to appear on name badge) | LAST NAME                                |
| INSTITUTION                                               |                                          |
| MAILING ADDRESS                                           | CITY / STATE / ZIP POSTAL CODE / COUNTRY |
| OFFICE PHONE                                              | FAX                                      |
| E-MAIL ADDRESS                                            | OFFICE CONTACT                           |

FEES

| REGISTRATION FEES                                        | Postmarked by Feb. 4th | Postmarked after Feb. 4th | Registration Fees |
|----------------------------------------------------------|------------------------|---------------------------|-------------------|
| <input type="checkbox"/> Member                          | \$450                  | \$500                     | \$ _____          |
| <input type="checkbox"/> Associate Member                | \$225                  | \$275                     | \$ _____          |
| <input type="checkbox"/> Non Member Physician            | \$550                  | \$600                     | \$ _____          |
| <input type="checkbox"/> Resident/Fellow/Medical Student | \$250                  | \$300                     | \$ _____          |
| <input type="checkbox"/> Allied Health Professional      | \$250                  | \$300                     | \$ _____          |
| <input type="checkbox"/> Spouse/Companion                | \$200                  | \$250                     | \$ _____          |
| Spouse/Companion First and Last Name: _____              |                        |                           |                   |

| ACTIVITIES FEES                                          | Total # Attending | Member/Resident/<br>Guest Physician | Spouse/Companion | Activities Fees |
|----------------------------------------------------------|-------------------|-------------------------------------|------------------|-----------------|
| <b>Thursday, March 7</b>                                 |                   |                                     |                  |                 |
| <input type="checkbox"/> CSA Golf Tournament             | _____             | \$180                               | \$180            | \$ _____        |
| <input type="checkbox"/> CSA Foundation Dinner           | _____             | \$250                               | \$250            | \$ _____        |
| <b>Friday, March 8</b>                                   |                   |                                     |                  |                 |
| <input type="checkbox"/> Tram & Nature Walking Tour      | _____             | \$30                                | \$30             | \$ _____        |
| Unregistered Guest Welcome Reception Ticket \$100        |                   |                                     |                  | \$ _____        |
| Unregistered Guest Nonie Lowry Dinner Dance Ticket \$125 |                   |                                     |                  | \$ _____        |

CSA CAPITAL CAMPAIGN DONATION & CSA 2019 MEMBERSHIP DUES

|                                                                                                                                                              |          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| <input type="checkbox"/> To make a voluntary contribution to the Central Surgical Association Foundation, please indicate the amount to be donated           | \$ _____ |
| <input type="checkbox"/> CSA 2019 Membership Dues (Active and Senior Members [under the age of 65] are encouraged to pay their membership dues at this time) |          |
| <input type="checkbox"/> Active Member \$300                                                                                                                 | \$ _____ |
| <input type="checkbox"/> Associate Member \$25                                                                                                               | \$ _____ |
| <b>TOTAL DUE</b>                                                                                                                                             | \$ _____ |

PAYMENT

Please indicate your form of payment below. If paying by credit card, please complete ALL sections below.  
CSA Tax ID#: 38-6077274; CSAF Tax ID # (for Foundation Contributions): 38-3061851

☐ American Express    ☐ MasterCard    ☐ VISA    ☐ Discover    ☐ Check

|                                                                     |                 |
|---------------------------------------------------------------------|-----------------|
| NAME AS IT APPEARS ON CARD                                          | SIGNATURE       |
| STREET ADDRESS & ZIP POSTAL CODE CREDIT CARD STATEMENTS ARE SENT TO |                 |
| CARD NUMBER                                                         | EXPIRATION DATE |

**IF PAYING BY CREDIT CARD:** You may register by emailing this form to [csa@lp-etc.com](mailto:csa@lp-etc.com). **IF PAYING BY CHECK:** Please mail your completed registration form and payment to the Central Surgical Association at PO Box 219191, Kansas City, MO 64121-9191. **CANCELLATION POLICY:** Registration cancellations received in writing and sent to the address above (postmarked by February 28, 2018) will be refunded, less a \$100 administrative fee. All refunds will be processed immediately following the conference. No Refunds for cancellations after February 28, 2018. **REGISTRATION QUESTIONS:** Contact the CSA Headquarters Office at 913.402.7102 or [csa@lp-etc.com](mailto:csa@lp-etc.com).