

Curriculum Vitae

Name: Charles D. Varela, M.D.

Profession: Orthopedic and Hand Surgeon

Office Address: White River Orthopedic, Sports, and Hand Clinic
P.O. Box 1580
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Newnata, AR 72680
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Personal: Date of Birth: 7 August 1959
Place of Birth: Santa Fe, NM

Education:

High School/Jr. College: New Mexico Military Institute
Roswell, NM 88201

Diploma awarded: 14, May 1977, Associate Degree 12 May 1979

College: Tulane University
New Orleans, LA 70118

Degree Awarded: Bachelor of Science - Biology, 15 May 1981.

Medical School: University of New Mexico School of Medicine
Albuquerque, NM 87131

Degree Awarded: Doctor of Medicine, 11 May 1985.

Internship: Michigan State University, Kalamazoo Center for Medical Studies
1000 Oakland Drive
Kalamazoo, MI 49008

Type: Transitional

Program Director: Lee Berens, M.D.

Dates: 1 July 1985 - 30 June 1986

Residency: University of Missouri - Kansas City
2301 Holmes Street
Kansas City, MO 64108

Type: Orthopaedic Surgery

Program Director: James J. Hamilton, M.D.

Dates: 1 July 1986 - 30 June 1990

Fellowship: Duke University Medical Center
Durham, North Carolina 27710

Type: Hand, Upper Extremity, and Microsurgery

Program Director: James R. Urbaniak, M.D.

Dates: 1 January 1995 - 31 December 1995

Research Contributions:

1. Varela, C.D.; Hourani, E.; Demerest, G.: Selective Management of RUQ Stab Wounds. Study and Manuscript completed May 1985.
2. Varela, C.D.; and Carr, J.B.: Closed Intramedullary Rodding of Metacarpal and Phalanx Fractures. *Orthopaedics* Vol. 13 No. 2, pp. 213-15. February 1990.
3. Varela, C.D.; Vaughan, T.K.; Carr, J.B.; and Slemmons, B.S.: Fracture Blisters: Clinical and Pathological Aspects. *J. Orthopaedic Trauma*. Vol. 7: 417-427. 1993.

Also:

In: Sober, A.J., Fitzpatrick, T.B., eds, *The Year Book of Dermatology 1994*. Mosby-Yearbook, Inc., 1994: 82-83, St. Louis.

In: Slegdge, C.B. ed., *The Year Book of Orthopaedics*. Mosby-Yearbook, Inc., 1994: 312-314, St. Louis.

4. Lanz, U.; Hahn, P.; Varela, C.D.: Congenital Unilateral Muscular Hyperplasia with Ulnar Deviation of the Hand. *Journal of Hand Surgery*, Vol 19B: 683-688. December 1994.
5. Varela, C.D.; Lorfing, K.C.; Schmidt T.L. Conscious Sedation Anesthesia for Childhood Fractures. *J. Bone and Joint Surgery*, Vol. 77A: 430-435, March 1995.

6. Libow, L.F.; Casey, T.J.; Varela, C.D.: Congenital subungual Nevus in a Black Infant. *Cutis*, Vol. 56: 154-156, September 1995.
7. Varela, C.D.: Ring Avulsion Injuries in a Field Environment. *Military Medicine*, Vol. 161: 308-310, May 1996.
8. Spinner, R., Varela, C.D., Urbaniak, J.R.: Entrapment of the Common Digital Nerve by an anomalous split of the Common Digital Nerve. A case report. *J. of Hand Surgery*, Nov 1996

Major Presentations:

1. Varela, C.D.; Vaughan, T.K.; Carr J.B.; Slemmons B.S.: Fracture Blisters: Clinical and Pathological Aspects:

- a) American Academy of Orthopaedic Surgeons. New Orleans, LA. Feb. 10,
- b) Kansas City Orthopaedic Society. Kansas City, MO. March 22, 1990.
- c) American Academy of Dermatology. San Francisco, CA. December 6, 1992.
- d) American Fracture Association. St. Louis, MO. April 6, 1993

First place, American Fracture Association, Henry W. Meyerding Memorial Essay Contest. April 1993.

2. Varela, C.D., Lorfing, K.C., Schmidt, T.L.: Conscious Sedation Anesthesia for Childhood Fractures:
 - a) Pediatric Orthopaedic Society of North America. San Francisco, CA. May 8, 1990.
 - b) American Academy of Orthopaedic Surgeons. New Orleans, LA. February 28, 1994.
 - c) 44th Annual Military Medical-surgical Congress. Willigen, Germany. April 18, 1994.
3. Varela, C.D.: Ring Avulsion Injuries in a Field Environment. Second International Symposium on Reconstructive Surgery of the Hand. Vilnius, Lithuania. September 12-16 1994.

Professional Organizations:

1. Fellow, American Academy of Orthopaedic Surgeons, 1994.
2. Member, American Society for Surgery of the Hand, 1999.
3. Member, Duke Hand Club, 1995.
4. Member, Piedmont Orthopaedic Association, 1995.
5. Member, Society of Military Orthopaedic Surgeons, 1992.
6. Arkansas Society of Hand Surgeons, 1996. Past President 2000.

7. Chief of Staff, Stone County Medical Center, 1997- 2000, 2003, 2005.
8. Board of Directors, White River Health System, 1999 – 2000, 2003 - 2005.
9. Board of Directors, Stone County Medical Center, 2005-Present.
10. Chairman, Credentials Committee, Stone County Medical Center, 2003-Present.

Certifications:

1. Diplomat, American Board of Orthopaedic Surgeons, July 1992. Recertified, 2012.
2. Certificate of Added Qualification in Surgery of the Hand, 1999. Recertified, 2012.
3. Diplomat, National Board of Medical Examiners, May 1986.
4. Advanced Trauma Life Support, August 1990.
5. Advanced Cardiac Life Support, September 1999.
6. Medical License -

State of Missouri, 1 July 1986. No. R9F89.

State of North Carolina, 17 November 1994. No. 94-01504.

State of Arkansas, 8 March 1996. No. E-0781.

Military Experience:

Commissioned 2LT in United States Army, 15 May 1981.

Granted educational delay of 4-year active duty obligation upon commissioning to complete medical school, internship and residency.

Began active duty 15 July 1990.

Completed Medical Corps Officer Basic Course, Ft. Sam Houston, TX. 15 August 1990.

Staff Orthopaedic Surgeon, 67th Combat Support Hospital, Wuerzburg, Germany, 5 September 1990 to 1 June 1992.

Chief, Orthopaedic Surgery Service, 67th Combat Support Hospital, Wuerzburg, Germany 1 June 1992 to 31 December 1994.

Chief, Orthopaedic Surgery, Operation Provide Comfort, United Nations Protection Forces. Zagreb, Croatia. 1 June 1993 to 1 August 1993.

Awarded the Army Achievement Medal, December 1993.

Awarded the Meritorious Service Medal, November 1994.

Completed active duty service with Honorable Discharge 31 December 1994.

Promoted to Lieutenant Colonel, U.S. Army Reserve, 1999.