

Curriculum Vitae

James Phillip Thomas, M.D.

Birthdate: September 23, 1959

Birthplace: Columbus, Ohio

Citizenship: U.S.A.

Wife: Susan Sienko Thomas

Married: September 26, 1987

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License: State of Illinois 003-036-073574-1 Eff 7/1/86 - inactive
State of North Carolina R17223 Eff 1/1/92 - inactive
State of Oregon 17585 Eff 1/10/92

Certification: National Board of Medical Examiners
American Board of Otolaryngology

1986
31 Mar 1993



Mission Statement & goals:

Dr. Thomas aims for the highest quality voice care possible. Each patient deserves the best treatment and each patient is a learning experience for the physician. Since 1999, Dr. Thomas has limited his medical and surgical practice to voice care. He maintains a highly ranked, informational web site on voice disorders - voicedoctor.net, teaches preceptorships for medical students in their first year at Oregon Health Sciences University, offers an international fellowship in laryngology as well as short observerships to physicians, speech therapists, voice teachers and interested students. He has commenced production of Laryngology 101, a series of information videos on YouTube. He published "Why is there a frog in my throat? a guide to hoarseness". He frequently lectures internationally on laryngology and phonosurgery. He remains surprised at how much there is still to learn about the larynx.

Short biography:

James spent his early life in Michigan, the son of an anesthesiologist. He recalls seeing the inside of the operating room, everyone dressed in green, at an early age. His family moved to Pennsylvania both to enjoy and appreciate the aspects of hard work and reward that comes from maintaining farm buildings, planting crops and raising cattle. After 8 years, B.S and M.D. degree in hand from Pennsylvania State University, he studied otolaryngology at Southern Illinois University. He continued his migration westward to Portland, Oregon, opening an otorhinolaryngology practice for a brief time before further specializing. Traveling in Europe and the US, visiting established laryngologists, he designed his own fellowship in laryngology before embarking on his present career of teaching and practicing laryngology.

He has taught at the university level and continues to offer preceptorships to medical students from Oregon Health Sciences University. Speech therapists, voice teachers and post graduate fellows from around the world study the subspecialty of laryngology with him. He frequently travels around the globe in order to teach surgical and diagnostic skills to established otolaryngologists. His website, voicedoctor.net reaches a global audience of consumers and physicians with information about the voice.

Education & Employment Experience:

Laryngology (Voice) Practice, Portland, OR	Nov 1999 - present
Assistant Professor, Oregon Health Sciences University, Dept. of Otolaryngology	Jan-Oct 1999
Fellowship in Professional Voice Disorders (studied under Robert W. Bastian, M.D.) Loyola University, Chicago, Illinois	Jul-Dec 1998
Clinical Professor, Oregon Health Sciences University, Dept. of Otolaryngology	1992-1998
Private Practice in Otolaryngology, Portland, OR (Active Staff @ Portland Adventist Medical Center & Providence Milwaukie Medical Center)	1992-1998
Visiting physician, Sun Yat Sen School of Medicine, Guangzhou, Peoples Republic of China	Sep-Nov 1991
Locum tenens in Otolaryngology, CompHealth, McPherson Clinic, Durham, NC	Jul-Aug 1991
Resident in Otolaryngology, Southern Illinois University, Springfield, IL	1987-1991
Resident in General Surgery, Southern Illinois University, Springfield, IL	1985-1987
Pennsylvania State University School of Medicine, Hershey, PA (MD)	1981-1985
Pennsylvania State University, University Park, PA (BS with distinction - Biology)	1977-1981
Engineering Internship, National Aviation Facilities Experimental Center, Atlantic City, NJ	1977
Southwestern High School, Hanover, PA	1973-1977

Membership in Professional & Scientific Societies:

Pacific Voice and Speech Foundation - Board of Directors	2010 - present
American Academy of Otolaryngology - Head & Neck Surgery	1985 - present
British Voice Association	2010 - present
Oregon Academy of Otolaryngology	1992 - present
Oregon Academy of Otolaryngology - President	1997-1998
Oregon Medical Association	2000 - present
Medical Society of Metropolitan Portland	2000 - present
American Medical Association	2000 - present
Voice Foundation	2000 - 2006

State, Local & National Boards:

National Spasmodic Dysphonia Association Medical Board Member	2004-2010
Medicare Clinical Advisory Committee	1997-2013
Oregon State Board of Examiners for Speech-Language Pathology and Audiology	1999-2005

Teaching Responsibilities:

Director Postgraduate Fellowship in Laryngology	2002-present
Laryngology Preceptor 1st year Medical Students, OHSU Medical School	2000 - present
Instructor, Principles of Clinical Medicine, OHSU Medical School	1999 - 2005
Assistant Professor, OHSU, Dept of Otolaryngology	1999
Clinical Instructor, Providence Primary Care Residency	1994-1998
Clinical Instructor Gross Anatomy @ OHSU	1994-1996
Medical Student teaching @ Southern Illinois University	1987-1991
Advanced Trauma Life Support	1986, 1988
Health Instructor, Washington State School for the Deaf, Vancouver, WA	Feb. - May 1985

Courses directed:

Voice Conference, Portland, OR	7 August 2010
National Spasmodic Dysphonia Patient Conference, Portland, OR	Apr 2005
Principles of Thyroplasty: OHSU, Portland, OR	May 1999

Presentations (National - International):

Transgender voice surgery - 3rd Annual Conference of Laryngology & Voice Association, New Delhi, India, October 17 - 19, 2014	
Outpatient laryngology - 3rd Annual Conference of Laryngology & Voice Association, New Delhi, India, October 17 - 19, 2014	
Papilloma surgery - 3rd Annual Conference of Laryngology & Voice Association, New Delhi, India, October 17 - 19, 2014	
Raman Pillai Oration: High-definition laryngology - 10th South Zone & 32nd Karnataka State Annual Conference 2014, Bengaluru, India, Oct 10-12, 2014	
High-definition laryngology - European Laryngological Society, Antalya, Turkey, April 11, 2014	
Using your ear to find voice disorders - European Laryngological Society, Antalya, Turkey, April 10, 2014	
Feminization laryngoplasty - WPATH, Bangkok, Thailand, February 15, 2014	
Complications of Feminization laryngoplasty - Surgeons conference at WPATH, Bangkok, Thailand, February 12, 2014	
Understanding your voice - Royal School of Church Music in America conference, Newport, RI, August 7, 2013	
Pitch changing surgery - International Federation Otolaryngologic Societies meeting, Seoul, Korea, June 3, 2013	
Neurology, precise diagnosis - International Federation Otolaryngologic Societies meeting, Seoul, Korea, May 31, 2013	
Multiple lectures on laryngology as guest laryngologist at the Annual meeting of the Mexican Otolaryngology & Laryngology Society, Guadalajara, Mexico, May 2-5 2013	
High definition laryngeal imaging - Combined European Otolaryngology, Rhinology & Laryngology Meeting, Nice, France, April 27, 2013	
Surgical alteration of male to female transgender voice - European Laryngologic Society, Helsinki, Finland, June 15, 2012	
High-definition laryngoscopy - European Laryngologic Society, Helsinki, Finland, June 14, 2012	
Laringitis por Reflujo, existe? - Congreso Triológico Venezolano de Otorrinolaringología - Caracas, Venezuela	
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ela, May 4, 2012

Taller: Procedimiento Laringeos en el consultorio - Congreso Triológico Venezolano de Otorrinolaringología - Caracas, Venezuela, May 3, 2012

Hallazgos profundos de la patología laringea - Congreso Triológico Venezolano de Otorrinolaringología - Caracas, Venezuela, May 2, 2012

Diagnosis of voice disorders - Sociedad Mexicana de Otorrinolaringología y Cirugía de Cabeza y Cuello - SMORLCCC, Mexico City, November 8, 2011

International guest speaker - Medialization Laryngoplasty & Microlaryngoscopy, 5th Workshop on Phonosurgery, Bombay Hospital, Mumbai, India, August 19-21, 2011

Changing Pitch with Feminization Laryngoplasty, 1st Congress of the Confederation of European Oto-Rhino-Laryngology, Head and Neck Surgery, Barcelona, Spain. July 5, 2011.

Does Reflux laryngitis even exist- No!, 12th Asia-Oceania ORL-HNS Congress, Auckland, New Zealand. March 1-4, 2011

Feminization Laryngoplasty, 12th Asia-Oceania ORL-HNS Congress, Auckland, New Zealand. March 1-4, 2011

Optimizing the Laryngeal Exam, 12th Asia-Oceania ORL-HNS Congress, Auckland, New Zealand. March 1-4, 2011

Taking Better Photos of the larynx. Choice for Voice Conference. London, UK. July 15, 2010

All day course on phonatory disorders, London Speech Therapy Voice Interest Group, London. December 4, 2009

Causas de Disfonía: Un punto de vista controversial. Las múltiples presentaciones de la parálisis laringea. Transgender Voice., XXXII Congreso Panamericano de Otorrinolaringología y Cirugía de Cabeza y Cuello. November 19, 20, 2009.

Voice and hoarseness, Royal National Throat, Nose & Ear Residents, London, UK. October 5, 2009.

Lasers in Laryngology, Twenty Fifth International Cleveland Laser Course, Middlesbrough, UK. October 2, 2009

Feminization Laryngoplasty, The WPATH XXI Biennial Symposium, Oslo, Norway. June 19, 2009.

Heavy Metal Singers. Voice Foundation. Philadelphia, PA. June 7, 2010.

Laryngeal Paresis, Reflux Round Table, International Federation of Otolaryngologic Societies, Sao Paulo, Brazil. June 4,5 2009.

Visual analysis of vocal paresis, Hospital Ángeles Lomas, Mexico. March 11, 2009

Feminization Laryngoplasty. Colorado Gold Rush, Denver, CO. March 27, 2009.

Visual analysis of vocal paresis, UCLA Voice conference, Los Angeles, CA. February 28, 2009

Laryngeal myoclonus, UCLA Voice conference, Los Angeles, CA. February 27, 2009

Assessment of a patient with Dysphonia; Diagnosis and Management of Spasmodic Dysphonia; Basics of Phonomicrosurgery; Laryngeal Paresis evaluation. 61st National Conference of The Association of Otolaryngologists of India, AOICON, Jaipur, India. January 21-25, 2009

Feminization Laryngoplasty. First Event, Boston, MA. January 17, 2009.

Conference on Laryngology. Denervation-Reinnervation surgery. ENT Departement, Army Hospital, New Delhi, India. December 7, 2008

Spasmodic Dysphonia, Muscle Tension Disorders, Diagnosis of Voice Disorders, Professional Voice Disorders and Medialization Laryngoplasty Surgical demonstrations at 7th International Voice Conference 'Voicecon 2008', Deenanath Mangeshkar Hospital, Pune. November 20-23, 2008

Reflux Laryngitis - Does it exist? UCSF Voice Conference. San Francisco, CA. October 17, 2008.

Feminization Laryngoplasty. Southern Comfort conference. Atlanta, GA. October 3, 2008.

Diagnosis of voice disorders and Phonosurgery, New Delhi, India. June 28, 2008

Diagnosis of voice disorders and Phonosurgery, Chennai, India. June 24, 2008

Diagnosis of voice disorders and Phonosurgery, Kolkata, India. June 22, 2008

Diagnosis of voice disorders and Phonosurgery, Mumbai, India. June 21, 2008

Feminization Laryngoplasty. Esprit conference. Port Angeles, WA. May 16, 2008.

Feminization Laryngoplasty. California Dreamin, San Jose, CA. April 19, 2008.

Feminization Laryngoplasty. Colorado Gold Rush, Denver, CO. February 23, 2008.

Feminization Laryngoplasty. First Event, Boston, MA. January 19, 2008.

Laryngeal Framework Surgery. Association of Indian Otolaryngologists National Conference. Agra, India 3 January 2008

Diagnosing Voice disorders. Association of Indian Otolaryngologists National Conference. Agra, India 3 January 2008

The Essential Videoendoscope: How to Get the Image You Want. Pacific Voice Foundation. Los Angeles, CA. October 26, 2007

Feminization Laryngoplasty. Southern Comfort conference. Atlanta, GA. September 14, 2007.

Feminization Laryngoplasty. WPATH conference. Chicago, IL. September 7, 2007.

Feminization Laryngoplasty. California Dreamin, San Jose, CA. April 21, 2007.

Feminization Laryngoplasty. Colorado Gold Rush, Denver, CO. February 24, 2007.

Diagnosis and treatment of subtle vocal cord paresis. Phonocon 2007, Bhubaneswar, India 3 January 2007

Vocal cord conference (stroboscopy, paresis, swallowing, spasmodic dysphonia). King Edward Memorial Hospital, Mumbai, India 7 January 2007

Feminization Laryngoplasty. Glitz Conference. Phoenix, AZ. November 4, 2006.

Visual Neurologic assessment of the larynx. UCLA Voice Conference, San Francisco, CA. October 28, 2006

Comparing Cricothyroid Approximation and Feminization Laryngoplasty in the Transgender Patient. Chicago Be-All, Arlington Heights, IL. June 9, 2006

Tuvan Throat Singing. Voice Foundation, Philadelphia, PA. June 6, 2006

Comparing Surgical options for voice change. Transgender 2006. Philadelphia, PA. April 8, 2006

Comparing Surgical options for voice change. Colorado Gold Rush, Denver, CO. February 26, 2006.

Office Laryngoscopy – How to get the most out of it. University of Utah Otolaryngology Residency Program. Salt Lake City, UT. January 25, 2006

Results of Cricothyroid approximation and Feminization Laryngoplasty in the Transgender Male. 2005 UCSF Voice conference, San Francisco, California 21 October 2005

Beyond Collagen, the next generation of glottic injectables. 2005 UCSF Voice conference, San Francisco, California 21 October 2005

Thomas, JP, Siupsinskiene, N: "Reusing Frozen Botox in Spasmodic Dysphonia" 2005 American Academy of Otolaryngology, Los Angeles, California 26 September 2005

Altering the Male Voice. 2005 Voice Foundation, Philadelphia, Pennsylvania 4 June 2005

Bilateral Laryngeal Paralysis. 2005 Voice Foundation, Philadelphia, Pennsylvania 5 June 2005

Use of Botox in Spasmodic Dysphonia. 2005 NSDA Patient Symposium - (National Spasmodic Dysphonia Association), Portland, Oregon 16 April 2005. Conference Organizer

Results of Feminization Laryngoplasty. 2005 19th Biennial HBIIGDA Symposium - (Harry Benjamin International Gender Dysphoria Association), Bologna, Italy 8 April 2005

Observations on Non-Organic Stridor. 2004 UCSF Pacific Voice conference, 22 October 2004

Spasmodic Dysphonia and the use of Botox. 2004 National Spasmodic Dysphonia Association Conference, Dallas, TX

Cricothyroid approximation & other phonosurgical procedures to alter the transgender voice. Biennial meeting of the Harry Benjamin International Gender Dysphoria Association, Inc. (HBIIGDA), September 12, 2003, Ghent, Belgium

Thomas, JP, Bastian, RW: "A musical approach to laryngology", Instructional course presented at the American Academy of Otolaryngology Annual Meeting, September 24, 2003, Orlando, FL

Bastian, RW, Richardson, B, Thomas, JP, Hogikyan, N: "Office Based Videoendoscopic Surgery", Instructional course presented at the American Academy of Otolaryngology Annual Meeting, September 23, 2002, San Diego, CA

Thomas, JP: "Classifying Voice disorders", Presented at the winter meeting of the Oregon Academy of Otolaryngology, January 9, 2002, Timberline Lodge, OR

Bastian, RW, Thomas, JP: "Talkativeness and Vocal Loudness: Do They Correlate With Laryngeal Pathol-

ogy? - A Study of the Vocal Overdoer/Underdoer Continuum." Presented at the Voice Foundation, June 2000, Philadelphia, PA

Bastian, RW, Thomas, JP: "Survey of Patients Discontinuing Botulinum Toxin A Injections for Spasmodic Dysphonia." Presented at the Western Section of the Trilogic Society, January 2000, San Francisco, California

Desyatnikova, S, et al., Thomas, JP. Office tracheoesophageal secondary puncture. American Academy of Otolaryngology Annual Meeting. September 1999, New Orleans, LA.

Rosen, C.A. and Thomas, J.P.: "Bilateral Vocal Fold Paralysis Secondary to Familial Hypokalemic Periodic Paralysis." Presented at the Southern Section of the Trilogic Society, January 1995, Florida.

Thomas, J.P., Konrad, H.R.: "Vestibular Evoked Potentials in the Chinchilla." Poster Presentation at the 13th Midwinter Meeting of the Association for Research in Otolaryngology. Saint Petersburg Beach, FL. February 1990.

Thomas, J.P., Walsh, E.J.: "Postnatal Development of the Middle Ear: Areal Ratios in Kittens." Poster Presentation at the 93rd Annual Meeting of the American Academy of Otolaryngology Head and Neck Surgery", New Orleans, LA. September 1989.

Thomas, J.P.: "Odontogenic Infections." Presented to Great Lakes Regional Flying Physicians Spring Meeting, Delavan, WI. April 1989.

Thomas, J.P., Walsh, E.J., Joyner, N.: "Postnatal Development of the Middle Ear: Areal Ratios in Kittens." Poster Presentation at the 11th Midwinter Meeting of the Association for Research in Otolaryngology. Clearwater Beach, FL. February 1987.

Publications:

Thomas, JP: "Assessment of the Professional Voice: The Three Part Examination" in *Laryngology* (Ed. Bhat-tacharyya, AK; Nerurkar, NK). Thieme 2014 ISBN 978-93-82076-02-5

Thomas, JP: "Topical Anesthesia for Office Based Laryngeal Interventions" in *Principles and Practice of Lasers in Otorhinolaryngology and Head and Neck*. (Ed. Oswal, V; Remacle, M; Jovanvic, S; Zeitels, SM; Krespi, JP; Hopper, C) Kugler Publications 2014, ISBN 978-90-62992-32-4

Oswal, V; Thomas, JP: "Office Based Procedures — an emerging trend" in *Principles and Practice of Lasers in Otorhinolaryngology and Head and Neck*. (Ed. Oswal, V; Remacle, M; Jovanvic, S; Zeitels, SM; Krespi, JP; Hopper, C) Kugler Publications 2014, ISBN 978-90-62992-32-4

Thomas, JP, Macmillan, C: Feminization laryngoplasty: assessment of surgical pitch elevation. *Eur Arch Otorhinolaryngol.* 2013 Sep;270(10):2695-700. doi: 10.1007/s00405-013-2511-3. Epub 2013 Apr 30.

Thomas, JP, Zubiaur Gomar, FM: Over-diagnosis of laryngopharyngeal reflux as the cause of hoarseness. *European Archives of Oto-Rhino-Laryngology: Volume 270, Issue 3 (2013), Page 995-999*

Thomas, JP. *Why is there a frog in my throat? a guide to Hoarseness.* (1st ed.) Portland, OR: James P. Thomas. Dec 2012

Zubiaur Gomar, FM, Thomas, JP.: Sobrediagnóstico de reflujo laringofaríngeo como causa de disfonía y otros trastornos de la voz. *An ORL Mex Vol. 55, Núm. 2, 2010*

Chang, CY, Chabot, P, Thomas, JP.: Age as a Factor in Responses to Botulinum Toxin Injection in Adductor Spasmodic Dysphonia Patients. in *Laryngeal Diseases: Symptoms, Diagnosis and Treatments*. Nova Publishers. 2010

Chang, CY, Thomas, JP.: "Adult-Onset Iatrogenic Tracheomalacia." *ENT Journal.* 2008 June;87(6): 312-4.

Chang, CY, Chabot, P, Thomas, JP.: "Relationship of Botulinum Dosage to Duration of Side Effects & Normal Voice in Adductor Spasmodic Dysphonia." Otolaryngol Head Neck Surg. Otolaryngology–Head and Neck Surgery (2007) 136, 894-899

Chang, CY, Thomas, JP.: "Neo-ossification of the cricothyroid joint after elective cricothyroidotomy: A case report and discussion on the merits of this procedure." J Trauma. 2008 Nov;65(5):1146-50.

Thomas JP, Siupsinskiene N.: "Frozen versus fresh reconstituted botox for laryngeal dystonia." Otolaryngol Head Neck Surg. 2006 Aug;135(2):204-8.

Rosen CA, Thomas JP, Anderson D.: " Bilateral vocal fold paralysis caused by familial hypokalemic periodic paralysis." Otolaryngol Head Neck Surg. 1999 May;120(5):785-6.

Thomas, J.P. and Finch, R: "Esophageal Erosion: A Complication of Acrylic Fixation in Anterior Cervical Fusion." Spine 1991 Oct 16(10):

Thomas, J.P. and Walsh, E.J.: "Postnatal Development of the Middle Ear: Areal Ratios in Kittens." Otolaryngol Head Neck Surg 1990 Sep;103(3):427-35

Editorial Board

Quarterly Journal of the Indian Voice Association 2010 - 2012

Editorial Reviewer

Head and Neck	2004 - present
Laryngoscope	2005 - present
Head & Face Medicine	2008 - present
Laryngologie	2009 - present
Brazilian Journal of Otorhinolaryngology	2010 - present
ePhonoscope	2010-present

Youtube Instructional Videos

Basic Laryngology - "Mind the Gap" parts I-IV	12/30/2013
Laryngology 101 - Foreign Body	4/27/2012
Laryngology 101 - Hemorrhagic Vocal Cord Polyps	2/1/2012
Laryngology 101 - Muscle Tension Dysphonia - two meanings	12/10/2010
Tips for Great Laryngoscopy - #3 Close Exam	3/7/2010
Tips for Great Laryngoscopy - #4 Topical Anesthesia	12/23/2009
Vocal Cord Stripping	2/3/2010
My vocal cord polyp	1/27/2010
Laryngoscopy the art of seeing the voice (vocal cords)	1/20/2010
What is vocal cord paralysis? Part 2 of 2	1/13/2010
What is vocal cord paralysis? Part 1 of 2	11/7/2009
Laryngology 101 - Vocal nodules	10/22/2008
Laryngology 101 - Medialization Laryngoplasty	10/29/2008
Laryngology 101 - Reflux Laryngitis	11/5/2008

Volunteer time:

SafteyNet Clinics - Medical Society of Metropolitan Portland	2006-2008
Consultations for PACS Center, North Portland Nurse Practitioner, Primera Care Clinic	1991-1998
Lifeline Pilots, IL - (Assistant coordinator)	1988-1991
Big Brother Program - State College, PA	1982-1984

Honors & Awards:

US News and World Report - Top Doctor Nomination	2011
Full Academic Scholarship, Pennsylvania State University	1979-1980
Grand Champion Capital Area Science and Engineering Fair, Harrisburg, Pennsylvania Project "Aerodynamics of Tractor Trailer Trucks"	1977
H.B. Alexander Award	1977

Special Interests:

Raising twin daughters (teenagers now)	
Music - instrumental (piano, hammer dulcimer & guitar)	
Piano accompanist for Trinity Episcopal Cathedral Choristers	1999-present
Member Trinity Alt. Liturgy Bahnd, Trinity Episcopal Cathedral, Portland, OR	2010-present
Genealogy & European History	
French, Spanish languages	
Creative Filmmaking	
Documentary Films	
Tuvan Throat Singing	2004
Ronde van Oeste Portlandia (www.youtube.com)	2007
Cooking videos (www.youtube.com)	2007
Laryngology films - (voicedoctor.net & youtube.com)	2008 - present
Photography (www.flybynightpro.com)	
Apple computers & the Internet (www.voicedoctor.net)	
Road Cycling & Tennis	
Cooking	
Woodworking	