Integrated Plastic Surgery Residency
Resident Bios

Nicholas Adams MD
Why I chose this program: This program immediately stood out on the interview trail. The comradery between the residents and how every person I interacted with knew me, my applications, and welcomed me to the group. The broad experience of plastic surgery in a community setting with numerous practice models brought this program straight to the top of my rank list.

What I like about the program: This place has everything! The culture among resident, attendings, and other clinical specialties is second to none. The broad and high-volume case load far surpasses the number of residents allows for a 1:1 operative experience with attending surgeons. In addition to learning plastic surgery, I have had the opportunity to learn how to thrive in academic, hospital-based, and private practice settings preparing me for a future practice within any of these models. As well as, numerous clinical and basic science research opportunities.

What I like about Grand Rapids and West Michigan: Grand Rapids and West Michigan have everything I would hope for in a Midwest city. Art, excellent and diverse food, world-class fisheries, incredible sailing, extensive camping and hiking, great winter sports, and beautiful scenery.

Clinical interests: Upper extremity reconstruction, hand surgery, aesthetic surgery, microsurgery.

Hobbies: Spending time with my wife and two young girls, fly and spin fishing, sailing, snowboarding, gastronomy, wine, and learning French cooking.

Joshua Nelson, MD
Why I chose this program: Friendly and collegial atmosphere, wide-range of operative cases, emphasis placed on early operative experience

What I like about the program: Excellent physician mentors, with genuine interest in teaching

What I like about Grand Rapids and West Michigan: Entertainment/amenities of the second largest city in Michigan, yet maintains the livability and convenience of a smaller city

Clinical interests: Microsurgery, aesthetic surgery, rhinoplasty

Hobbies: Downhill skiing
Matthew Fahrenkopf, MD

Why I chose this program: I chose the Spectrum Health/Michigan State University Plastic Surgery Residency program because of the resident comradery, strong emphasis on clinical skills, and on-site training to all facets of plastic and reconstructive surgery.

What I like about the program: The program provides a broad range and depth of clinical experiences that I think are unparalleled anywhere else. This prepares residents for any challenges they may face once out in practice, regardless if they elect to pursue a fellowship.

What I like about Grand Rapids and West Michigan: West Michigan has something to offer everyone. Whether it be camping/hiking in the various state parks, exploring different cuisines, immersing yourself in the local art, or sampling a new craft beer, you will never find yourself lacking the opportunities to discover and explore new adventures.

Clinical interests: Craniofacial, Hand, Microsurgery

Hobbies: Spending time with my lovely wife, two daughters, and our two cats. I also enjoy half-marathons, triathlons, ice hockey, lacrosse, swimming, camping, hiking, CrossFit, archery, whittling, tea, and yoga.

John Kelpin, MD

Why I chose this program: I rotated at Spectrum Health as a visiting medical student and was impressed by the residents' broad exposure to all areas of plastic surgery, comradery among residents and attendings, and the unique benefits of a shared private practice and academic presence in the training program.

What I like about the program: The major strengths of the Spectrum Health/Michigan State University Plastic Surgery Residency program are excellent plastic surgery training, collegial surgical culture (among plastics and other specialties), and great quality of life outside of work. We are very fortunate to have dedicated faculty that are invested in teaching us the craft of plastic surgery. We are exposed to all areas of plastic surgery. Because there are no plastic surgery fellowships at Spectrum Health, this exposure begins the intern year and continues to the chief year. We maintain strong relationships with our co-residents, attendings, surgical colleagues in other specialties, which produces a pleasant professional working environment.

What I like about Grand Rapids and West Michigan: Friendly people, beautiful seasons, safe and clean city for raising a family, great food and culture

Clinical interests: Hand surgery, general reconstruction

Hobbies: Cooking, exercise, spending time with family
Joshua Kelley, MD

**Why I chose this program:** The training program here in Grand Rapids provides an opportunity for early operative experience, independent decision making, and clinical autonomy. I chose this program for the collegial culture among the residents, the resident driven education, and the surgical training to become the best plastic surgeon that I can be.

**What I like about the program:** There are no hand or pediatric fellows, so I get to play a deeply involved role in complex cases one-on-one with attendings. I moved here from Miami, Florida, and adjusting to Grand Rapids has been a breeze.

**What I like about Grand Rapids and West Michigan:** As the cultural center of West Michigan, Grand Rapids has tons of events in Grand Rapids year-round. I've even picked up cross country skiing in the winter.

**Clinical interests:** My clinical interests include hand surgery and general trauma and oncologic reconstruction.

**Hobbies:** I like to stay active, having run competitive races with my co-residents, and I love checking out the breweries around town.

Rachel Macias, MD

**Why I chose this program:** I chose Spectrum Health/MSU Plastic Surgery Residency after a phenomenal first-hand experience while doing a visiting medical student rotation. I felt that the residents had a great deal of autonomy and were trained to be expert surgeons.

**What I like about the program:** I love the residency training program and would rank it #1 again! I feel that we get a broad scope of experience in all areas of plastic surgery. We all work hard as a team and have great camaraderie.

**What I like about Grand Rapids and West Michigan:** Grand Rapids is a great Midwestern city. There are a multitude of activities for any interest. Some of my family’s favorites are Frederick Meijer Gardens, John Ball Zoo, ArtPrize and watching the Grand Rapids Griffins play hockey at Van Andel arena. Cost of living is reasonable and navigating the city is easy.

**Clinical interests:** I am interested in general plastic surgery as I enjoy the wide variety and ability to operate anywhere on the body.

**Hobbies:** I enjoy running long distances, biking and spending time with my husband, Kevin and son, Tucker.
Megan Dietze-Fiedler, MD

**Why I chose this program:** After rotating at this program as a 4th year medical student, I knew that this was a place where I would not only receive great training, but also be a part of a tight knit family.

**What I like about the program:** This is truly a place where residents take care of each other and enjoy spending time together both inside and outside of the hospital. The attendings teach in a manner that is encouraging and fosters independence.

**What I like about Grand Rapids and West Michigan:** Outside of work, my husband and I love living in Grand Rapids. It is an affordable place to live with a warm, Midwest feel. There is a wide variety of restaurants, breweries, and outdoor activities to explore.

**Clinical interests:** Craniofacial surgery, pediatric plastic surgery

**Hobbies:** Hunting, fishing, camping, volleyball, playing with my dogs, visiting wineries and breweries, gardening, playing guitar, singing, kayaking, paddle boarding

Andrea Little, MD, MBA

**Why I chose this program:** Exposure to a diverse mix of reconstructive and cosmetic plastic surgery

**What I like about the program:** Great leadership, faculty mentorship and resident camaraderie in a community-based program that is constantly growing

**What I like about Grand Rapids and West Michigan:** Four seasons, beautiful summers, central location to large metropolitan areas (Chicago, Detroit)

**Clinical interests:** Aesthetic & reconstructive surgery, global health, innovation & business in medicine

**Hobbies:** Spending time with family, dancing, painting, scuba, capoeira, traveling
Matthew Braza, MD

**Why I chose this program:** From the very beginning during my interview, the Spectrum Health PRS program stood out amongst other programs around the country for its attention to detail. They had clearly read my application, were interested in getting to know me on a personal level, and seemed to actually care about their residents. Now as a resident, the program’s attitude, in addition to its storied history and excellent operative experience have made this an incredible training opportunity for me.

**What I like about the program:** The operative experience with coverage of over twenty attendings around Grand Rapids is invaluable. I also love the camaraderie between the residents.

**What I like about Grand Rapids and West Michigan:** West Michigan is easy going, values art and culture, provides easy access to the outdoors, and has excellent breweries and coffeehouses. Locally in town, my favorites spots are Marie Catribs, Roots Brew Shop, and Brewery Vivant.

**Clinical interests:** I am keeping my avenues open but am interested in hand, reconstructive, and cosmetic surgery

**Hobbies:** Cross-training, cooking, yoga, cycling, watching the Packers

Elizabeth Lucich, MD

**Why I chose this program:** When looking for a program to rank, besides being impressed with the technical training at this program, I was impressed by the interpersonal relationships between the residents. As soon as I stepped foot into the door on my interview day, everyone knew my name and some facts about me. I felt that any program that takes such pride in truly getting to know their candidates is a program that cares about its reputation and the training of their residents. Besides that, I wanted to be able to trust my co-residents and to have somewhere to turn for help and advice in the future and I felt this program offered it all.

**What I like about the program:** I chose this program for a few reasons. The operative training here is not only broad but starts on day one. I do not know many other programs that have PGY1s in the operating room as often as this. There is also exposure to all the areas of plastic surgery, including cosmetic. The residents here made me feel welcome and I chose this because I felt I fit best with this team. I trust my co-residents and I truly enjoy their company.

**What I like about Grand Rapids and West Michigan:** I like West Michigan because it has a plethora of activities to do, easy access to the lake, unbeatable scenery, a safe town, and a good size where there are plenty of downtown activities without the heavy traffic.

**Clinical interests:** Right now, my clinical interests are still broad. I imagine my future will have components of cosmetic, breast reconstruction, and hand surgery.

**Hobbies:** My newest hobby includes playing with my dog. I enjoy taking walks, sewing, drawing, and slowly working on home improvement projects.
Arminder Kaura, MD

**Why I chose this program:** I chose the Plastic and Reconstructive Surgery program at Spectrum Health because it offers the best of both private and academic training models. The large faculty-to-resident ratio and mentorship-based training model provide the ability to develop close one-on-one relationships with experts in each sub-specialty of Plastic Surgery.

**What I like about the program:** The residents here receive significant autonomy and early operative experience throughout their training, both with the faculty and through the resident-run chief clinic. Additionally, the academic affiliation with Michigan State University opens numerous doors for pursuing research endeavors ranging from basic science to more clinically oriented projects.

**What I like about Grand Rapids and West Michigan:** Outside of the training facilities, Grand Rapids is an accessible location in close proximity to the beautiful landscapes of West Michigan, while not being far from large cities such as Chicago, Ann Arbor, and Detroit.

**Clinical interests:** My main clinical interests revolve around pediatric plastic surgery and reconstructive microsurgery

**Hobbies:** My non-clinical hobbies include cooking, weightlifting, hiking, and spending time with my family.

Olivia Means, MD

**Why I chose this program:** This program was my favorite interview by far. I could tell the residents were interested in getting to know me and the faculty were excited about how this program could give me the tools to be a great plastic surgeon.

**What I like about the program:** The people! I could not ask for a better group of faculty and residents to train with and learn from. Also, the large faculty pool makes it possible for lower level residents to be first-assist in most cases they are assigned to. That has been a tremendous plus, not just seeing and retracting, but doing!

**What I like about Grand Rapids and West Michigan:** I joined a great church. The weather is nice and there are beautiful parks/trails by the water.

**Clinical interests:** Breast, microsurgery, max/face trauma, hand, aesthetics

**Hobbies:** Playing sports, photography, hiking, traveling