

CURRICULUM VITAE

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Education

Stanford University: B.S. and M.S.
University of California, Los Angeles School of Medicine: M.D.

Academic Appointments

1990 - 92: Clinical Instructor in Surgery, Harvard Medical School
1990 - 92: Associate in Plastic and Reconstructive Surgery,
Beth Israel Hospital, Boston, Massachusetts
2016 - 2020: Adjunct Clinical Assistant Professor, Division of Plastic and Reconstructive
Surgery, Stanford Medical School, Stanford, California
2020 – present: Adjunct Clinical Associate Professor, Division of Plastic and
Reconstructive Surgery, Stanford Medical School, Stanford, California
2021 – present: Co-founder and Co-director of the Northern California Aesthetic
Fellowship through The Aesthetic Society.

Postdoctoral Training

Internships and Residencies

Intern, General Surgery, Stanford Medical Center, Stanford, California
Resident, General Surgery, Stanford Medical Center, Stanford, California
Resident, Plastic Surgery, Stanford Medical Center, Stanford, California
Chief Resident, Plastic Surgery, Stanford Medical Center, Stanford, California

Clinical and Research Fellowships

Fellow, Hand and Microsurgery, Davies Medical Center, San Francisco, California

Licensure

California State License

Certification

Certified, American Board of Plastic Surgery, ID#105688; ABPS Board certificate #4236 Northwestern University's Kellogg School of Management's Executive Education Digital Marketing Strategies course certificate June 26, 2024:

<https://execedcertificate.kellogg.northwestern.edu/ff7d30ac-79e2-44de-b9e2-d98eab26f9d1>

Memberships

American Society of Plastic Surgeons
American Society for Aesthetic Plastic Surgery
California Society of Plastic Surgeons
International Society of Aesthetic Plastic Surgery
Sonoma County Medical Association
California Medical Association
American Medical Association
American Association of Plastic Surgeons
Fellow of the American College of Surgeons
American Association of Women Surgeons
American Medical Women's Association
Stanford Women on Boards
Women's National Book Association, San Francisco Chapter
Association of Women Surgeons

Honors and Awards

1. The Aesthetic Society Traveling Professor, July 2020 – June 2022, awarded at The Aesthetic Meeting 2022, San Diego Convention Center, San Diego, CA April 23, 2022.
2. Top Doctor San Francisco 2019, San Francisco Magazine.
3. Top Doctor 2019, Sonoma Magazine.
4. Stanford Plastic Surgery - Zedplast Annual Lectureship Award. June 23, 2018.
5. Plastic Surgery Foundation Visiting Professor, July, 2017 – June, 2018.
6. 2017 Folio: Eddie and Ozzie Honorable Mention for the series on Women in Plastic Surgery published in Plastic and Reconstruction Surgery. Guest editors: **Furnas HJ**, Johnson DJ, Bajaj AK, Kalliainen LK. Editor-in-Chief: Rohrich RJ

7. Castle Connolly Regional Top Doctor 2017 – present.
8. Tiffany Award, for Best Scientific Presentation of the Aesthetic Meeting 2016: Why Women Request Labiaplasty. Presented at the Annual Meeting of the American Society of Aesthetic Plastic Surgery, April 29, 2017.
9. Garza R (presenting author), Weston J, **Furnas H.** “Pregnancy and the Plastic Surgery Resident” abstract paper presentation selected as one of the top Paper Presentations at Plastic Surgery The Meeting 2016 in Los Angeles.
10. Voted Best Cosmetic Surgeon in Sonoma County (Press Democrat award) 2015.
11. Voted Best Cosmetic Surgeon in Sonoma County (Press Democrat award) 2014
12. Voted Best Cosmetic Surgeon in Sonoma County (Press Democrat award) 2013.

International Volunteer Service

1. Wamba Mission Hospital, Wamba, Kenya
2. Balikbayan Medical Missions to Mindanao, Philippines
3. Interplast, La Ceiba, Honduras
4. Interplast, San Pedro Sula, Honduras
5. Interplast, Arequipa, Peru
6. Interplast, Apia, Samoa (formerly Western Samoa)
7. Interplast, San Salvador, El Salvador

Op-eds and Essays

1. [Opinion: We need more diversity in colleges, but affirmative action isn’t the only way to do it.](#) The San Diego Union Tribune. July 25, 2023.
2. [Let’s Rethink Letters of Recommendation.](#) Kevin MD. July 1, 2023.
3. [Trying to close the gender pay gap — 60 years after the Equal Pay Act.](#) The Boston Globe. June 2, 2023.

4. [The Price of Gender Bias](#). Ms. Magazine. May 7, 2023.
5. [Pregnancy Fairness Can't Come Soon Enough for Female Surgeons](#). U.S. News and World Report. March 30, 2023.
6. [Promoting Gender Equity In The Workplace Means Protecting Pregnancies](#). Health Affairs Forefront. November 2, 2022.
7. [I lost my home to the Tubbs Fire. Five years later, I still don't know if it's safe to rebuild](#). San Francisco Chronicle. March 21, 2022.
8. [Close to Home: Treasures lost in fires are more than 'stuff'](#). The Press Democrat. October 9, 2020.
9. The day I operated on my daughter. August 19, 2015. Kevin, M.D. Available at: <https://www.kevinmd.com/blog/post-author/heather-j-furnas>
10. [Rebuilding Sonoma County: Santa Rosans reflect on living through aftermath of fires](#). The Press Democrat. September 28, 2018.

Podcasts and Videos

1. *Skintuition*, 32-episodes podcast created and hosted with Josh Korman. 2023-2024. Available on most podcast stations and <https://www.skintuitionpodcast.com/>
2. Co-Executive Producer of Plastic and Reconstructive Journal's video, [Women in Plastic Surgery: Pregnancy](#). January 31, 2017

Podcast Guest Episodes

1. [Authenticity and bias in recommendation letters podcast](#). August 22, 2023. Kevin MD.
2. [An Inspiring Story of Reconstruction After Massive Burns](#) with Damian Marucci, MD. Plastic and Reconstructive Surgery – Global Open Plastic and Reconstructive Surgery – Global Open. 6(9):e1916, September 2018.
3. [“Is there Gender Bias in Plastic Surgery?”](#) Alexandra Bucknor MD and Heather Furnas MD, with Damian Marucci, MD., August 21, 2021.

Peer Review

1. Peer Reviewer, Plastic & Reconstructive Surgery, 1990-1993; 2015 - present.
2. Peer Reviewer, Aesthet Surg J, 2016 - present.
3. Peer Reviewer, Plastic & Reconstructive Surgery Global Open, 2016 – present.

Research

1. Investigator, Neodyne Biosciences Wound Healing Device, Refine Trial 2012.
2. Investigator, Inamed Adjunct Clinical Studies Silicone Gel Implants, 1995 – 2006.
3. Investigator, Mentor Adjunct Clinical Studies Silicone Gel Implants, 1995 – 2006.
4. Investigator, Clinical Vulvovaginal Anatomy and Clinical Correlates, 2015 – present.
5. Investigator, LABIA-Q Patient Reported Outcome Measures, 2019 – present.
6. Investigator, Effects of Scarring Potential of Fibroblasts, 2020.

Editorial Board

1. *Plastic and Reconstructive Surgery*, Global Open. 2017 – 2021.
2. *Plastic and Reconstructive Surgery*, 2018 – 2021.
3. Social Media Section Editor on the *Plastic and Reconstructive Surgery* Editorial Board, 2018 – 2020.
4. Plastic Surgery Focus Section Editor on the *Plastic and Reconstructive Surgery* Editorial Board, 2020-2021.

Positions Held

1. Committee Member, Women in Medicine, Sonoma County Medical Association, 1993-2002.

2. Committee Member, Editorial Board of Sonoma Medicine (formerly Sonoma County Physician) 1997-2005.
3. Chair, Women in Medicine, Sonoma County Medical Association, 1999 – 2002.
4. Awards Committee, Sonoma County Medical Association, 2000 – 2005.
5. Member, Legislative Committee, Sonoma County Medical Association, 2000 – 2005.
6. Board of Directors, Sonoma County Medical Association: 2002 – 2006.
7. Medical Review and Advisory Committee, Sonoma County Medical Association, 2002 – 2005.
8. Chair, Professional Standards and Conduct, Sonoma County Medical Association, 2002 – 2004.
9. Chair, Editorial Board, Sonoma Medicine, 2003 – 2005.
10. Alternate Delegate, California Medical Association Delegate, 1999 – 2003.
11. Delegate, California Medical Association 2003 – 2005.
12. President Elect, Sonoma County Medical Association, 2003 – 2004.
13. President, Sonoma County Medical Association, 2004 – 2005.
14. Past President, Sonoma County Medical Association 2005 – 2006.
15. Committee Member, Media Committee, American Society of Aesthetic Plastic Surgery, 2015 – present.
16. Committee Member, Women Plastic Surgeons Steering Committee, American Society of Aesthetic Plastic Surgeons, 1994 and 2015 – present.
17. Committee Member, Annual Meeting Program and Instructional Course Committee, American Society of Plastic Surgeons 2015-2020.
18. Member of Social Media Task Force, American Society of Plastic Surgeons, 2015 - 2016.
19. Member of Physician Wellness Task Force, American Society of Aesthetic Plastic Surgeons, 2016 – present.

20. Committee Member, Programming Courses Committee, American Society of Aesthetic Plastic Surgeons, 2016 – 2020.
21. Committee Member, Nominating Committee, American Society of Aesthetic Plastic Surgeons, 2016 – 2017.
22. Vice-Chair, Women Aesthetic Surgeons, American Society of Aesthetic Plastic Surgery, 2016 – present.
23. Committee Member, Public Education Committee, American Society of Plastic Surgeons, 2016 - present.
24. Committee Member, Development Committee, American Society of Plastic Surgeons, 2016 - present.
25. Committee Member, Aesthetic Surgery Advisory Committee, American Society of Plastic Surgeons, 2016 - present.
26. Committee Member, Practice Management Committee, American Society of Plastic Surgeons, 2016 - 2020.
27. Member of the Board of Directors, Zedplast, Stanford Plastic Surgery Alumni Society, 2016-present.
28. Subcommittee Member, Social Media Subcommittee, under Public Education Committee, American Society of Plastic Surgeons, 2017-2020.
29. Committee Member, Nominating Committee, American Society of Plastic Surgeons, 2016 - 2017.
30. Co-chair, Practice Management ReBoot Camp conference, American Society of Plastic Surgeons, 2017 – 2018.
31. Committee Member, Technology Committee, American Association of Plastic Surgeons. 2017 – present.
32. Co-Chair, Social Media Subcommittee, American Society of Plastic Surgeons, 2017-2020.
33. Vice-Chair, Media Committee, American Society of Aesthetic Plastic Surgery, 2017-2019.

34. Member, Social Media Task Force, American Society of Aesthetic Plastic Surgery. 2017.
35. Member, Advisory Council, Cosmetic Surgery, American Board of Plastic Surgery. 2017-present.
36. Council Member, California Society of Plastic Surgery, 2017 – present.
37. Co-Chair of the Public Education Committee, American Society of Aesthetic Plastic Surgery. 2017 – present.
38. Chair of the Public Education Committee, American Society of Plastic Surgeons, October 1, 2018 – present.
39. Oral Examiner for the American Board of Plastic Surgery, Phoenix, Arizona, November 9-10, 2018.
40. Small Group Leader, Essentials of Leadership, Leadership Committee, American Society of Plastic Surgeons, May 18, 2018 – October 14, 2018.
41. Chair of Plastic Surgery Foundation Breast Reconstruction Awareness BRA Fund Appropriations and Review Subcommittee, 2018-present.
42. Women Plastic Surgeons Steering Committee, American Society of Plastic Surgeons, 2016-2019t.
43. Member Annual Meeting Educational Program Committee, American Society of Plastic Surgeons, 2015-2019.
44. Member, Honors Committee, American Association of Plastic Surgeons, 2018 – present.
45. Co-chair, Practice Innovations conference, American Society of Plastic Surgeons, 2019.
46. Chair of Media Committee, American Society of Aesthetic Plastic Surgery. 2019 – 2020.
47. Chair of Technology Committee, American Association of Plastic Surgeons. 2019 – present.
48. Co-Chair of the Public Education Committee, California Society of Plastic Surgeons, 2019-2020.

49. Member, COVID-19 Safety Task Force, American Society of Aesthetic Plastic Surgery, 2020-2021.
50. Aesthetic Innovations Nonsurgical Medical Advisory Board, 2021-present.
51. Oral Examiner for the American Board of Plastic Surgery via Zoom, November 12-13, 2021.
52. Member of the Ethics Committee, The Aesthetic Society, 2022 – present.

Bibliography

Books

1. Korman, JM and **Furnas HJ**, Eds. *The Business of Plastic Surgery: Navigating a Successful Career*. World Scientific Publishing Company, Singapore, 2010.
2. Branham GH, Dover JS, **Furnas, HF**, Tenenbaum MMJ, Wulc AE. Eds. *Advances in Cosmetic Surgery*. Vol. 1, Issue 1; Elsevier. Philadelphia: June, 20018. Available at: <https://advancesincosmeticsurgery.com/>
[https://advancesincosmeticsurgery.com/issue/S2542-4327\(18\)X0002-2](https://advancesincosmeticsurgery.com/issue/S2542-4327(18)X0002-2)
3. Branham GH, Dover JS, **Furnas, HF**, Tenenbaum MMJ, Wulc AE, Eds. *Advances in Cosmetic Surgery*. Vol. 2, Issue 1; Elsevier. Philadelphia: June, 2019. Available at: <https://advancesincosmeticsurgery.com/>.
4. Editors: Korman, Joshua M and **Furnas, Heather J**: *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Thieme. New York. 2019.

Peer-Reviewed Papers

1. Furnas DW, **Furnas H**. Absence of the lower part of the latissimus dorsi muscle: An important anatomical variation. *Ann Plast Surg*. 1983;10:70.
2. Furnas DW, **Furnas H**. Angular artery flap for total reconstruction of the lower eyelid. *Ann Plast Surg*. 1983;10:322.
3. Hiatt J, **Furnas H**, Tomkins R. Serous adenocarcinoma of the ovary presenting as a large liver cyst. *West J Med*. 1986;144:609.
4. **Furnas H**, Lineaweaver W, Alpert B, Buncke H: Scalp reconstruction by microvascular free tissue transfer. *Ann Plast Surg*. 1990;24:431.

5. Canales F, **Furnas H**, Glafkides M, Davis J, Lineaweaver W. Microsurgical transfer of the rectus abdominis muscle based on the superior epigastric vessels. *Ann Plast Surg.* 1990;24:534.
6. **Furnas H**, Canales F, Buncke GM, and Rosen JM: Complications with the use of an axillary roll. *Ann Plast Surg.* 1990;25:208.
7. **Furnas H**, Canales F, Lineaweaver W, Buncke GM, Alpert BS, and Buncke HJ: Microsurgical tissue transfer in patients more than 70 years of age. *Ann Plast Surg.* 1991;26:133.
8. **Furnas H**, Rosen JM: An overview: Monitoring in microvascular surgery. *Ann Plast Surg.* 1991;26:265.
9. Canales F, **Furnas H**, Whitney T, Lineaweaver W, Siko P, Alpert BA, Buncke G, Buncke H. Microvascular tissue transfer in paediatric patients: Analysis of 106 consecutive cases. *Brit J Plast Surg.* 1991;44:423.
10. **Furnas HJ**, Lineaweaver W, Buncke HJ: Blood loss associated with anticoagulation of patients with replanted digits. *J Hand Surgery.* 1992;17A:226.
11. Lineaweaver W, **Furnas H**, Follansbee S, et al: Postprandial *Aeromonas hydrophyla* cultures and antibiotic levels of enteric aspirates from medicinal leeches applied to patients receiving antibiotics. *Ann Plast Surg.* 1992;29:245.
12. Longaker MT, Rohrich RJ, Greenberg L, **Furnas H**, et al. A randomized controlled trial of the embrace advanced scar therapy device to reduce incisional scar formation. *Plast Reconstr Surg.* 2014;134: 536-546.
13. Huis in 't Veld EA, Canales FL, **Furnas HJ**. The impact of a plastic surgeon's gender on patient choice. *Aesthet Surg J.* 2017; 37(4):466–471. Available at: <http://asj.oxfordjournals.org/content/early/2016/12/02/asj.sjw180> (selected as an Editor's Choice Highlight)
14. Garza RM, Weston JS, **Furnas HJ**. Pregnancy and the plastic surgery resident. *Plast Reconstr Surg.* 2017;1:245-252. Available at: http://journals.lww.com/plasreconsurg/Fulltext/2017/01000/Pregnancy_and_the_Plastic_Surgery_Resident.54.aspx
15. Sorice S, Li AY, Canales FL, **Furnas HJ**. Why women request labiaplasty. *Plast Reconstr Surg.* 2017;139:856-863. (Selected for a Hot Topics Video: "Understanding why women request labiaplasty" Plastic Surgery Hot Topics with Rod J. Rohrich, MD, Available at:

<http://journals.lww.com/plasreconsurg/Pages/videogallery.aspx?videoId=1084&autoPlay=true>

16. Sorice SC, Li AY, Gilstrap J, Canales FL, **Furnas HJ**. Social Media and the Plastic Surgery Patient. *Plast Reconstr Surg*. 2017;140(5):1047-1056.
17. **Furnas HJ**. Trim Labiaplasty. *Plast Reconstr Surg Glob Open*. 2017;5(5):e1349. Available at:
https://journals.lww.com/prsgo/fulltext/2017/05000/Trim_Labiaplasty.8.aspx
18. **Furnas, Heather J. M.D.**; Garza, Rebecca M. M.D.; Li, Alexander Y. M.D.; Johnson, Debra J. M.D.; Bajaj, Anureet K. M.D.; Kalliainen, Loree K. M.D.; Weston, Jane S. M.D.; Song, David H. M.D., M.B.A.; Chung, Kevin C. M.D., M.S.; Rohrich, Rod J. M.D. Gender Differences in the Professional and Personal Lives of Plastic Surgeons, *Plastic and Reconstructive Surgery*: July 2018 - Volume 142 - Issue 1 - p 252-264. doi: 10.1097/PRS.0000000000004478
https://journals.lww.com/plasreconsurg/Fulltext/2018/07000/Gender_Differences_in_the_Professional_and.43.aspx
19. **Furnas HJ**, Li AY, Garza RM, Johnson DJ, Bajaj AK, Kalliainen LK, Weston JS, Song DH, Chung KC, Rohrich RJ. An Analysis of Differences in the Number of Children for Female and Male Plastic Surgeons, *Plast Reconstr Surg*. 2019;143(1): 315-326.
https://journals.lww.com/plasreconsurg/Fulltext/2019/01000/An_Analysis_of_Differences_in_the_Number_of.60.aspx
20. **Furnas HJ**, Canales FL. 2017;5(11):e1558. Vaginoplasty and perineoplasty. *Plast Reconstr Surg Glob Open*. Available at:
http://journals.lww.com/prsgo/Fulltext/2017/11000/Vaginoplasty_and_Perineoplasty.19.aspx
21. **Furnas HJ**. Discussion: The Ethical and Professional Use of Social Media in Surgery—A Systematic Review of the Literature. *Plast Reconstr Surg*. 2018; 142(3):399e-400e.
22. Bucknor, A., Christensen, J., Kamali, P., Egeler, S., van Veldhuisen, C., Rakhorst, H., Mathijssen, I., Lin, SJ., **Furnas, HJ**. Crowdsourcing Public Perceptions of Plastic Surgeons: Is There a Gender Bias? *Plast Reconstr Surg Global Open* April 2018 - Volume 6 - Issue 4 - p e1728. Available at:
https://journals.lww.com/prsgo/Fulltext/2018/04000/Crowdsourcing_Public_Perceptions_of_Plastic.17.aspx

23. Bucknor A., Kamali, P., Phillips, N., Mathijssen, I., Rakhorst, H., Lin, SJ., **Furnas, HJ**. Gender Inequality for Women in Plastic Surgery: A Systematic Scoping Review. *Plast Reconstr Surg*. 2018;141(6):1561-1577.
https://journals.lww.com/plasreconsurg/Fulltext/2018/06000/Gender_Inequality_for_Women_in_Plastic_Surgery_A.44.aspx
24. **Furnas HJ**, Garza RM, Li AY, Johnson DJ, Bajaj AK, Kallianen LK, Weston JS, Song DH, Chung KC, Rohrich RJ. Gender Differences in the Professional and Personal Lives of Plastic Surgeons. *Plast Reconstr Surg*. 2018;142(1):252-264.
25. Furnas DW, **Furnas HJ**. Reconstruction and Recovery after Massive Burn
Plast Reconstr Surg Global Open. 6(9):e1915, September 2018. Available at:
https://journals.lww.com/prsgo/Fulltext/2018/09000/Reconstruction_and_Recovery_After_Massive_Burn.30.aspx
26. Cho MJ, **Furnas HJ**, Rohrich RJ. A Primer on Social Media Use by Young Plastic.
Plast Reconstr Surg. 2019; 143(5):1533-1539. Available at:
<https://journals.lww.com/plasreconsurg/pages/articleviewer.aspx?year=2019&issue=05000&article=00047&type=Fulltext#pdf-link>
27. Chen AD, Ruan QZ, Bucknor A, Chattha AS, Bletsis PP, **Furnas HJ**, Lee BT, Lin SJ. Social Media: Is the Message Reaching the Plastic Surgery Audience? *Plast Reconstr Surg*. 2019;144(3):773-781.
28. Virk SS, Li AY, Canales FL, **Furnas HJ**. The Role of Pornography, Physical Symptoms, and Appearance in Labiaplasty Interest. *Aesthet Surg J*. 2019;40(8): 876–883. <https://doi.org/10.1093/asj/sjz254>
29. Cho MJ, Li AY, **Furnas HJ**, Rohrich RJ. Current Trends in the Use of Social Media by Plastic Surgeons. *Plast Reconstr Surg*. 2020; 146(1):83e-91e.
30. Sorice-Virk S, Li AY, Canales FL, **Furnas HJ**. Comparison of Patient Symptomatology before and after Labiaplasty, Plastic and Reconstructive Surgery. 2020;146 (3):526-536. doi: 10.1097/PRS.00000000000007081
31. Chen AD, **Furnas HJ**, Lin SJ. Tips and Pearls on Social Media for the Plastic Surgeon. *Plast Reconstr Surg*. 2020;145(5):988e-996e.
32. Crystal DT, Cuccolo NG, Ibrahim AM, **Furnas H**, Lin SJ. Photographic and Video Deepfakes Have Arrived: How Machine Learning May Influence Plastic Surgery. 2020;145(4):1078-1086.

33. **Furnas HJ**, Graw GJ, Cho MJ, Othman S, Graw B, Percec I. Safety in Female Genital Plastic Surgery. *Plast Reconstr Surg.* 2020;146(4):451e-463e. Available at:
https://journals.lww.com/plasreconsurg/Fulltext/2020/10000/Safety_in_Female_Genital_Plastic_Surgery.34.aspx

34. **Furnas HJ**, Korman JM, Canales FL, Pence LD. Patient Reviews: Yelp, Google, Healthgrades, Vitals, and RealSelf. *Plast Reconstr Surg.* 2020.146(6):1419-1431.
https://journals.lww.com/plasreconsurg/Fulltext/2020/12000/Patient_Reviews_Yelp_Google_Healthgrades.38.aspx

35. Bucknor, Alexandra MBBS, MSc; Ngaage, Ledibabari M. MA Cantab, MB, BChir; Taylor, Kirsten J. BSc (Hons), MBBS; Kamali, Parisa MD, PhD†; Rakhorst, Hinne A. MD, PhD; Mathijssen, Irene M. J. MD, PhD; **Furnas, Heather MD**. Testing for Implicit Gender Bias among Plastic Surgeons, Plastic and Reconstructive Surgery - Global Open: June 2021 - Volume 9 - Issue 6 - p e3612 doi: 10.1097/GOX.0000000000003612 Available at:
<https://journals.lww.com/prsgo/pages/articleviewer.aspx?year=2021&issue=06000&article=00005&type=Fulltext>

36. **Furnas, Heather J. MD**; Canales, Francisco L. MD; Pedreira, Rachel A. MD; Comer, Carly MD; Lin, Samuel J. MD, MBA; Banwell, Paul E. BSc (Hons), MBBS, FRCS (Eng), FRCS (Plast) The Safe Practice of Female Genital Plastic Surgery, Plastic and Reconstructive Surgery - Global Open: July 2021 - Volume 9 - Issue 7 - p e3660 doi: 10.1097/GOX.0000000000003660 Available at:
https://journals.lww.com/prsgo/Fulltext/2021/07000/The_Safe_Practice_of_Female_Genital_Plastic.1.aspx

37. Sultan DL, Nazarian SS, **Furnas HJ**, Amalfi AN, Perrotti J, Clappier M, Siddiqui S, Suydam R, Barnett S, Tanna N. Cross-Sectional Analysis of Instagram Use in American Plastic Surgery Practices. *Plast Reconstr Surg.* 2022 Dec 1;150(6):1368-1374. doi: 10.1097/PRS.0000000000009702. Epub 2022 Sep 27. PMID: 36161794.

38. Michael W Wells, Irene A Chang, **Heather J Furnas**, James R Gatherwright. Twitter and Plastic Surgery: Reconstructing Traditional Concepts of Mentorship in the Digital Age. *J Plast Reconstr Aesthet Surg.* 2021 Dec 1;S1748-6815(21)00642-2. doi: 10.1016/j.bjps.2021.11.096.

39. Michael W. Wells; Irene A. Chang; Robin T. Wu; David X. Zheng; James R. Gatherwright; **Heather J. Furnas**. Labiaplasty: Analysis of the National Surgical Quality Improvement Program Database. Published online ahead of print March 2, 2022.

<https://academic.oup.com/asj/advance-article/doi/10.1093/asj/sjac045/6539843?guestAccessKey=292ba5ad-d294-40d8-bf9b-50a493f55c07>

40. Irene A. Chang BA; Michael W. Wells MEng; Ian A. Chang MS; Connor P. Arquette MD; Cathy J. Tang MD MS; James R. Gatherwright MD; **Heather J. Furnas MD**. The Positive Patient Experience: A Comprehensive Analysis of Online Plastic Surgery Reviews. The Makings of a Positive Patient Experience: A Comprehensive Analysis of Plastic Surgery Online Reviews, Aesthetic Surgery Journal, 2022; sjac092, <https://doi.org/10.1093/asj/sjac092> Available at: <https://academic.oup.com/asj/advance-article/doi/10.1093/asj/sjac092/6568277?login=true>
41. Sue G; **Furnas H**. Discussion: Parenting in Plastic Surgery Residency, Plastic and Reconstructive Surgery: June 2022 - Volume 149 - Issue 6 - p 1472-1473 doi: 10.1097/PRS.00000000000009136. Available at: https://journals.lww.com/plasreconsurg/Fulltext/2022/06000/Discussion_Parenting_in_Plastic_Surgery_Residency.46.aspx
42. Sanam Zahedi, MD, Deepa Bhat, MD, Rachel Pedreira, MD, Francisco L Canales, MD, **Heather J Furnas, MD**. Algorithm for Trim and Wedge Labiaplasties. Aesthetic Surgery Journal, Volume 43, Issue 6, June 2023, Pages 685–692, <https://doi.org/10.1093/asj/sjad033>
43. **Furnas HJ**. Overcoming Barriers to Board Certification. *JAMA Surg*. Published online May 10, 2023. doi:10.1001/jamasurg.2023.0523 Available at: <https://jamanetwork.com/journals/jamasurgery/fullarticle/2804880?widget=personalizedcontent&previousarticle=2785961>
44. Emily R. Finkelstein, MD, Michael Ha, MA Cantab, MB BCHIR, Jonathan Anderson, BFA, Arya Andre Akhavan, MD, Joshua Yoon, MD, **Heather Furnas, MD**, Sheri Slezak, MD and Yvonne M. Rasko, MD. Gender and Racial Representation of Invited Speakers From The Aesthetic Society Annual Meetings Over a 5-Year Period. June 26, 2023. Available at: file:///C:/Users/Heather/Downloads/Gender_and_Racial_Representation_of_Invited.270.pdf
45. Jad Abi-Rafteh, MD, MSc, Hong Hao Xu, MD(c), MBA(c), Roy Kazan, MD, PhD, FRCS, Ruth Tevlin, MB BAO BCh MRCSI MD, **Heather Furnas, MD, FACS**, Large Language Models and Artificial Intelligence: A Primer for Plastic Surgeons on the Demonstrated & Potential Applications, Promises, and Limitations of ChatGPT, Aesthetic Surgery Journal, 2023; sjad260, <https://doi.org/10.1093/asj/sjad260>
46. Sabrina H Han, Kyle Ockerman, **Heather Furnas**, Patricia Mars, Audrey Klenke, Jessica Ching, Arash Momeni, Sarah Sorice-Virk, Practice Patterns and

- Perspectives of the Off-Label Use of GLP-1 Agonists for Cosmetic Weight Loss, *Aesthetic Surgery Journal*, 2023;, sjad364, <https://doi.org/10.1093/asj/sjad364>
47. Sabrina H Han, Rachel Safeek, Kyle Ockerman, Nhan Trieu, Patricia Mars, Audrey Klenke, **Heather Furnas**, Sarah Sorice-Virk, Public Interest in the Off-Label Use of Glucagon-like Peptide 1 Agonists (Ozempic) for Cosmetic Weight Loss: A Google Trends Analysis, *Aesthetic Surgery Journal*, Volume 44, Issue 1, January 2024, Pages 60–67, <https://doi.org/10.1093/asj/sjad211>
 48. Submitted: "Evaluating Plastic Surgery Resident Satisfaction Globally: Predictors and Recommendations for Training Enhancement" submitted by Georgios Karamitros.
 49. Carrion K, Chen S, Webster T, Ly CL, **Furnas HJ**, Nguyen D. Program Director Perceptions of the Resident Parent. Submitted August, 2024.
 50. Kyle M Ockerman, **Heather J Furnas**, Amy Sheer, Sarah Sorice-Virk, Navigating the Evolving Roles of GLP-1 Agonists Safely and Effectively, *Aesthetic Surgery Journal*, Volume 44, Issue 11, November 2024, Pages 1241–1245, <https://doi.org/10.1093/asj/sjae166>
 51. Bucknor, Alexandra MBBS*; Pedreira, Rachel MD; Bhat, Deepa MD; Zamani, Maryam MD; Nugent, Nora FRCSI (Plast); **Furnas, Heather J. MD**, FACS Comparing Different Pathways in Medical Education and Surgical Training: A Global Survey of Surgeons. *Plastic & Reconstructive Surgery-Global Open* 12(10):p e6224, October 2024. | DOI: 10.1097/GOX.00000000000006224
 52. Meghan Brennan, Sabrina H Han, Kyle Ockerman, Sonia D. Mehta, **Heather J. Furnas**, Frederik Heath, Patricia Mars, Audrey Klenke, Sarah Cecilia Sorice-Virk. Perioperative Practice Patterns of Anesthesiologists Surrounding Glucagon-Like Peptide 1 (GLP-1) Agonist Medications. *Turk J Anaesthesiol Reanim*. Submitted 02_09_2025
 53. Georgios Karamitros, Athanasios Papas, Gregory A. Lamaris, Heather J. Furnas, Reinventing Aesthetic Surgery Education: A Structured, Global Framework Integrating Academia, Private Sector, and Industry, *Journal of Plastic, Reconstructive & Aesthetic Surgery*, 2025, ISSN 1748-6815, <https://doi.org/10.1016/j.bjps.2025.06.051>. (<https://www.sciencedirect.com/science/article/pii/S1748681525004656>)

Book Chapters

1. **Furnas HJ**, Upton J: Surgical sympathectomy for arterial occlusive disease and vasospasm of the upper extremity. *Current Management of Hypertensive and Vascular Diseases*, Cooke JP ed., BC Decker Publishers, Philadelphia, 1992.
2. Korman JM and **Furnas HJ**: Solo Practice. *The Business of Plastic Surgery: Navigating a Successful Career*. Korman JM and Furnas HJ ed., World Scientific Publishing Company, Singapore, 2010: 39-49.
3. Johnson DJ, Tan C, Keusch CF, Troxel S, and **Furnas HJ**: The Challenges for Women in Plastic Surgery, *The Business of Plastic Surgery: Navigating a Successful Career*. Korman JM and Furnas HF ed., World Scientific Publishing Company, Singapore, 2010: 399-413.
4. Canales FL, **Furnas HJ**. Nonsurgical Vaginal Treatments. *Advances in Cosmetic Surgery*. *Advances in Cosmetic Surgery*. Vol. 2, Issue 1; Elsevier. Philadelphia: June, 2019: 195–201.
5. Korman JM, **Furnas HJ**. Solo Practice. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019: 43-59.
6. **Furnas HJ**. Transitions. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019: 108-117.
7. **Furnas HJ**, Canales FL, Korman JM. The Wonderful World of Marketing. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019: 143-155.
8. Franklin GM, Canales FL, Korman JM, **Furnas HJ**. Upping Your Game with Systems. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019: 171-190.
9. **Furnas HJ**, Karcz AA, Schulman M. How to Make and Post Effective Videos. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019: 223-243.
10. Olesen MBV, **Furnas HJ**, Korman JM. All About Reviews. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019: 246-258.
11. **Furnas HJ**, Korman JM, Gurtner GC. Publishing for the Profession and for the Public. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019: 300-320.

12. **Furnas, HJ.** A Successful Medspa. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019: 337-355.
13. **Furnas, HJ,** Korman JM. Taking Control of Your Life. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019: 438-452.
14. **Furnas, HJ,** Calobrace MB, Phillips LG, Hultman CS, Armstrong MB, Garza RM, Kpodzo DS, Rios LM. The Changing Face of Plastic Surgery. *The Business of Plastic Surgery: Navigating a Successful Career, 2nd Edition*. Korman JM and Furnas HJ ed., Thieme. New York, 2019:453-477.
15. **Furnas HJ.** Marketing a Cosmetic Breast Surgery Practice—Leveraging Digital Strategies and Social Media. *Cosmetic Breast Surgery*. Patel SA, Basu CB, Eds. Thieme Medical Publisher, Inc. New York. 2020:263-274.
16. **Furnas HJ,** Graw GJ. Neurotoxins: Masseter hypertrophy. *Dallas Cosmetic Surgery: Finesse and Consistency – A Video Guide*, Rohrich RJ, Sinno S, Afrooz PN Eds., Thieme Medical Publisher, Inc. New York. 2021:222-224.
17. Bhat D, **Furnas HJ.** Labiaplasty and Vaginal Rejuvenation. *Grabb and Smith's Plastic Surgery, 9th Edition*. Wolters Kluwer. Philadelphia. 2024:639-651.

Presentations

1. **Furnas H,** Lineaweaver W, Alpert B, and Buncke HJ: Scalp reconstruction by microvascular free tissue transfer. Presented at the California Society for Plastic Surgeons, Maui, Hawaii, March, 1989.
2. Canales F, **Furnas H,** Whitney T, Lineaweaver W, Buncke G, Alpert B, and Buncke H: Pediatric free tissue reconstruction: Analysis of 106 consecutive cases. Presented at the American Society of Reconstructive Microsurgery, Seattle, WA, September 1989.
3. Canales F, **Furnas H,** Whitney T, Lineaweaver W, Buncke G, Alpert B, and Buncke H: Pediatric free tissue reconstruction: Analysis of 106 consecutive cases. Presented at the American Society of Plastic and Reconstructive Surgeons, San Francisco, CA October, 1989.
4. Commencement address for the Santa Rosa Junior College 1997 registered nurse graduating class, Santa Rosa, CA May 25, 1997.

5. **Furnas H**, Canales F, Korman J: Launching Your Career in Plastic Surgery. Presented at The Resident Conference, Stanford University, October 23, 2012.
6. Canales F, **Furnas H**, Korman J: The 20-Year Plastic Surgery MBA in a Nutshell. Presented at Plastic Surgery Grand Rounds, Stanford University, October 23, 2012.
7. Why Videos Can Be An Important Educational and Marketing Tool for your Practice. Presented at the Vegas Cosmetic Surgery meeting, Las Vegas, June 26, 2013.
8. How much does a plastic surgeon's gender matter in patient choice? Presented at the Annual Meeting of the American Society of Aesthetic Surgery, Mandalay Bay Hotel, April 4, 2016.
9. Why patients request labiaplasty. Presented at the Annual Meeting of the American Society of Aesthetic Surgery, Mandalay Bay Hotel, April 6, 2016.
10. The business of plastic surgery. Presented to the Women Aesthetic Surgeons' Committee at the Annual Meeting of the American Society of Aesthetic Surgery, Mandalay Bay Hotel, April 6, 2016.
11. 5 key tips to increase your presence on Twitter. Presented at the Annual Meeting of the American Society of Aesthetic Surgery, Mandalay Bay Hotel, April 6, 2016.
12. Ahmad J, moderator. Panel: **Furnas H**, Hustak K, Reisman N, Walden J. Female rejuvenation. Presented at the Annual Meeting of the American Society of Aesthetic Surgery, Mandalay Bay Hotel, April 6, 2016.
13. Coolsculpting. Cosmetic Surgery Round Table, Grand Rounds, Stanford. May 17, 2016.
14. The onboarding process. Presented at ReBoot Camp, ASPS, September 22, 2016, Los Angeles, California.
15. **Furnas HJ**, Zupko K. Staffing Challenges. Presented at ReBoot Camp, ASPS, September 22, 2016, Los Angeles, California.
16. Legitimately get more patient reviews. Presented at ReBoot Camp, ASPS, September 22, 2016, Los Angeles, California.
17. Surgical approaches for labiaplasty and vaginal rejuvenation. Presented at Hot Topics panel, ASPS, September 23, 2016, Los Angeles, California.

18. Garza RM, Weston JS, **Furnas HJ**. Pregnancy and the plastic surgery resident. Abstract presented at ASPS, September 24, 2016. Los Angeles, California.
19. Innovative marketing. Presented at Women Plastic Surgeons panel, ASPS, September 25, 2016, Los Angeles, California.
20. Social media for the #plasticsurgeon. Presented at Plast Reconst Surg Tech Talk, ASPS, September 25, 2016, Los Angeles, California.
21. Sorice S, Li AY, Canales FL, **Furnas HJ**. Why patients request labiaplasty. Abstract presented ASPS, September 25, 2016, Los Angeles, California.
22. Facilitator of Panel with Interactive Discussion: How women and men plastic surgeons differ and why it matters, with Song D, Johnson D, Rohrich R, Hultman S, Damitz L, Vastine V, Bajaj A, Wu L. Presented at ASPS, September 25, 2016, Los Angeles, California.
23. Thermiva: fact or fantasy. Presented as part of a Hot Topics panel, ASAPS at ASPS, September 27, 2016, Los Angeles, California.
24. The business of plastic surgery. Presented as Visiting Professor at the University of Toronto, Plastic Surgery Residents' Conference, October 13, 2016.
25. Social media and the plastic surgeon. Presented as Visiting Professor at the University of Toronto. October 13, 2016.
26. Female genital plastic surgery. Presented as Visiting Professor at the University of Toronto. October 13, 2016.
27. How to Make Social Media Work for You. Presented at the Women Plastic Surgeon's Enrichment Retreat through ASPS, February 4, 2017, Newport Beach, California.
28. Female Genital Plastic Surgery. Presented at Stanford Plastic Surgery Grand Rounds, Lucille Packard Children's Hospital, February 14, 2017.
29. Website design an optimization: Learn from my mistakes...What I wish I could redo. Aesthetica, New Orleans Marriott, New Orleans, LA. March 2, 2017.
30. Social media 101 for the plastic surgeon: How I use social media as a plastic surgeon. Aesthetica, New Orleans Marriott, New Orleans, LA. March 2, 2017.

31. Do pre-operative algorithms make a difference for primary breast augmentation? The simplified method for implant selection: Base width and managing expectations. Aesthetica, New Orleans Marriott, New Orleans, LA. March 2, 2017.
32. Masters Class in Aesthetic Female Genital Surgery—Labiaplasty and Vaginoplasty. Aesthetica, New Orleans Marriott, New Orleans, LA. March 2, 2017.
33. Panel: Aesthetic breast surgery: What would the experts do? Aesthetica, New Orleans Marriott, New Orleans, LA. March 3, 2017.
34. Journal of retractions: What I no longer do: I no longer use drains in abdominoplasty. Aesthetica, New Orleans Marriott, New Orleans, LA. March 3, 2017.
35. Implants, lifts, and asymmetries: One-stage augmentation mastopexy—safe and effective. Aesthetica, New Orleans Marriott, New Orleans, LA. March 4, 2017.
36. **Furnas HJ**. Broadening the diversity of your residency team. Presented as part of a panel of ACAPS at the annual meeting of the American Association of Plastic Surgeons (AAPS). March 26, 2017, Austin, Texas.
37. Social media for the plastic surgeon, presented as a panelist on Technology and Social Media (Tips, Traps, Friends and Foes). Presented at the American Association of Plastic Surgeons AAPS. March 26, 2017, Austin, Texas.
38. Phillips L, Wu L, **Furnas HJ**, Breakfast of Champions, Leadership Forum: Diversity. Presented at the American Association of Plastic Surgeons AAPS. March 27, 2017, Austin, Texas.
39. Social Media Workshop—Twitter, Facebook, RealSelf: Social Media and the Plastic Surgeon, **Furnas HJ**, guest speaker in ASAPs course with Ezekwugo M, Seery T, Sheie E. ASAPs Annual Meeting, April 28, 2017, San Diego, CA.
40. Hot Topics: Crushing the Competition with SnapChat, Instagram, and Facebook Live: Panel Discussant: How far is too far in this age of social media? Del Vecchio D, Haws M, Khorsandi C, **Furnas H**, Pfeifer T, Placik O, Shulman M, Walden J. ASAPs Annual Meeting, April 28, 2017, San Diego, CA.
41. Hot Topics: Is Energy Based Female Tightening a Sham? Controversies in Female Genital Rejuvenation: Does RF Tightening Work Long Term? ASAPs Annual Meeting, April 28, 2017, San Diego, CA.

42. Hot Topics Panel Discussant: Discussion: How Effective is Nonsurgical Vaginal Tightening? Should We Be Doing Surgical Vaginal Tightening? How Do We Market these Procedures? Canales P, **Furnas H**, Placik O, Tenenbaum M, Walden, J; Moderators: Del Vecchio, D, Haws, M. ASAPS Annual Meeting, April 28, 2017, San Diego, CA.
43. Video production for the plastic surgeon. American Society of Aesthetic Plastic Surgery Annual Meeting, May 1, 2017, San Diego, CA.
44. **Furnas HJ**, Walden J: Moderators: The Business Side at the Annual Meeting, American Society of Plastic Surgeons, May 2, 2017. San Diego, CA.
45. Social Media: Is It Worth the Time for a Practice? given at The Business Side at the Annual Meeting, American Society of Plastic Surgeons, May 2, 2017. San Diego, CA.
46. Gilstrap J. Social media and the plastic surgery patient, Sorice SC, Li AY, Gilstrap J, **Furnas HJ**. Presented at the California Society of Plastic Surgery Annual Meeting, May 28, 2017. San Francisco, CA.
47. Gender Differences in the Lives of Plastic Surgeons. Presented as a Plastic Surgery Foundation Visiting Professor, University of Texas Medical Branch, Galveston, Texas. August 17, 2017.
48. The Business of Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor, University of Texas Medical Branch, Galveston, Texas. August 18, 2017.
49. Female Genital Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor, University of Texas Medical Branch, Galveston, Texas. August 18, 2017.
50. The Business of Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor, University of South Florida, Tampa, Florida. August 21, 2017.
51. Female Genital Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor, University of South Florida, Tampa, Florida. August 21, 2017.
52. Gender Differences in the Lives of Plastic Surgeons. Presented as a Plastic Surgery Foundation Visiting Professor, University of South Florida, Tampa, Florida. August 21, 2017.
53. Canales FL, **Furnas HJ**. Making a medspa actually succeed. ReBoot Your Practice, American Society of Plastic Surgeons Annual Meeting, Orlando, FL, October 5, 2017.

54. **Furnas HJ**, Canales FL. Making medi-spas work for your practice: Instructional Course, American Society of Plastic Surgeons Annual Meeting, Orlando, FL, October 7, 2017.
55. **Furnas HJ**, moderator, Youn A, Hadeed J, Branford O, panelists. Social media in plastic surgery- diverse perspectives. American Society of Plastic Surgeons Annual Meeting, Orlando, FL, October 7, 2017.
56. Labiaplasty and beyond: Instructional course. American Society of Plastic Surgeons Annual Meeting, Orlando, FL, October 8, 2017.
57. Comprehensive vaginal rejuvenation. American Society of Aesthetic Plastic Surgery at American Society of Plastic Surgeons Annual Meeting, Orlando, FL, October 10, 2017.
58. Hamori C, speaker; Ahmad J, analyst; **Furnas HJ**, pundit; Khanna J, moderator. Labial and Vaginal Rejuvenation—Zealot Phase? Check! What Have We Learned? Technology vs Exisional Techniques: Developing an Algorithm. American Society of Plastic Surgeons' Breast and Body conference, San Francisco, CA, October 21, 2017.
59. Hamori C, **Furnas HJ**, panelists; Khanna J, moderator. Debate: What Do Men Know Anyway? Here's What Plastic Surgeons Should Do: Trust Us. American Society of Plastic Surgeons' Breast and Body conference, San Francisco, CA, October 21, 2017.
60. **Furnas HJ**, Narurkar V. Non-surgical versus surgical options for body contouring and feminine rejuvenation. Cosmetic Bootcamp Regional University, San Francisco, November 11, 2017.
61. In pursuit of a better quality of life: How feminine rejuvenation can help. Cosmetic Bootcamp Regional University, San Francisco, November 11, 2017.
62. Female Genital Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor, University of Cincinnati, Cincinnati, Ohio. January 2, 2018.
63. **Furnas HJ**. Gender Differences in the Lives of Plastic Surgeons. Presented as a Plastic Surgery Foundation Visiting Professor, University of Cincinnati, Cincinnati, Ohio. January 3, 2018.
64. The Business of Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor, University of Cincinnati, Cincinnati, Ohio. January 3, 2018.

65. Female Genital Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor, Medical University of South Carolina, Charleston, South Carolina. January 8, 2018.
66. Gender Differences in the Lives of Plastic Surgeons. Presented as a Plastic Surgery Foundation Visiting Professor, Medical University of South Carolina, Charleston, South Carolina. January 9, 2018.
67. The Business of Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor, Medical University of South Carolina, Charleston, South Carolina. January 9, 2018.
68. The Business of Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor, University of California, Irvine. February 5, 2018.
69. Female Genital Plastic Surgery. Presented as the Orange County Medical Association and David Furnas Honorary Lecturer and Plastic Surgery Foundation Visiting Professor, Capitol Grille, Costa Mesa. February 5, 2018.
70. Female Genital Plastic Surgery. Presented as a Plastic Surgery Foundation Visiting Professor at the Northwest Society of Plastic Surgery at the Kahala Hotel, Oahu, Hawaii. February 18, 2018.
71. Gender Differences in the Lives of Plastic Surgeons. Presented as a Plastic Surgery Foundation Visiting Professor at the Northwest Society of Plastic Surgery at the Kahala Hotel, Oahu, Hawaii. February 19, 2018.
72. The Business of Plastic Surgery. Presented at Grand Rounds as a Plastic Surgery Foundation Visiting Professor, University of British Columbia, Vancouver, British Columbia, Canada. April 5, 2018.
73. Gender Differences in the Lives of Plastic Surgeons. Presented as a Plastic Surgery Foundation and A.D. Courtemanche Visiting Professor at University of British Columbia's Research Day at the Pan Pacific Hotel, Vancouver, British Columbia, Canada. April 6, 2018.
74. Female Genital Plastic Surgery. Presented as a Plastic Surgery Foundation and A.D. Courtemanche Visiting Professor at University of British Columbia's Research Day at the Pan Pacific Hotel, Vancouver, British Columbia, Canada. April 6, 2018.
75. Sifting Through Ashes to Find a Phoenix. Zedplast Lecture, Stanford Faculty Club, June 23, 2018.

76. **Furnas HJ**, Gallus K. Plastic Surgeon Match: Leverage the Power of the ASPS Brand to Increase Your Web Presence. Reboot Camp, American Society of Plastic Surgeons. McCormick Center, Chicago, September 27, 2018.
77. The Onboarding Practice. Reboot Camp, American Society of Plastic Surgeons. McCormick Center, Chicago, September 28, 2018.
78. **Furnas HJ**, Canales FL. Top 3 Strategies for Reducing Expenses. Reboot Camp, American Society of Plastic Surgeons. McCormick Center, Chicago, September 28, 2018.
79. Back to the Future – Breast Pocket Irrigation – What’s New, What’s Changed and What Do I Need to Know? American Society for Aesthetic Plastic Surgery, Experienced Insights: Breast and Body Contouring. Mark Hopkins Intercontinental, San Francisco, CA, October 19, 2018.
80. BIA-ALCL Update. American Society for Aesthetic Plastic Surgery, Experienced Insights: Breast and Body Contouring. Mark Hopkins Intercontinental, San Francisco, CA, October 19, 2018.
81. Female Genital Rejuvenation – Where Have We Been and Where are We Going? Experienced Insights: Breast and Body Contouring. Mark Hopkins Intercontinental, San Francisco, CA, October 20, 2018.
82. 3D Imaging – How Does It Fit into the Practice? Experienced Insights: Breast and Body Contouring. Mark Hopkins Intercontinental, San Francisco, CA, October 20, 2018.
83. Ethically Leveraging our Unique Position as Women Plastic Surgeons Inaugural Women Plastic Surgeons Symposium. International Society of Aesthetic Plastic Surgery (ISAPS) Congress 2018. Miami Convention Center, October 31, 2018.
84. Working with our Men Plastic Surgeon Colleagues. Inaugural Women Plastic Surgeons Symposium. International Society of Aesthetic Plastic Surgery (ISAPS) Congress 2018. Miami Convention Center, October 31, 2018.
85. Overcoming Challenges in the Single-Stage Breast Augmentation-Mastopexy. Special Guest Speaker, Joint North Carolina Society and South Carolina Society of Plastic Surgeons, Annual Scientific Meeting, The Sanctuary, Kiawah Island, SC, November 2, 2018.
86. Women and Men in Plastic Surgery: How They Differ and Why It Matters. Special Guest Speaker, Joint North Carolina Society and South Carolina Society of Plastic

- Surgeons, Annual Scientific Meeting, The Sanctuary, Kiawah Island, SC, November 4, 2018.
87. Aesthetic Principles in Vulvovaginal Rejuvenation. Special Guest Speaker, Joint North Carolina Society and South Carolina Society of Plastic Surgeons, Annual Scientific Meeting, The Sanctuary, Kiawah Island, SC, November 4, 2018.
 88. Social Media and the Plastic Surgery Practice. Joint North Carolina Society and South Carolina Society of Plastic Surgeons, Annual Scientific Meeting, The Sanctuary, Kiawah Island, SC, November 4, 2018.
 89. Nojarova Lecture: Rising from the Ashes to Find the Meaning of Resilience. New York Regional Society of Plastic Surgery. New York City, New York. November 17, 2018.
 90. The No-Drain Abdominoplasty. Panelist: #BodyContouring – 3D Body Contouring/Drainless Tummy Tuck. New York Regional Society of Plastic Surgery. New York City, New York. November 17, 2018.
 91. Female Genital Rejuvenation, a webinar for the American Association of Plastic Surgeons with Walden J, Hunter J, **Furnas HJ**, and Alter G. Presenter of Vaginoplasty and Perineoplasty. January 16, 2019.
 92. **Furnas HJ**, Korman JM. Grand Rounds: The good, the bad, and the trolls: Patient reviews. Practice Innovations, American Society of Plastic Surgeons. March 14, 2019. Caesar's Palace, Las Vegas, Nevada. March 14, 2019.
 93. **Furnas HJ**, Korman JM. Using patient events to promote your practice. Practice Innovations, American Society of Plastic Surgeons. Caesar's Palace, Las Vegas, Nevada. March 14, 2019.
 94. **Furnas HJ**, Korman JM. Grand Rounds: It takes a team. Practice Innovations, American Society of Plastic Surgeons. March 14, 2019. Caesar's Palace, Las Vegas, Nevada. March 14, 2019.
 95. **Furnas HJ**, Korman JM. Grand Rounds: Making your patients feel at home—in your office. Practice Innovations, American Society of Plastic Surgeons. March 14, 2019. Caesar's Palace, Las Vegas, Nevada. March 14, 2019.
 96. From the start: The onboarding process. Practice Innovations, American Society of Plastic Surgeons. March 14, 2019. Caesar's Palace, Las Vegas, Nevada. March 14, 2019.

97. The art of resilience. Practice Innovations, American Society of Plastic Surgeons. March 14, 2019. Caesar's Palace, Las Vegas, Nevada. March 15, 2019.
98. Twitter? Facebook? How do I decide what to use? Presented at the Residents and Fellows Forum at the Aesthetic Meeting (American Society of Aesthetic Plastic Surgery). Ernest M. Morial Convention Center, New Orleans, LA. May 16, 2019.
99. Social Media – Are You a Famous Surgeon, or Are You InstaFamous? Presented at Premier Global Hot Topics at the Aesthetic Meeting (American Society of Aesthetic Plastic Surgery). Ernest M. Morial Convention Center, New Orleans, LA. May 17, 2019.
100. FDA Update on RF Feminine Rejuvenation Devices. Presented at Premier Global Hot Topics at the Aesthetic Meeting (American Society of Aesthetic Plastic Surgery). Ernest M. Morial Convention Center, New Orleans, LA. May 17, 2019.
101. Nuances in Aesthetic Female Genital Surgery: A 360 Degree Perspective with panelists John Hunter, Lina Triana, and Gary Alter at the Aesthetic Meeting (American Society of Aesthetic Plastic Surgery). Ernest M. Morial Convention Center, New Orleans, LA. May 20, 2019.
102. The Business of Plastic Surgery: Moving Your Practice Forward. Presented at the California Society of Plastic Surgeons Annual Meeting, Sacramento Convention Center, Sacramento, CA, May 31, 2019.
103. Trimming the Sails – What Would You Do? Moderator: Haws M; Panelists: **Furnas HJ**, Hamori C, MD; Wall H. The Aesthetic Cruise 2019. June 27, 2019.
104. Hot Business Tips for Smooth Sailing: Objectives & Key Results and More! (The Business of Plastic Surgery: Moving Your Practice Forward) **Furnas HJ**, Korman JM. The Aesthetic Cruise 2019. June 28, 2019.
105. The Impact of Surgical Culture and Training Structure on Discouraging Women from Pursuing Surgery. The American Women's Medical Association Annual Meeting and Centennial Congress of the Medical Women's International Association. New York City, New York. July 25, 2019.
106. Plastic Surgery and Social Media: A Changing Paradigm. Panelists Roy Kim, MD; Karen Horton, MD; Sheila Nazarian, MD. The Annual Meeting of the American Society of Plastic Surgeons, San Diego Convention Center, San Diego, CA, September 21, 2019.
107. Changes in Instagram. Part of Instagram Profiles with Moderator Karen Horton, MD, and panelists Jeanine DiGennaro and Francisco L Canales, MD. The

- Annual Meeting of the American Society of Plastic Surgeons, San Diego Convention Center, San Diego, CA, September 21, 2019.
108. Comprehensive Techniques if Female Genital Rejuvenation. Panelists: Gary J. Alter, MD; Francisco L. Canales, MD; Kristi L. Hustak, MD. The Annual Meeting of the American Society of Plastic Surgeons, San Diego Convention Center, San Diego, CA, September 22, 2019.
 109. Women Plastic Surgery Listening Session: Addressing Gender Disparities in Our Specialty. The Annual Meeting of the American Society of Plastic Surgeons, San Diego Convention Center, San Diego, CA, September 23, 2019.
 110. Advanced Approaches to Labial Re-Shaping, Revisions, Complications. The Annual Meeting of the British Association of Aesthetic Plastic Surgeons, The Olympia, London, October 11, 2019.
 111. Contemporary Approaches to Vaginal Rejuvenation. The Annual Meeting of the British Association of Aesthetic Plastic Surgeons, The Olympia, London, October 11, 2019.
 112. Should We Even Be Doing Labiaplasty? Furnas HJ, Banwell P, Sacks, L, Wright A. The Annual Meeting of the British Association of Aesthetic Plastic Surgeons, The Olympia, London, October 11, 2019.
 113. Catch the Train of Social Media Marketing. The Annual Meeting of the British Association of Aesthetic Plastic Surgeons, The Olympia, London, October 11, 2019.
 114. Practice Management Tips from Running a Successful Medspa. The Annual Meeting of the British Association of Aesthetic Plastic Surgeons, The Olympia, London, October 11, 2019.
 115. Gender Differences Among Plastic Surgeons. The Annual Meeting of the British Association of Aesthetic Plastic Surgeons, The Olympia, London, October 11, 2019.
 116. Gender differences between male and female plastic surgeons. Annual Meeting of Asociación Española de Cirugía Estética Plástica, Hotel Rui Plaza de España, Madrid, Spain. November 7, 2019.
 117. Aesthetic Surgery of the Genitalia. Manzano M, **Furna HJ**, Sarmentero PE, Martinez V, Garcia Tutor E. Annual Meeting of Asociación Española de Cirugía Estética Plástica, Hotel Rui Plaza de España, Madrid, Spain. November 7, 2019.

118. Vaginal Rejuvenation topics (Labiaplasty, Vaginoplasty, Comprehensive Approach to Vaginal Rejuvenation. Annual Meeting of Asociación Española de Cirugía Estética Plástica, Hotel Rui Plaza de España, Madrid, Spain. November 7, 2019.
119. Hurtado de Mendoza B, Yousif J, Cardenas-Camarena L, **Furnas HJ**, Nahabidian M, Corinnas F, Jose Serra-Renom JM. in Catalunya). Abdominoplasty. Annual Meeting of Asociación Española de Cirugía Estética Plástica, Hotel Rui Plaza de España, Madrid, Spain. November 8, 2019.
120. No-Drain Abdominoplasty. Annual Meeting of Asociación Española de Cirugía Estética Plástica, Hotel Rui Plaza de España, Madrid, Spain. November 8, 2019.
121. How to run your practice like a start-up company. Annual Meeting of Asociación Española de Cirugía Estética Plástica, Hotel Rui Plaza de España, Madrid, Spain. November 8, 2019.
122. Umbilicus: The forgotten. Pico JM, Nahabidian M, Yousif J, **Furnas HJ**, Corinnas F, Cardenas-Camarena L. Annual Meeting of Asociación Española de Cirugía Estética Plástica, Hotel Rui Plaza de España, Madrid, Spain. November 8, 2019.
123. Mastopexy. Martinez Santos B, Barcelona with Lazaro, Nahabidian M, Patricia Erazo, P, **Furnas HJ**. Annual Meeting of Asociación Española de Cirugía Estética Plástica, Hotel Rui Plaza de España, Madrid, Spain. November 8, 2019.
124. Overcoming the challenges of a single-stage breast augmentation-mastopexy Annual Meeting of Asociación Española de Cirugía Estética Plástica, Hotel Rui Plaza de España, Madrid, Spain. November 8, 2019.
125. Gender differences in the personal and professional lives of plastic surgeons. Baylor Plastic Surgery Grand Rounds, Texas Children's Hospital, Houston, Texas. February 20, 2020.
126. Sifting through the ashes in search of resilience. The Houston Society of Plastic Surgery, Morton's Steakhouse, Houston, Texas, February 20, 2020.
127. Run of the Show: Coping with City-Wide Lockdowns. Moderator: Adams WP. Panelists: Sieber, D, Furnas HJ, Douglas T, Canales FL. Webinar recorded March 19, 2020. Available at:
https://sientra.zoom.us/rec/share/-8x0C4CsyU5OGKfR1xrudY4DPdn7aaa8gCJLrqEEEmRq4VbvDEMzJN8HyxDEqNzj_?startTime=1584662808000

128. Furnas HJ, Canales FL. BAAPS Support Webinar: Business Continuity Webinar 1. COVID19: Challenging Times: COVID-19 and the Aesthetic Surgery Practice: A California Perspective. April 1, 2020.
129. Labiaplasty Techniques, Safety, and Outcomes. Stanford Plastic Surgery Grand Rounds via Zoom. May 12, 2020.
130. The No-Drain Abdominoplasty. Stanford Plastic Surgery Grand Rounds via Zoom. February 9, 2021.
131. Labiaplasty Techniques, Safety, and Outcomes. University of California Davis Plastic Surgery. Aesthetic Society Traveling Professor, via Zoom. March 2, 2021.
132. The No-Drain Abdominoplasty. University of California Davis Plastic Surgery. Aesthetic Society Traveling Professor, via Zoom. March 2, 2021.
133. From Training to Practice. University of California Davis Plastic Surgery. Aesthetic Society Traveling Professor, via Zoom. March 2, 2021.
134. Gender Differences in the Personal and Professional Lives of Plastic Surgeons, Queen's University Belfast Plastic, Reconstructive and Aesthetic Surgery Society, via Zoom. March 18, 2021.
135. How to Hire, Onboard, and Manage Your Way to a Successful Practice, Aesthetic Society Traveling Professor Webinar, Moderator, with Panelists Brad Calobrace, MD, and Michael Edwards, MD, via Zoom. April 15, 2021.
136. The Business of Plastic Surgery: Patient Photos and Practice Setup, a Thieme Webinar, with Joshua Korman, MD, via Zoom. April 19, 2021.
137. Labiaplasty Techniques, Safety, and Outcomes as The Aesthetic Surgery Traveling Professor. May 12, 2021, University of California, San Diego, Division of Plastic and Reconstructive Surgery, via Zoom.
138. From Training to Practice as The Aesthetic Surgery Traveling Professor. May 12, 2021, University of California, San Diego, Division of Plastic and Reconstructive Surgery, via Zoom.
139. MedSpas 101 (Panel): Moderator: Dana Coberly, M.D.; Panelists: Heather Furnas, M.D. and Karol Gatowski, M.D. At the annual meeting for the American Society of Plastic Surgeons, October 30, 2021. Georgia World Congress Center, Atlanta, Georgia.

140. Wellness: Having a Family Life During Residency, Board Certification, and Practice (Panel): Moderator: Heather Furnas, M.D.; Panelists: Keith Brandt, M.D., Amy Alderman, M.D., Bella Avanesian, M.D., Suma Maddox, M.D., Yvonne Rasko, M.D., and Linda Phillips, M.D. At the annual meeting for the American Society of Plastic Surgeons, October 30, 2021. Georgia World Congress Center, Atlanta, Georgia.
141. PRS Grand Rounds: Your Toolbox for the Business of Plastic Surgery. Heather Furnas, M.D. with Edward Reece, M.D. and the Resident Ambassadors Ara Salibian M.D. and Lindsay Janes M.D. At the annual meeting for the American Society of Plastic Surgeons, October 31, 2021. Georgia World Congress Center, Atlanta, Georgia.
142. The Aesthetic Society Traveling Professor Program: The No-Drain Abdominoplasty. Yale Plastic Surgery Residents. March 30, 2022. 330 Cedar Street. Boardman Building, New Haven.
143. The Aesthetic Society Traveling Professor Program: Labiaplasty Techniques, Safety, and Outcomes. Yale Plastic Surgery Residents. March 30, 2022. 330 Cedar Street, Boardman Building, New Haven.
144. The Aesthetic Society Traveling Professor Program: The Business of Plastic Surgery: Beyond Scalpels and Sutures. Yale Plastic Surgery Grand Rounds. March 30, 2022. 330 Cedar Street, Boardman Building, New Haven.
145. Diversity, Equity, and Inclusion in Plastic Surgery: Enriching Our Tapestry. University of Pittsburgh Plastic Surgery Grand Rounds. April 27, 2022, via Zoom.
146. Owning Your Own O.R. Practice, presented as part of the Management Panel. Presented at the Women Plastic Surgeons' Symposium. February 3, 2023. The Charleston Hotel, Charleston, South Carolina.
147. Starting and Building A Practice. Stanford Plastic Surgery Grand Rounds. May 16, 2023. Lucile Packard Children's Hospital. Stanford, CA.
148. Private Practice, Owning an O.R., and Other Adventures in Plastic Surgery. Harvard Plastic Surgery Grand Rounds. September 13, 2023. Shriners Hospital For Children. Boston, MA
149. Planning and Marking a Labiaplasty. The American Society of Plastic Surgery Spring 2024 Virtual Meeting. March 3, 2024.

150. Cosmetic Female Genital Surgery. University of California, Irvine Department of Plastic Surgery Grand Rounds, virtual lecture. August, 22, 2024.

Features, Videos, Editorials, Book Reviews, and Letters

1. **Furnas HJ.** Measuring the area of a lesion or flap (letter). *Plast Reconstr Surg* 84:364, 1989.
2. **Furnas HJ.** Review of *Tissue Transfers in Reconstructive Surgery*, by Herman T. Smet. *Ann Plast Surg* 24:548, 1990.
3. **Furnas HJ:** The effect of nifedipine on skin flap survival (letter). *Plast Reconstr Surg* 86:1239, 1991.
4. **Furnas HJ.** Silvadene toxicity (letter). *Plast Reconstr Surg* 88:735, 1991.
5. **Furnas, HF.** Letter Re: The Transverse Gracilis Musculocutaneous Flap. *Annals of Plastic Surgery*: May 1993 - Volume 30 - Issue 5 - p 480.
6. **Furnas HJ.** Two women surgeons. *Sonoma County Physician* 44:14, 1993.
7. **Furnas HJ.** Preventable injuries. *Sonoma County Physician* 45:18, 1994.
8. **Furnas HJ.** Making a difference. *Sonoma County Physician* 48:5, 1997.
9. **Furnas HJ.** Meaningful reading: *Man's Search for Meaning*, by Viktor Frankl. *Sonoma County Physician* 49:28, 1998.
10. **Furnas HJ.** The nursing legacy (letter). *Amer J. Nursing* 98:22, 1998.
11. **Furnas HJ.** Patient measures: *The measure of our days*, by Jerome Groopman. *Sonoma County Physician* 49: 32-34, 1998.
12. **Furnas HJ.** Navigating HMOs: *The insider's guide to HMOs: How to navigate the managed-care system and get the health care you deserve*, by Alan Steinberg, MD. *Sonoma County Physician* 49: 34-37, 1998.
13. **Furnas HJ.** The courage to speak out: *Walking out on the boys*, by Frances Conley, M.D. *Sonoma County Physician* 50: 32-33, 1999.
14. **Furnas HJ.** Learning life's lessons: *Tuesdays with Morrie*, by Mitch Albom. *Sonoma County Physician* 50: 24-25, 1999.

15. **Furnas HJ.** From partnership to domination: *The Chalice and the Blade*, by Riane Eisler. Sonoma County Physician 50: 26-27, 1999.
16. **Furnas HJ.** Editorial: The dilemma of modern medical ethics. Sonoma County Physician 50: 5, 1999.
17. **Furnas HJ.** Editorial: The future of medicine. Sonoma County Physician 50:5, 1999.
18. **Furnas HJ.** Effects of managed care on Sonoma County physicians. Sonoma County Physician 51: 6-10, 2000.
19. **Furnas HJ.** It's a jungle out there: *Biography of a Germ*, by Arno Karlen. Sonoma Medicine 51: 26-27, 2000.
20. **Furnas HJ.** Dislodging the Dead: *Dress Lodger*, by Sheri Holman, Sonoma Medicine 52: 28-29, 2001.
21. **Furnas HJ.** Buffing the brain: *Mozart's brain and the fighter pilot*, by Richard Restak MD. Sonoma Medicine 53:34-35, 2002.
22. **Furnas HJ.** Surgeon on the run: *The Dressing Station*, by Jonathan Kaplan. Sonoma Medicine 53, 30-31, 2002.
23. **Furnas HJ.** Silent Warfare: *Germs: Biological Weapons and America's Secret War*, by Judith Miller, Stephen Engelberg, and William Broad. Sonoma Medicine 53: 34-35, 2002.
24. **Furnas HJ.** Editorial: Food for thought. Sonoma Medicine 53: 5, 2002.
25. **Furnas HJ.** Editorial: Software engineering for parents. Sonoma Medicine 54: 10-11, 2003.
26. **Furnas HJ.** Editorial: An equitable carol. Sonoma Medicine 54:6-8, 2003.
27. **Furnas HJ.** Harvesting Memories: *Seasons Among the Vines*, by Paula Moulton. Sonoma Medicine 55: 42-43, 2004.
28. **Furnas HJ.** Editorial: Saving Micra. Sonoma Medicine 56, 22-23, 2005.
29. **Furnas HJ.** What SCMA and CMA Are Doing for You. Sonoma Medicine 56: 44, 2005.

30. **Furnas HJ**: Socializing a Plastic Surgeon. *Plast Reconstr Surg*. 2016;3:656e-657e.
Available at:
http://journals.lww.com/plasreconsurg/Citation/publishahead/Socializing_a_Plastic_Surgeon_.98988.aspx Accessed July 8, 2016.
31. **Furnas HJ**, Johnson DJ, Bajaj, AK, Kalliainen L, Rohrich R. Women and men in plastic surgery: How they differ and why it matters. *Plast Reconstr Surg*. 2016;3:743-745.
31. **Furnas HJ**, Lang DJ. Women in Plastic Surgery: Pregnancy. Available at:
<http://journals.lww.com/plasreconsurg/pages/videogallery.aspx?videoid=1040&autoplay=true> Accessed May 14, 2017.
32. **Furnas HJ**, Lang DJ. Women in Plastic Surgery: Infertility. Available at:
https://www.youtube.com/watch?v=i9so6_NUI_U&t=43s Accessed May 14, 2017.
33. **Furnas HJ**. Finding your place in the vast field of social media. *Plast Surg News: Social Media Focus*. March 2018:16.
34. **Furnas HF**, Canales FL, Sorice S. PRS Grand Rounds: Women in Plastic Surgery. Available at:
<https://journals.lww.com/plasreconsurg/Pages/collections.aspx?collection=Topic> Accessed August 18, 2018.
35. Sorice S, Li AY.; Canales FL, **Furnas HJ**.. Reply: Why Women Request Labiaplasty. *Plast Reconstr Surg*. 140(6):829e-830e, December 2017.
36. **Furnas HJ**. (by invitation) Discussion: Understanding and overcoming implicit gender bias in plastic surgery. *Plast Reconstr Surg*. 2016;138:1117-1118.
37. **Furnas HJ**. (by invitation) Discussion: The Ethics of Sharing Plastic Surgery Videos on Social Media: Systematic Literature Review, Ethical Analysis, and Proposed Guidelines. *Plast Reconstr Surg*. 140(4):837-839, October 2017.
38. **Furnas HJ**. (by invitation) Discussion: What Does the Public Think? Examining Plastic Surgery Perceptions through the Twitterverse. *Plast Reconstr Surg*. 142(1):275-277, July 2018.
39. **Furnas HF**. (by invitation) Discussion: Social Media and the Dissemination of Research Insights from the Most Widely Circulated Articles in Plastic Surgery. *Plast Reconstr Surg*. 142(2):562-564, August 2018.

40. **Furnas HJ.** (by invitation) Discussion: The Ethical and Professional Use of Social Media in Surgery A Systematic Review of the Literature. *Plast Reconstr Surg.* 142(3):399e-400e, September 2018.
41. **Furnas HJ,** Quayle BK. Sifting Through the Ashes to Find the Meaning of Resilience. *Plast Reconstr Surg.* 142(5):1391-1396, November, 2018.
42. **Furnas HJ.** (by invitation) Discussion: The Public's Preferences on Plastic Surgery Social Media Engagement and Professionalism: Demystifying the Impact on Demographics. *Plast Reconstr Surg.* 2019;143(2):631-632.
43. Klassen, Anne F. DPhil; Kaur, Manraj N. MSc; **Furnas, Heather MD;** Pusic, Andrea L. MD Letter to the Editor: Comment on Sinnott CJ, et al. Female Genital Cosmetic Surgery Requires a New Rigorously Developed Patient Reported Outcome Measure (*Ann Plast Surg.* 2020;85(S1)), *Annals of Plastic Surgery:* September 2021 - Volume 87 - Issue 3 - p 363-364 doi: 10.1097/SAP.0000000000002593
44. **Furnas, Heather J. M.D.;** Kim, Roy M.D.; Rohrich, Rod J. M.D. Social Media and How This 75-Year-Old Journal Stays Young, *Plastic and Reconstructive Surgery:* August 2021 - Volume 148 - Issue 2 - p 488-491 doi: 10.1097/PRS.00000000000008149
45. **Furnas, Heather J. M.D.;** Comer, Carly D. M.D.; Shiah, Eric B.A.; Lin, Samuel J. M.D., M.B.A. Paging All Readers! Let Us Explore Plastic Surgery Focus: Special Topics, *Plastic and Reconstructive Surgery:* September 2021 - Volume 148 - Issue 3 - p 695-699 doi: 10.1097/PRS.00000000000008226
46. **Heather J Furnas, MD,** Francisco L Canales, MD, (by invitation) Commentary on: Does Surgeon Gender Matter for Aesthetic Patients?, *Aesthetic Surgery Journal,* Volume 41, Issue 9, September 2021, Pages NP1242–NP1243, <https://doi.org/10.1093/asi/sjab208>
47. **Furnas, Heather J. M.D.;** Comer, Carly D. M.D.; Shiah, Eric B.A.; Lin, Samuel J. M.D., M.B.A. Paging All Readers! Let Us Explore Plastic Surgery Focus: Special Topics, *Plastic and Reconstructive Surgery:* September 2021 - Volume 148 - Issue 3 - p 695-699 doi: 10.1097/PRS.00000000000008226
48. Georgios Karamitros, **Heather J. Furnas,** Letter Regarding: Acknowledging the Role of Limited English Proficiency in Health-care Disparities, *Journal of Surgical Research,* 2024, ISSN 0022-4804. <https://doi.org/10.1016/j.jss.2024.04.036>.

49. **Furnas H.** (by invitation) Commentary on: Labiaplasty in Adolescents: Indications and Treatment Protocol. *Aesthetic Surgery Journal*, Volume 43, Issue 7, July 2023, Pages NP528–NP530, <https://doi.org/10.1093/asj/sjad057>

Podcasts, Medical Journals

1. **Furnas HJ**, Sawh Martinez R, Sinno S, Silva A. Plastic and Reconstructive Surgery Journal Club podcast. Recorded April 22, 2016. Available at:

<https://www.youtube.com/watch?v=dKiCCI-Elp8&feature=youtu.be> (Malar fat)

<https://www.youtube.com/watch?v=6LN6f16Lhs8&feature=youtu.be> (Hand Surgeon)

<https://www.youtube.com/watch?v=I9ZcJwV-4ac&feature=youtu.be> (Perineal wound)

Consultant

1. Unpaid Consultant for **Specialized** (CEO Andy Pruitt), the maker of a woman's bicycle seat to relieve pressure on the labia. 2017-2018.
<https://www.specialized.com/ca/en/womens-power-pro-with-mimic/p/159128?color=239333-159128&searchText=27119-8133>

Graduate

1. Essentials of Leadership, American Society of Plastic Surgeons., 2015 - 2016.
2. Leadership Development, The Aesthetic Society, 2016.

Videos on Independent Websites

4. Twitter Basics for the Plastic Surgeon, with Heather Furnas, MD , 2015 . YouTube channel of Plastic and Reconstructive Surgery. Available at:
<https://www.youtube.com/watch?v=WeYWMgdjEoE> Accessed January 9, 2017.

5. Social Media and the #PlasticSurgeon – Tech Talk by Heather Furnas, MD , 2016. YouTube channel of Plastic and Reconstructive Surgery. Available at: <https://www.youtube.com/watch?v=zdNhSYviwal&feature=youtu.be>
Accessed January 9, 2017.
6. No Drain Abdominoplasty, 2017. for RADAR for the American Society of Aesthetic Plastic Surgery, Available at: <https://www.anzumedical.com/Login/home/login/radar#/Bookview/Radar/426F6F6B766965772F552F3130312F4C2F37302F432F302F532F302F502F31343932332F472F302F53472F302F5650>
Accessed January 9, 2017.
7. Co-Executive Producer of Plastic and Reconstructive Journal's video, [Women in Plastic Surgery: Pregnancy](#). January 31, 2017
And
<https://journals.lww.com/plasreconsurg/pages/videogallery.aspx?videoId=1040&autoplay=true> Accessed February 19, 2019.
8. Co-Executive Producer of Plastic and Reconstructive Journal's video, Women in Plastic Surgery: Infertility. February 2, 2017
YouTube channel of Plastic and Reconstructive Surgery. Available at: https://www.youtube.com/watch?v=i9so6_NUI_U
Accessed March 8, 2017.

Volunteer Positions Outside of Medicine

1. Board Member, Ballet California, 1995 - 1997
2. Treasurer, Ballet California, 1996 - 1997
3. Executive Committee, Rincon Valley Charter School, Rincon Valley Union School District, 2006 - 2008.
4. Algebra instructional volunteer for participating eighth graders, Rincon Valley Charter School, Rincon Valley Union School District, 2007 - 2008.
5. Sonoma Academy Debate Team Manager, 2009 – 2012.