

# Ashok L. Gowda, M.D.

Email: GowdaOrtho@gmail.com

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## EDUCATION

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### POSTGRADUATE

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- 8/14-7/15 **William Beaumont Hospital**  
*Fellow in Shoulder and Elbow Surgery*  
*Dr. Michael Wiater (Shoulder and Elbow Reconstruction)*  
*Dr. Kyle Anderson (Orthopaedic Sports Medicine, Detroit Lions Head Team Physician)*  
Royal Oak, MI
- 7/09 –7/14 **New York Medical College (Level I Trauma Center)**  
*Resident in Orthopaedic Surgery*  
*Dr. David Asprinio (Trauma, Chairman/Program Director)*  
Valhalla, NY

### MEDICAL

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- 8/05 – 5/09 **Thomas Jefferson University Medical College**  
*Doctorate of Medicine*  
*Premedical-Medical 7-year Accelerated Track*  
Philadelphia, PA

### UNDERGRADUATE

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- 9/02 – 12/05 **Pennsylvania State University**  
*Bachelors of Science, Pre-Medical*  
*Bachelors of Arts in Religious Studies, History Minor*  
University Park, PA
- 1/05 – 5/05 **Blackfriars College, Oxford University**  
*Catholic Theology*  
Oxford, England

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### PROFESSIONAL DISTINCTIONS

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- 2015 **Editors Choice Journal of Bone and Joint Surgery Reviews:** The Treatment of Glenoid Bone Deficiency in Anatomic Shoulder Arthroplasty: A Critical Analysis Review.
- 2014-15 **Assist In The Care For The Detroit Lions**
- 2014-15 **Assist In The Care For Oakland University Athletics (Division I)**
- 2014-15 **Assist In The Care For Local High School Football Teams**
- 2013 **Orthopaedic In-Training Exam (OITE) PGY-4 Exam:** 90<sup>th</sup> percentile
- 2013 **Peer Reviewer:** Physical Therapy in Sports
- 2012 **American Academy of Orthopaedic Surgeons (AAOS) Annual Meeting (San Francisco, CA) – Tumor/Metabolic Disease Poster Tour Highlight Recipient:** Nonunions of Atypical Bisphosphonates Subtrochanteric Fracture: A Multimodal Treatment Approach
- 2002 **Accelerated Premedical-Medical Program (B.S./M.D.) Pennsylvania State University:** Acceptance directly from high-school into a highly selective and rigorous combined undergraduate-graduate training program. Only 25 students are selected per year.  
*<http://science.psu.edu/premed/premedmed/accelerated-premed-medical>*

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### SCIENTIFIC RESEARCH

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### PUBLICATIONS

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1. Vara AD, Kouetier D, Pinkas D, **Gowda A**, Wiater B, Wiater JM. Intravenous transexemic acid reduces total blood loss in reverse total shoulder arthroplasty: a prospective, double-blinded, randomized, control trial. J Shoulder Elbow Surg. 2017; Feb.
2. **Gowda A**, Kennedy G, Gallacher S, Garver J, Blaine T. The Three-Portal Technique in Lateral Epicondylitis Release. Orthopedic Reviews. 2016; Nov; 8(4).
3. Ho AG, **Gowda AL**, Wiater JM. Evaluation and Treatment of Failed Shoulder Instability Procedures. J Orthop Traumatol. 2016; Sep; 17(3): 187-197.
4. Osborne J, **Gowda A**, Wiater B, Wiater JM. Rotator Cuff Rehabilitation: Current Theories and Practice. Phys Sportsmed. 2016; 44 (1): 85-92.
5. **Gowda A**, Wiater B, Wiater JM. "Evaluation of the Painful Shoulder Arthroplasty." Let's Discuss Revision Shoulder Arthroplasty. Gamradt, Sperling, Galatz. AAOS, Aug 2015. 43-56.

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6. **Gowda AL**, Pinkas DE, Wiater JM. The Treatment of Glenoid Bone Deficiency in Anatomic Shoulder Arthroplasty: A Critical Analysis Review. *Journal of Bone and Joint Surgery Reviews*. 2015; Jul 3(7): e2.
7. Kaback LA, **Gowda A**, Paller D, Green A, Blaine T. Long Head Biceps Tenodesis with a Knotless Cinch Suture Anchor: a Biomechanical Analysis. *Arthroscopy*. 2015 May; 31(5): 831-835.
8. Zelicof S, Lozano Calderón S **Gowda A**, Lai J. The Use of Vitoss Bone Graft Substitute in Revision Total Hip Arthroplasty: A Case Series. Stryker USA. 2015.
9. Mease S, **Gowda A**, Dhar Y. *Eikenella Corrodens* as a Cause of Primary Septic Arthritis of the Hip and Treatment with Arthroscopic Lavage: A Case Report. *Am J Ortho*. 2014; Sep 43(9): 419-421.
10. Vopat B, Murali J, **Gowda A**, Kaback L, Blaine TA. The Global Percutaneous Shuttleing Technique Tip for Arthroscopic Rotator Cuff Repair. *Orthop Rev*. 2014; May 13; 6(2): 5279.
11. **Gowda A**, Mease SJ, Donatelli R, Zelicof S. Gluteus medius strengthening and the use of the Donatelli Drop Leg Test in the athlete. *Phys Ther Sport*. 2014; Feb 15(1): 15-19.
12. Bender B, **Gowda A**, Parvizi J. Hip Arthroplasty: The Essentials (Parvizi, Klatt): Femoroacetabular Impingement. SLACK Incorporated, 2013.
13. Russinoff S, Miran S, **Gowda A**, Lucas P. Osteosarcoma Cells Differentiate into Phenotypes from All Three Dermal Layers. *Clin Orthop Relat Res*. 2011 Oct; 469(10): 2895-904.
14. Bhandutia A, Gruskay J, Helgeson M, Yadlapalli N, **Gowda A**, Su B, Ratliff J, Anderson D, Vaccaro A. Treatments and Outcomes for Lower Lumbar (L3-L5) Burst Fractures: A Systemic Review. *Contemporary Spine Surgery*. 2011 Apr; 12(4): 1-7.
15. Bender B, **Gowda A**, Parvizi J. Knee Arthroplasty: The Essentials (Parvizi, Klatt): Preoperative Evaluation. SLACK Incorporated, 2009.
16. Cortese JF, **Gowda A**, Wali A, Eliason JF, Pass HI, Everson RB. Common EGFR Mutations Conferring Sensitivity to Gefitinib in Lung Adenocarcinoma Are Not Prevalent in Human Malignant Mesothelioma. *Int J Cancer*. 2006 Jan 15; 118(2):521-2.

## PODIUM PRESENTATIONS AND POSTERS

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1. **Gowda AG**. Understanding and Addressing Chronic Shoulder Pain. Sibley Memorial Hospital. Washington, D.C., December 1, 2016.
2. **Gowda AG**. The Rotator Cuff: Where Do We Stand in 2016. Grand Rounds Holy Cross Hospital. Silver Spring, MD. October 11, 2016.

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3. **Gowda A**, Ho A, Chiunard C, Wiater JM. Stemless Humeral Component in Total Shoulder Arthroplasty; Two-year Age-Related Clinical Outcomes. International Congress of Shoulder and Elbow Surgery, May 2016: Jeju, Korea.
4. Wiater B, **Gowda A**, Kurdziel M, Newton M, Dicker S, Baker K, Wiater JM. Quantitative Evaluation of Wear Volume and Surface Deviation of Retrieved Reverse Total Shoulder Arthroplasty Liners Utilizing  $\mu$ CT Imaging. Michigan Orthopaedic Society, Mackinaw Island, Michigan. June 19-21, 2015.
5. **Gowda A**, Kurdziel M, Newton M, Dicker S, Baker K, Wiater JM. Quantitative Evaluation of Wear Volume and Surface Deviation of Retrieved Reverse Total Shoulder Arthroplasty Liners Utilizing  $\mu$ CT Imaging. William Beaumont Health System Research Symposium, Birmingham, Michigan. June 5, 2015.
6. Wiater JM, **Gowda A**. How to Expose and Replace the Glenoid. AAOS/ASES Open and Arthroscopic Techniques in Shoulder Surgery, Rosemont Il. May 29-30, 2015.
7. Wiater JM, **Gowda A**. Subacromial Decompression: Should it NEVER be Performed? What Does the Evidence Tell Us? AAOS/ASES Open and Arthroscopic Techniques in Shoulder Surgery, Rosemont Il. May 29-30, 2015.
8. Pinkas D, Moore D, **Gowda A**, Baker K, Baker E, Kurdziel M, Salisbury M, Wiater JM. Characterization of Shoulder Arthroplasty Periprosthetic Tissue Pro-Inflammatory Markers and Radiographic Data. American Academy of Orthopaedic Surgeons, Las Vegas, Nevada. March 24 – 28, 2015.
9. Wiater JM, Pinkas DE, **Gowda AL**. Open Acromioclavicular Joint Reconstruction With Tendon Allograft. International Congress of Joint Reconstruction, Las Vegas, Nevada. September 18-22 2014.
10. Axelrad TW, **Gowda A**, Lazaro L, Cymerman R, Wellman D, Leu D, Lorich D, Asprinio D, Helfet D. Nonunions of Atypical Bisphosphonates Subtrochanteric Fracture: A Multimodal Treatment Approach. American Academy of Orthopaedic Surgeons, San Francisco, California. February 7 – 11, 2012
11. Bender B, **Gowda A**, Azzam K, Ghanem E, Purtill JJ, Parvizi J. Diagnosing Periprosthetic Infection: High False Rate Results of Microbiological Studies. American Academy of Orthopaedic Surgeons, Las Vegas, Nevada. February 25 – 27, 2009.
12. Bender B, **Gowda A**, Azzam K, Ghanem E, Purtill JJ, Parvizi J. Diagnosing Periprosthetic Infection: High False Rate Results of Microbiological Studies. Eastern Orthopaedic Association, Las Vegas, Nevada. October 22 – 25, 2008.
13. Bender B, **Gowda A**, Azzam K, Ghanem E, Purtill JJ, Parvizi J. Diagnosing Periprosthetic Infection: High False Rate Results of Microbiological Studies. European Bone and Joint Infection Society. Barcelona, Spain. September 18 – 20, 2008.

14. Bender B, **Gowda A**, Azzam K, Ghanem E, Purtill JJ, Parvizi J. Diagnosing Periprosthetic Infection: High False Rate Results of Microbiological Studies. Musculoskeletal Infection Society, Lake Tahoe, California, August 8 – 9 2008.

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### ABSTRACTS

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1. **Gowda A**, Lozano Calderón S, Izunza J, Zelicof J. Adjustable Rolling Desk Chair as an Alternative to Continuous Passive Motion in the Total Knee Arthroplasty Patient. 10th Annual Louis R.M. DelGuercio M.D. Lectureship & Research Day, New York Medical College, Valhalla, NY, December 19, 2012.
2. Lozano Calderón S, **Gowda A**, Touban B, Mallozi S, Zelicof J. Functional Outcomes and Polyethylene Wear Rates in Total Hip Arthroplasty using 36 mm Metallic (LFIT™ Anatomic V40™) or Ceramic (BioloX®) Heads and Highly Cross-Linked Polyethylene (Trident®X3). 10th Annual Louis R.M. DelGuercio M.D. Lectureship & Research Day, New York Medical College, Valhalla, NY, December 19, 2012.

### UNPUBLISHED PROJECTS

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1. **Gowda A**, Zamora R, Han G, Villalobos C, Wittig J. Radiographic Findings in Soft Tissue Sarcoma.
2. Zimel, M, Maerz T, Rausch, Baker K, **Gowda A**, Bicos J, Guettler. A Biomechanical and Morphological Comparison of Articular Cartilage and Subchondral Bone of the Glenoid and Humeral Head.
3. Pinkas D, **Gowda AG**, Wiater B, Koueiter D, Wiater JM. LD TT Versus Lateral Center of Rotation for Patients with Lack of Active External Rotation Preoperatively in rTSA.

### EXTRACURRICULAR ACTIVITIES

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### MEDIA PUBLICATIONS

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1. A Shift In How Concussions are Detected and Treated. *Montgomery Sentinel*. November 17, 2015.
2. Local Doctor Offers Tips on How to Add Vitamin D to Diet. *Oakland Press*. November 19, 2014
3. Beaumont Surgeon Warns of Risks Associated with Sports Concussions. *Oakland Press*. August 24, 2014

### COURSE INSTRUCTION

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1. **Latest Concepts in Sports Surgery of the Shoulder and Knee**. Oakland University School of Medicine, William Beaumont Hospital. September 19-20, 2014.

### LEADERSHIP

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- 2013-2014 **Department of Orthopaedic Surgery Residency Website:** Creator/Web designer/Editor  
Developed a website for the New York Medical College orthopaedic residency program. Direct responsibilities include web design, html coding, and content.  
*<http://www.nymc.edu/ortho/>*
- 2009-2014 **Weill Cornell Community Clinic Outreach Program:** Co-founder/Physician  
Developed a community outreach cardiac health-screening program for underserved communities to run in conjunction with the existing community clinic. Direct responsibilities include involvement with grant acquisition, student lecture development, and patient counseling.  
*<http://weill.cornell.edu/wccc/community-resources/heart-to-heart.html>*
- 2006-2009 **ImproveHealthCare.org:** National Student Advisor  
Attended first annual multi-institution collaborative at Harvard Medical School to integrate student run case-based learning in medical education, coordinated with faculty of both 1<sup>st</sup> and 2<sup>nd</sup> year class to integrate cases into curriculum, and organized extracurricular student run case discussions.  
*<http://improvehealthcare.org>*
- 2006-2009 **Department of Housing and Residence Life:** Senior Residential Advisor (RA)  
Coordinated and supervised other Residential Advisors, participated in incident response, coordinated floor activities, and acted as a student liaison and advocate.
- 2006-2007 **American Medical Student Association:** Vice-President  
Organized medical education and community outreach events and coordinated annual regional and national conference trips.
- 2003-2004 **Phi Gamma Delta (FIJI) Fraternity:** Scholarship Chair  
Organized study sessions, assisted fellow members in educational activities to maintain required GPA.

## VOLUNTEER

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- 2011-Present **HandHelp.org:** Surgical Volunteer  
Participation in an annual trip organized by Yale Hand Surgeon Grant Thompson, M.D. to San Pedro Sula, Honduras where over 75 surgeries were performed by three surgical teams. Operative experience included treatment of congenital hand abnormalities, simple and complex nerve and tendon transfers, upper extremity nonunions, and burn contracture release.

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<http://handhelp.org>

2009-Present **Charity:Water:** Volunteer  
Assist in fundraising and event organization.  
<http://www.charitywater.org>

2009-Present **City Harvest:** Volunteer  
Assist in fundraising, food collection, and food distribution.  
<http://www.cityharvest.org>

### **JOURNAL REVIEW**

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2013 **Physical Therapy in Sports:** Peer Reviewer

2017 **European Journal of Physiotherapy:** Peer Reviewer

### **ATHLETIC ACHIEVEMENTS**

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2012 Philadelphia Olympic Triathlon (Philadelphia, PA)

2011 Five Boroughs Bike Race (New York, NY)

2010 New York City Half Marathon (New York, NY)

2009 Charlottesville Marathon (Charlottesville, VA)

2000-02 High School Varsity Track and Cross Country

### **HOBBIES AND INTEREST**

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Skiing, Hiking, Sailing, Golf, Real Estate, Politics, History, Travel, Phi Gamma Delta (FIJI) Fraternity