

MICHELE ARLENE SHERMAK, M.D., FACS

Curriculum Vitae

(Updated January 2022)

DEMOGRAPHIC INFORMATION

Current University Appointments

January 1999 to October 2006	Johns Hopkins School of Medicine Department of Surgery Division of Plastic Surgery Baltimore, MD 21287 Assistant Professor of Plastic Surgery
May 2005 to June 2009	Chief of Plastic Surgery, Johns Hopkins Bayview Medical Center
October 2006 to present	Johns Hopkins School of Medicine Department of Surgery Division of Plastic Surgery (Dept Plastic Surgery as of 2010) Baltimore, MD 21287 Associate Professor of Plastic Surgery

Current Hospital Appointments

January 1999 to present	Active Staff Johns Hopkins Bayview Medical Center Baltimore, MD 21224
January 1999 to May 2010	Active Staff The Johns Hopkins Hospital Baltimore, MD 21287
November 2005 to 2011	Associate Staff, Department of Surgery Union Memorial Hospital Baltimore, MD 21218
March 2010 to present	Associate Staff, Department of Surgery Sinai Hospital Baltimore, MD 21215
March 2010 to present	Associate Staff, Department of Surgery Northwest Hospital

Randallstown, MD

May 2010 to present

Part-time Faculty, Johns Hopkins
Department of Plastic Surgery

September 2010 to present

Associate Staff, Department of Surgery
Greater Baltimore Medical Center
Towson, MD

January 2012 to present

Associate Staff, Department of Surgery
St. Josephs Medical Center
Towson, MD

Work Address

The Plastic Surgery Center of Maryland
1304 Bellona Avenue
Lutherville, MD 21093
410-616-3000

Education and Training

1984-1988

Franklin and Marshall College
Lancaster, PA
B.A. Biology/Sociology minor
Magna cum laude

1988-1992

The Johns Hopkins School of Medicine
Baltimore, MD.
Doctor of Medicine (M.D.)

1992-1998

Johns Hopkins Hospital - University of
Maryland Integrated Program in General and
Plastic Surgery – **First Graduate of Program**
Directors: Dr. Paul Manson and Dr. Nelson
Goldberg (Plastic Surgery) and Dr. John
Cameron (Surgery)

- * The Johns Hopkins Hospital
- * University of Maryland Hospital
- * Maryland Institute of Emergency Medical
Services - Shock Trauma
- * Veterans Administration Hospital - Baltimore,
MD
- * Johns Hopkins - Bayview Medical Center
(Regional Burn Center)
- * Raymond M. Curtis Regional Hand Center,
Union Memorial Hospital
- * Children's Hospital for Plastic and
Reconstructive Surgery

July 1998- December 1998	Nashville Plastic Surgery - The Institute of Aesthetic and Reconstructive Surgery Specializing in breast and aesthetic surgery Directors: Dr. G. Patrick Maxwell and Dr. Jack Fisher
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Professional Experience

University:

January 1999 to April 2005	Assistant Professor of Plastic Surgery Johns Hopkins Bayview Medical Center Division of Plastic Surgery Baltimore, MD 21224
May 2005 to October 2006	Assistant Professor of Plastic Surgery Chief, Division of Plastic Surgery Johns Hopkins Bayview Medical Center Division of Plastic Surgery Baltimore, MD 21224
October 2006 to June 2009	Associate Professor of Plastic Surgery Chief, Division of Plastic Surgery Johns Hopkins Bayview Medical Center Division of Plastic Surgery Baltimore, MD 21224
June 2009 to present	Associate Professor of Plastic Surgery Johns Hopkins Bayview Medical Center Division of Plastic Surgery Baltimore, MD 21224

Hospitals:

July 1998 to December 1999	Active Staff Baptist Hospital 2000 Church Street Nashville, TN 37236
July 1998 to December 1999	Active Staff St. Thomas Hospital 4220 Harding Road Nashville, TN 37205
July 1998 to December 1999	Active Staff Centennial Hospital 2300 Patterson Street

	Nashville, TN 37203
January 1999 to present	Active Staff Johns Hopkins Bayview Medical Center Baltimore, MD 21224
January 1999 to present	Active Staff The Johns Hopkins Hospital Baltimore, MD 21287
July 1999 to 2001	Associate Staff, Department of Surgery Mercy Medical Center 301 St. Paul Place Baltimore, MD 21202
November 2005 to present	Associate Staff, Department of Surgery Union Memorial Hospital Baltimore, MD 21218
March 2010 to present	Associate Staff, Department of Surgery Sinai Hospital Baltimore, MD 21215
March 2010 to present	Associate Staff, Department of Surgery Northwest Hospital Randallstown, MD 21133
September 2010 to present	Associate Staff, Department of Surgery Greater Baltimore Medical Center Towson, MD 21204
January 2012 to present	Associate Staff, Department of Surgery St. Joseph Medical Center Towson, MD 21204

RESEARCH ACTIVITIES

Publications

Peer-reviewed scientific articles

1. **Shermak MA.** Abdominoplasty with Combined Surgery. Clin Plast Surg. 2020 Jul;47(3):365-377.
2. **Shermak MA.** Commentary on: Extended Latissimus Dorsi Kite Flap (ELD-K Flap): revisiting an old place for a total autologous

breast reconstruction in patients with medium to large breasts.
Aesthet Plast Surg 2020 Nov 2.

3. **Shermak MA.** Abdominoplasty with Combined Surgery. *Clin Plast Surg* 2020 Jul;47(3):365-377.
4. **Shermak MA.** Thoughts on Corset Trunkplasty: Recommended with Abdominal Skin Laxity and Subcostal Scar. *Plast Reconstr Surg.* 2018 Jan;141(1):70-73.
5. **Shermak MA.** Commentary on: Incidence and Risk Factors of Major Complications in Brachioplasty: Analysis of 2,294 Patients. ***Aesthet Surg J.*** 2016 36: 804-806.
6. **Shermak MA.** Aesthetic Refinements in Body Contouring in the Massive Weight Loss Patient- Part 2: Arms. *Plast Reconstr Surg.* 2014 Nov;134(5):726e-735e.
7. Manahan MA, Buretta KJ, Chang D, Mithani SK, Mallalieu J, **Shermak MA.** An outcomes analysis of 2142 breast reduction procedures. *Ann Plast Surg.* 2015 Mar;74(3):289-92.
8. **Shermak MA.** The application of barbed sutures in body contouring surgery. *Aesthet Surg J.* 2013 Sep;33(3 Suppl):72S-5S.
9. **Shermak MA.** Pearls and perils of caring for the postbariatric body contouring patient. *Plast Reconstr Surg.* 2012 Oct;130(4):586e-97e.
10. **Shermak MA.** CME – Body contouring. *Plast Reconstr Surg.* 2012 Jun;129(6):963e-978e.
11. **Shermak MA,** Chang D, Buretta K, Mithani S, Mallalieu JE, Manahan MA. Increasing age impairs outcomes in breast reduction surgery. *Plast Reconstr Surg.* 2011 Dec;128(6):1182-7.
12. Reavey PL, Klassen AF, Cano SJ, McCarthy C, Scott A, Rubin JP, **Shermak MA,** Pusic AL. Measuring quality of life and patient satisfaction after body contouring: a systematic review of patient-reported outcome measures. *Aesthet Surg J.* 2011 Sep; 31(7):807-13.
13. **Shermak MA.** Volumetry: A New Dimension in Massive Weight Loss. *Bariatric Times* 8: 10-1, August 2011.
14. **Shermak MA. Shermak MA.** Reply to: Skin closure with absorbable staples in aesthetic surgery. In Press – accepted for publication to *Plast Reconstr Surg.*

15. **Shermak MA.** Reply to: Body Contouring with the V-loc Suture. *Plast Reconstr Surg.* 2011 Jul;128(1):333.
16. **Shermak MA.** Abdominoplasty: Procedures and Perioperative Care. *OR Nurse* 2011 Jan.; 20-7.
17. **Shermak MA.** Brachioplasty Following Massive Weight Loss. *Bariatric Times* 2010 May;7(5): 16-18.
18. **Shermak MA, Mallalieu JE, Chang D.** Barbed Suture Impact on Wound Closure in Body Contouring Surgery. *Plast Reconstr Surg* 2010 Nov;126(5):1735-41.
19. **Shermak, MA, Mahaffey G.** Preventing Liposuction Complications. *OR Nurse* January 2011;31(1):16-20.
20. **Shermak MA, Choo S, Mallalieu JE, Chang D.** Do pre-existing abdominal scars threaten wound healing in abdominoplasty? *Eplasty.* 2010 Jan 18;10:e14.
21. **Choo S, Marti G, Nastai M, Shermak MA.** Biomechanical Properties of Skin in Massive Weight Loss Patients. *Obes Surg.* 2010 Oct; 20(10): 1422-8.
22. **Shermak MA, Choo S, Mallalieu JE, Chang D.** Financial analysis of factors impacting reimbursement for abdominoplasty. *Obes Surg.* 2009 Sep;19(9):1236-9. Epub 2009 Jul 15.
23. **Shermak MA, Mallalieu JE, Chang D.** Does thighplasty for upper thigh laxity after massive weight loss require a vertical incision? *Aesthet Surg J.* 2009 Nov-Dec;29(6):513-22.
24. **Shermak MA.** Management of Back Rolls. *Aesthetic Surgery Journal* 28(3): 348-358, 2008.
25. **Shermak MA.** Facelifting after Massive Weight Loss. *Bariatrics Times*, In Press.
26. **Shermak MA, Rotellini-Coltvet L, Chang D.** Seroma Development Following Body Contouring Surgery for Massive Weight Loss: Patient Risk Factors and Treatment Strategies. *Plast Reconstr Surg.* 2008 Jul;122(1):280-8.
27. **Shermak MA, Bluebond-Langner R, Chang, DC.** Maintenance of Weight Loss after Body Contouring Surgery for Massive Weight Loss. *Plast Reconstr Surg.* 2008 Jun;121(6):2114-9.

28. **Shermak MA.** Thighlift after Bariatric Body Contouring Surgery. *Bariatrics Times* 4(7): 1, October 2007.
29. **Shermak MA,** Chang DC, Heller J. Factors impacting thromboembolism after bariatric body contouring surgery. *Plast Reconstr Surg.* 119(5): 1590, 2007.
30. **Shermak MA.** Massive Panniculectomy after Massive Weight Loss. *Plast Reconstr Surg,* 117(7): 2191, 2006.
31. **Shermak MA,** Chang D, Magnuson TH, Schweitzer M. An Outcomes Analysis of Patients Undergoing Body Contouring Surgery after Massive Weight Loss. *Plast Reconstr Surg.* 118(4): 1026, 2006.
32. **Shermak MA.** Management of Skin Redundancy of the Abdomen in the Bariatric Patient. *Bariatrics Times* 2(6): 1, 17-19, October 2005.
33. **Shermak MA.** Venous Thromboembolism in the Burn Population: Reply. *Plast Reconstr Surg.* 117(5): 1643, 2006.
34. **Shermak MA,** Shoo B, Deune EG. Prone Positioning Precautions in Plastic Surgery. *Plast Reconstr Surg.* 117(5): 1584-8, 2006.
35. **Shermak MA.** Hernia Repair and Abdominoplasty in Gastric Bypass Patients. *Plast Reconstr Surg.* 117(4): 1145-50, 2006.
36. Taylor J, **Shermak MA.** Body Contouring Following Massive Weight Loss. *Obes Surg.* 14(8): 1080-5, 2004.
37. Schreiber JE, Singh N, **Shermak MA.** The Effect of Liposuction on Ghrelin, Adiponectin, and Leptin Levels in Obese Zucker Rats. *Plast Reconstr Surg.* 117(6): 1829-35, May 2006.
38. **Shermak MA,** Yee K, Wong L, Jones CE, Wong J. Surgical Management of Groin Lymphatic Complications After Arterial Bypass Surgery. *Plast Reconstr Surg.* 115 (7): 1954-62, 2005.
39. Elshahat A, **Shermak MA,** Inoue N, Chao EYS, Manson P. The Use of Novabone and Norian in Cranioplasty: A Comparative Study. *J Craniofacial Surgery* 15(3):1-8, May 2004.
40. Most D, Heller J, **Shermak MA.** Thromboembolism in Plastic Surgery. *Plast Reconstr Surg* 115(2): 20e, February 2005.
41. Wong JM, **Shermak MA,** Tihan T, Jones CE. A Subclavian Artery Aneurysm in an HIV-Infected Patient: A Case Report. *J Vasc Surg* 35(3): 1006-1009, May 2002.

42. **Shermak MA**, Wong L, Inoue N, Nicol T. Complex Cranial Wound Reconstruction with Demineralized Bone Matrix and Bi-Layer Artificial Skin. *J Craniofacial Surg* 11(3): 224-231, 2000.
43. **Shermak MA**, Wolfort SF, Chang BW. An Adjunct to Microsurgical Breast Reconstruction: A Micromat. *Plast. Reconstr. Surg.* 103 (3): 1099-1100, Mar 1999.
44. **Shermak MA**, Wong L, Inoue N, Crain BJ, Im MJ, Kauffman CL, Chao EYS, Manson PN. Rigid Fixation of the Craniofacial Skeleton with Butyl-2-Cyanoacrylate and Its Effects on Histotoxicity and Healing. *Plast. Reconstr. Surg.* 102 (2): 309-318, Aug 1998.
45. **Shermak MA**, Wong L, Inoue N, Chao EYS, Manson PN. Butyl-2-Cyanoacrylate Fixation of Mandibular Osteotomies. *Plast. Reconstr. Surg.* 102 (2): 319-324, Aug 1998.
46. **Shermak MA**, Perlman EJ, Carson BS, Dufresne CR. Giant Congenital Nevocellular Nevus Overlying an Encephalocoele. *J. Craniofacial Surg.* 7 (5): 376-383, Sept 1996.
47. **Shermak MA**, Dufresne CR. Nonlethal Case of Otocephaly and Its Implications for Treatment. *J. Craniofacial Surg.* 7 (5): 372-375, Sept 1996.
48. **Shermak MA**, Saavedra JM, Jackson TL, Huang SS, Bayless TM, Perman JA. Effect of Yogurt on Symptoms and Kinetics of Hydrogen Production in Lactose-Malabsorbing Children. *Am. J. Clin. Nutr.* 62 (5): 1003-1006, Nov 1995.
49. Kaufman HS, **Shermak MA**, May CA, Pitt HA, Lillemoe KD. Nitric Oxide Inhibits Resting Sphincter of Oddi Activity. *Am. J. Surg.* 165 (5): 74-80, Jan 1993.
50. Kuhlman JE, Browne J, **Shermak MA**, Hamper UM, Zerhouni EA, Fishman EK. Retroperitoneal and Pelvic CT of Patients with AIDS: Primary and Secondary Involvement of the Genitourinary Tract. *Radiographics* 11: 473-483, 1991.
51. Yoder C, Coley S, Otter J, Grushow A, **Shermak M**, et al. Stoichiometry of Diorganotin Dihalide Adducts in Solution. *Organometallics* 6: 1679-1684, 1987.
52. **Shermak MA**. Eleanor Leacock and Women's Status in Egalitarian Societies. *Kitubwhan*, Spring 1985.

Non-peer reviewed articles

1. Shermak MA. Abdominal Contouring after Massive Weight Loss Surgery. *Bariatric Times*. In press.
2. Shermak MA. Book Review: Comprehensive Body Contouring by Dennis Hurwitz. *Aesthetic Surgery Journal* 2016.
3. **Shermak MA.** Video Discussion: Strategies for aesthetic reshaping of the postpartum patient by Dr. Alan Matarasso. 2015. *In press*.
4. **Shermak MA.** Connecting the dots through a decade of newsprint. *Plastic Surgery News* December 2011.
5. **Shermak MA.** The myth of multitasking and the decline of direct human contact. *Plastic Surgery News* March 2011.
6. **Shermak MA.** Tipping point: academic plastic surgery seeks control of its destiny. *Plastic Surgery News* December 2010.
7. **Shermak MA.** Pillar talk: how core values are observed in the real world. *Plastic Surgery News* July/August 2010.
8. **Shermak MA.** Lessons learned in the Roland Park Little League. *Plastic Surgery News* June 2009.
9. **Shermak MA.** When patient load drops, consider healing yourself. *Plastic Surgery News* February 2009.
10. **Shermak MA.** Lifting the face after massive weight loss. *Obesity Help Magazine*. Sept/Oct 2008.
11. **Shermak MA.** Is there a doctor in the house? *Plastic Surgery News* August 2008.
12. **Shermak MA.** Celebrity plastic surgeons. *Plastic Surgery News* May 2008.
13. **Shermak MA.** I am a mentor (and so can you!). *Plastic Surgery News* February 2007.
14. **Shermak MA.** A Local's Guide to Baltimore for Plastic Surgery 2007. *Plastic Surgery News* August 2007.
15. **Shermak MA.** Plastic Surgery's battle to keep public perception grounded in reality. *Plastic Surgery News* May 2007.
16. **Shermak MA.** We Must Strive to Keep the Surgery in Plastic Surgery. *Plastic Surgery News* July 2006.

17. **Shermak MA.** Improving the State of Academic Medicine is Good for the Specialty as a Whole. *Plastic Surgery News* June 2006.
18. **Shermak MA.** Contouring the Epigastrium. *Aesthetic Surgery Journal* 2005; 25: 506-9.
19. **Shermak MA.** Circumferential Torsoplasty after Massive Weight Loss. *Bariatrics Today*. 2005 February: 22-48.
20. Morris DE, **Shermak MA.** New tech, products make offices Swiss-watch efficient. *Plastic Surgery News* April 2004.
21. **Shermak MA.** Pressure to succeed can lead to ethical pitfalls. *Plastic Surgery News* January 2004.
22. **Shermak MA.** You must be well-protected (insurance). *Plastic Surgery News* October/November 2003.
23. **Shermak MA.** The Reality of ER Coverage. *Plastic Surgery News* July 2003.
24. **Shermak MA.** Ten Things I Wish I Knew Before Entering Practice. *Plastic Surgery News* April 2003.
25. **Shermak MA.** Guide to Breast Cancer Advocacy – A “How-To” Guide *Plastic Surgery News* August 2002.
26. **Shermak MA.** Preparing for boards: The written examination. *Plastic Surgery News* April 2002.
27. **Shermak MA.** Preparing for boards: Case collection process for oral exam. *Plastic Surgery News* April 2002.

Book Chapters and Books

1. **Shermak MA (ed.).** *Breast and Body Contouring Surgery Atlas*, First Edition. New York: McGraw Hill, 2010. Translated to Spanish, 2013.
2. **Shermak MA.** Avoiding Pitfalls in Symmetry Procedures Following Unilateral Autologous vs Implant-based Reconstruction. In Gabriel/Spear's *Surgery of the Breast: Principles and Art*, 4e, 2020.
3. **Shermak MA.** Gluteal Lift. In *Gluteal Fat Augmentation: Best Practices in Brazilian Butt Lift*, edited by Drs. Alexandra Condé-Green and Alvaro Luiz Cansancao. To be published by Springer Publishers, 2020.

4. **Shermak MA.** Thighlift. In *Operative Techniques in Plastic Surgery*, edited by Kevin Chung, Charles Thorne, Arun Gosain, Hooman Soltanian, John van Aalst, Babak Mehrara, Joseph Disa, and Gordon Lee. To be published by Wolters Kluwer, 2017.
5. **Shermak MA.** Backlift. In *Operative Techniques in Plastic Surgery*, edited by Kevin Chung, Charles Thorne, Arun Gosain, Hooman Soltanian, John van Aalst, Babak Mehrara, Joseph Disa, and Gordon Lee. To be published by Wolters Kluwer, 2017.
6. **Shermak MA.** Gynecomastia. In *Operative Techniques in Plastic Surgery*, edited by Kevin Chung, Charles Thorne, Arun Gosain, Hooman Soltanian, John van Aalst, Babak Mehrara, Joseph Disa, and Gordon Lee. To be published by Wolters Kluwer, 2017.
7. **Shermak MA.** Nonmelanoma Skin Cancer. In Cameron and Cameron (Eds) *Current Surgical Therapy*, 12th ed. Philadelphia: Elsevier, 2016.
8. **Shermak MA.** The Anatomic Deformities of the Post-Bariatric Patient. In SR Thaller, M Cohen (Eds) *Cosmetic Surgery after Massive Weight Loss*. JP Medical Ltd, 2013.
9. **Shermak MA.** Brachioplasty. In SR Thaller, M Cohen (Eds) *Cosmetic Surgery after Massive Weight Loss*. JP Medical Ltd, 2013.
10. Lee RJ, Blanding R, **Shermak MA.** Plastic and Reconstructive Surgery. In D Stannard, D Krenzischek (Eds) *Perianesthesia Nursing Care: A Bedside Guide to Safe Recovery*. Jones and Bartlett Publishers, 2010.
11. **Shermak MA.** Thighlift. In B Strauch, CK Herman (Eds) *The Encyclopedia of Body Sculpting in the Massive Weight Loss Patient*. Thieme, 2009.
12. **Shermak MA.** Complications and Management Following Mid-Body Sculpting. In B Strauch, CK Herman (Eds) *The Encyclopedia of Body Sculpting in the Massive Weight Loss Patient*. Thieme, 2009.
13. **Shermak MA.** Factors Impacting Thromboembolism after Bariatric Body Sculpting. In B Strauch, CK Herman (Eds) *The Encyclopedia of Body Sculpting in the Massive Weight Loss Patient*. Thieme, 2009.
14. Reinblatt M, **Shermak MA.** Venous Thromboembolism in Bariatric Body Contouring Surgery. In M Shiffman, A Di Giuseppe (Eds) *Body Contouring: Art, Science and Clinical Practice*. Springer Verlag, 2009.
15. Vaidya V, Steele KE, Schweitzer M, **Shermak M.** Obesity. In BJ Sadock, VA Sadock, P Ruiz (Eds) *Kaplan and Sadock's*

Comprehensive Textbook of Psychiatry, Ninth Edition. Wolters Kluwer/Lippincott Williams & Wilkins, 2009.

16. **Shermak MA.** Congenital and Developmental Abnormalities of the Breast. In I Jatoi (Ed). *Manual of Breast Diseases, Second Edition*. Philadelphia: Lippincott Williams & Wilkins, 2008.
17. **Shermak MA,** Pandya S, Doherty ST. Body Contouring after Massive Weight Loss. In J Weinzwieg (ed.). *Plastic Surgery Secrets*, 2nd Edition. Philadelphia: Elsevier, 2006.
18. Kazin R, **Shermak MA.** Skin Lesions: Evaluation, Diagnosis and Management. In JL Cameron J (Ed). *Current Surgical Therapy*, 9th Edition. Philadelphia: Mosby, 2006.
19. **Shermak MA.** Congenital and Developmental Abnormalities of the Breast. In I Jatoi (Ed). *Manual of Breast Diseases*. Philadelphia: Lippincott Williams & Wilkins, 2002.
20. Gingrass MK, **Shermak MA.** The Treatment of Gynecomastia with Ultrasound Assisted Lipoplasty. In *Perspectives in Plastic Surgery* 12: 101-112, 1999.
21. **Shermak MA,** Carson BS, Dufresne CR. Issues in Craniofacial Surgery. In CR Dufresne, BS Carson, SJ Zinreich (Eds). *Complex Craniofacial Problems: A Guide to Analysis and Treatment*. New York: Churchill Livingstone, 1992.
22. Zinreich SJ, **Shermak MA.** Radiologic Analysis and Visualization of Craniofacial Anomalies. In CR Dufresne, BS Carson, SJ Zinreich (Eds). *Complex Craniofacial Problems: A Guide to Analysis and Treatment*. New York: Churchill Livingstone, 1992.

Scientific Presentations

1. Sloane E, **Shermak MA.** Do Women Who Undergo Breast Augmentation Always Wish They Went Bigger? An Investigation into Size and Satisfaction. Aesthetica ASPS Meeting. Washington, DC. May 2016.
2. **Shermak MA,** Mallalieu JE, Chang D. Brachioplasty: An Outcomes Analysis. 22nd annual EURAPS meeting, Mykonos, Greece. June 2011.
3. **Shermak MA,** Mallalieu JE, Chang D, Buretta K, Mithani S, Manahan M. The Superior Pedicle-Nipple Graft Technique Trumps Medial Pedicle Breast Reduction with Nipple Preservation for Management of Gigantomastia. Plastic Surgery 2010 (American

Society of Plastic Surgery National Meeting), Toronto, Canada.
October 2010.

4. Manahan M, Chang D, Mallalieu JE, Buretta K, Mithani S, **Shermak MA**. An Outcomes Analysis of 2,142 Breast Reduction Procedures. 96th Annual Clinical Congress, American College of Surgeons Meeting, Washington, DC. October 2010.
5. **Shermak MA**, Mallalieu JE, and Chang D. Increasing Age Impairs Outcomes in Breast Reduction Surgery. 89th Annual Meeting of the American Association of Plastic Surgeons. San Antonio, Texas. March 2010.
6. Mahaffey G, **Shermak MA**. The Use of Chains During a Massive Panniculectomy.
7. **Shermak MA**, Mallalieu JE, and Chang D. Barbed Suture Impact on Wound Healing in Body Contouring Surgery. 88th Annual Meeting of the American Association of Plastic Surgeons. Rancho Mirage, California. March 2009.
8. **Shermak MA**, Mallalieu JE, and Chang D. Do Pre-existing Abdominal Scars Threaten Wound Healing in Abdominoplasty? Plastic Surgery 2008 (American Society of Plastic Surgery National Meeting), Chicago, IL.
9. Choo S (presenter), Marti G, Nastai M, Mallalieu JE, **Shermak MA**. Is Skin Quality Deranged by Massive Weight Loss? 53rd (2008) Annual Plastic Surgery Research Council Meeting, Springfield, IL.
10. **Shermak MA**, Mallalieu J, Chang D. Thighplasty after Massive Weight Loss: A Description of Technique and an Analysis of Outcomes. 87th Annual Meeting of the American Association of Plastic Surgeons. Boston, Massachusetts. April 2008.
11. **Shermak MA**, Mallalieu J, Chang D. Examination of Factors Impacting Reimbursement for Abdominoplasty. (poster) 87th Annual Meeting of the American Association of Plastic Surgeons. Boston, Massachusetts. April 2008.
12. Rotellini-Coltvet L, **Shermak MA**, Chang D. Seroma Development following Body Contouring Surgery for Massive Weight Loss: Patient Risk Factors and Treatment Strategies. The American Academy of Physician Assistants (AAPA) 35th Annual Physician Assistant Conference. Philadelphia, PA. May 2007.
13. **Shermak MA**, Rotellini-Coltvet L, Chang D. Seroma Development Following Body Contouring Surgery for Massive Weight Loss: Patient Risk Factors and Treatment Strategies. (poster) Plastic

Surgery 2006 (American Society of Plastic Surgery National Meeting), San Francisco, CA.

14. **Shermak MA**, Chang D, Magnuson T, Schweitzer M. An Outcomes Analysis of Patients Undergoing Body Contouring Surgery after Massive Weight Loss. 84th (2005) Annual Meeting of the American Association of Plastic Surgeons, Scottsdale, Arizona.
15. **Shermak MA**, Chang D. Factors Impacting Thromboembolism after Bariatric Body Contouring Surgery. The Plastic Surgery at the Red Sea International Symposium, March 2005.
16. **Shermak MA**. Hernia Repair and Panniculectomy in Gastric Bypass Patients. Plastic Surgery 2004 (American Society of Plastic Surgery National Meeting), Philadelphia, Pennsylvania.
17. **Shermak MA**, Manahan MA. Massive Panniculectomy after Massive Weight Loss. (Poster) Plastic Surgery 2004 (American Society of Plastic Surgery National Meeting), Philadelphia, Pennsylvania.
18. Elshahat A, **Shermak MA** (presenter), Inoue N, Chao EYS, Manson P. The Use of Novabone and Norian in Cranioplasty: A Comparative Study. 48th (2003) Annual Plastic Surgery Research Council Meeting, Las Vegas, Nevada.
19. **Shermak MA**. Abdominal Management for Massive Weight Loss. (poster) 2003 Aesthetic Society (ASAPS) Meeting, Boston, Massachusetts.
20. **Shermak MA**, Taylor J. Body Contouring Surgery After Massive Weight Loss (poster). 2003 Aesthetic Society (ASAPS) Meeting, Boston, Massachusetts.
21. Wong L, **Shermak MA**, Inoue N. Reconstruction of Combined Soft Tissue and Bone Critical Size Defects in Rabbit Cranium. 44th (1999) Annual Plastic Surgery Research Council Meeting, Pittsburgh, PA.
22. **Shermak MA**, Wong L, Inoue N, Chao EYS, Manson PN. Biologic Mechanisms of Cranial Healing with Demineralized Bone Matrix. 43rd (1998) Annual Plastic Surgery Research Council Meeting, Loma Linda, CA.
23. **Shermak MA**, Wong L, Inoue N, Chao EYS, Manson PN. Butyl-2-Cyanoacrylate Fixation of Mandibular Osteotomies. 42nd (1997) Annual Plastic Surgery Research Council Meeting. Galveston, TX.
24. **Shermak MA**, Wong L, Inoue N, Chao EYS, Manson PN. Mechanisms of Bone Healing of the Neurocranium with Polymer and Plate and Screw Fixation. 41st (1996) Annual Plastic Surgery Research Council Meeting. St. Louis, MO.

25. **Shermak MA**, Wong L, Inoue N, Crain BJ, Im MJ, Kauffman CL, Chao EYS, Manson PN. Rigid Fixation of the Craniofacial Skeleton with Butyl-2-Cyanoacrylate and Its Effects on Histotoxicity and Healing. 1995 64th Annual Scientific Meeting of ASPRS/PSEF/ASMS. Montreal, Canada.
26. **Shermak MA**, Wong L, Inoue N, Crain BJ, Im MJ, Kauffman CL, Chao EYS, Manson PN. Rigid Fixation of the Craniofacial Skeleton with Butyl-2-Cyanoacrylate and Its Effects on Histotoxicity and Healing. 40th (1995) Annual Plastic Surgery Research Council Meeting. New York, NY.
27. **Shermak, MA**, Chang BW, Soto A, VanderKolk CA. A Retrospective Analysis of Contracture and Rupture in 379 Breast Implants. 1995 American Association of Plastic Surgeons Annual Meeting. San Diego, CA.
28. **Shermak MA**, Pitt HA, Sitzmann JV, Hruban RH, Cameron JL. Symptomatic Noninflammatory Hepatic Cysts: Can Cyst Fluid of Size Predict Pathology? 1994 Inaugural World Conference of the International Hepato-Pancreato-Biliary Association. Boston, MA.
29. **Shermak MA**, Lipsett PA, Kauffman HS, Fox-Talbot MK, Pitt HA, Lillemoe KD. Calcium Interacts with Biliary Proteins to Induce Cholesterol Crystal Nucleation. 1992 Digestive Disease Week Scientific Sessions. San Francisco, CA.
30. **Shermak MA**, Saavedra JM, Bayless TM, Perman JA. Effects of Yogurt on Lactose-Intolerant Children. 1989 American Gastroenterological Association Conference. Washington, D.C.

Grants

1. Novabone Grant for Craniofacial Research, 2002. Rabbit cranioplasty project comparing biomechanical strength and histology of healing with different commercially-available products.
2. Norian Grant for Craniofacial Research, 1997. Cranial defect healing and neurotoxicity with Norian *SRS*.
3. AO/ASIF Grant for Craniofacial Research, \$45,000. 1995-1998. Cranial fixation with resorbable polymers. Effect of Butyl-2-Cyanoacrylate on Histotoxicity and Healing.

EDUCATIONAL ACTIVITIES

Teaching

1. Breast Reconstruction. University of Maryland-St. Joseph Medical Center OR Staff. May 2019.

2. Indications Conference, UMD-JH Plastic Surgery Residents and Fellows. April 2019.
3. Indications Conference, UMD-JH Plastic Surgery Residents and Fellows. December 2017.
4. Ethics for the Board-Eligible Plastic Surgeon. Johns Hopkins Grand Rounds, Resident Education. January 2017.
5. Resident Indications Conference: Thigh Contouring and Thighplasty. Johns Hopkins Grand Rounds, Resident Education. December 2016.
6. Putting Your Best Face Forward: Quick Fixes and Long Term Solutions. University of Maryland-St. Joseph Medical Center. Fifth Annual Women's Conference. Baltimore, Maryland. May 2016.
7. American Society of Plastic Surgeons Ethics Program. Johns Hopkins Grand Rounds, Resident Education. September 2014.
8. Ethics: Doctor-Patient Relationship. Johns Hopkins Grand Rounds, Resident Education. September 2014.
9. Breast Reconstruction. SOS Breast Cancer Support Group. University of Maryland-St. Joseph Medical Center. November 2013.
10. Autologous Breast Reconstruction. Navigating the BRCA Gene Maze. University of Maryland-St. Joseph Medical Center. June 19, 2013.
11. Autologous Fat Transfer. Cosmetic Conference with Johns Hopkins Plastic Surgery Residents and Fellows. April 25, 2013.
12. Body Contouring Surgery after Weight Loss. Greater Baltimore Medical Center Gastric Bypass Support Group. October 26, 2010.
13. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. June 10, 2009.
14. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. March 25, 2009.
15. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. November 20, 2008.
16. Extraordinary Women, Extraordinary Achievements. (panel) The Jewish Professional Women's Initiative. Baltimore, MD. May 6, 2008.

17. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. February 21, 2008.
18. What's It Like to be a Surgeon? Johns Hopkins School of Medicine Colleges Advisory Program. January 31, 2008.
19. Body Image, the Jewish Woman and Plastic Surgery: Exploring Sociocultural Cues through History. Rashi's Daughters Symposium: Women and their Bodies: A Love-Hate Relationship. The Jewish Museum of Maryland, Baltimore, MD. July 17, 2007.
20. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. May 2007.
21. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. April 2007.
22. Craniofacial Surgery: Trauma and Pediatric. Johns Hopkins Medical Student Lecture. February 2007.
23. Bariatric Outcomes. Johns Hopkins Bayview Department of Surgery Conference. May 2006.
24. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. May 2006.
25. Image Enhancement. A Woman's Journey. Johns Hopkins Medicine. November 12, 2005.
26. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. October 2005.
27. Bariatric Body Contouring. Johns Hopkins Division of Plastic Surgery Resident Lecture. September 2005.
28. Hernia Repair and Panniculectomy in Gastric Bypass Patients. Johns Hopkins Plastic Surgery Grand Rounds. February 2005.
29. The Not-So Extreme Makeover for the Younger Woman. A Woman's Journey. Johns Hopkins Medicine. November 20, 2004.
30. The Not-So Extreme Makeover for the More Mature Woman. A Woman's Journey. Johns Hopkins Medicine. November 20, 2004.
31. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. October 2004.

32. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. August 13, 2002
33. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Operating Room. April 4, 2002
34. Burns. Union Memorial Department of Surgery. November 1, 2001.
35. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. July 10, 2001
36. Fact and Fiction in the Silicone Breast Implant Controversy. Surgical Grand Rounds at St. Joseph Medical Center. January 19, 2001.
37. Sorting through the Fact and Fiction of the Silicone Implant Controversy. Surgical Grand Rounds at Johns Hopkins Hospital. October 7, 2001.
38. Body Contouring Surgery after Weight Loss. Johns Hopkins Bayview Medical Center Gastric Bypass Support Group. July 11, 2000
39. New Technologies in Aesthetic Surgery. Johns Hopkins Greenspring Station. May 2000.
40. Anatomy Group Discussion on Head and Neck Anatomy. Johns Hopkins School of Medicine. November 2000.

Mentoring

Medical Students

- Christy Boling, Mark Tran, Nicole Tuchinda (class entering 2000). Faculty mentor for first year students.
- Melinda Turner, Laurie Gordon (class entering 2001). Faculty mentor for first year students.
- Peter Gregg (class entry 2002). First year medical student shadowed me in clinic 1 day/week for 10 sessions total. Essay about Delivery of Medical Care at end of course.
- Vivian Fenstermaster-Weiss (class entry 2004) First year medical student shadowed me in clinic 1 day/week for 10 sessions total. Essay about Delivery of Medical Care at end of course.
- Theresa O'Herron (class entry 2005) First year medical student shadowed me in clinic 1 day/week for 10 sessions total. Essay about Delivery of Medical Care at end of course.

- Shelly Choo (class entry 2006) First year medical student shadowed me in clinic 1 day/week for 10 sessions total. Essay about Delivery of Medical Care at end of course. Summer research 2007 – 3 projects.
- Christine N Tran (class entry 2007) First year medical student shadowed me in clinic 1 day/week for 10 sessions total. Essay about Delivery of Medical Care at end of course.
- Karl (Kan) Zhang (class entry 2005). Third year medical student spent 2 week rotation and participated in 2 projects for presentation and publication.
- Kate Buretta (class entering 2008) Summer research mentor 2009. Three projects.
- Emily Sloane (class entering 2013) Summer research mentor 2014.
- Hailey Morris (undergraduate Haverford) Summer research mentor 2017.

Tutorial Program for JHU Undergraduate Students

- Sarah Smith-Benjamin – Loyola Undergraduate Student. January 2010 – March 2010.
- Angela Aherrara - JHU undergraduate Behavioral Biology student. January 2010 – April 2010.
- Alex Satin – JHU undergraduate student. February 2009 – June 2009.
- Hugo Carmona - JHU undergraduate Biology student. September 2008 – Dec 2009.
- Dania Joseph - JHU undergraduate Biology student. MPH candidate at Bloomberg post grad. March 2008 – June 2008.
- Joseph Wood – JHU undergraduate BME student. January 2008 – March 2008.
- Erin Zolnick – JHU Baccalaureate Program. March - June 2007
- Paul Birinyi – Came to OR weekly. September to December 2004. Accepted for admission to UT Southwestern Medical School September 2006.
- Bart Szczech – Came to OR weekly. September to December 2005. (Bloomberg School of Public Health, Tulane School of Medicine)
- Richard Boyle – Came to OR weekly. January to May 2006. (Applying to Medical School)

Editorial Activities

- Editor in Chief, *Plastic Surgery News*, 2010 - 2012.
- Editorial Advisory Board, *Bariatric Times*, July 2007 – present.
- Editorial Board, Cosmetic Section. *eplasty* internet plastic surgery journal, January 2008 – 2010.
- Associate Editor, *Plastic Surgery News*, 2005-2009.
- Guest Reviewer, *JAMA*, 2009–present.
- Guest Reviewer, *Plastic and Reconstructive Surgery*, 2006–present.
- Guest Reviewer, *Aesthetic Surgery Journal*, 2007–present.
- Guest Reviewer, *Annals of Surgery*, 2008–present.
- Guest Reviewer, PRS GO, 2018-present.
- Editor, *Plastic Surgery News*, Perspectives Section (January 2002 – July 2005)

CLINICAL ACTIVITIES

Certification

Medical Licenses

- Maryland State Medical License (1998 – present) - D53656
- Tennessee State Medical License (1998-2000) - MD30147

Boards

The American Board of Plastic Surgery (2000 – present) - #7487
Maintenance of Certification Passed for Certification until 2030.

ORGANIZATIONAL ACTIVITIES

Institutional Administrative Appointments

- Chief of Division of Plastic Surgery at Johns Hopkins Bayview Medical Center, May 2005 – June 2009.

- Johns Hopkins School of Medicine Women's Task Force, 2008. (New committee led by Barbara Fivush, developed to evaluate women's leadership representation on SOM committees. This is co-sponsored by the Office of Women in Science and Medicine.)
- Member, Center for Metabolism and Obesity Research (CMOR), Johns Hopkins School of Medicine, 2007 – 2010.
- Johns Hopkins Bayview OR Committee, May 2005 – 2009.
- Johns Hopkins Bayview Medical Board, May 2005 – 2009.
- A Woman's Journey Physician Advisory Board, 2006 – 2010.
- Ethics Committee, Johns Hopkins Bayview Medical Center, September 2004 – 2007.
- Johns Hopkins Women's Leadership Steering Committee (WLC), July 2004 – 2010
 - Task Force to address issues of leadership and decision making in school-wide activities, February 2008 - present
- Admissions Committee, The Johns Hopkins School of Medicine, January 1999 – June 2003
- Pharmacy and Therapeutics Committee, University of Maryland-St. Joseph Hospital. 2014 – present.
- Surgery Advisory Committee, GBMC. 2011 – 2016.
- Johns Hopkins School of Medicine Class Representative (92). 2016- present

Professional Societies

- American Society of Plastic Surgery (ASPS)
 - ◇ Co-Chair of Aesthetic Section of Spring Meeting, 2021 and 2022
 - ◇ Vice Chair, Public Education Committee, 2020-3.
 - ◇ Plastic Surgery Foundation Visiting Professorship with travel to 5 residency programs in United States, 2017-8
 - ◇ Chair of Aesthetic Program, ASPS Annual Meeting in Orlando, FLA. October 2017.
 - ◇ Essentials of Leadership Trainer, 2017-8.
 - ◇ Member at Large of ASPS Board, 2014-6.

- ◇ Chair, Plastic Surgery In-Service Breast and Body Contouring Sub-committee, 2011-2013
- ◇ ASPS/PSEF Nominating Committee, 2007-8, 2015-16.
- ◇ Annual Meeting and Instructional Course Committee, 2012-2020
- ◇ Plastic Surgery 2010 Cosmetic Sub-Committee
- ◇ Government Affairs Committee, 2009 – 2012
- ◇ ASPS/PSEF Bylaws Committee, 2007-8.
- ◇ Judicial Council, 2005-8. (Elected by Society)
- ◇ Pathways to Leadership participant, 2007-8.
- ◇ Bariatric Surgery Task Force, 2004 - present
- ◇ Jacques Maliniac Circle, 2005 - present
- ◇ The Young Plastic Surgeons Steering Committee, 2000-2005
- ◇ Health Policy Committee, 2006 – 2007
- ◇ Online Education Committee, 2000 - 2005
- ◇ Marketing Committee, 2000 – 2005

- American Association of Plastic Surgeons (2008-present)
 - ◇ Ethics Committee, 2014 – 2016 (Chair 2016-7)

- American Board of Plastic Surgery
 - ◇ Oral Board Examiner (2008, 2009, 2010, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021)
 - ◇ Advisory Council Member, Aesthetic Surgery, 2021-.

- Plastic Surgery Research Council (PSRC) (1999–2010)
 - ◇ Scientific Program Committee, Plastic Surgery Research Council 2005 meeting
 - ◇ Scientific Program Committee, Plastic Surgery Research Council 2010 meeting

- American Society of Aesthetic Plastic Surgery (ASAPS) - The Aesthetic Society
 - ◇ Nominating Committee, 2020-1
 - ◇ Exhibits Committee 2020-3
 - ◇ Aesthetic Society 's Future Leaders Committee for 2005/2006
 - ◇ Public Education Committee (2007-current)
 - ◇ ASAPS Task Force on Aesthetic Training (2009-2011)

- Fellow, American College of Surgeons (ACS)

- Northeastern Society of Plastic Surgeons (NESPS)

- American Israeli Plastic Surgery Society
- Med Chi, Baltimore City Medical Society
- John Staige Davis Society, Plastic Surgery Society of Maryland

Advisory Committees

- Office of Women in Science and Medicine, Johns Hopkins School of Medicine, 2009 – 2010.
- A Woman's Journey Faculty Advisory Group, Johns Hopkins Medical Institutions, 2005 – 2008.

Consultantships

- Ethicon Plastic Surgery Group, May 2006 – 2007. Biannual meetings.
- Medicis Restylane Subcutaneous for Facial Reconstruction after Massive Weight loss, 2006 to 2008. Role = Primary Investigator for FDA trial.

RECOGNITION

Honors and Awards

- Best Body Presentation 20/20@Home Award. “Thighlift” American Society of Aesthetic Surgery (ASAPS) Annual Meeting, April 2020.
- AMA Women Physicians Section Inspirational Physician Recognition Program, 2017.
- PSEF Plastic Surgery Visiting Professorship program, 2017-8.
- Baltimore Magazine Top Doc in Plastic Surgery: Body Contouring, 2014, 2021; Breast, 2016; Reconstructive, Aesthetic, Facial, Breast, Body Contouring, 2017.
- Top 100 Women, Baltimore Business Journal, 2013, 2017.
- America’s Top Surgeons 2011.
- ASPS/PSEF Pathways to Leadership Program, 2008.

- Winning poster presentation at The American Academy of Physician Assistants Clinical and Scientific Affairs Council, 16th Annual Clinical and Professional Poster Session. Seroma Development following Body Contouring Surgery for Massive Weight Loss: Patient Risk Factors and Treatment Strategies. Philadelphia, PA. May 2007.
- Johns Hopkins Leadership Development Program (LDP), 2007-8.
- Local host, American Society Plastic Surgery (ASPS) National Meeting, 2007.
- Invitation/participation in ASPS conference for upcoming leaders in plastic surgery, 2002
- John Staige Davis Society Best Resident Paper and Presentation Award, 1996.
- Magna cum Laude, Franklin and Marshall College, 1988.
- Phi Beta Kappa, Franklin and Marshall College, 1987-1988.
- Dana Scholar, Franklin and Marshall College, 1987-1988.
- Alpha Kappa Delta, International Sociology Honor Society, Franklin and Marshall College, 1988.
- Huffnagle Scholarship in Chemistry, Franklin and Marshall College, 1985.
- Hackman Scholarship in Biology, Franklin and Marshall College, 1985.

Invited Talks, Panels

1. Contrasting Approaches to Thighlifting. The Aesthetic Society. San Diego. April 2022.
2. Abdominoplasty: Mommy Makeover. ASPS Spring Meeting, Virtual. March 2022.
3. Upper Body Lift with Breast Lift After Massive Weight Loss. ASPS Spring Meeting, Virtual. March 2022.
4. APEX Thighlift: Proximal Approach with Maximal Results. Midwest Association of Plastic Surgeons (MAPS). Virtual Annual Meeting. June 2021.

5. My Evolving Practice to APEX Thighlift. Women Plastic Surgeons (WPS) Virtual Annual Meeting. ASPS. February 2021.
6. Thighlift after Massive Weight Loss: Matching Technique to Presentation. Taiwan Society of Plastic Surgeons (TSPS) International Meeting. January 2021.
7. Extended Brachioplasty as a Component of Upper Body Lift. Virtual Plastic Surgery The Meeting. October 2020.
8. Massive Weight Loss Thighplasty Techniques. The Aesthetic Meeting 20/20 At Home. April 2020.
9. Abdominoplasty: Mini to Maxi. 49th Annual Toronto Aesthetic Plastic Surgery Symposium. Toronto, Canada. April 2019.
10. Evolution in Body Contouring for Massive Weight Loss. 49th Annual Toronto Aesthetic Plastic Surgery Symposium. Toronto, Canada. April 2019.
11. Arm and Thigh Contouring. 49th Annual Toronto Aesthetic Plastic Surgery Symposium. Toronto, Canada. April 2019.
12. Evolving Techniques in Post-Bariatric Body Contouring: My Personal Journey. Johns Hopkins Grand Rounds, Baltimore, MD. April 2019.
13. Understanding Our Aesthetic Goals and Best Practices for Fat Harvest to Optimize Graft Survival. Aesthetica. Las Vegas, Nevada. March 2019.
14. Dueling Perspectives in Liposuction: Traditional SAL and PAL. Aesthetica. Las Vegas, Nevada. March 2019.
15. Dueling Perspectives in Body Contouring: Videos of the Masters. Brachioplasty. Aesthetica. Las Vegas, Nevada. March 2019.
16. Dueling Perspectives in Body Contouring: Videos of the Masters. Thighplasty. Aesthetica. Las Vegas, Nevada. March 2019.
17. How to Avoid Secondary Surgery . . What the Masters No Longer Do. Aesthetica. Las Vegas, Nevada. March 2019.
18. Safe Management of the Massive Weight Loss Patient: Patient Selection, Pre-surgical Checklist and Strategies of Ways to Combine Procedures While Minimizing Complications in the MWL Patient. Brachioplasty. Aesthetica. Las Vegas, Nevada. March 2019.

19. Pearls of Wisdom of Massive Weight Loss Surgery of the Trunk. Southeastern Society of Plastic and Reconstructive Surgery (SESPRS), West Palm Beach, FLA, June 2018.
20. Pearls of Wisdom of Massive Weight Loss Surgery of the Extremities. Southeastern Society of Plastic and Reconstructive Surgery (SESPRS), West Palm Beach,FLA, June 2018.
21. Assuring Success in Body Contouring Surgery after Massive Weight Loss (and stuff I'm excited about), University of Louisville, Kentucky Visiting Professorship, April 2018.
22. Assuring Success in Body Contouring Surgery after Massive Weight Loss (and stuff I'm excited about), Cleveland Clinic (Florida) Visiting Professorship, March 2018.
23. Assuring Success in Body Contouring Surgery after Massive Weight Loss (and stuff I'm excited about), University of Texas, San Antonio Visiting Professorship, March 2018.
24. Gluteal Fat Grafting from A to Z: Key Components to Preoperative Evaluation, Intraoperative Technique and Postoperative Care. Aesthetica. Las Vegas, Nevada. February/March 2018.
25. PAL Liposuction: Tips for Optimizing Results and Strategies for Correcting Liposuction Contour Deformities. Aesthetica. Las Vegas, Nevada. February/March 2018.
26. Dueling Videos of the Masters: Thighplasty. Aesthetica. Las Vegas, Nevada. February/March 2018.
27. Dueling Videos of the Masters: Brachioplasty. Aesthetica. Las Vegas, Nevada. February/March 2018.
28. Dueling Videos of the Masters: Upper Body Lift. Aesthetica. Las Vegas, Nevada. February/March 2018.
29. How Long Should the Scar Be? Mini-Abdominoplasty vs. Around the World Abdominoplasty. Dueling Videos of the Masters: Thighplasty. Aesthetica. Las Vegas, Nevada. February/March 2018.
30. Contemporary Approaches to Body Contouring, Johns Hopkins Department of Plastic Surgery Grand Rounds. December 14, 2017
31. Contemporary Approaches to Body Contouring, UCSF Visiting Professorship, November 2017.

32. Current Concepts in Liposuction for Body Contouring: SAL and PAL. Plastic Surgery The Meeting. American Society of Plastic Surgeons (ASPS). Orlando, FL. October 2017.
33. Abdominoplasty: Results of Evidence Based Advances. Plastic Surgery The Meeting. American Society of Plastic Surgeons (ASPS). Orlando, FL. October 2017.
34. Arm Contouring – The Long & Short. Plastic Surgery The Meeting. American Society of Plastic Surgeons (ASPS). Orlando, FL. October 2017.
35. Innovative Truncal Reshaping in Massive Weight Loss: APEX Thighlift. Plastic Surgery The Meeting. American Society of Plastic Surgeons (ASPS). Orlando, FL. October 2017.
36. Mission Impossible? Augmentation Mastopexy vs Autologous Augmentation: Breast Augmentation. Plastic Surgery The Meeting. American Society of Plastic Surgeons (ASPS). Orlando, FL. October 2017.
37. SMAS Facelift. (Moderator) Plastic Surgery The Meeting. American Society of Plastic Surgeons (ASPS). Orlando, FL. October 2017.
38. Liposuction Masters Class: Tips and Tricks for Choosing your Type of Liposuction and Optimizing Results: Why I Use PAL. Aesthetica. New Orleans, LA. March 2017.
39. Dueling Videos of the Masters: Thighplasty. Aesthetica. New Orleans, LA. March 2017.
40. Tips and Tricks for Avoiding Complications in the MWL Body Contouring Patient: Preoperative Game Plan. Aesthetica. New Orleans, LA. March 2017.
41. My Early Career Complications with Body Contouring: What I Know Now That I wished I Knew When I Started my Practice. Aesthetica. New Orleans, LA. March 2017.
42. How to Avoid Liposuction Contour Deformities: From Surgical Technique to Postoperative Garments. Johns Hopkins Department of Plastic Surgery Grand Rounds. November 3, 2016.
43. Brachioplasty and Thighplasty Markings and Technique (Dueling Videos). Aesthetica. Washington, DC. June 2016.
44. Abdominoplasty: Incision Design, Management of Central Abdominal Flap Lipodystrophy, and Pearls of Umbilicoplasty:

- Traditional Abdominoplasty. Aesthetica. Washington, DC. June 2016.
45. How to Avoid Liposuction Contour Deformities: From Surgical Technique to Postoperative Garments. Aesthetica. Washington, DC. June 2016.
 46. Preoperative Planning for Gluteal Augmentation: Where Should the Fat Go? Aesthetica. Washington, DC. June 2016.
 47. Stage or Combine Procedures: What Works Best? Aesthetica. Washington, DC. June 2016.
 48. Abdominoplasty: Incision Design, Management of Central Abdominal Flap Lipodystrophy, and Pearls of Umbilicoplasty - How I do It. Johns Hopkins Plastic Surgery Grand Rounds. Baltimore, MD. May 19, 2016.
 49. Risk for reward: On the spectrum of FDA-Approved Noninvasive to Invasive Liposuction, How Far Can We Go? How Far Should We go? Plastic Surgery The Meeting. American Society of Plastic Surgeons (ASPS). Boston, MA. October 2015.
 50. Excisional Body Contouring: Thighlift. Plastic Surgery The Meeting. American Society of Plastic Surgeons (ASPS). Boston, MA. October 2015.
 51. Body Contouring Following Massive Weight Loss. Northeastern Society of Plastic Surgeons. Philadelphia, PA. September 2015.
 52. Do Breast Augmentation Patients Always Wish They Went Bigger? Johns Hopkins Plastic Surgery Grand Rounds. Baltimore, MD. May 14, 2015.
 53. Ethical Considerations for the Young Plastic Surgeon in Practice: Pitfalls to Avoid. Johns Hopkins Plastic Surgery Resident Conference. May 2015.
 54. Technical Nuances in Post-Bariatric Body Contouring Surgery to Better Address Specific Patient Needs. New York Regional Society of Plastic Surgeons New York, NY. November 2014.
 55. Breast Reduction and Show Me The Evidence: Breast Reducton. ASAPS AIM Webinar with Dr. Simeon Wall, Dr. Grant Stevens, Dr. Dan Delvecchio and Dr. Brad Calobrace. October 2014.

56. Goldilocks and the Three Breasts: Thin, Obese, and Just Right. Northeastern Society of Plastic Surgeons. Providence, RI. September 2014.
57. Nipple-sparing Mastectomy and Aesthetic Refinement in Implant-Based Breast Reconstruction. Johns Hopkins Plastic Surgery Grand Rounds. Baltimore, MD. December 19, 2013.
58. Brachioplasty for the Massive Weight Loss Patient: A Spectrum of Options for a Spectrum of Presentations. Cleveland Clinic 14th Annual Innovations in Aesthetic Surgery: A Multidisciplinary Symposium. Miami Beach, Florida. March 22-24, 2013.
59. Medial Thigh Lift for the Massive Weight Loss Patient: Is the Vertical Scar Necessary? Cleveland Clinic 14th Annual Innovations in Aesthetic Surgery: A Multidisciplinary Symposium. Miami Beach, Florida. March 22-24, 2013.
60. Breast Reduction: T- Scar. Breast Reduction CME Panel. American Society of Aesthetic Plastic Surgery. New York, New York. April 2013.
61. How To Present Yourself to Optimize Success in the Workplace. Baltimore Business Journal Women's Summit. Columbia, MD. December 6, 2012.
62. Repair of the Wrecked Abdomen. St. Joseph Medical Center. Surgery Grand Rounds. November 16, 2012.
63. Body Contouring - Staging for Optimal Patient Safety and Outcomes. Panel Moderator for ASPS 2012. New Orleans, LA. November 2012.
64. Breast Reduction: T- Scar. Breast Reduction CME Panel. American Society of Aesthetic Plastic Surgery. Vancouver. April 2012.
65. Connecting the Docs: Private Practice after Johns Hopkins School of Medicine. December 2011.
66. Repair of the Wrecked Abdomen. Greater Baltimore Medical Center Obstetrics/Gynecology Grand Rounds. November 4, 2011.
67. Head and Neck Reconstruction. Sinai Hospital Resident Teaching Rounds. November 1, 2011.
68. Repair of the Wrecked Abdomen. Greater Baltimore Medical Center Surgery Grand Rounds. February 4, 2011.

69. Making the Abdomen Right: Correcting Abdominal Wall Deformities from Denervation, Hernia, Trauma, Pregnancy and Weight Loss. Northwest Hospital Surgery Grand Rounds. October 6, 2010.
70. Thigh Lifts. Pan-Pacific Surgical Congress. January 2010. Honolulu, Hawaii.
71. Factors Impacting Thromboembolism After Bariatric Body Contouring. Pan-Pacific Surgical Congress. January 2010. Honolulu, Hawaii.
72. Body Contouring Pearls. January 2010. Honolulu, Hawaii.
73. Thromboembolism. Virgin Islands Workshop in Plastic Surgery. January 2009. St John, USVI.
74. Thigh Lifts. Virgin Islands Workshop in Plastic Surgery. January 2009. St John, USVI.
75. Body Contouring Pearls. Virgin Islands Workshop in Plastic Surgery. January 2009. St John, USVI.
76. Thighlift. Boston Surgical Association Meeting. April 7, 2008. Boston, MA.
77. Surgical Outcomes in the Massive Weight Loss Patient. The Department of Surgery Research Seminar, Johns Hopkins Department of Surgery. April 3, 2008. Baltimore, MD.
78. Pearls to Success: The First Two Years – What Mistakes to Avoid. Senior Residents Conference. Washington, D.C. February 2008.
79. Lunchtime Lift – Myth or Reality? Johns Hopkins Medicine: A Woman's Journey. January 24, 2008. Palm Beach, FLA.
80. Factors Impacting Thromboembolism after bariatric body contouring surgery. Pan-Pacific Surgical Congress. January 21, 2008. Honolulu, Hawaii.
81. Developing a Career as a Program Builder. Women's Leadership Committee/Office of Faculty Development Sessions. Johns Hopkins Medical Institutions, November 8, 2007.
82. Lunchtime Lift – Myth or Reality? Johns Hopkins Medicine: A Woman's Journey. November 2007. Baltimore, MD.
83. Body Image, the Jewish Woman and Plastic Surgery: Exploring Sociocultural Cues Through History. Rashi's Daughters Program.

- Associated Jewish Charities and Stulman Adult Education Program.
July 2007. Baltimore Jewish Museum, Baltimore, MD.
84. Mentoring Panel: Profile of Faculty Promoted as Program Builders.
Surgery Career Viability: Sustainability During Challenging Times.
Johns Hopkins Surgery Grand Rounds. June 14, 2007. Baltimore,
MD.
 85. Mastopexy/Lateral Chest Excision Panel.
ASPS/PSEF/ASAPS/ASERF Body Contouring After Massive
Weight Loss Symposium, March 23, 2007, Dallas, Texas.
 86. Thighplasty. ASPS/PSEF/ASAPS/ASERF Body Contouring After
Massive Weight Loss Symposium, March 23, 2007, Dallas, Texas.
 87. Ancillary procedures for MWL/Challenging Cases.
ASPS/PSEF/ASAPS/ASERF Body Contouring After Massive
Weight Loss Symposium, March 24, 2007, Dallas, Texas.
 88. Lunchtime Lift – Myth or Reality? Johns Hopkins Medicine
Department of Surgery Meeting. January 31, 2007. Palm Beach,
Florida.
 89. Body Contouring after Weight Loss. Bariatrics: Caring for a Special
Population. Johns Hopkins Medicine Workshop. October 20, 2006,
Baltimore, MD.
 90. Bariatric Surgery Panel: Plastic Surgery Treatment after Massive Weight Loss.
American College of Surgeons 92nd Annual Clinical Congress. October 8-12,
2006, Chicago, IL
 91. Trends, challenges and unmet needs of cosmetic surgery in the breast region.
Ethicon Advisory Panel. June 23, 2006, Washington, D.C.
 92. Treatment of Massive Weight Loss Patients. Perspectives in Plastic Surgery:
Point-Counterpoint by the Experts June 3-4, 2006, Washington, D.C.
 93. Panniculectomy Pearls. ASPS/PSEF/ASAPS Body Contouring
After Massive Weight Loss Symposium, March 2006, Dallas, Texas.
 94. Intraoperative Safety Considerations. (panel) ASPS/PSEF/ASAPS
Body Contouring After Massive Weight Loss Symposium, March
2006, Dallas, Texas.
 95. Developing a MWL Practice: What's Important. (panel)
ASPS/PSEF/ASAPS Body Contouring After Massive Weight Loss
Symposium, March 2006, Dallas, Texas.

96. Pearls to Success: The First Two Years – What Mistakes to Avoid. (panel) Scientific Program, ASPS/PSEF Senior Residents Conference, March 25, 2006, Washington, DC.
97. Fresh Faces, Real Cases: A Complication Survival Guide. (panel) Scientific Program, Plastic Surgery 2005 (American Society of Plastic Surgery National Meeting), Chicago, Illinois
98. Shermak MA. Surgical Approach to the Difficult Abdomen after Massive Weight Loss. 19th (2004) Breast Surgery and Body Contouring Symposium, Santa Fe, New Mexico.
99. Shermak MA. Management of the Breast in the Massive Weight Loss Patient: Augmentation/Pexy, Axillary Reduction and the Male Chest. 19th (2004) Breast Surgery and Body Contouring Symposium, Santa Fe, New Mexico.
100. Shermak MA. Brachioplasty after Massive Weight Loss. 19th (2004) Breast Surgery and Body Contouring Symposium, Santa Fe, New Mexico.

COMMUNITY ACTIVITIES

- Baltimore Jewish Council (BJC) Community Delegate, 2006-8.
- Baltimore Jewish Council (BJC) Leadership Development Program, 2005/6.
- Jewish Women Professionals Initiative Board of Directors, The Associated Jewish Charities, 2005- present.
- Maimonides Society Steering Committee, The Associated Jewish Charities, 2004/5 and 2015 – present.
 - Chair of Committee, 2018- present
- Network 2000/Executive Alliance, Professional Women's Network, 2011- present.
- Girl Scouts of Central Maryland, 2014 – 2016.
- Kennedy Krieger Institute, 2015 – present.
- Baltimore School for the Arts, 2015 – present.
- Lion Of Judah, The Associated Jewish Charities, October 2016 – present.
- Board Of Levindale Geriatric Center, September 2017 – present.

