

Sam Most was our AAFPRS and University of Washington fellow from 2001-2002. He had studied at the University of Michigan for his undergraduate work, went to medical school at Stanford University, and performed his residency at the University of Washington in Seattle. We usually don't accept residents from our own program but in Sam's case we were pleased to do so since he was going to continue in the department at UW. UW has an amazing Otolaryngology – Head and Neck Surgery Residency where Sam was influenced by many but especially Bob Stanley and Craig Murakami.

*"Bob Stanley was really inspirational as a meticulous reconstructive surgeon, and first turned me on to facial plastic surgery. I also had the opportunity to work with Craig briefly before he left UW. These both made me want to learn more about the specialty. Ultimately I chose FPS because I found it stimulating to be able to have to use creativity as well as a knowledge of biology and medicine to help patients. And I chose it despite the fact it was the 'least academic' of the OHNS subspecialties...something I'm working to change."*

Sam made great progress in facial plastic surgery at the UW and eventually accepted an offer to build a strong facial plastic surgery group at Stanford.

*"I am in an academic practice in Northern California. My practice consists of about 60-70% aesthetic work (primarily rhinoplasty and revision rhinoplasty, with some aging face), and about 30-40% functional/insurance work (functional rhinoplasty and MOHS reconstruction)."*

Sam has been active directing and teaching courses, serving on the editorial board of our main journal JAMA Facial Plastic Surgery, serving on the Board of Directors of the American Academy of Facial Plastic and Reconstructive Surgery, and continuing medical missions in Cambodia.

He is one of a dedicated few facial plastic surgeons committed to research-  
*"Professionally I'm proud of the legacy I'm trying to build for academic facial plastic surgery. I've worked hard in my research efforts and as a member of the AAFPRS Board to elevate the recognition of the research efforts of our group."*

It has been a pleasure for us to know Sam and his family for so many years.  
*"I have two girls, one a freshman at Stanford and the other a senior in high school, and I'm coming up on my 25-year anniversary with my wife Beth."*

All of the faculty involved with our fellowship are proud of Dr. Most and his accomplishments. When asked some of the lessons he carried away from his training he mentioned pearls such as *"Never Bovie the flap ... unless its bleeding."* Our fellows become part of our extended family and we enjoy watching it grow!

