

Reena Gupta, MD, FACS

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www.centerforvocalhealth.com

SPECIALTY

Laryngology/Care of the Professional Voice

PROFESSIONAL EXPERIENCE

- 2020 – present **SVARA PROJECT**
Partner, Founder
- 2020 – present **CENTER FOR VOCAL HEALTH**
Beverly Hills, California
Founder, CEO
- 2009 – 2020 **OSBORNE HEAD AND NECK INSTITUTE**
Los Angeles, California
Director, Division of Voice and Laryngology
- 2002 **DEPARTMENT OF OTOLARYNGOLOGY/HEAD AND NECK SURGERY**
Thomas Jefferson University, Dr. Robert Thayer Sataloff
Philadelphia, Pennsylvania
Research Assistant
- 2000 **DEPARTMENT OF DERMATOLOGY AND CUTANEOUS BIOLOGY**
Thomas Jefferson University, Dr. John Clement, Ph.D.
Philadelphia, Pennsylvania
Research Assistant

ACADEMIC APPOINTMENTS

- 2020 – present **Pan-American Vocology Association**
Western Regional Governor, representative for Western Region of US
- 2020 – present **Virtual Voice Forum**
Virtual conference
Course Director, Multi-disciplinary course on the professional voice.
- 2014 – 2019 **Vocal Masterclass**
Los Angeles, California
Course Director, Multi-Disciplinary course on the professional voice
- 2014 – present **Medical Scholars Program**
Los Angeles, California
Course Director, Immersive clinical mentorship program for aspiring physicians

- 2010 – present **Pepperdine University**
Malibu, CA
Department of Music
Volunteer Faculty
- July 2008 – present **Drexel University College of Medicine**
Philadelphia, PA
Department of Otolaryngology-Head and Neck Surgery
Instructor

POST-GRADUATE EDUCATION

- January 2017 **Foundations in Myofascial Release Seminar**
Scottsdale, AZ
- July 2008 – June 2009 **Hahnemann University Hospital**
American Institute for Voice and Ear Research
Philadelphia, PA
Fellowship in Laryngology/Care of the Professional Voice
Directed by Dr. Robert T Sataloff, MD DMA
- 2003 – 2008 **New York University School of Medicine**
New York, NY
Resident-Physician
Department of Otolaryngology – Head and Neck Surgery

EDUCATION

- 1999 – 2003 **Jefferson Medical College**, Philadelphia, PA
Doctorate of Medicine, June, 2003
Pre-clinical honors: Histology, Introduction to Clinical Medicine
Clinical honors: Otolaryngology, Family Medicine, Pediatrics, Ophthalmology,
Psychiatry
- 1997 – 1999 **Pennsylvania State University**, University Park, PA
Bachelor of Science, Pre-medicine, June, 2000
- 1993 – 1997 **Manhasset High School**, Manhasset, NY
High School Diploma

SINGING EXPERIENCE

Private Vocal Lessons. Dr. Carol Von Schenkoff
New York State School Musical Association. All County Chorus participant
Oriana Singers. Pennsylvania State University.
All Female A Cappella. Pennsylvania State University.
Thomas Jefferson University Choir. Jefferson Medical College.

BOARD CERTIFICATION

September 2009 California State Medical License (License Number A109515)
July 2007 New York State Medical License (License Number 243483)

July, 2009 American Board of Otolaryngology
Board Certified in Otolaryngology-Head and Neck Surgery

AWARDS/HONORS

Hobart Amory Hare Honor Society
Alpha Epsilon Delta (Pre-Medicine Honor Society)
Phi Kappa Phi candidate (top 5% of academic college)
National Dean's List - honored student (half of top 1% of nation's students)

PROFESSIONAL ORGANIZATIONS

Pan-American Vocology Association

2015 – present Voting Member
2018 – 2019 PAVA Elections Committee – member
2020 – 2020 Western Regional Governor

Vocology in Practice (ViP)

2014 – 2019 Advisor – Vocal Health and Medicine

Fellow of the American College of Surgeons

2011 – present Member

American Laryngological Association

2011 – present Post-graduate member

American College of Surgeons

2011 – present Associate Fellow

Los Angeles Voice Club

2010 – present President, Founder

American Academy of Otolaryngology – Head and Neck Surgery

2003 – present Member

American Rhinologic Society

2003 – 2008 Member

American Medical Association – Medical Student Section

1999 – 2003 Member
2001 – 2002 President, Jefferson Medical College chapter
2001 – 2002 Women's Profession Congress, member
2000 – 2001 Vice President, Jefferson Medical College chapter
1999 – 2000 Community Service Vice-Chair
2002 Delegate, A-2002, Chicago, IL
2001 Alternate Delegate, I-2001, San Francisco, CA
2000 Interim meeting-2000, Orlando, FL
1999 Pennsylvania Medical Society meeting, Hershey PA

American Medical Student Association

1999 – 2003 Primary Care Committee Chair

American Medical Women's Association

1999 – 2003 Member

EDITORIAL AFFILIATIONS

Jan 2020 – present **Ear, Nose, and Throat Journal**
Editor, Laryngology Clinic

July 2009 – 2020 **Ear, Nose, and Throat Journal**
Member, Editorial Board
Editor, Head and Neck Clinic

July 2008 – July 2009 **Ear, Nose, and Throat Journal**
Resident/Fellow Member, Editorial Board

PROFESSIONAL COMMITTEES

Residency Review Task Force

2004 – 2008 Member, Class Representative

Dean's Committee for Women Faculty Mentorship Program

2003 – 2008 Physician mentor

Admissions Coordinator

2000 – 2001 Student Admission Coordinator

Freshman Assistance Committee

2000 – 2001 Freshman Assistance team member

Jefferson Medical College Student Government

1999 – 2000 Student government class representative

Jeff HOPE

1999 – 2003 Student volunteer

Jefferson Association of Indians

1999 – 2003 Student member

Cultural Diversity Task Force

2002 – 2003 Student representative

MEDIA

Permission to Speak (podcast) –
Invited guest, herself
December, 2019

Liproll Podcast- Valerie Morehouse
Episode # 4: Dr. Reena Gupta
July, 2019

Intelligent Vocalist (podcast) – John Henny
Invited guest, herself
May, 2019

VOBS.tv interview – March 26, 2018
Episode on vocal health for the professional voice user

Osborne Head and Neck Institute Case Files
India Medical Mission – Part 1 (2018) - herself
Five-year-old with Recurrent Respiratory Papillomatosis/HPV (2017) - herself
Ethiopia Medical Mission (2017) - herself

Interviewed on vocal fry in young singers. (Bob Rivers Show, 95.7 KJR, Seattle, WA). January 14, 2013.

Interviewed for documentary on Whitney Houston (Always Whitney, Lapdog Entertainment), October, 2012.

Scope Out Your Problems ... Need Surgery? Finding Doctors ... Beware Side Effect. Voiceover Extra. <http://www.voiceoverextra.com/article.htm?id=oyx652q4>

Getting Vocal About Voice Care. Grammy.com. December, 2011.

Interviewed on vocal injury in major performers. (Carson Daly, 97.1 AMP Radio). November 17, 2011

Is Adele Battling Throat Cancer? <http://www.popcrunch.com/is-adele-battling-throat-cancer/>

Don't Blame Them. It's Not Their Fault (The Doctors, NBC). October, 2011.
Discussed how postnasal drip and reflux affect the voice.

The Huffington Post, guest contributor. "Will Scotty McCreery's Voice Hold Out?" April 28, 2011.

PUBLICATIONS

Books

The OHNI Voice Book – Reena Gupta, MD

Papers

Sid Khosla, MD; Norman D. Hogikyan, MD; Julina Ongkasuwan, MD; Jeanne L. Hatcher, MD; and **Reena Gupta, MD**. Voice Committee members offer responses to patients' most common questions on voice care. *Academy of Otolaryngology-Head and Neck Surgery Bulletin*. March 2017.

Levian M, **Gupta R**. Amyotrophic Lateral Sclerosis presenting as Bilateral Abductor Paralysis. *Ear Nose and Throat Journal*. 2014 Dec.

Levian M, Chapman A, **Gupta R**. Laryngeal Tuberculosis: Use of Stroboscopy in Diagnosis. *Ear Nose and Throat Journal*. 2014 Feb; 93(2):58.

Galos D, Chowdhury F, **Gupta R**, Heman-Ackah YD, Sataloff RT; Recurrent pyogenic granuloma in a noncompliant patient. *Ear Nose and Throat Journal*. 2014 Jan; 93(1):E32-3.

Gupta R, Mantle B, Osborne RF. Posterior cordectomy: How much is enough? *Ear Nose and Throat Journal*. 2013 Jul; 92(7): E42.

Jamal N, Chowdhury F, **Gupta R**, Sataloff RT. Supraglottoplasty for airway obstruction. *Ear Nose and Throat Journal*. 2013 June; 92(6):244-6.

Leong K, Hawkshaw MJ, Dentchev D, **Gupta R**, Lurie D, Sataloff RT. Reliability of Objective Voice Measures of Normal Speaking Voice. *Journal of Voice*. 2013 Mar; 27(2):170-6.

Hamilton J, **Gupta R**. Avoiding misdiagnosis in venous malformation of the parotid. *Ear Nose and Throat Journal*. 2012 Aug; 91(8):317-8.

Osborne R, Hamilton J, **Gupta R**. Intraparotid Neurofibromatosis. *Ear Nose and Throat Journal*. 2012 Jun; 91(6):236-7.

Osborne R, Zandifar H, **Gupta R**. Thyroid carcinoma with intravascular metastasis to the internal jugular vein. *Ear Nose and Throat Journal*. 2011 Dec; 90(12):568-70.

Harris SS, **Gupta R**, Hawkshaw MJ, and Sataloff RT. Vocal Process Avulsion *Journal of Voice*. 25(5):638-45, 2011 Sep.

Heman-Ackah YD, Joglekar SS, Caroline M, Becker C, Kim EJ, **Gupta R**, Sataloff RT. The Prevalence of Undiagnosed Thyroid Disease in patients with Symptomatic Vocal Fold Paresis. *Journal of Voice*. 25(4):496-500, 2011 Jul.

Higgins TS, Wadsworth JT, Sataloff RT, Ketcham A, **Gupta R**, Sinacori JT. Recurrent laryngeal nerve monitoring versus identification alone on post-thyroidectomy true vocal fold palsy: a meta-analysis. *Laryngoscope*. 2011 May;121(5):1009-17.

Osborne RF, Smith LM, **Gupta R**. Diagnostic and Interventional Sialendoscopy. *Ear Nose and Throat Journal*. 89(6):E23-4, 2010 Jun.

Nach R, Zandifar H, **Gupta R**, Hamilton JS. Subcutaneous carboxytherapy injection for aesthetic improvement of scars. *Ear, Nose, Throat J*. Feb 2010.

Divi V, **Gupta R**, Sataloff RT, Pebdani P. Laryngeal candidiasis. *Ear, Nose, & Throat Journal*. 89(11):526, 2010 Nov.

Sataloff RT, Hawkshaw MJ, **Gupta R**. Laryngopharyngeal reflux and voice disorders: an overview on disease mechanisms, treatments, and research advances. [Review] *Discovery Medicine*. 10(52):213-24, 2010 Sep.

Gupta R, Sataloff RT. Laryngopharyngeal reflux: current concepts and questions. *Current Opinion in Otolaryngology-Head and Neck Surgery*. 2009; 17(3): 143-148.

Harrison M, **Gupta R**, Sataloff RT. Case Report: Pulsed Dye Laser Treatment of Vascular Ectasias. *Ear Nose and Throat Journal*. In press.

Wazen JJ, **Gupta R**, Ghossaini S, Spitzer J, Farrugia M, Tjellstrom A. Osseointegration timing for BAHA system loading. *Laryngoscope*. 2007; 117(5):794-796.

Sataloff RT, **Gupta R**, Lasak J, Hawkshaw MJ. Noise-Induced Autoimmune Sensorineural Hearing Loss. *Journal of Singing*. 2007; 63(5):553-556.

Gupta R, Sataloff RT. Noise-Induced Autoimmune Sensorineural Hearing Loss. *Annals of Otolaryngology, Rhinology, and Laryngology*. 2003; 112(7):569-573.

Book Chapters

Gupta R. Deep Neck Infections. In Encyclopedia of Otolaryngology, Head and Neck Surgery. Ed. Stilianos E. Kountakis. In press.

Sataloff RT, **Gupta R**, Hawkshaw MJ. Laryngopharyngeal Reflux and Voice Disorders. In: Effects, Diagnosis and Management of Extra-Esophageal Reflux. Johnston N, Toohill RJ, eds. Nova Science Publishers, Inc. New York. 2010.

Gupta R, Amin M. Laryngotracheal Reconstruction. Operative Techniques in Laryngology. Rosen CA, Simpson CV, eds. Springer Publishing. 2008.

Amin MR, **Gupta R**. Physiology of Swallowing. In: Textbook of Laryngology. Merati AL, Bielamowicz SA, eds. Plural Publishing. August 2006

Sataloff RT, Mandel S, **Gupta R**, Mandel H. Neurologic Disorders Affecting the Voice in Performance. In: Professional Voice: The Science and Art of Clinical Care, 3rd edition. Sataloff RT, ed. Singular Publishing Group, San Diego, CA. 2006.

In Progress

Osborne R, Williams L, **Gupta R**. The Value of Laryngoscopy Prior to Thyroid Surgery in Patients Without Voice Symptoms.

ORAL PRESENTATIONS

The Virtual Voice Forum. Updates on Voice Medicine – What did I miss? May 17. 2020.

Gravy for the Brain. Panel on performer management of COVID. Virtual. April, 2020.

Vocal Health Masterclass with Dr. Reena Gupta. Orange County School of the Arts. Santa Ana, CA. September, 2019.

Introduction to Laryngology and Vocal Health. Pan American Vocology Association (PAVA). Salt Lake City, UT. August 8, 2019.

Vocal Health for Audiobook Narration Interview. Deyan Audio. Northridge, CA. May 16, 2019.

Basic Principles of Vocal Health. Webinar with Release Your Voice Course. April 28, 2019.

Vocal Health for Voiceover Artists. VO Atlanta. Atlanta, GA. April, 2019.

Vocal Health Masterclass with Dr. Reena Gupta. Orange County School of the Arts. Santa Ana, CA. September, 2018.

A Whisper to a Scream: Vocal Health & Strain Prevention in Voice Acting. SAG-AFTRA. Panel discussion. May 14, 2018.

Ear Training for Early Diagnostics of Voice Disorders. Vocology in Practice Teacher Training. London, England. April, 2018.

Vocal Anatomy and Vocal Health. Young Arts Conference. Los Angeles, CA. March 26, 2018.

Vocal Injury Prevention for Vocal Athletes/Voiceover Artists. Game Developers Conference. San Francisco, CA. March 2018.

Anatomy of the Singing Voice. Orange County School of the Arts. Santa Ana, CA. October, 2017.

Vocal Health for the Performing Artist. SAG-AFTRA. March, 2017.

A Whisper To A Scream: Vocal Health & Strain Prevention in Voice Acting. SAG-AFTRA. Panel: Dr. Reena Gupta, Linda Gasson, Natascha Corrigan, Misty Lee, Mary-Elizabeth McGlynn, Steve Blum. Keythe Farley (moderator) September 26, 2016.

Vocalizing Through the Lifespan. 6th Annual Healthy Approaches in the Training of Performing Artists. Performing Arts Medicine Association (PAMA). September 10, 2016.

Building a Professional Voice Practice. Panel: David Rosow, MD, Reena Gupta, MD, FACS, Jayme Dowdall, MD, Joan Lader, SLP, Beth McGuire, MFA. The Voice Foundation. Philadelphia, PA. June 5, 2016.

Training Your Ear to Detect Vocal Injury. 2015 Summer Vocalize U Artist Intensive. Loyola Marymount College, Los Angeles, CA. July 13, 2015.

Protecting Your Body & Voice: In It For The Longterm. SAG-AFTRA MOVE Panel discussion. Los Angeles, CA. May 7, 2015.

Singing Anatomy and Vocal Injury. The American Music and Dramatic Academy (AMDA). Los Angeles, CA. March 8, 2015.

Anatomy of the Professional Voice and Vocal Injury. Los Angeles College of Music. Los Angeles, CA. March 4, 2015.

Advanced Training in Vocal Diagnosis for the Singing Teacher. Vocalize U Winter Retreat. February 20, 2015.

Anatomy of the Professional Voice and Vocal Injury. Chapman University. Orange, CA. February 6, 2015.

Vocal Anatomy for the Vocal Coach. New York Vocal Coaching Teacher Training. New York, NY. August 24, 2014.

Training Your Ear to Detect Vocal Injury. 2014 Summer Vocalize U Artist Intensive. Loyola Marymount College, Los Angeles, CA. July 23, 2014.

Intermediate Anatomy for the Vocal Coach and Singer. 2014 Summer Vocalize U Artist Intensive. Loyola Marymount College, Los Angeles, CA. July 21, 2014.

Singing Anatomy and Vocal Injury. 2014 Vocal Symposium. Salt Lake City, UT. March 27, 2014.

Vocal Health and the Demands of Today's Working Singer. National Association of Teachers of Singing – LA. Winter Symposium: Featured presenter. California State Fullerton. February 15, 2014.

Anatomy for Singers. University of California, Los Angeles, School of Theater, Film and Television. January 31, 2014.

Basics of Singing Anatomy. Orange County School of the Arts. Santa Ana, CA. November 20, 2013.

Anatomy for Singers/Basic Vocal Pedagogy. Chapman University. Orange, CA. November 8, 2013.

Voice 101. Grammys MusiCares Workshop. The Recording Academy, Los Angeles, CA. October 16, 2013.

Voice 101. SAG-AFTRA National Convention. LA Live, Los Angeles, CA. September 27, 2013.

Anatomy of the Voice and the Professional Voice. VoiceOver Virtual. September 18-20, 2013.

Anatomy for Singers/Basic Vocal Pedagogy. Musician's Institute. Hollywood, CA. April 22, 2013.

Anatomy of the Singing Voice. MusiCares, Santa Monica, CA. April 6, 2013.

Anatomy for Singers/Basic Vocal Pedagogy, University of Southern California. Thornton School of Music, Department of Opera. Los Angeles, CA. March 26, 2013.

Vocal Anatomy and Anatomy of the Singing Voice. Pepperdine University, Malibu, CA. January 30, 2013.

Laryngology: Complex Case Presentations. University of California at Irvine Department of Otolaryngology-Head and Neck Surgery Grand Rounds. Irvine, CA. January 23, 2013.

The Value of Laryngoscopy Prior to Thyroid Surgery in Patients Without Voice Symptoms. Southern California Chapter of American College of Surgeons Annual Meeting, Santa Barbara, CA. January 18, 2013.

Vocal Anatomy and Physiology for Singers. Los Angeles Young Men's Ensemble. Santa Monica, CA. October 1, 2011.

Acute Airway Management. Pomona Valley Medical Center. Pomona, CA. November, 2010.

The Prevalence of Undiagnosed Thyroid Disease in Patients with Symptomatic Vocal Fold Paresis. Choice for Voice. London, England. July, 2010.

Contemporary Laryngology. Las Vegas Society of Otolaryngology. Las Vegas, NV. June 17, 2010.

Vocal Anatomy and Physiology for Singers. Hamilton High School, Performing Arts Division. Culver City, CA. May 3, 2010.

Vocal Anatomy and Physiology. Pasadena Conservatory of Music, Pasadena, CA. April 21, 2010.

Acute Airway Management. Department of Anesthesiology Grand Rounds. Cedars-Sinai Medical Center. March, 2010.

Vocal Anatomy for Singers. Pepperdine University, Malibu, CA. February, 2010.

Tracheotomy and Airway Management. Department of Surgery Teaching Conference. Cedars-Sinai Medical Center. October, 2009.

Recurrent laryngeal nerve monitoring versus identification alone on the rate of true vocal fold palsy after thyroid surgery: a meta-analysis. Presented by Dr. Higgins at the American Academy of Otolaryngology-Head and Neck Surgery Annual Meeting. San Diego, CA. October, 2009.

Pediatric Vocal Fold Paralysis. Department of Otolaryngology-Head and Neck Surgery Grand Rounds. Lenox Hill Hospital. March, 2007.

Melanoma of the Head and Neck. Department of Otolaryngology-Head and Neck Surgery Grand Rounds. Lenox Hill Hospital. April, 2006.

Osseointegration timing for BAHA loading. The Triological Society Eastern Section Meeting, Toronto, Canada. January, 2006.

Vocal Pathology. Department of Otolaryngology-Head and Neck Surgery Grand Rounds. Lenox Hill Hospital. November, 2005.

The Parotid Gland: Select Pathologies. Department of Otolaryngology-Head and Neck Surgery Grand Rounds. Boston Medical Center. July, 2002.

Masking: theory and application. Department of Otolaryngology-Head and Neck Surgery Grand Rounds. Boston Medical Center. July, 2002.

POSTER PRESENTATIONS

Vocal Process Avulsion. Harris SS, **Gupta R**, Hawkshaw MJ, Sataloff RT. *Research Day 2010*, Drexel University. Philadelphia PA. April 15, 2010.

Vocal Fold Paresis and Thyroid Disease. American Academy of Otolaryngology-Head and Neck Surgery Annual Meeting. San Diego, Ca. October, 2009

Microinstrument versus Laser Excision of Recurrent Respiratory Papillomatosis. Discovery Day. Drexel University College of Medicine. October 15, 2008.

Warthin's Tumor of the Larynx. Seventh International Conference on Head & Neck Cancer. San Francisco, California. July 19-23, 2008.

VOLUNTEER AND CHARITY WORK

Osborne Head and Neck Foundation - volunteer
Surgical Mission – Addis Ababa, Ethiopia. January, 2016.
Belmopan, Belize. April, 2017.
Jalandhar, India. March, 2018.
Cajamarca, Peru. March, 2019

Court Appointed Special Advocate - Los Angeles (CASA-LA) - 2015
Health Advisor

LANGUAGES

Conversational Hindi, Punjabi, Spanish