

Curriculum Vitae

Heather Maureen Starmer

DEMOGRAPHIC AND PERSONAL INFORMATION

Current Appointment:

Stanford University School of Medicine

Clinical Assistant Professor

Department of Otolaryngology – Head and Neck Surgery

Director, Head and Neck Cancer Speech and Swallowing Rehabilitation,

Stanford Cancer Center

Office address:

900 Blake Wilbur Drive

Stanford, CA 94305

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California State University East Bay, Department of Communicative
Sciences and Disorders – Hayward, CA
September 2015-present: Adjunct faculty

San Jose State University, Department of Communicative Disorders and
Science – San Jose, CA
September 2015-January 2016: Adjunct faculty

Johns Hopkins University, Department of Otolaryngology – Head and Neck
Surgery - Baltimore, MD

January 2013 – November 2014: Lead of Head and Neck Cancer Rehabilitation

February 2010 – November 2014: Faculty appointment: Assistant Professor in Otolaryngology-

Head and Neck Surgery (Speecu5(b(ber)-y.1(:4t)-13.2(ho)-12.3(l)3.2(og)-24.3(y)16.1(D)-14.9(i)3.1(v)-8(i)3.1(s)-8(i)3.1

Effect of gabapentin on swallowing during and after chemoradiation for oropharyngeal squamous cell cancer. Starmer HM, Yang WY, Raval R, Gourin CG, Richardson M, Kumar R, Jones BJ, McNutt T, Cheng Z, Quon H. *Dysphagia*. 2014; 29(3): 396-402.

Attendance In Voice Therapy: Can An Interdisciplinary Care Model Have An Impact? Starmer HM, Liu Z, Akst LM, Gourin CG. *Annals of Otology, Rhinology & Laryngology* 2014, 123(2): 117-23.

Radiation dose to the floor of mouth muscles predicts swallowing complications following chemoradiation in oropharyngeal squamous cell carcinoma. Kumar R, Madanikia S, Starmer H, Yang W, Murano E, Alcorn S, McNutt T, Quon H. *Oral Oncology* 2014; 50(1): 65-70

Swallowing outcomes in patients with oropharyngeal cancer undergoing organ preservation treatment. Starmer HM, Tippet D, Webster K, Quon H, Jones B, Hardy S, Gourin CG. *Head and Neck*, 2014; 36: 1392-7.

Dysphagia, short-term outcomes, and cost of care after anterior cervical disc surgery. Starmer HM, Riley LH, Hillel AT, Akst LM, Best SR, Gourin CG. *Dysphagia* 2014; 29(1): 68-77.

Patient-perceived long-term communication and swallow function following cerebellopontine angle surgery. Starmer HM, Ward BK, Best SR, Gourin CG, Akst LM, Hillel A, Brem H, Francis HW. *Laryngoscope* 2014, 124(2): 476-80.

Is speech language pathologist evaluation necessary in the nonoperative treatment of head and neck cancer? Starmer HM and Gourin CG. *Laryngoscope* 2013, 123(7): 1571-2.

The Use of Low-Osmolar Water-

Pretreatment swallowing assessment in head and neck cancer patients. Starmer H, Gourin CG, Lua LL, Burkhead L. Laryngoscope. 2011; 121(6):1208-11.

Does Prosthesis Diameter Matter? The Relationship Between Voice Prosthesis Diameter and Complications. Starmer H, Agrawal N, Koch W, Richmon J, Webster K, Gourin C. Otolaryngol Head Neck Surg 2011;144(5):740-6.

Volumetric change of selected organs at risk during IMRT for oropharyngeal cancer. Ricchetti F, Wu B, Mcnutt T, Forastiere A, Marur S,

Speech-

Gabapentin Therapy for Prevention and Management of the Pain Syndrome in Oropharyngeal Carcinoma Patients Treated with Radiation. Raval RR, Richardson M, Yang WY, Kumar R, Starmer H, Mills N, Katulis L, Quon H. Poster presentation at the American Society for Radiation Oncology Annual Meeting, October 2012, Boston MA.

Phase II study of radiotherapy dose des-escalation for HPV associated oropharyngeal carcinoma. Quon H, Blackford A, Chung C, Marur S, Sanguineti G, Starmer HM, Richmon J, Agrawal N, Gourin CG, Forastiere A. Verbal presentation at the American Society for Radiation Oncology Annual Meeting, September 2012, Boston MA.

Swallowing Outcomes in Patients with Oropharyngeal Cancer Undergoing Organ Preservation Treatment. Starmer H, Tippet D, Webster K, Quon H, Gourin C. Verbal presentation at the International Meeting of the American Head and Neck Society July 2012, Toronto, ON.

Speech Language and Hearing Association Annual Convention, November 2009: New Orleans, LA.

Tissue complications impacting post-laryngectomy voice restoration: Primary surgery versus salvage surgery. Starmer H, Ishman S, Richmon J, Flint P, Koch W, Tufano R, Webster K, Bhatti N, Gourin C. Verbal presentation at the American Head and Neck Society meeting during COSM, May 2009; Phoenix AZ.

Verb lexicons of 3 year old children. Dollaghan C, Balason D, Nash T, Rusiewicz H, Nixon S, Smolky B, Starmer H. Poster presentation at the annual meeting of the American Speech, Language, and Hearing Association, Washington D.C., November 2000.

Non-word repetition task in School Age Children. Dollaghan C, Brokaw H, Wunsche D. Poster presentation at the Symposium on Research in Child Language Disorders, Madison, WI; June 1999.

EDUCATIONAL ACTIVITIES

Educational publications:

Starmer HM. Swallowing exercises in head and neck cancer. ASHA Perspectives, Special Interest Division 13 (Dysphagia), March 2017.

Starmer HM. Dysphagia in head neck cancer: Conservative management vs. Risk-guided decision-making

Undergraduate course in Organic and low incidence speech disorders –

Jeffrey Edwards, California State University, East Bay, graduate student in Speech Language Pathology, June 2016-September 2016.

Nicole Fulton, San Jose State University, graduate student in Speech Language Pathology, January 2016-May 2016.

Jordan Jakomin,

MBS and FEES. Which exam when? (3/2017) Starmer HM. California Speech Language and Hearing Association Annual Convention. Pasadena, CA

TEP comprehensive update & management. (11/2016) Blair J, Knott J, Kanapkey B, Gress C, Starmer HM, Vess G. American Speech Language and Hearing Association Annual Convention. Philadelphia PA.

The use of technology with head and neck cancer patients to improve adherence to swallowing exercises. (11/2016) Starmer HM, Abrams R, Richmon J. American Speech Language and Hearing Association Annual Convention. Philadelphia PA.

Current updates in head and neck cancer management: A multidisciplinary approach. (11/2016). Starmer HM, Quon H, Richmon J, Kotz T. American Speech Language and Hearing Association Annual Convention. Philadelphia PA.

Swallowing assessment and management in the head and neck cancer population. (9/2016) Starmer HM. Innovative approaches in caring for the ENT and trauma patient CME event. Stanford Healthcare, Palo Alto CA.

Modern treatment paradigms in oropharyngeal cancer. Panel presentation (9/2016) Starmer HM, Richmon JR, Quon H, Cohen E. Annual convention of the American Academy of Otolaryngology. San Diego, CA.

Head and neck cancer – Modern treatment, rehabilitation, and return to life. (6/2016) Starmer HM, Swift P, Divi V. Stanford Medicine CME series.

Head and Neck Cancer in the HPV era: What you need to know. (4/2015) Starmer HM. California Speech Language and Hearing Association Annual Convention. Anaheim, CA

MBS versus FEES, Which test when? (4/2015) Starmer HM. Stanford Hospital FEES training course. Stanford, CA

Dysphagia following total laryngectomy (12/15). Starmer HM. Stanford Hospitals and Clinics Department of Physical Medicine and Rehabilitation. Stanford, CA

Standardized problem solving in tracheoesophageal voice prosthesis management (11/15). American Speech Language and Hearing Association Annual Convention. Denver, CO.

Optimizing swallowing outcomes after transoral robotic surgery (TORS) (11/15). American Speech Language and Hearing Association Annual Convention. Denver, CO.

Acute toxicities of radiation based treatment for head and neck cancer (11/15). American Speech Language and Hearing Association Annual Convention. Denver, CO.

Pulmonary rehabilitation following total laryngectomy (10/15). Starmer HM. Stanford Hospitals and Clinics Department of Physical Medicine and Rehabilitation. Stanford, CA.

Management of surgical head and neck cancer patients (5/15). Starmer HM. Stanford Hospitals and Clinics Department of Physical Medicine and Rehabilitation. Stanford, CA.

New concepts in head and neck cancer rehabilitation (3/15). Starmer HM. Stanford Hospitals and Clinics Department of Physical Medicine and Rehabilitation. Stanford, CA.

Head and neck cancer speech and swallowing rehabilitation clinic (2/15). Starmer HM. Stanford Head and Neck Cancer Clinic Monthly Inservice. Stanford, CA.

Swallowing and Voice Difficulties After Cerebellopontine Angle Surgery. Starmer H (1/11) Greater Baltimore Medical Center Stroboscopy Rounds, Invited talk. Baltimore, MD.

Vocal Health – The Medical Perspective. Starmer H (10/10) Peabody Institute, Baltimore MD.

Vocal Health – The SLP Perspective. Starmer H (10/10) Suburban Hospital, MD.

Comprehensive laryngectomy management, Starmer H (4/10) New York State Speech Language Hearing Association State Convention, Saratoga Springs, NY.

Management of patients after total laryngectomy, Starmer H (3/10) Maryland Speech and Hearing Association State Convention, Towson, MD.

Effects of organ preservation on TEP. Starmer H (3/10) Maryland Speech and Hearing Association State Convention, Towson, MD.

Multi-disciplinary Workgroup as a Model to Address the Complex Needs of Head and Neck Cancer Patients. Blume E, Byrnes P, Carrino E, Finley J, Friesner D, Krumm S, Maragos C, Starmer H, Tsottles N, Turner L, Webster K.(10/09) Poster presentation at the International Cancer Education Conference. Houston TX

Videostroboscopic evaluation of the laryngeal function. Starmer H. (3/2009) Resident lecture series, Johns Hopkins University, Baltimore MD.

Treatment protocols for individuals undergoing organ preservation treatment. Starmer H and Tippet D. (11/2008) American Speech Language Hearing Association Annual Convention, Chicago IL.

Professional caregiver panel. Starmer H. (4/2008) Johns Hopkins Head and Neck Cancer Patient Education day. Baltimore MD.

Management of tracheostomy and ventilator dependent patients. Starmer H and McKee A. (3/2008). Maryland Speech, Language, and Hearing Association Annual Convention, Towson MD.

Management of tracheostomy and ventilator dependent patients. Starmer H and McKee A. (3/2008) University of Maryland Medical Center, Baltimore MD.

Management of Dysphonia and Dysphagia in Organ Preservation Treatment. Starmer H, Tippet D, and Webster K. (2/2008) Resident lecture series, Johns Hopkins University, Baltimore MD.

A Custom-Made Interface for Stoma Care Products for Total Laryngectomees Starmer H and Webster K. (11/2007) American Speech-Language-Hearing Association Convention, Boston, MA.

A Practical Approach to Tracheostomy Tubes & Ventilators. Starmer H and McKee A. (11/2007) American Speech-Language-Hearing Association Convention, Boston, MA.

Management of Dysphonia & Dysphagia in Organ Preservation Treatment. Starmer H, Tippet D, and Webster K. (11/2007) American Speech-Language-Hearing Association Convention, Boston, MA.

Videostroboscopic evaluation of the larynx. Starmer H. (9/2007) Resident lecture series, Johns Hopkins University, Baltimore MD.

Mentoring:

Jeffrey Edwards, MS CFY California State University East Bay. 2/2017- present. Clinical fellowship mentor.

Cynthia Byward, BA California State University East Bay, anticipated graduation 2017. 6/2016-present. Clinical research mentor.

Noel Ayoub, MS Stanford University Medical Student June 2016. 4/15-present. Clinical research mentor.

Joy Salib, BS Towson University, Masters in Communication Science and Disorders, anticipated graduation 2017. June-August 2014. Clinical research mentor.

Kathleen Brogan, BS Towson University, Masters in Communication Science and Disorders, May 2016. June-August 2013. Clinical research mentor.

Zaneta Liu, BA Loyola University, Masters in Communication Science and Disorders May 2012, Jan 2012-May 2012. Clinical research mentor.

CLINICAL ACTIVITIES

Certification:

American Speech Language Hearing Association: Certificate number 12034286

California State License 22353

Board Certified Specialist – Swallowing disorders

Service responsibilities:

Speech Language Pathologist, Stanford Cancer Center (outpatient clinic 4 days/week)

- Comprehensive swallowing assessment including videofluoroscopic swallowing studies (VFSS/MBS) and fiberoptic endoscopic evaluation of swallowing (FEES)
- Comprehensive assessment of voice disorders including flexible and rigid videostroboscopy, acoustic and aerodynamic voice analysis
- Speech, swallowing, and voice rehabilitation including use of biofeedback using IOPI and EMG
- Pre- and rehabilitating IOPcviolitat CofaPSeek ncdbackivico

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Stanford Cancer Center (2016)

As program lead for the head and neck cancer patient education initiative, assembled a team of individuals spanning the entire head and neck team to determine patient education needs, amass current educational offerings, and develop new educational content. Worked in collaboration with Health Education team to create and fine-

Co-

Swallowing concerns for patients with Neurofibromatosis 2. Starmer H. (4/2012) Invited lecture. Johns Hopkins Neurofibromatosis Patient Education day. Baltimore MD.

Special Considerations for Diagnosis and Management of Neurogenic Voice Disorders – Invited lecture. Starmer H. (3/2011) Greater Baltimore Medical Center Annual Voice Conference, Baltimore MD.

Advanced strategies in TEP management. Starmer H. (3/2010) Invited lecture. VASLP annual conference, Orlando, FL.

Continuum of care in laryngectomy management. Starmer H. (3/2010) Invited lecture. VASLP annual conference, Orlando, FL.

Introduction to voice prosthesis management, Starmer H (3/20