



BOARD FORUM: CAREER PATHS

ASIDE FROM MEDICAL TRAINING, DID YOU RECEIVE ANY OTHER PROFESSIONAL TRAINING ALONG THE WAY? HOW HAS IT IMPACTED YOUR CURRENT PRACTICE?

Shannon Humphrey, MD: My interest in aesthetic practice came much later after I'd finished my residency. Spending my first day in a cosmetic dermatology practice helped me see the amazing and positive impact we could have in the lives of our patients.

Jason Emer, MD: I was originally in the pathway of ENT/facial plastics and had a mentor, Dr. Dean Toriumi, who guided me during medical school. After realizing that ENT wasn't for me but dermatology was something I was very interested in because of its diversity in training (surgical/procedural, medical, cancer, etc.), I knew that was what I wanted to do longterm. In my residency I had mentors such as Dr. Heidi Waldorf with expertise in facial fillers and lasers and Dr. Joe Niamtu in facial aesthetic surgery and lasers who really impacted the type of combination treatments and innovative approaches/procedures I do in my practice today.

Jose Montes, MD: As a premed student at Cornell University, I completed my bachelor in chemistry in three years. During my senior year, I studied Literature, Theatre and Music to accommodate my passion for Arts. I truly believe that this has helped me stand out as an effective speaker in my field and enabled me to communicate better, with empathy and passion. It is my belief that for a cosmetic practice to be successful it is necessary to discover and nurture one's aesthetic eye and soul.

Sabrina Fabi, MD: As a teenager I also wanted to be a news reporter. I remember having the desire to share information with the public so they could make more educated decisions. Today I am fortunate to be able to do this in the capacity of a medical correspondent for Fox News. I never received official media training prior to being on air but have had some media training since appearing. I believe this opportunity also helps me when educating my patients, speaking on the podium, and when I teach residents.

Adam Schaffner, MD: My training as an otolaryngologist provided a firm foundation upon which to build to become a plastic surgeon. It provided me with knowledge, technical skill, and judgment that served me well as I transitioned to

reconstructive surgery and ultimately to aesthetic surgery and medicine.

ASSUMING THERE WERE NO LOGISTICAL OR PRACTICAL IMPEDIMENTS, WOULD YOU PURSUE ANY TRAINING OR EDUCATION TO ASSIST YOU IN YOUR CURRENT PRACTICE?

Dr. Montes: In order to continue having a thriving practice, it is necessary to be up-to-date with the latest technology, products, and treatments. Therefore, I have a network of colleagues with whom I exchange information and provide feedback on what is needed to continue offering the best to our patients. We guide each other towards the most outstanding treatments and results. I would like to have more training in Dermatology and in General Plastic Surgery to complement my work, as well as learn from the experts in every field. I believe that the core specialty educational meetings and initiatives, such as the Cosmetic Bootcamp®, are essential instruments for this purpose.

Dr. Emer: I continue to go all over the world to lecture on high-definition body contouring and liposuction, and have been trained by Dr. Alfredo Hoyos that has significantly impacted my career path.

Drs. Humphrey, Fabi, and Shaffner each would consider an MBA:

Dr. Humphrey: While we are well equipped after residency to manage patients, managing a practice and team of individuals is quite another story! It's one of the parts of my practice that I most enjoy but also has the steepest learning curve.

Dr. Fabi: Business is something we rarely cover or touch on in medical school or residency training. Having been pre-med in college I didn't take many business courses and today I feel this would have come in handy.

Dr. Schaffner: The time and cost of the program and loss of practice revenue while engaged in the program make it difficult to justify at this time. Therefore, I concentrate on delivering high quality care and being productive in my practice and retain experts in fields which support my practice to provide guidance and support to optimize practice operations and efficiency. ■

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