

Adam Bender-Heine|adam.benderheine@utrgv.com  
Department of Surgery  
University of Texas Rio Grande Valley School of Medicine  
615 Camelot Drive  
Harlingen, Texas 78550

office: 956 296 2701  
fax: 956 296 2700  
updated July, 2021

**Medical License:**

Texas Board of Medicine License # MD S7391  
Oregon Board of Medicine License # MD 192468  
West Virginia Board of Medicine *License # MD 27024*  
DEA # available upon request  
NPI # 1457771438  
*ORCID ID 0000-0001-9969-6690*  
*Scopus ID 57192838080*

July 15, 2020-August 31, 2021  
March 1, 2019-December, 2021  
July 11, 2016-September, 2020

**Board Certifications:**

Otolaryngology-Head and Neck Surgery  
Facial Plastic & Reconstructive Surgery

March, 2021-June, 2031  
September , 2021

**Employment:**

Assistant Professor Otolaryngology-Head and Neck Surgery  
University of Texas Rio Grande Valley School of Medicine  
University of Texas Health Rio Grande Valley

September 1, 2020-present

**Education:**

**Fellowship:**

Oregon Health & Science University  
Microvascular Reconstruction  
American Academy of Facial Plastic & Reconstructive Surgery  
Program Director: Mark Wax, MD

July, 2019-June, 2020

**Residency:**

West Virginia University Hospital  
Department of Otolaryngology-Head and Neck Surgery Residency

July 2014-June, 2019

**Medical School:**

West Virginia University School of Medicine

August 2010-May 2014

**Undergraduate:**

University of Pittsburgh  
B.S. Civil Engineering *Summa cum Laude*

August 2005-July 2009

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## **Publications---**

### **Book Chapters:**

Mastery of Microsurgical Reconstruction of the Head and Neck. "Post Operative Donor Site Rehabilitation"  
**Bender-Heine, AN**, Wax, MK. Editors: Fu-Chan Wei, Nidal Al Deek, Jean-Paul Meningaud, Neal Futran  
(In review 8/2020)

### **Journal Articles:**

**Bender-Heine, Adam**, Daniel Petrisor, and Mark K. Wax. "Advances in Oromandibular Reconstruction with Three-Dimensional Printing." *Facial Plastic Surgery* 36.06 (2020): 703-710.

**Bender-Heine, A.**, Sweeny, L., Curry, J.M., Petrisor, D., Young, G., Hyzer, J., Cave, T., Li, R., Cannady, S., Miles, B. and Wax, M.K., 2020. Management of the Acute Loss of a Free Flap to the Head and Neck—A Multi-institutional Review. *The Laryngoscope*.

**Bender-Heine, A.** and Wax, M.K., 2020, May. Reconstruction of the Midface and Palate. In *Seminars in plastic surgery* (Vol. 34, No. 02, pp. 077-085). Thieme Medical Publishers.

Chung, J., Purnell, P., Anderson, S., Hoelke, C., **Bender-Heine, A.** and Lambert, H.W., 2020. Transoral Chondrolaryngoplasty: Scarless Reduction of the Adam's Apple. *OTO open*, 4(3), p.2473974X20938299.

**Bender-Heine A**, Young G, Moy G, Wax MK. (2020) "Application of the Spider Limb Positioner to Subscapular System Free Flaps." *Laryngoscope*. Article published in Early View on 24 August, 2020. DOI:10.1002/lary.29031

Sweeny L, Curry J, Crawley M, Cave T, Stewart M, Luginbuhl A, Heffelfinger R, Krein H, Petrisor D, **Bender-Heine A**, Wax MK. "Factors Impacting Successful Salvage of the Failing Free Flap." *Journal of the Sciences and Specialties of the Head and Neck Surgery*. Article published in Early View August, 2020. DOI: 10.1002/hed.26427.

Cave T, **Bender-Heine A**, Li R, Petrisor D, Wax MK.. "Instituting a Restrictive Transfusion Criteria in Free Tissue Transfer of the Head and Neck." *Otolaryngology-Head and Neck Surgery*. In Review-Summer 2020

Zdilla, M.J., **Bender-Heine**, A.N., Lambert, H.W. and Hunter, D.D., 2020. Clinical Implications of the Submental and Sublingual Arteries in Relation to the Mylohyoid Boutonnière. *Otolaryngology-Head and Neck Surgery*, p.0194599820939852.

Chung, J., **Bender-Heine, A.** and Lambert, H.W., 2019. Improving exposure for transoral oropharyngeal surgery with the floor of mouth window: a cadaveric feasibility study. *Journal of Otolaryngology-Head & Neck Surgery*, 48(1), p.62.

Purnell, P.R., **Bender-Heine, A.**, Zalzal, H., Tarabishy, A.R. and Cassis, A., 2019. Eustachian Tube Foreign Body with Endoscopic-Assisted Surgical Removal. *Case reports in otolaryngology*, 2019.

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### Journal Articles:

**Bender-Heine AN**, Zdilla MJ, Russell ML, Rickards AA, Holmes JS, Armeni MA, Lambert HW. 2017. Optimal costal cartilage graft selection according to cartilage shape: Anatomical considerations for rhinoplasty. *Facial Plast Surg* 33(6):670-674 <https://www.ncbi.nlm.nih.gov/pubmed/29195250>

Chung, Jeffson Chia-Hsien, **Adam Bender-Heine**, and H. Wayne Lambert. "Floor of mouth window to improve surgical access for trans-oral cancer surgery." (2017): e17568-e17568.

**Bender-Heine AN**, Zdilla MJ 2017 Variation of the mylohyoid: implications for Ludwig angina, cervical contouring, and digastric muscle transfer. *Surg Radiol Anat* 10.1007/s00276-017-1868-1 <https://www.ncbi.nlm.nih.gov/pubmed/28478605>

Zdilla MJ, Swearingen JV, Miller KD, **Bender-Heine AN**, Lambert HW. 2017. The retaining ligament of the anterior digastric muscle. *Journal of Craniofacial Surgery* 28(2):534-538. <https://www.ncbi.nlm.nih.gov/pubmed/28045823>.

**Bender-Heine AN**, Dillard ZW, Zdilla MJ 2017 Alternobaric vertigo and facial baroparesis caused by scuba diving and cured by chewing pineapple. *Undersea and Hyperbaric Medicine* Status: accepted for publication for [November-December 2017 edition \(Vol. 44-6\)](#)

**Bender-Heine AN**, Grantham JT, Zaslau S, Jansen R. Metastatic Crohn Disease: a review of dermatologic manifestations and treatment. *Cutis* 99.6 (2017): E33. <https://www.ncbi.nlm.nih.gov/pubmed/28686769>

**Bender-Heine A**, Zalzal HG, Nainika N, Ramadan H, "Tracheocutaneous Sinus following Tracheocutaneous Fistula Repair: Management Strategies in a Pediatric Patient," *Case Reports in Otolaryngology*, vol. 2018, Article ID 6974764, 3 pages, 2018. doi:10.1155/2018/6974764

### Abstracts (peer-reviewed)

Lambert HW, **Bender-Heine AN**, Rickards AA, Holmes JS, Zdilla MJ. 2017. Autologous cartilage grafting for facial reconstructive surgery: The question of "true versus false". *Clinical Anatomy* 30(8):1131.

Lambert HW, **Bender-Heine AN**, Russell ML, Lynch HL, Ganoë MR, Rickards AA, Holmes JS, Armeni MA, Zdilla MJ. 2017. The variation in size and shape of the seventh costal cartilage: Reconstruction of the midface. *Clinical Anatomy* 30(8):1131.

Lynch HL, Celuck TJ, Pacurari P, Andrews RC, **Bender-Heine AN**, Lambert HW, Zdilla MJ. 2017 Costal cartilage harvesting and grafting for use in facial reconstructive surgery: A comparison between females and males. 2017 American Association of Anatomists Regional Meeting, Pittsburgh, PA

Chung JC, **Bender-Heine AN**, Lambert HW. "Floor of mouth window to improve surgical access for trans-oral cancer surgery." (2017): e17568. [http://ascopubs.org/doi/abs/10.1200/JCO.2017.35.15\\_suppl.e17568](http://ascopubs.org/doi/abs/10.1200/JCO.2017.35.15_suppl.e17568)

Rickards, A. A., Holmes, J. S., Russell, M. L., **Bender-Heine, A. N.**, Zdilla, M. J., & Lambert, H. W. (2017). The Location of the Rib-Cartilage Interface-Importance in Autologous Costal Cartilage Grafting. *The FASEB Journal*, 31(1 Supplement), 896-16. [http://www.fasebj.org/content/31/1\\_Supplement/896.16](http://www.fasebj.org/content/31/1_Supplement/896.16)

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### Abstracts (peer-reviewed)

Ganoe, Maria R., Hannah L. Lynch, **Adam N. Bender-Heine**, J. Scott Holmes, Allen A. Rickards, Mark A. Armeni, H. Wayne Lambert, and Matthew J. Zdilla. "Morphometric Analysis of Commonly Grafted Costal Cartilages: Considerations for Reconstructive Surgery." *The FASEB Journal* 31, no. 1 Supplement (2017): 902-11. [http://www.fasebj.org/content/31/1\\_Supplement/902.11](http://www.fasebj.org/content/31/1_Supplement/902.11)

Lynch, Hannah L., Maria R. Ganoe, **Adam N. Bender-Heine**, J. Scott Holmes, Allen A. Rickards, Mark A. Armeni, H. Wayne Lambert, and Matthew J. Zdilla. "The Depth of Commonly Grafted Costal Cartilages at Different Locations along the Cartilages: Considerations for Autografts." *The FASEB Journal* 31, no. 1 Supplement (2017): 902-12. [http://www.fasebj.org/content/31/1\\_Supplement/902.12](http://www.fasebj.org/content/31/1_Supplement/902.12)

Russell, Michelle L., **Adam N. Bender-Heine**, Allen A. Rickards, J. Scott Holmes, Mark A. Armeni, H. Wayne Lambert, and Matthew J. Zdilla. "Geometric Morphometric Analysis of Costal Cartilage: Considerations for Autograft Selection in Rhinoplasty." *The FASEB Journal* 31, no. 1 Supplement (2017): 902-13. [http://www.fasebj.org/content/31/1\\_Supplement/902.13](http://www.fasebj.org/content/31/1_Supplement/902.13)

Russell, Michelle L., **Adam N. Bender-Heine**, J. Scott Holmes, Allen A. Rickards, Mark A. Armeni, H. Wayne Lambert, and Matthew J. Zdilla. "The Anterior Contour of the Seventh Costal Cartilage: Considerations for Grafting to the Nasal Dorsum and Columella." *The FASEB Journal* 31, no. 1 Supplement (2017): 902-14. [http://www.fasebj.org/content/31/1\\_Supplement/902.14](http://www.fasebj.org/content/31/1_Supplement/902.14)

Andrews RC, Celuck TJ, Pacurari P, Lynch HL, Ganoe MR, **Bender-Heine AN**, Zdilla MJ, Lambert HW. 2018. Sexual differences in costal cartilage size: Implications for facial reconstruction. *FASEB Journal* (submitted for publication on 12/07/2017; Abstract #5746).

Hartnell LS, **Bender-Heine AN**, Lambert HW, Zdilla MJ. 2018. Mylohyoid variations and their clinical implications. *FASEB Journal* (submitted for publication on 12/07/2017; Abstract #5915).

Ganoe MR, Lynch HL, **Bender-Heine AN**, Holmes JS, Rickards AA, Armeni MA, Lambert HW, Zdilla MJ. 2017. Measurements of the costal cartilages: Implications for facial reconstructive surgery. 14th Annual Undergraduate Research Day at the Capitol, Charlestown, WV. February 24, 2017.

Lynch HL, Celuck TJ, Pacurari P, Andrews RC, **Bender-Heine AN**, Lambert HW, Zdilla MJ. 2017. Costal cartilage harvesting and grafting for use in facial reconstructive surgery: A comparison between males and females. 2017 American Association of Anatomists (AAA) Regional Meeting, Pittsburgh, PA. November 4, 2017.

### National Presentations:

**Bender-Heine A**, Sweeny L, Curry JM, Petrisor D, Young G, Hyzer J, Cave T, Li R, Cannady S, Miles B, Wax MK. (2020) "Management of the Acute Loss of a Free Flap to the Head and Neck—A Multi-institutional Review." Triological Society Combined Sections Meeting January 24. San Diego, CA

**Bender-Heine A**, Cave T, Petrisor D, Li R, Wax MK. (2019) "When to Transfuse Patients with a Free Flap." *Microvascular Symposium--American Academy of Facial Plastic and Reconstructive Surgery* October 5. San Diego, CA.

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### **National Presentations:**

**Bender-Heine A, Chung J.** (2017) “The Floor of Mouth Window: a Novel Surgical Approach to the Oropharynx”  
American Academy of Otolaryngology September 11. Chicago, IL.

### **Poster Presentations:**

**Bender-Heine AN, O’Brien D, Kellermeyer B, Purpura K.** *The role of videonystagmography in the diagnosis and treatment of the geriatric dizzy patient.* Presented at American Academy of Otolaryngology National Meeting San Diego, CA. *Awarded Top Rated Poster.* September 18-21, 2016.

Ganoe MR, Lynch HL, **Bender-Heine AN**, Holmes JS, Rickards AA, Armeni MA, Lambert HW, Zdilla MJ. Measurements of the costal cartilages: Implications for facial reconstructive surgery. 14th Annual Undergraduate Research Day at the Capitol, Charlestown, WV. February 24, 2017.

Rickards AA, Holmes JS, Russell ML, **Bender-Heine AN**, Armeni MA, Zdilla MJ, Lambert HW. The location of the rib-cartilage interface: Importance in autologous costal cartilage grafting. American Association of Anatomists meeting at Experimental Biology 2017 (FASEB), Chicago, Illinois. April 25, 2017.

Ganoe MR, Lynch HL, **Bender-Heine AN**, Holmes JS, Rickards AA, Armeni MA, Lambert HW, Zdilla MJ. 2017. Morphometric analysis of commonly grafted costal cartilages: Considerations for reconstructive surgery. American Association of Anatomists meeting at Experimental Biology 2017 (FASEB), Chicago, Illinois. April 25, 2017.

Lynch HL, Ganoe MR, **Bender-Heine AN**, Holmes JS, Rickards AA, Armeni MA, Lambert HW, Zdilla MJ. 2017. The depths of commonly grafted costal cartilages at different locations along the cartilages: Considerations for autografts. American Association of Anatomists meeting at Experimental Biology 2017 (FASEB), Chicago, Illinois. April 25, 2017.

Russell ML, **Bender-Heine AN**, Rickards AA, Holmes JS, Armeni MA, Lambert HW, Zdilla MJ. 2017. Geometric analysis of costal cartilage: Considerations for autograft selection in rhinoplasty. American Association of Anatomists meeting at Experimental Biology 2017 (FASEB), Chicago, Illinois. April 25, 2017.

Russell ML, **Bender-Heine AN**, Holmes JS, Rickards AA, Armeni MA, Lambert HW, Zdilla MJ. 2017. The anterior contour of the seventh costal cartilage: Considerations for grafting to the nasal dorsum and columella. American Association of Anatomists meeting at Experimental Biology 2017 (FASEB), Chicago, Illinois. April 25, 2017.

Lambert HW, **Bender-Heine AN**, Russell ML, Lynch HL, Ganoe MR, Rickards AA, Holmes JS, Armeni MA, Zdilla MJ. 2017. The variation in size and shape of the seventh costal cartilage: Reconstruction of the midface. 2017 American Association of Clinical Anatomists (AACA) Annual Meeting, Minneapolis, Minnesota. July 18, 2017.

Lambert HW, **Bender-Heine AN**, Rickards AA, Holmes JS, Zdilla MJ. 2017. Autologous cartilage grafting for facial reconstructive surgery: The question of “true versus false”. 2017 American Association of Clinical Anatomists (AACA) Annual Meeting, Minneapolis, Minnesota. July 20, 2017.

**Bender-Heine A, Nanda N, Castano J, Ramadan H.** A Tracheocutaneous sinus 5 years after tracheocutaneous fistula: management strategies. Presented at American Academy of Otolaryngology National Meeting Chicago, IL. September 10-13, 2017

Lynch HL, Celuck TJ, Pacurari P, Andrews RC, **Bender-Heine AN**, Lambert HW, Zdilla MJ. 2017. Costal cartilage harvesting and grafting for use in facial reconstructive surgery: A comparison between males and females. 2017 American Association of Anatomists (AAA) Regional Meeting, Pittsburgh, Pennsylvania. November 4, 2017.

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### Poster Presentations:

Rickards AA, Holmes JS, **Bender-Heine AN**, Zdilla MJ, Lambert HW. Improving the selection of ideal cartilage grafts during facial reconstruction through morphometric analysis of commonly grafted costal cartilages. 2017 WVU Van Liere Convocation/Research Day. March 24, 2017.

### Grand Rounds Presentations:

Selection of Donor Site for Head and Neck Free Flaps--OHSU	May, 2020
Optimal costal cartilage graft selection according to cartilage shape-3 Rivers Otolaryngology	March, 2018
Facial Analysis-Grand Rounds WVU Otolaryngology	January, 2018
Optimal costal cartilage graft selection according to cartilage shape-WV State ENT Meeting	October, 2017
Management of facial fractures Grand rounds-WVU Otolaryngology	February, 2017
Otologic and Communicative Disease Grand Rounds-WVU Otolaryngology	October, 2016
Otologic and Communicative Disease Grand Rounds-WVU Otolaryngology	August, 2016
“Tympanostomy Tubes and Water Precautions”-WVU Otolaryngology Alumni Day	June, 2016
“Scar Camouflage and Facial Wound Management”-WVU Otolaryngology	May, 2016
Head and Neck Radiology Conference Grand Grounds-WVU Otolaryngology	January, 2016
Head and Neck Radiology Conference Grand Grounds-WVU Otolaryngology	November, 2016
Head and Neck Cancer Grand Rounds-WVU Otolaryngology	September, 2015
Head and Neck Cancer Grand Rounds-WVU Otolaryngology	July, 2015
“An unusual retroauricular Rash.”-Mayo Clinic Arizona Grand rounds	October, 2014
“Epididymal Leiomyosarcoma”-WV CAMC Research Day	April 16, 2013
A review of Miller-Fisher Syndrome-Neurology Grand Rounds	June 5, 2013
Opioid selection in the pregnant patient-Obstetrics Grand Rounds	March 27, 2013
Common causes of vertigo-Family Medicine Grand Rounds	December 12, 2012

### Workshops:

University of Buffalo Medical Center Rhinology & Rhinoplasty Course	September 21-24, 2017
Thyroid & Parathyroid Ultrasound Workshop AAO HNS Annual Meeting Chicago, IL	September 9, 2017
University of Pittsburgh Medical Center Combined Universities Sinus Course and Hands-on Dissection Workshop	August 11-12, 2017
Allegheny General Hospital Pittsburgh, PA Temporal Bone Microanatomy and Hands-on Dissection Workshop	April 7-8, 2017
Washington D.C. Children’s Hospital Pediatric Endoscopic and Open Airway Surgical Course	February 4, 2017
AO Course Los Angeles, CA Principles of Operative Treatment of Craniomaxillofacial Trauma and Reconstruction	December 3-4, 2016
Allegheny General Hospital Pittsburgh, PA Temporal Bone Microanatomy and Hands-on Dissection Workshop	October 21-22, 2016
Cosmetic Boot Camp Las Vegas, Nevada Cosmetic Boot Camp for Core Aesthetic Provider Meeting	October 14-16, 2016

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**Certifications:**

ACLS (Advanced Cardiac Life Support)

June 2019 to present

**Computer Skills:** Epic EMR, CPRS (VA EMR), Psorian EMR

**Language Skills:** Advanced written and spoken Spanish (28 total months in Latin America)

*Countries visited:* Argentina, Chile, Costa Rica, DR, Mexico, Peru, Venezuela

**West Virginia University School of Medicine Activities:**

Suturing Instructor WVU SOM Surgical Workshop

November 15, 2017

Suturing Instructor WV State Medical Association Student Section Conference

March 15, 2013

Surgery Interest Club President—Morgantown, WV

August 2011- May 2012

Spanish Club President—Morgantown, WV

August 2011-May 2012

Trauma Surgery Externship Morgantown, WV (6 weeks)

June 2011-July 2011

**USMLE Examinations**

Step 1 248

June, 2012

Step 2 246

August, 2013

Step 3 236

September, 2014

**Professional Societies:**

American Academy of Otolaryngology

July 2014 to present

American Academy of Facial Plastic and Reconstructive Surgery

July 2019 to present

**Engineering Experience:**

*Bridge Design Engineer* L.R. Kimball

August 2009-July 2010

- Design of simple span and continuous girder bridges in PA

<http://www.lrkimball.com/>

*Construction Design Engineer* American Bridge Company

May 2007—August 2007

- Construction Design of Complex Cable Stayed structures

January 2008—April 2008

<http://www.americanbridge.net>