

William F. Lestini, M.D.

Curriculum Vitae

Revised May 29, 2007

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Business Address

Triangle Spine and Back Care Center
3320 Wake Forest Road, Suite 430
Raleigh, NC 27609

Office phone: 919-876-7676
Office fax: 919-876-7163
Office web site: www.trianglespine.com

Previous Professional Appointment

Staff Orthopaedic Surgeon
Chief, Spine Surgery Service
National Naval Medical Center, Bethesda, MD 1989 – 1992

Surgical Training

Spine Fellowship
The Cleveland Clinic Foundation, Cleveland, OH 1988 – 1989

Chief Resident, Orthopaedic Surgery
George Washington University Medical Center, Washington, DC 1987 – 1988

Orthopaedic Residency
George Washington University Medical Center, Washington, DC 1984 – 1987

Surgical Internship
George Washington University Medical Center, Washington, DC 1983 – 1984

Education

Georgetown University School of Medicine, Washington, DC
MD Degree 1979 - 1983

Georgetown University, Washington, DC
BS Degree, Cum Laude 1975 - 1979

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Certification and Licensure

State of North Carolina, #35960
District of Columbia Medical Board, #14821
American Board of Orthopaedic Surgery, Board Certified
National Board of Medical Examiners

Professional Associations

American Board of Orthopaedic Surgery, Diplomate
American Academy of Orthopaedic Surgeons, Fellow
North American Spine Society
Southern Medical Association
Southern Orthopaedic Association
North Carolina Medical Society
North Carolina Spine Society
Wake County Medical Society
Raleigh Academy of Medicine
Society of Laparoscopic Surgeons

Military Affiliation

United States Navy, Active Duty, LCDR, MC	1989 - 1992
Attached Second Marine Division, 2 nd FSSG, 2 nd Medical BN	11/90 – 5/91

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Awards and Honors

Physician of the Month (January) Duke Health Raleigh Hospital (formerly Raleigh Community Hospital), Raleigh, NC	2005
Physician of the Month (September), Raleigh Community Hospital, Raleigh, NC	2004
Sea Service Deployment Ribbon, Southwest Asia Service Medal, Fleet Marine Force Ribbon, National Defense Medal and Humanitarian Service Award for Participation in Operation Desert Storm	1992
Navy Achievement Medal for Second Place Award, Clinical Division, End-of-Year Academic Competition, National Naval Medical Center, Bethesda, MD	1991
Nominated for American College of Surgeons Zeller Award, Surgical Resident of the Year	1988
Naval Health Profession Scholarship	1980

Personal Data

Married: Stephanie Shanley Lestini

Children: Elizabeth Shanley Lestini
Lysandra Palmer Lestini

Associations / Memberships

North Carolina Family Policy Council, Treasurer, Executive Board

Finding Purpose Ministry for Men, Board of Directors

Bible Study Fellowship

Gideons, International

Deacon, Christ Baptist Church, Raleigh NC

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PUBLICATIONS

1. Lestini W, Fulghum J, Whitehurst L; Lumbar Spinal Fusion: Advantages of Posterior Lumbar Interbody Fusion. *Surgical Technology International. International Developments in Surgery and Surgical Research, Volume 3*, Universal Medical Press, San Francisco, CA, p. 577, 1994.
2. Lestini W, Wiesel S; Recurrent Lumbar Disc Herniation. *Operative Techniques in Orthopaedics*, Volume 1(1)35-45, January 1991.
3. Lestini W, Bell G; Spinal Infection: Patient Evaluation. *Seminars in Spine Surgery. Volume 2(5):244-56*, December 1990.
4. Boden S, Labropoulos P, McCowin P, Lestini W, Hurwitz S; Mechanical Considerations for the Syndesmosis Screw: A cadaver Study. *J Bone Joint Surg.;71A(10):1548*, 1989.
5. Boden S, Lestini W, Wiesel S; Compensation Low Back Pain. Bell G (ed). *Seminars in Spine Surgery. Volume 1(1), Lumbar Disc Disease*, 1989.
6. Lestini W, Wiesel S; The Pathogenesis of Cervical Spondylosis. *Clin. Orthop.*, 1989; 69:239.
7. Lestini W, Labropoulos P, Hurwitz S; Ankle Sprains: Prediction of Outcome. *Orthopaedic Transactions*, 1988; 12(3):664.

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PRESENTATIONS

1. "The Bone-Crushing Truth: Osteoporosis and Osteopenia", Duke Raleigh Healthy Focus Lecture Series, Duke Raleigh Hospital, Raleigh, NC, May 24, 2007.
2. "Current Trends in Spinal Surgery", 14th Annual Rehabilitation and Medical Case Management Educational Symposium, Embassy Suites Hotel, Greensboro, NC, March 22, 2007.
3. "Osteoporosis and Osteoporotic Compression Fractures", Aorn Tarheels East Meeting, Wyndham Garden Hotel, – RTP, Raleigh, NC, October 5, 2006.
4. "Spondylosithesis & Treatment", Orthopedic Grand Rounds – Duke Health Raleigh Hospital (formerly Raleigh Community Hospital), Raleigh, NC, October 13, 2004.
5. "Osteoporotic Vertebral Compression Fractures & Their Treatment with Kyphoplasty", Orthopedic Grand Rounds – Raleigh Community Hospital, Raleigh, NC, October 9, 2002.
6. "Orthopedic Workshop Series – Spinal Fusions", Raleigh Community Hospital, Raleigh, NC, September 4, 2002.
7. "Back Surgery: New procedure for Fusions", NC Assoc. of Self-Insurers, Annual Meeting, Wilmington, NC, Nov. 18, 1997.
8. "Tapered Interbody Fusion Cage, Laparoscopic Minimally Invasive Spinal Fusion", Japanese Spinal Research Society Annual Meeting, Guest Lecturer, Yokohama, Japan, April, 1997.
9. Raleigh Community Hospital OR Staff; Talk on Anterior Fusions, April 22, 1996.
10. Triangle Spine Staff Meeting regarding Laparoscopic Fusions, June 4, 1996.
11. "Laparoscopic Spinal Fusion", Instructional Course Lecture, Coastal Rehabilitation, New Bern, NC, May 3, 1996.
12. "Minimally Invasive Spinal Surgery", Spring Community Health Break Series, Raleigh Community Hospital, March 30, 1995.
13. "Spinal Screws: Fact & Fiction", Second Annual Educational Conference, NC Association of Insurance Rehabilitation Professionals, Greensboro, NC, March 25, 1995.
14. "New Techniques in Spinal Surgery", Department of Medicine Meeting, Raleigh Community Hospital, Raleigh, NC, March 2, 1995.

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PRESENTATIONS Continued

15. "Lumbar Spine Fusions", Orthopaedic Nursing Rounds, Raleigh Community Hospital, Raleigh, NC, June 7, 1994
16. "Posterior Lumbar Interbody Fusions", Instructional Course Lectures, Rex Hospital OR Staff, Raleigh, NC, October 28, 1993.
17. "Multidisciplinary Approach to the Low Back Pain Patient", Medical Grand Rounds, Raleigh Community Hospital, Raleigh, NC, September 2, 1993.
18. "Surgical Treatment of Disc Disease", American Eagle Rehab Services, Greensboro, NC, June 9, 1995.
19. "Degenerative Disc Disease", Spring Series Talk, Raleigh Community Hospital, Raleigh, NC, March 25, 1993.
20. "Fusion Techniques", In-service to OR Personnel, Raleigh Community Hospital, Raleigh, NC, February 3, 1993.
21. Lestini W, Slemker T, Bell G, Boumphrey F; "An Evaluation of a New Three-Point Brace in Maintaining Stability of Lower Cervical Fracture Dislocations". Presented at the End-of-Year Competition, National Naval Medical Center, 1992.
22. Lestini W, Slemker T, Bell C, Boumphrey R; "An Evaluation of a new Three-Point Brace in Maintaining Stability of Lower Cervical Fracture Dislocations". Presented at the Annual Cervical Spine Research Society Meeting, New Orleans, LA, December 1989.
23. Boden S, Labropoulos P, McCowin P, Lestini W, Hurwitz S; "Mechanical Indications for the Syndesmosis Screw: A Cadaver Study". Poster Exhibit, Orthopaedic Research Society, 35th Annual Meeting, Las Vegas, NV, 1989.
24. Lestini W, Labropoulos P, Hurwitz S; "Ankle Sprains: prediction of Outcome". American Academy of Orthopaedic Surgeons 55th Annual Meeting, Atlanta, GA, 1988.

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GUEST LECTURES

- March 11, 2004 – “Low Back Pain & Treatment Options”, Ravenscroft School, Raleigh, NC
- October 18, 2003 – “Surgical Intervention for Low Back Pain”, Highsmith-Rainey Outpatient Physical Therapy, Fayetteville NC
- September 18, 2003 – “Minimally Invasive Posterior Spinal Fusions”, Carolina Case Management – Capital City Club, Raleigh, NC
- August 13, 2003 – Channel 5 WRAL, Doctor’s on Call
- March 18, 2003 – “Low Back Pain & Treatment Options”, Ravenscroft School, Raleigh, NC
- December 5, 2002 – News Channel 11
- August 9, 2002 – “Concepts of Spinal Segmental Stabilization”, Rehab Professional RIP Talk, Carolina Back Institute, Cary, NC
- April 4, 2002 – “Minimally Invasive Spinal Procedures”, AORN Area Meeting, Raleigh, NC
- March 20, 2002 – Channel 5 WRAL, Doctor’s on Call
- February 27, 2002 – “Vertebral Compression Fractures and Treatment with Kyphoplasty”, Kyphon, Raleigh, NC
- June 5, 2001 – “Rehabilitative Spinal Health and Advances in New Minimally Invasive Surgical Procedures”, North Carolina Chiropractic Association, Raleigh, NC
- May 19, 2001 – “Evolution of Interbody”, Sulzer Spine-Tech, Grand Bahama Island
- September 23, 2000 – “Back to the Future”, State Conference of Peri-Anesthesia Nurses, Raleigh, NC
- September 6, 2000 – “Compression Fractures of Vertebrae”, Raleigh, NC
- June 17, 2000 – “Disc to Closure”: Principles in Spinal Fusion, DePuy Acromed, New York City, NY
- May 11, 2000 – TV Channel 17, Doctor Answer Questions

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- October 26, 1999 – “IDET”, Carolina Case Management, Capital City Club, Raleigh, NC
- September 23, 1999 – “Advances in Minimally Invasive Surgery of the Spine”, Medtronic Neurological
- January 8, 1999 – “Cage Fusion”, Insurance Case Managers North Carolina Rehab
- November 4, 1998 – “Cage Fusion”, Case Management Society of America, Wake Medical Rehab, Raleigh, NC
- October 28, 1998 – “Lap. Fusion”, Emerging Issues in Work Comp
- July 16, 1998 – “Cage Fusion”, Certified NC Adjusters Association Insurance Meeting, Raleigh, NC
- July 7, 1998 – “The Cage”, Southern Association of Work Comp Administrators, Annual SAWCA Convention, Grove Park Resort, Asheville, NC
- April 25, 1998 – “BAK Fusion”, Instructor, Spine Tech Educational Seminar, Vienna, VA
- February 19, 1998 – “Anterior Lumbar Interbody Fusion”, Instructor, Spine Tech Educational Seminar, Charleston, SC
- January 10-11, 1998 – “Spinal Cord Stimulation”, Instructor, Medtronics Spine Fellows Workshop, Memphis, TN
- January 10-11, 1998 – Director of Spine Fellows Workshop, Medtronic Faculty, Memphis, TN
- November 18, 1997 – “Back Surgery and New Procedures”, Self-Insurers Education Conference, Wilmington, NC
- November 5, 1997 – “Cage Fusions”, Wake Medical Rehab, Raleigh, NC
- October 8, 1997 – “ALIF Surgeries”, NC Association of Rehabilitation Insurance Professionals, Greensboro, NC
- October 2, 1997 – “ALIF, No More Heavy Metal”, AORN, Raleigh, NC

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GUEST LECTURES continued

- September 26, 1997 – “Cage Fusions”, ROI
- April 9-23, 1997 – Spinal Society, Danek, Tokyo, Japan
- February 14, 1997 – NC RIP
- May 13, 1996 – “Protocol for Laparoscopic Spinal Fusion”, Southern Rehabilitation Seminar, Cape Fear Medical Center, Wilmington, NC
- March 14, 1996 – “New Techniques in Spinal Fusion”, Intracorp Seminar, Fayetteville, NC
- January 18, 1996 – “Minimally Invasive Spinal Surgery”, AHEC Rehabilitation Seminar, Raleigh Community Hospital, Raleigh, NC
- April 15, 1994 – “Surgical Approach to Disc Disease”, Intracorp
- November 3, 1993 – “Operative and Non-operative Treatment of Lumbar Discs”, State Farm Insurance
- June 9, 1993 – “Multidisciplinary Approach to Back Pain”, American Eagle Rehabilitation
- December 10, 1992 – “Lumbar Disc Disease”, Southern Rehabilitation Network, Inc.
- March 1990 – “Low Back Pain and Sciatica”, Continuing Medical Education Lecture to Medical Staff, Quantico Naval Hospital
- October 1988 – “Discogenic Disease” Orthopaedics for the Primary Care Physician, The Cleveland Clinic Educational Foundation Symposium, Cleveland, OH

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CONTINUING EDUCATION

2007

May 3-6, 2007 – 18th Symposium: Spine Study Group, Cleveland Clinic Foundation Center for Continuing Education, Palm Beach, Florida.

March 24, 2007 – X-Stop® IPD® System Training: Minimally Invasive Reduction of Fractures and the Creation of Cavity in Cancellous Bone, Duke University Human Fresh Tissue Lab, Duke University Medical Center, Durham, NC.

2006

January 28, 2006 – Dynesys Training Workshop In Conjunction with Duke University: Course Objectives, Biomechanics Testing, Surgical Technique & MIS Experience, Patient Selection, Case Studies & Cadaver Lab, Washington-Duke Inn, Durham, NC

2005

July 23, 2005 – DePuy Spine MIS Course: Comprehensive Review of Minimally Invasive Spinal Access & Fixation for Surgical Management of Spinal Instability, Duke University Medical Center, Durham, NC

January 8, 2005 – 2nd Annual Duke Health Raleigh Hospital (formerly Raleigh Community Hospital) Symposium for Continuing Education, DHRH, Raleigh, NC

2004

December 19-21, 2004 – Dynesys Training Course, Zimmer Spine, Winethur, Switzerland

November 29-30, 2004 – Charite Artificial Disc Certification and Training Course, Depuy Spine, Cincinnati, Ohio

September 30-October 2, 2004 – 3rd Annual Emerging Technologies in Spine Surgery, Depuy Spine, Washington, DC

August 17-19, 2004 – Scientex Isobar Training Course, Spain

July 21, 2004 – Southern Orthopedic Association Annual Meeting, Hilton Head, SC

May 1, 2004 – 1st Annual Raleigh Community Hospital Symposium for Continuing Education, Raleigh Community Hospital, Raleigh, NC

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February 21, 2004 – Advanced Concepts in Minimally Invasive WCF Management,
Asheville, NC

2003

May 31, 2003 – Training of Aperture Spinal Systems, Depuy Acromed, Dallas, TX

2002

September 7, 2002 – Botulinum Toxin Type A for Back Pain & Muscle Spasms,
North Raleigh Hilton, Raleigh, NC

August 20, 2002 – Percutaneous Vertebral Body Access Course, Baltimore, MD

July 13, 2002 – American Osteomedics Vertebralplasty Training, Southern Medical Surgical,
Wilmington, NC

June 22, 2002 – Kyphon Surgeon Round Table, Kyphon, Pinehurst, NC

2001

May 5, 2001 – BAK Cervical Education Course, Spine Tech, Grandover Resort,
Greensboro, NC

2000

December 8, 2000 – Review and Update for Practicing Orthopaedic Surgeons, American
Academy of Orthopaedic Surgeons

1997

October 22-26, 1997 - North American Spine Society, Annual Meeting, New York, NY

1996

May 31-June 2, 1996 – NC Spine Society, Charlotte, NC

April 26-27, 1996 – Origin: Gasless Retroperitoneal Approach to Lumbar Spine, Dupage
Hospital, Chicago, IL

February 9-10, 1996 – Tapered Interbody Fixation Device, Investigator's Meeting and Live
Animal Lab, Memphis, TN

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1995

October 17-20, 1995 – NASS, Washington, DC

October 5-6, 1995 – Cadaver Class – Laparoscopic Fusions, Sofamor Danek, Memphis, TN

June 3, 1995 – NC Spine Society Meeting, Non-Operative Care of Low Back Pain,
Chapel Hill, NC

March 4, 1995 – Laparoscopic Anterior Spinal Fusion, Animal Lab, NCSU School of
Veterinary Medicine

February 16-22, 1995 – American Academy of Orthopaedic Surgeons Annual Meeting,
Orlando, FL

January 26-28, 1995 – Advances in Spinal Surgery, Cancun, Mexico

1994

November 12, 1994 – Holmium: Yag Laser for Percutaneous Discectomy and
Arthroscopy Applications, Pittsburgh, PA

November 2, 1994 – Laparoscopic Anterior Spinal Surgery, Minimally Invasive
Surgical Training Institute, Baltimore, MD

April 18-22, 1994 – International North American Spine Society, Maui, Hawaii

1993

October 8-9, 1993 – North Carolina Orthopaedic Association, Annual Meeting, Pinehurst, NC

July 22-25, 1993 – Spinal Endoscopy, Williamsburg, VA

1992

October 1992 – Spinal Instrumentation Lab, December, 1992-Spine Review
Course, Asheville, NC

June 8-19, 1992 – Fourth Annual Spine Symposium, Uniformed Services University of Health
Sciences

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February 1992 – Annual Meeting of American Academy of Orthopaedic Surgeons,
Washington, DC

1989

November 28, 1989 – Luque Interpedicular Segmental Fixation Course, Denver, CO

October 15-20, 1989 – AO/ASIF Spine Course, Co-Sponsored by USC Davis Medical
School, Vail, CO

1988

November 10-14, 1988 – The Spine: Current Concepts of Diagnosis and Treatment, Palm
Springs, CA

1987

May 15, 1987 – The Spine: Advanced Concepts of Diagnosis and Treatment, Sponsored by
The Spine Study Group, Kiawah, SC

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REFERENCES

Gordon R. Bell, M.D.
Department of Orthopaedic Surgery
Section of Spinal Surgery
Desk A-41
The Cleveland Clinic Foundation
9500 Euclid Avenue
Cleveland, OH 44195-5027

Samuel W. Weisel, M.D.
Chairman, Department of Orthopaedic Surgery
Georgetown University Medical Center
3800 Reservoir Road, NW
Washington, DC 2007-2197

James Tozzi, M.D.
Physicians Office building #318
106 Livingston Street, NW
Washington, DC 20010

Keith M. Maxwell, M.D.
445 Biltmore Avenue, Suite 401
Asheville, NC 28801