



1. Identify key changes in recently updated evidence-based medicine (EBM) practice guidelines related to the specialty of otolaryngology-head and neck surgery.
2. Outline the utility of novel immune/inflammatory markers in different patient demographics and diagnoses.
3. Summarize general data regarding diet-induced inflammation and its risks linked to otolaryngologic diseases.
4. Acknowledge the data regarding surgeon ergonomics and the benefits of improved physical function in the operating room.