



# Hewatt McGraw Sims, M.D.

“Mac”

BC Orthopedic Spine Surgeon  
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Tifton, Ga. 31793  
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## Personal Information

Date of Birth:	March 14 <sup>th</sup> , 1968
Birthplace:	Valdosta, Georgia
Citizenship:	U.S.A.
Sex:	Male
Race:	Caucasian
Marital Status:	Married
Spouse:	Dionne
Children:	Lars McGraw Sims, Ridley Macay Sims

## Education

College: Valdosta State University 1986-1991 Major: Pre-Med Biology: B.S.	Valdosta, Georgia
Medical School: Mercer University School of Medicine 1993-1997 Degree: M.D.	Macon, Georgia
Internship: Medical College of Georgia 1997-1998 General Surgery	Augusta, Georgia
Residency: Medical College of Georgia 1998-2002 Orthopedic Surgery	Augusta, Georgia
Fellowship: Denver Spine Education and Research Institute 2002-2003 AO\ASIF Orthopedic Spine Fellowship	Denver, Colorado
Current Private Practice Optim Orthopedics.	Tifton, Georgia

## Professional Licensure:

2000- Present Georgia  
July 2005: Orthopedic Board Certification

## Work Status:

9/2003 – 2/2005: Valdosta Orthopedic Associates, Valdosta, Ga.  
2/2005 – 6/2010: Tift Regional Medical Center, Tifton, Ga.  
7/2010 – Current: OptimHealth, Tifton, Ga.

## Honors and Awards

### Orthopedic Residency

President Medical College of Georgia Resident Committee (2000-01)

President Medical College of Georgia Resident Committee (2001-02)

Alpha Omega Alpha (AOA) Honor Medical Society (2001)

Featured in *Orthopedics Today* for “Lumbar Interbody Fusion Devices: A Comparative Study” (presentation at 14<sup>th</sup> Annual IITS Meeting, May, 2001., Phoenix, Arizona.) as “Rectangular PLIF cage helps restore lordosis, prevent migration.” Vol. 21(11): Nov. 2001, pp. 17.

### Medical School:

President Sophomore Class

President Junior Class

President Student Government Association: Senior Year

Founder of The Medical Student Involvement Team for the 1996 Centennial Olympics; Atlanta Committee for the Olympic Games

Involved recruitment and placement of junior medical students from four Georgia medical schools for drug testing of Olympic athletes as well as community service across the state of Georgia.

Featured in Atlanta Business Chronicle in Atlanta, Georgia. in November 1994; also in Evergreen Project 1995 for involvement with Medical Division, Atlanta Committee for the Olympic Games

1996 Olympic Games: Escort Coordinator for Doping Control/ Medical Division, Savannah Yachting, Savannah, Georgia

### Undergraduate:

Alpha Epsilon Delta Pre-Medical Society

Vice-President Alpha Epsilon Delta: Senior Year

Delta Chi Fraternity

Tiftarea Academy High School Graduation 2004, Keynote Speaker; Tifton, Georgia. May 2004.

## Research

Sims HW, Janssen ME, Beard D, McPherson HD. Comparing Safety and Cost in Outpatient vs. Inpatient Cervical Discectomy and Fusion: A Retrospective Analysis.”

Corpe SR., Steflik DE., Young TR., Sims HM, Hu S. “Hydroxyapatite-Coated Implants: Retrieval Analysis Of Implants Obtained at Revision Total Hip Arthroplasty and Morphology of the Implant-Bone Interface In An Experimental Model.”

Young TR., Corpe SR., Sims HM; “Use of the Oblong Cup in Acetabular Reconstruction.”

Corpe SR., Young TR, Sims HM, Beardon BL., “The Mallory-Head Total Hip Stem; A 10 year Retrospective Study.”

Sims HM, Sanderlin CW, Floyd Jr. WE: Proximal Row Carpectomy; A Study of 20 Patients.

Sanderlin CW, Sims HM, Floyd Jr. WE: A Case Report: Trapezium and Trapezoid Dislocation on the Scaphoid.

Sims HM: An Analysis of Knowledge About Sexually Transmitted Diseases.  
(This data used and credited in Journal Medical Association of Georgia, Sept. 1996;  
JMAG M-85, pp. 190-2)

### **Journal Articles:**

Sims HM, Tucker ME, Gordon H.: Necrotizing Fascitis in Diabetes Mellitus: A Subtle Presentation. *The American Journal of Orthopedics*. February 2005.

Steflik DE, Corpe SR, Young TR, Sims HM, et.al: Light Microscopic and Scanning Electron Microscopic Retrieval Analysis of Implanted Biomaterials Retrieved from Humans and Experimental Animals. *Journal of Oral Implantology*. 27(1); Feb. 2001, pp5-15.

### **Abstracts Published:**

Janssen ME., Sims HM., Lam, C.: Stability of Posterior Cervical Fusion with Screw/ Rod Constructs. *Journal of Biomechanics*. Vol. 34(S1): Sept. 2001. pp. S61.

Janssen ME., Sims HM., Lam, C.: Biomechanics of Machined Femoral Allograft Bone for Anterior Lumbar Fusions. *Journal of Biomechanics*. Vol. 34(S1); Sept. 2001. pp. S6.

Janssen ME., Sims HM., Lam, C.: Biomechanics of Variable Angle Screw Fixation in Anterior Plating of the Cervical Spine. *Journal of Biomechanics*. Vol. 34(S1):Sept. 2001. pp. S61-2.

### **Presentations**

Sims HM., "Degenerative Spondylolisthesis: a new percutaneous reduction technique".  
IV COMINCO. Sao Paulo, Brazil. August 2, 2014.

Sims HM., "Rationale for Interspinous Process Devices in the Lumbar Spine", Current & Emerging Issues in Complex Lumbar Spine Surgery. St Louis, MO. November 8, 2008.

Sims HM, "Evidence for Anterior Lumbar Spine Surgery", Current & Emerging Issues in Complex Lumbar Spine Surgery. St. Louis, MO. November 7, 2008.

Sims HM., "Evaluation and Decision for Surgery for Discogenic Back Pain", AO Advanced Concepts in the Management of Spinal Disorders. Monterey, CA. August 13, 2005.

Sims HM., "Comparing Safety and Cost in Outpatient versus Inpatient Cervical Discectomy and Fusion: A Retrospective Analysis", Eighteenth Annual International Intradiscal Therapy Society Meeting. San Diego, CA. May 26, 2005.

Sims HM., "Degenerative Spondylolisthesis; what to do?" Georgia Orthopedic Society Annual Meeting-Spine Breakout. October 9, 2004. Lake Oconee, Georgia.

Sims HM., "Comparing Safety and Cost in Outpatient vs. Inpatient Cervical Discectomy and Fusion: A Retrospective Analysis", Georgia Orthopedic Society Annual Meeting. October 8, 2004. Lake Oconee, Georgia.

Sims HM., "The argument for delayed surgery in acute cervical spinal cord injuries."  
2<sup>nd</sup> Annual Rocky Mountain Residents Forum. November 1, 2003. Denver, Colorado.

Sims HM., "Transition into Private Practice", 2<sup>nd</sup> Annual Rocky Mountain Residents Forum. November 1, 2003. Denver, Colorado.

Sims HM., "Biomechanics of Machined Femoral Allograft Bone for Anterior Lumbar Fusions."  
Author: Janssen ME., Co-authors: Sims HM., Lam C. International Biomechanica IV  
Conference. Davos, Switzerland. Sept. 23-25, 2001.

Sims HM., "Lumbar Interbody Fusion Devices: A Comparative Study".  
Author: Janssen ME., Co-Authors: Sims HM., Fredericks CA., Arnold PM.,  
Zeiger HE. Fourteenth Annual International Intradiscal Therapy Society Meeting.  
Phoenix, Arizona. May 23-27, 2001.

Sims HM., "Evaluation of Contact Fusion Cage for Posterior Lumbar Interbody Fusion."  
Author: Janssen ME., Co-Authors: Sims HM., Lam C., Beckham R., Larson A.,  
Fourteenth Annual International Intradiscal Therapy Society Meeting. Phoenix, Arizona.  
May 23-27,2001.

Sims HM., "Recruitment of Orthopedic Surgeons to the Rural Community Practice." Presented to  
The State Medical Board of Georgia. April 27,2000.

Sims HM., "Autoimmune Diseases: Connecting Patients to the Work Environment." Presented to  
The Department of Human Resources of the State of Georgia., Annual Conference. Jekyll  
Island, Georgia, April 12,2001.

Sims HM., "Retrieval Analysis of Orthopedic Implants"; 34<sup>th</sup> Annual Orthopedic Residents  
Conference, March 30,2001. Hershey, Pennsylvania.

Sims HM., "Hydroxyapatite-Coated Implants: Retrieval Analysis of Implants Obtained at  
Revision Total Hip Arthroplasty and Morphology of the Implant-Bone Interface in an  
Experimental Model." Oscar Miller Day, October 29,2000. Charlotte, North Carolina.

Sims HM., "The Orthopedic Diagnosis and the Workplace." Department of Human Resources,  
Annual Conference of the State of Georgia. Savannah, Georgia, July 27, 2000.

Sims HM., "The Orthopedic Diagnosis and the Workplace." Department of Human Resources of  
the State of Georgia. Unicoy, Helen, Georgia. October 7, 1999.

Sims HM., Scott JW, Smith WM: "Anatomical Dissections of the Knee, the Shoulder and the  
Ankle With Emphasis on Sports Related Injuries." Presented at the Thirteenth Annual  
Sports Medicine Seminar, Tifton, Georgia., June 22, 1996

Sims HM., Sanderlin CW, Floyd Jr. WE: "Proximal Row Carpectomy; A Study of 20 Patients."  
(Presented to Littler-Eaton Society in New York City, New York. April 25th, 1996  
by Waldo Floyd Jr., M.D.)

### **Posters:**

Janssen ME., Sims HM., Lam C.: Stability of Posterior Cervical Fusion with Screw/ Rod  
Constructs. International Biomechanica IV Conference. Davos, Switzerland.  
Sept. 23-25, 2001.

Janssen ME., Sims HM., Lam C.: Biomechanics of variable angle screw fixation in anterior  
plating of the cervical spine. International Biomechanica IV Conference.  
Davos, Switzerland. Sept. 23-25, 2001.

Janssen ME., Sims HM., Lam C.: Stability of Posterior Cervical Fusion with Screw/ Rod  
Constructs. Eleventh Annual Spine + Science + Management Medtronic Symposium.  
New Orleans, LA. Nov. 21-24, 2002.

## **Faculty Appointments:**

AO-ASIF Spine Operating Room Personnel Course; Denver, CO.  
Instructional Lab Coordinator  
September 13-14, 2002.

Debating Issues in the Cervical Spine; Cervical Spine Symposium; Denver, CO.  
Bioskills Lab Coordinator  
October 12, 2002.

AO-ASIF Comprehensive and Interactive Spine Courses; Sun Valley, Idaho.  
Instructional Lab Faculty  
February 27- March 2, 2003

Rocky Mountain Resident's Spine Forum.  
Lecturer / Faculty  
Denver, Colorado  
May 17-18, 2003

2<sup>nd</sup> Annual Rocky Mountain Resident's Spine Forum  
Lecturer/ Faculty  
Denver, Colorado  
November 1-2, 2003

Mercer University School Of Medicine.  
Clinical Assistant Professor  
Macon, Georgia  
October 1, 2003 – Current

AO-ASIF Spine Operating Room Personnel Course; Chicago, IL.  
Lecture/ Instructional Faculty  
March 6-7, 2004

North American AO/ASIF Spine Faculty  
Elected February 2004

Osler Institute Orthopedic Board Review Course  
Chicago, IL  
Faculty  
July 2004

AO-ASIF Spine Operating Room Personnel Course; Columbus, Ohio.  
Lecture / Instructional Faculty  
October 2-3, 2004

AO-ASIF Spine Residents/ Fellows Course; Las Vegas, Nevada.  
Lecture / Instructional Faculty  
March 5-6, 2005

AO-ASIF Spine Operating Room Personnel Course; Atlanta, Ga.  
Course Chairman  
April 9-10, 2005

3<sup>rd</sup> Rocky Mountain Residents Spine Forum

Lecturer / Faculty  
Denver, Colorado  
April 30, 2005

AO-ASIF Advanced Concepts in the Management of Spinal Disorders.  
Lecture / Instructional Faculty  
Monterey, CA.  
August 11-13, 2005

AO-ASIF Spine Residents/ Fellows Course; Boston, MA..  
Lecture / Instructional Faculty  
September 9-11, 2005

Synthes Consultant Forum; Philadelphia, PA.  
Instructional Faculty

Synthes Consultant Forum; Miami Fl.  
Instructional Faculty  
April 1-2, 2006

4<sup>th</sup> Rocky Mountain Residents Spine Forum  
Lecturer / Faculty  
Denver, Colorado  
October 14-15, 2006

AO-ASIF Spine Residents/ Fellows Course; Atlanta, Ga.  
Lecture / Instructional Faculty  
March 9-11, 2007

Synthes Spine Residents / Fellow Course; Denver, Colorado.  
Lecture / Instructional Faculty  
May 19-20, 2007

Synthes Consultant Advanced Training Courses  
United States Professor; 7 courses; March-Nov, 2007.  
Synthes Corporate Headquarters  
Paoli, Pa.

Synthes Consultant Advanced Training Courses  
United States Professor; 4 courses; 2008  
Synthes Corporate Headquarters  
Paoli, Pa.

Stryker 1<sup>st</sup> Annual Regional Spine Symposium  
Course Chairman  
Camilla, Georgia.  
December 13-15<sup>th</sup>, 2007

AO / ASIF Operating Room Personnel Course  
Lecture / Instructional Faculty  
Boston, MA  
February 9-10, 2008

Stryker Annual Ga-Fla Spine Debate  
Faculty  
Orlando, Fl.

April 2008

AO / ASIF Operating Room Personnel Course  
Lecture / Instructional Faculty  
Atlanta, Ga  
May 30-31, 2008

Stryker Oral Board Review  
Lecture / Faculty Mock Oral Exams  
Las Vegas, NV  
June 6, 2008

Current & Emerging Issues in Complex Lumbar Spine Surgery  
Lecture / Instructional Faculty  
St Louis, MO  
Nov 6-8, 2008

Synthes Consultant Advanced Training 2009  
Chairman / Professor  
Paoli, PA.  
Jan 9-10, 2009  
June 26-27, 2009

Synthes Consultant Training  
Instructional Faculty  
Miami, FL  
Dec 12-13, 2009

Synthes Consultant Training  
Instructional Faculty  
Phoenix, AZ  
April 4, 2009

Synthes Consultant Training  
Instructional Faculty  
San Antonio, Texas  
June 20, 2009

Stryker S.O.R.C.E., Operating Room Continuing Education  
Director / Faculty  
Atlanta, Georgia  
July 25, 2009

Synthes Oracle Surgeon Course  
Chairman  
Atlanta, Georgia  
October 4, 2009

Current & Emerging Issues in Complex Lumbar Spine Surgery  
Lecture / Instructional Faculty  
St Louis, MO  
October 15-17, 2009

Synthes Spine National Annual Sales Meeting

Instructional Faculty  
Tucson, Arizona  
November 4-8,2009

1<sup>st</sup> Annual Spinal USA Complex Lumbar Seminar  
Course Chairman  
Atlanta, Georgia  
November 13-15, 2009

**Professional Affiliations**

Faculty North American AO Spine  
Fellow American Academy of Orthopedic Surgeons  
Medical Association of Georgia  
Alpha Omega Alpha Honor Society  
Georgia Orthopedic Society

**Personal Interests**

Exercise, Kayaking, Art, Motorcycles

**Community Service**

Team Physician Tiftarea Academy; 2003, 2004. 2005, 2006, 2007, 2008  
Team Physician Valwood Academy; 2004  
Team Physician Augusta Christian Academy, 1997-2002  
Annual Augusta/ Richmond County athletic physicals, 1998-2002  
Bibb County Public High School athletic physicals, Spring 1996  
Bibb County Health Department sex education for teenagers, Fall 1995