

# Curriculum Vitae

James Phillip Thomas, M.D.

Birthdate: September 23, 1959  
Birthplace: Columbus, Ohio

Citizenship: U.S.A.

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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 - current

Certification: National Board of Medical Examiners  
American Board of Otolaryngology

1986  
31 Mar 1993

## Mission statement & goals:

I aim to offer the highest quality voice care possible. Each patient deserves the best treatment and each patient offers a learning experience for the physician.

Since 1999, my medical and surgical practice has been limited to voice care. I maintain an informational web site on voice disorders - [voicedoctor.net](http://voicedoctor.net), preceptor medical students in their first year at Oregon Health Sciences University, offer an international fellowship in laryngology as well as short observerships to physicians, speech therapists, voice teachers and interested students. I produce "VOXDOC, the voicedoctor" on YouTube, including Laryngology 101, a series of learning videos. I published "Why is there a frog in my throat? A guide to hoarseness." I frequently lecture internationally on laryngology and phonosurgery. I remain 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 otolaryngology 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 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.

# Special interests:

## **Feminization laryngoplasty**

Pioneering development of transgender voice surgery

## **Visual neurolaryngology**

The principle of identifying neurologic laryngeal impairment via endoscopy and stroboscopy

## **Diagnosis by listening**

The principle of identifying voice disorders by listening to vocal sound production.

## **Education & Employment Experience:**

Laryngology fellowship director	2002 - present
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:**

American Academy of Otolaryngology - Head & Neck Surgery	1985 - present
European Laryngology Society	2008 - 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
British Voice Association	2010 - 2016
Pacific Voice and Speech Foundation - Board of Directors	2010 - 2016
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 & 2nd 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 preceptor @ Southern Illinois University	1987-1991
Advanced Trauma Life Support	1986, 1988
Health Instructor, Washington State School for the Deaf, Vancouver, WA	Feb. - May 1985

### **Publications:**

Chadwick, K. A., et al. (2022). "Outcomes of Gender-Affirming Voice and Communication Modification for Transgender Individuals." *Laryngoscope* 132(8): 1615-1621. <https://www.ncbi.nlm.nih.gov/pubmed/34787313>

"Feminization Laryngoplasty" in *Voice and Communication in Transgender and Gender Diverse Individuals* Ed. Courey, M., et al. (2023) DOI: [10.1007/978-3-031-24632-6](https://doi.org/10.1007/978-3-031-24632-6)

Kiessling P, Balakrishnan K, Fauer AJ, Sanan A, McDonald D, Thomas J, Erickson-Direnzo E, Sung CK, Nuyen BA. Social Perception of External Laryngeal Anatomy Related to Gender Expression in a Web-based Survey. *Laryngoscope*. 2022. DOI: [10.1002/lary.30498](https://doi.org/10.1002/lary.30498).

Nuyen, B., et al. (2023). "Diagnosis and Management of Vocal Complications after Chondrolaryngoplasty." *Laryngoscope* 133(9): 2301-2307

"Feminization Laryngoplasty - a comprehensive approach to reducing the size of the larynx and pharynx" *"Otolaryngologic Clinics"* online 21 Jun 2022 <https://doi.org/10.1016/j.otc.2022.05.002>

Nuyen, BA; Qian, ZJ; Campbell, RD; Erickson-DiRenzo, E; Thomas, JP; Sung, CK; Feminization Laryngoplasty: 17-Year Review on Long-Term Outcomes, Safety, and Technique in Otolaryngology–Head and Neck Surgery, 22 Aug 2021; Article Number: 01945998211036870, DOI: 10.1177/01945998211036870

Nuyen, BA; Kandathil, C; McDonald, D; Thomas, JP; Most, SP: “The impact of living with transfeminine vocal gender dysphoria: Health utility outcomes assessment” International Journal of Transgender Health, 13 May 2021, DOI: 10.1080/26895269.2021.1919277

Thomas, JP: “Chapter 10, Visual Neurolaryngology” in Advances in Neurolaryngology, 1st Edition. (Ed. Prasad, V.N.M; Remacle, M) Karger. 2020, ISBN: 978-3-318-06627-2

Thomas, JP: “Chapter 6, Endoscopic Evaluation of the Upper Aerodigestive Tract” in Oral, Head and Neck Oncology and Reconstructive Surgery, 1st Edition. (Ed. Bell, R. Bryan; Andersen, Peter; Fernandes, Rui) Elsevier. 4th August 2017, ISBN: 9780323265683

Thomas, JP: “Feminization Laryngoplasty” in Gender Affirmation, Medical and Surgical Perspectives (Ed. Salgado, Christopher; Monstrey, Stan; Djordjevic, Miroslav) Thieme. 2017, ISBN-13: 978-1626236837

Thomas, JP: “Chapter 5, Clinical Evaluation in a Patient with a Voice Disorder” in Textbook of Laryngology (Ed. Nerurkar, Nupur; Roychoudhury, Amitabha) Jaypee Brothers Medical Publishers. 2017, ISBN-978-93-86322-44-9

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

## Journal Reviewer

Laryngoscope	2005 - present
Journal of Voice	2010 - present
Annals of Otolaryngology, Rhinology & Laryngology	2018 - present
Belgian ENT	2023 - present
Head and Neck	2004 - 2019
Laryngologie	2009 - 2019
Brazilian Journal of Otorhinolaryngology	2010 - 2019

## Youtube Instructional Videos

ongoing - see website <a href="http://voicedoctor.net">voicedoctor.net</a>	
Visual Neurolaryngology - Superior laryngeal nerve injury	6/1/2022
Transgender voice	12/10/2021
Mucus accumulation	3/10/2021
Phonogram - identifying a voice disorder	3/24/2020
Treatment of vocal cord papilloma	7/4/2017
Feminization Laryngoplasty	7/20/2016
High Definition Laryngology	6/14/2016
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

**Honors & Awards:**

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:**

Music - instrumental (piano, hammer dulcimer & guitar)	
Piano accompanist for Trinity Episcopal Cathedral Choristers	1999-2019
Member Trinity Alt. Liturgy Bahnd, Trinity Episcopal Cathedral, Portland, OR	2010-2016
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	
Apple computers & the Internet (www.voicedoctor.net)	
Road & Gravel Cycling, Mountain biking & Tennis	
Woodworking	