

WILLIAM F. LESTINI, M.D.

Business Address

Triangle Spine and Back Care Center
3320 Wake Forest Road
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Raleigh, NC 27609
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Fax: (919) 876-7163

PREVIOUS PROFESSIONAL APPOINTMENT

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

SURGICAL TRAINING

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

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

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

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

EDUCATION

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

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

William F. Lestini, MD

CERTIFICATION AND LICENSURE

State of North Carolina, #35960

District of Columbia Medical Board, #14821

American Board of Orthopaedic Surgery Board Certified

National Board of Medical Examiners

PROFESSIONAL ASSOCIATIONS

American Board Orthopaedic Surgery, Diplomate

American Academy of Orthopaedic Surgeons, Fellow

North American Spine Society

Southern Medical Association

Southern Orthopaedic Association

North Carolina Medical Society

North Carolina Spine Society

Wake County Medical Society

Raleigh Academy of Medicine

Society of Laparoscopic Surgeons

MILITARY AFFILIATION

United States Navy, Active Duty, LCDR, MC

1989 - 1992

Attached Second Marine Division, 2nd FSGG,

2nd Medical BN

11/90 - 5/91

WILLIAM F. LESTINI, MD

AWARDS, HONORS

- Sea Service Deployment Ribbon, Southwest Asia Service Medal,
Fleet Marine Force Ribbon, National Defense Medal and
Humanitarian Service Award for Participation in
Operation Desert Storm 1992
- Navy Achievement Medal for Second Place Award, Clinical Division,
End-of-Year Academic Competition, National Naval Medical Center,
Bethesda, MD 1991
- Nomina(ed for American College of Surgeons Zeller Award,
Surgical Resident of the Year 1988
- Naval Health Profession Scholarship 1980

PERSONAL DATA

Married: Stephanie Shanley Lestini
 Children: Elizabeth Shanley Lestini
 Lysandra Palmer Lestini

ASSOCIATIONS/MEMBERSHIPS

- North Carolina Family Policy Council, Treasurer, Executive Board
- Bible Study Fellowship
- Gideons, International

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PUBLICATIONS

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

PRESENTATIONS

15. "Back Surgery: New procedure for fusions", NC Assoc. of Self-Insurers, Annual Meeting, Wilmington, NC, Nov. 13, 1997.
14. "Tapered Interbody Fusion Cage, Laparoscopic Minimally Invasive Spinal Fusions", Japanese Spinal Research Society Annual Meeting, Guest Lecturer, Yokohama, Japan, Apr., 1997.
13. "Laparoscopic Spinal Fusion", Instructional Course Lecture, Coastal Rehabilitation, New Bern, NC, May 3, 1996.
13. "Minimally Invasive Spinal Surgery", Spring Community Health Break Series, Raleigh Community Hospital, March 30, 1995.

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12. "Spinal Screws: Fact & Fiction", Second Annual Educational Conference, NC Association of Insurance Rehabilitation Professionals, Greensboro, NC, March 25, 1995.
11. "New Techniques in Spinal Surgery", Department of Medicine Meeting, Raleigh Community Hospital, March 2, 1995.
10. "Lumbar Spine Fusions", Orthopaedic Nursing Rounds, Raleigh Community Hospital, June 7, 1994.
9. "Posterior Lumbar Interbody Fusions", Instructional Course Lectures, Rex Hospital OR staff, October 28, 1993.
8. "Multidisciplinary Approach to the Low Back Pain Patient", Medical Grand Rounds, Raleigh Community Hospital, September 2, 1993.
7. "Surgical Treatment of Disc Disease", American Eagle Rehab Services, Greensboro, NC, June 9, 1995.
6. "Degenerative Disc Disease", Spring Series Talk, Raleigh Community Hospital, March 25, 1993.
5. "Fusion Techniques", Inservice to OR personnel, Raleigh Community Hospital, February 3, 1993.
4. Lestini W, Slemker T, Bell G, Bounphrey F. "An Evaluation of a New Three-Point Brace in Maintaining Stability of Lower Cervical Fracture-Dislocations." Presented at the End of Year Competition, National Naval Medical Center, 1992.
3. Lestini W, Slemker T, Bell C, Bounphrey F. "An Evaluation of a New Three-Point Brace in Maintaining Stability of Lower Cervical Fracture Dislocations." Presented at the Annual Cervical Spine Research Society Meeting, New Orleans, LA, December 1989.
2. Boden S, Labropoulos P, McCowin P, Lestini W, Hurwitz S. "Mechanical Indications for the Syndesmosis Screw: A Cadaver Study." Poster Exhibit, Orthopaedic Research Society, 35th Annual Meeting, Las Vegas, NV, 1989.
1. Lestini W, Labropoulos P, Hurwitz S. "Ankle Sprains: Prediction of Outcome." American Academy of Orthopaedic Surgeons 55th Annual Meeting, Atlanta, GA, 1988.

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GUEST LECTURES

13. "BAK Fusion", Instructor, Spine Tech Educational Seminar, Vienna, VA, Apr. 25, 1998.
12. "Anterior Lumbar Interbody Fusion", Instructor, Spine Tech Educational Seminar, Charleston, SC, Feb. 19, 1998.
11. "Spinal Cord Stimulation", Instructor, Medtronic Spine Fellows Workshop, Memphis, TN, Jan. 10-11, 1998.
10. "Protocol for Laparoscopic Spinal Fusion", Operating Room Inservice, Raleigh Community Hospital, May 13, 1996.
9. "Instrumented Laparoscopic Spinal Fusions", Southern Rehabilitation Seminar, Cape Fear Medical Center, May 3, 1996.
8. "New Techniques in Spinal Fusion", Intracorp Seminar, Fayetteville, NC, March 14, 1996.
7. "Minimally Invasive Spinal Surgery", AHEC Rehabilitation Seminar, Raleigh Community Hospital, January 18, 1996.
6. "Surgical Approach to Disc Disease", Intracorp, April 15, 1994.
5. "Operative and Nonoperative Treatment of Lumbar Discs", State Farm Insurance, November 3, 1993.
4. "Multidisciplinary Approach to Back Pain", American Eagle Rehabilitation, June 9, 1993.
3. "Lumbar Disc Disease", Southern Rehabilitation Network, Inc., December 10, 1992.
2. "Low Back Pain and Sciatica", Continuing Medical Education Lecture to Medical Staff, Quantico Naval Hospital, March 1990.
1. "Discogenic Disease", Orthopaedics for the Primary Care Physician, The Cleveland Clinic Educational Foundation Symposium, Cleveland, OH, October 1988.

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CONTINUING EDUCATION

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

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

Tapered Interbody Fixation Device: Investigator's Meeting and Live Animal Lab, Memphis, TN, Feb. 9-10, 1996

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

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

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

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

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

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

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

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

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

Spinal Instrumentation Lab, Dec., 1992 - Spine Review Course, Asheville, NC, October 1992.

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

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

LUQUE INTERPEDICULAR SEGMENTAL FIXATION COURSE, Denver, CO, November 28, 1989

AO/ASIF Spine Course, CO-sponsored by USC Davis Medical School, Vail, CO, October 15 - 20, 1989.

THE SPINE: Current Concepts of Diagnosis and Treatment, Palm Springs, CA, November 10 - 14, 1988.

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

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Reference

1. Gordon R. Bell, M.D.
Dept. of Orthopaedic Surgery
Section of Spinal Surgery
Desk A-41
The Cleveland Clinic Foundation
9500 Euclid Avenue
Cleveland, OH 44195-5027
2. Samuel W. Wiesel, M.D.
Chairman, Dept. of Orthopaedic Surgery
Georgetown University Medical Center
3800 Reservoir Road, NW
Washington, DC 20007-2197
3. James Tozzi, M.D.
Physicians Office Building#318
106 Livingston St, NW
Washington, DC 20010
4. Keith M. Maxwell, M.D.
445 Biltmore Avenue
Suite 401
Asheville, NC 28801