

# You ARE NEVER Too YOUNG TO START

## A DISCUSSION WITH MARC ZIMBLER, MD



The following contains a question and answer format of a discussion with Marc Zimbler, MD, Director of Facial Plastic and Reconstructive Surgery at Beth Israel Medical Center in New York, regarding the importance of involvement in the Academy with time and money.

### **How involved are you in the AAFPRS Foundation?**

I am a member of two AAFPRS Foundation committees; a capital campaign participant; a participant of the golf tournaments; and I've attended Paint the Town.

### **Why do you feel it is important to be on a committee?**

As a young person, I feel there are three important reasons: 1) to keep abreast of what is happening within the society; 2) to ensure that younger physicians' views are represented; and 3) to exchange ideas with the venerable physicians you might not otherwise approach.

I think people my age are not involved because they think that they need to be older or have more experience behind them. They may feel intimidated or under-qualified. This is far from the truth; all physicians are encouraged to participate. I have gained a lot professionally and personally due to my experiences on the committees.

### **What inspired you to donate to the Capital Campaign?**

Senior members of the Academy impressed upon me the importance of participating with time and finances. I made a pledge my first year in practice. For younger physicians, this is not easy to do because you have been a resident, struggling, and now you're thinking about paying back your loans. The mindset is not to give away money. However, if these young physicians understood how pledging works and that it is not burdensome and not financially stressful, I think more would participate. The Academy has ways that make it doable and beneficial for all.

### **A young physician reading this says there no way I can afford to make a donation. What would you say to them?**

There are a couple of ways to do it. Giving over a period of time is much less intimidating. So, a physician can make a pledge and pay it over five or 10 years. You can even defer the payment if you need to. Another idea is to involve your patients. Offer patients the option to reduce the cost of surgery and allow them the option to designate the difference to the Foundation for a tax deduction. This way they can give to a worthy cause and you can work toward your donation goal.

### **Do you have any other advice for doctors your age?**

The monetary amount is secondary to the commitment and participation necessary to keep the Academy vital and growing. For any organization to survive and thrive you need committed individuals. Even if you attend an event like Paint the Town, you are giving to a good cause and having an enjoyable time - a win-win situation. Consider what you can contribute in order to positively affect your future as a facial plastic surgeon.

When members think about the different organizations to which they will make donations (e.g. school alma mater) they don't think about the Academy. It is time we do. The Academy is one of the strongest connections you will have in your lifetime. It isn't like college, where you give money and you don't have an active role. The Academy represents what you practice everyday; we can give and get involved.

### **How does donating benefit you?**

It feels good to make a difference. When you put time and money into something, it becomes personal. You care about it. You want to see change. You want to be an active participant since you feel you have a stake in its success.

*Young physicians, now is the time to make your donation; see enclosed envelope for details.*