

CURRICULUM VITAE

NAME: **Donald L. Hilton, Jr, MD, FACS, FAANS**

OFFICE ADDRESS 4410 Medical Drive, Suite 610
San Antonio, TX 78229
Phone: (210) 614-2453
Fax: (210) 477-5755

BIRTH DATE: December 28, 1959

BIRTH PLACE: Galveston, Texas

UNDERGRADUATE EDUCATION: Port Neches Groves High School
Port Neches, TX 1977

MISSIONARY SERVICE: Church of Jesus Christ of Latter Day Saints
South Africa, 1979-1980

UNDERGRADUATE EDUCATION: Bachelor of Science, summa cum laude
Lamar University, Beaumont, TX, 1983

MEDICAL EDUCATION: Doctor of Medicine, cum laude
University of Texas Medical Branch, School of Medicine
Galveston, TX, 1984-1988

INTERNSHIP: Surgical Internship
University of Tennessee, Memphis, TN 1988-1989

RESIDENCY: Neurosurgery
University of Tennessee, Memphis, 1989-1994

HONORARY SOCIETIES AND HONORS: Eagle Scout
Phi Eta Sigma, 1978
Phi Kappa Phi, 1982
Alpha Omega Alpha, National Medial Honor Society, 1988

LICENSURE: Texas State Board of Medical Examiners, #H7313, 1994

CERTIFICATION: Fellow, American Board of Neurological Surgery
11/13/97, #97086

Fellow, American College of Surgeons, 10/14/99

PRIVATE PRACTICE:

Neurosurgical Associates of San Antonio, P.A.
1994 to present

STAFF
APPOINTMENTS:

Chief, Department of Neurosurgery, Santa Rosa Hospital
Northwest, 1999 to 2000

Chief, Department of Neurosurgery, Baptist Medical Center,
2001 to 2002

Vice-Chief, Department of Neurosurgery, Southwest Texas
Methodist Hospital, 2001 to 2003

Chief, Department of Neurosurgery, Southwest Texas
Methodist Hospital, 2003-2004

Chief, Department of Surgery, Stone Oak Methodist Hospital,
March 2009 to 2010

ACADEMIC
APPOINTMENTS:

Adjunct Associate Professor, current
Department of Neurosurgery
University of Texas Health Science Center
San Antonio, TX

Director, CAST approves Spine Fellowship, current
Department of Neurosurgery,
University of Texas School of Medicine
San Antonio, TX

Director, Residency Training, Methodist Hospital, current
Department of Neurosurgery,
University of Texas School of Medicine
San Antonio, TX

BOARD TEACHING
EXPERIENCE:

The Osler Institute
Instructor, Neurosurgery Board Review Course
Chicago, IL 1998,
Houston, TX November 7, 1998
Tampa, FL - February 27, 1999

Atlanta, GA – September 25, 1999
 Houston, TX – November 15, 1999
 Houston, TX – September 16, 2000
 Houston, TX – November, 2001
 Houston, TX – November 11, 2002

American Association of Neurological Surgeons
 Instructor, Goodman Oral Board Review Course
 Houston, TX - April 21, 2007

HOSPITAL
 AFFILIATIONS:

Methodist Hospital
 Methodist Specialty & Transplant Hospital
 Metropolitan Methodist Hospital
 Stone Oak Methodist Hospital
 Baptist Health Systems

PROFESSIONAL
 SOCIETIES

Bexar County Medical Society
 Texas Medical Association
 Texas Association of Neurological Surgeons
 American Association of Neurological Surgeons
 AANS Joint Section on Neurotrauma and Critical Care
 American College of Surgeons
 Texas Medical Association
 Specialty Society Alternate Delegate, May 2000

OFFICES HELD:

Secretary, Texas Association of Neurological Surgeons, 2004,
 2005 & 2006.

Documentaries/Features:

The Porn Pandemic
 Documentary
<https://www.youtube.com/watch?v=NJ1ExvcysLk>

Addicted to Porn: Chasing the Cardboard Butterfly
 Documentary
<https://www.amazon.com/Addicted-Porn-Chasing-Cardboard-Butterfly/dp/B01LTIAB1E>
 Porn on the Brain
 Nationwide New Zealand broadcast
https://www.youtube.com/watch?v=3iWY_Q3pqII

W5:Generation XXX
 Nationwide Canadian broadcast
<http://www.ctvnews.ca/w5/freely-available-online-pornography-exposes-children-to-violent-abusive-sex-1.2590997>

CBS News Nationwide Documentary: Frankly Speaking
“Their Sexuality has been hijacked”: How porn is affecting
America’s kids. Nov 14, 2019.
Broadcast nationwide November 17, CBSN
<https://www.cbsnews.com/news/porn-and-teens-sexuality-cbsn-documentary/>

Local and national attention for minimally invasive tubular
retractor system for lumbar spine surgery. Locally KENS TV,
11/17/98; nationally with CBS affiliates.

Local and national attention for minimally invasive tubular
retractor system for lumbar and cervical spine surgery.
KENS TV, June 2002, nationally with CBS affiliates

Dr. Donald L. Hilton, “Spines Will Never Be the Same”,
NSide MD, San Antonio Medical Journal, Volume II, Issue 2,
June, July 2008

Best Doctors in America, 2005
Best Doctors in America, 2006
Best Doctors in America, 2007
Best Doctors in America, 2009
Best Doctors in America, 2010
Best Doctors in America 2011
Best Doctors in America 2012
Best Doctors in America 2013

Castle Connelly Top Doctors 2016 – Top Doctor for 5 Years

Texas Super Doctors, 2008
Texas Super Doctors, 2009-
Texas Super Doctors, 2010
Texas Super Doctors 2011
Texas Super Doctors 2012
Texas Super Doctors 2013
Texas Super Doctors 2016
Texas Super Doctors 2017
Texas Super Doctors 2018

PRESENTATIONS:

Medtronic Sofamor Danek, Current Concepts in Minimally Invasive Discectomy, Memphis, TN., July 15, 2000.

Minimally Invasive Spine Convention, Ho Chi Minh City, Viet Nam, Invited speaker – live surgical demonstration, May 2000.

American Association of Neurological Surgeons Annual Meeting, Minimally Invasive Spine Practical Course, San Francisco, April 2000.

Congress of Neurological Surgeons Annual Meeting, Current Surgical Options for Lumbar Discectomy: Comparison of Results. San Antonio, TX., September 2000.

Medtronic Sofamor Danek, Current Concepts in Minimally Invasive Discectomy”, Memphis, TN, October 7, 2000.

Satellite Training Center
Southwest Texas Methodist Hospital
Director, “Minimal Access Spinal Technologies Hands –on Lab”
Medtronic Sofamor Danek
San Antonio, TX-May 4, 2002

Director, METRx, Lecture Cadaver Course
Houston, November 2002

Satellite Training Center
Faculty, “Minimal Access Spinal Technologies Hands-on Lab”
Medtronic Sofamor Danek
Tucson, AZ-January 10-11, 2003

Faculty, “Minimal Access Spinal Technologies Hands-on-Lab”
Medtronic Sofamor Danek, MERI Institute
Memphis, TN-February 21, 2003

Faculty, “Minimally Invasive Spine Surgery Practical Course”.
American Association of Neurological Surgeons
Annual Meeting
Orlando, FL – May 2, 2004

Faculty, “Minimally Invasive Lumbar and Cervical
Microdiscectomy and X-tube fusion”
Medtronic Sofamor Danek

Seattle, WA, July 22-23, 2004

Faculty, “Minimally Invasive Spine Surgery, Current Status”
University of Texas Health Science Center, Department of
Orthopedics
Grand Rounds San Antonio, TX, September 22, 2004

Faculty, “Minimally Invasive Microdiscectomy”
American Association of Neurological Surgeons
73rd Annual Meeting
New Orleans, LA, April 2005

Faculty, “Modern Techniques and Future Trends in Lumbar
Interbody Fusion”
American Association of Neurological Surgeons
73rd Annual Meeting
New Orleans, LA, April 2005

Faculty and live surgical demonstration, “Current Concepts in
Minimally Invasive Spine Surgery”
Boomin Hospital
Basan, South Korea, December 7-8, 2005

Faculty, Lumbar Microendoscopic Discectomy, Practical Course
American Association of Neurological Surgeons
74th Annual Meeting
San Francisco, CA, April 2006

Faculty, Modern Techniques and Future Trends in Lumbar
Interbody Fusion
American Association of Neurological Surgeons
74th Annual Meeting
San Francisco, CA, April 2006

Faculty, Minimally Invasive Spine Surgery, Resident Course,
American Association of Neurological Surgeons
“Minimally Invasive Lumbar Decompression”

Memphis, TN, August 12, 2006

Faculty, Lumbar Microendoscopic Discectomy Practical Course
American Association of Neurological Surgeons

75th Annual Meeting

Washington, DC, April 2007

Faculty, Modern Techniques and Future Trends in Lumbar
Interbody Fusion

American Association of Neurological Surgeons

75th Annual Meeting

Washington, DC, April 2007

Faculty, Nuances of Minimally Invasive Spinal Surgery

Minimally Invasive Lumbar Decompression, Talk

Kevin Foley, M.D., Director

Congress of Neurological Surgeons

Annual Meeting

San Diego, CA, September 2007

Faculty, Nuances of Minimally Invasive Spine Surgery

Minimally Invasive Lumbar Decompression, Talk

Kevin Foley, M.D., Director

American Association of Neurological Surgeons

Annual Meeting

Chicago, April 2008

Faculty, Nuances of Minimally Invasive Spine Surgery

Minimally Invasive Lumbar Decompression, Talk

Kevin Foley, M.D., Director

Congress of Neurological Surgeons

Annual Meeting

Orlando, September 2008

Faculty, Minimally Invasive Techniques for Cervical and
Lumbar Spinal Surgery,

Kevin Foley, M.D., Director

Congress of Neurological Surgeons

Annual Meeting

San Francisco, CA, October 2010

Grand Rounds, Current Concepts in Minimally Invasive Spinal Surgery, University of Texas Health Science Center at San Antonio, Department of Orthopedics
San Antonio, TX, September 18, 2006

"Reduction of Postlaminectomy Epidural Fibrosis in Dogs by a Carbohydrate Polymer", Southern Neurosurgical Society Annual Meeting, Washington, D.C., April 2-5, 1992.

Microdiscectomy with Minimally Invasive Tubular Retraction, Texas Association of Neurological Surgeons Meeting, San Antonio, TX, May 25, 2000.

Microdiscectomy with METRx System, Congress of Neurological Surgeons Annual Meeting, San Antonio, TX, September 25, 2000.

Minimally Invasive Approach for Far Lateral Lumbar disc Herniations Using the METRx-MD System, Vardiman AB, **Hilton DL**, Poster Presentation, AANS/CNS Section on Spine and Peripheral Nerves Annual Meeting, Tampa, FL, March 5-8, 2003.

Minimally Invasive Techniques for Intradural Applications, Vardiman AB, **Hilton DL**, Poster Presentation, AANS/CNS Section on Spine and Peripheral Nerves Annual Meeting, Tampa, FL, March 5-8, 2003.

Recurrent Outpatient Lumbar Disc Surgery Using Minimally Invasive Tubular Retractor (MITR), **Hilton DL**, Vardiman AB, Poster Presentation, AANS/CNS Section on Spine and Peripheral Nerves Annual Meeting, Tampa, FL, March 5-8, 2003.

Posterior Cervical Foraminotomy with Three Dimensional Visualization with Minimally Invasive Tubular Retractor (MITR), **Hilton DL**, Vardiman AB, Oral and poster presentation, AANS/CNS Section on Spine and Peripheral Nerves Annual Meeting, Tampa, FL, March 5-8, 2003.

MAST II, The Next Generation – Minimally Invasive Spinal Surgery, **Hilton, DL**, Oral Presentation, MAST symposium, Philadelphia, PA; September 28, 2005.

MAST II, The Next Generation – Minimally Invasive Spinal Surgery, **Hilton, DL**, Oral Presentation, MAST symposium, Boston, MA, October 10, 2005.

Minimally Invasive Spine Surgery, Oral Presentation, Clinical Orthopedic Society, San Antonio, TX, October 13, 2005.

Minimally Invasive Spinal Surgery, Oral Presentation, Texas Association of Neurological Surgeons (TANS) at annual TMA meeting, Houston, TX, May 5, 2005, Invited Speaker

Changing the Stamp of Nature: Pornography Addiction, Neuroplasticity, and the ASAM and DSM Perspectives. The Society for the Advancement of Sexual Health (SASH) Sept. 21, 2012, San Antonio, TX.

River of Fire: Pornography Addictions and the Neuroplastic Brain.
International Institute for Trauma and Addiction Professionals (IITAP) Symposium
February 15, 2013, Phoenix, Arizona

Keynote:
Pornography Addiction: A Supranormal Stimulus Inducing Negative Neuroplastic Learning.
International Institute for Trauma and Addiction Professionals (IITAP) Symposium
February 21, 2014, Phoenix, Arizona

Pornography Addiction: A Public Health Approach.
Minnesota Department of Public Health.
October 2014
Mall of America

Sex and Love Addiction Symposium,

Patrick Carnes invitation
Ft. Lauderdale, Florida November 2014

Pornography and the Brain: Public Health Considerations.
Maryland Coalition Against Pornography and the Family
Research Council
Washington DC, July 2015

Pornography and Public Health
Polish Parliament Building
Warsaw, Poland
July 2015

Pornography and the Brain: Public Health Considerations
Donald L. Hilton Jr., MD, FAANS
Congressional Symposium, Pornography: A Public Health
Crisis.
US Senate Building
Sponsored by the National Center on Sexual Exploitation and
Senator Grassley
Washington DC, July 14, 2015.

Minimally Invasive Spinal Surgery: History, Technique and
Nuances. A 20 year experience.
Grand Rounds – Department of Neurosurgery
University of Texas Medical School at San Antonio
June 23, 2017

Pornography and the Developing Brain: Protecting the Children
Child Dignity in the Digital World/ World Conference
Vatican/ Gregorian Pontifical University
Rome, Italy
October 4, 2017

Visiting Professor/Grand Rounds
Minimally Invasive Spinal Surgery: History, Technique and
Nuances. A 20 year experience.
Grand Rounds – Department of Neurosurgery
University of Texas Southwestern Medical School at Dallas
September 28, 2018

A Population of Slaves:
Pornography, the Brain, and Addiction
Gonzaga University
Spokane, Washington

February 23, 2019

PUBLICATIONS:

Hilton DL, Jr, Robertson JT, Meric, AL, Wujek J (1992). “Reduction of Postlaminectomy Epidural Fibrosis in Dogs by a Carbohydrate Polymer”. *Neurosurgery*, Vol.30, pp. 807-808 (1992).

Desiderio DM, Kusmierz JJ, Zhu X, Dass C. **Hilton DL, Jr**, Robertson JT (1993). “Mass Spectrometric Analysis of Opioid and Tachykinin Neuropeptides in Non-secreting and ACTH-secreting Human Pituitary Adenomas”. *Biological Mass Spectrometry*, Vol. 22, pp. 89-97

Hilton DL, Jr (1993). Einhaus S, Meric AL, White RP Schweitzer JP, Park MR, Robertson JT, “Early Assessment of Neurological Deficits in the Fluid-Percussion Model of Brain Injury”. *Journal of Neurotrauma*, Vol. 10, Number 2,

Hilton DL Jr, Palmer, S (2001). “METRx Microdiscectomy Surgical Technique”, Medtronic Sofamor Danek.

George DH, Scheithauer BW, **Hilton, DL, Jr**, Fakhouri AJ, Kraus EW (2001). "Juvenile Xanthogranuloma of Peripheral Nerve: A Report of Two Cases". *The American Journal of Surgical Pathology*, 25(4):521-526, April 2001.

Hilton DL,Jr (2002). “Out-Patient Muscle-Splitting Microdiscectomy” in Perez-Cruet M, Fessler R, (eds) *Out-Patient Spinal Surgery*, Chapter 11, Quality Medical Publishing.

Hilton DL,Jr (2002), “Minimally invasive microdiscectomy” in *Orthopedics today, Minimal Access Spinal Technologies*, Medtronic Sofamor Danek, August 2002.

Hilton DL,Jr (2003). “Minimally Invasive Surgery of the Spine” in *Operative Arthroscopy, 3rd edition*, Chapter 67. Edited by John B. McGinty. Section Editors: Stephan S. Burkhart, Robert W. Jackson, Donald H. Johnson, and John C.

Richmond. Philadelphia, Pa.: Lippincott Williams & Wilkins.

Hilton DL, Jr (2007). “Minimally Invasive Tubular Access for Posterior Cervical Foraminotomy with Three Dimensional Microscopic Visualization and Localization with Anterior/Posterior Imaging”. *Spine Journal of North American Spine Soci*, 154-158.

Hilton DL, Jr, Watts C (2011). “Pornography Addiction: A Neuroscience Perspective.” *Surgical Neurology International* 2011; 2:19.

Liedtke, WB, McKinley, MJ, Walker, LL, Zhang H, Pfenning, AR, Drago J, Hochendoner, SJ., **Hilton DL**, Lawrence AJ, & Denton DA (2011). “Relation of addiction genes to hypothalamic gene changes subserving genesis and gratification of a classic instinct, sodium appetite. *Proceedings of the National Academy of Sciences (PNAS)*, 108(30), 12509–12514.

Hilton DL (2013). “Pornography Addiction: A Supranormal Stimulus Considered in the Context of Neuroplasticity.” *Socioaffective Neuroscience and Psychology*. 3:20767

Hilton DL(2014). “High Desire, or Merely an Addiction?” *Socioaffective Neuroscience and Psychology*. 4:23833.

Branch BC, **Hilton DL Jr**, Watts C (2015). Minimally invasive tubular access for posterior cervical foraminotomy.” *Surgical Neurology International*. 6:81.
doi: 10.4103/2152-7806.157308

Phillips B, Hajula R, & **Hilton DL** (2015). “Sex Addiction as a Disease: Evidence for Assessment, Diagnosis, and Response to Critics.” *Sexual Addiction and Compulsivity*.
DOI: 10.1080/10720162.2015.1036184

Hilton DL, Carnes S, Love T (2016). *The Neurobiology of Behavioral Addictions: Sexual Addiction*, chapter 8, in *Neurobiology of Addiction*, Editors Alan Swann and Gerard Moeller. Oxford

University Press, May 2016.

Hilton DL. (2017). Pornography and the Developing Brain: Protecting the Children. Feature, *San Antonio Medicine, Official Publication of the Bexar County Medical Society*. Dec 2017, Vol 70, No. 12. pg. 28-30.
(Entire text of Oct. 4 speech given at the Gregorian Pontifical University, Vatican, Rome, Italy)

Wallace DJ, Sayre N, Patterson TT, Nicholson SE, **Hilton DL**, Grandhi R. Spinal cord injury and the human microbiome: Beyond the brain-gut axis. *Neurosurgical Focus* March 2019.
Also selected for cover art. PMID 30835680

- ABSTRACTS/POSTERS:
- Park MR, Schweitzer JB, **Hilton DL**, Robertson JT. "Quantitative Changes in Midbrain Axonal Morphology Correlates with Degree of Head Injury". Society for Neuroscience Annual Meeting, October 1991.
- Hilton DL**, Schweitzer JB, Park MR, Meric AL, Robertson JT. "Clinical Performance Correlates with Quantitative Axonal Changes Early in Brain Injury". Scientific Program of the 60th Annual Meeting of the American Association of Neurological Surgeons, April 11-16, 1992, pg. 317
- Hilton DL**, Lefler CW, White RP, Robertson JT. "Eicosanoids as an Index of Brain Injury". Scientific Program of the 60th Annual Meeting of the American Association of Neurological Surgeons, April 11-16, 1992, pg. 318
- Hilton DL**, Watridge CW, Lowrey R. "Conservative Treatment of Traumatic Blunt Carotid Artery Dissection". Scientific Program of the 61th Annual Meeting of the American Association of Neurologic Surgeons, April 24-29, 1993.
- Robertson JT, **Hilton DL**, Meric AL, Dohan FC, Wujek J. "Reduction of Epidural Scar by a Barrier Agent in a Dog Model of Epidural Fibrosis". Scientific Program of the 61th Annual Meeting of the American Association of Neurological Surgeons,

April 24-29, 1993.

Galvan GM, Vardiman AB, **Hilton DL**, Fichtel FM. "Same Day Surgery for Intradural Tumors: A report of 3 cases". Digital Poster, Congress of Neurological Surgeons Annual Meeting, September 15-20, 2007.

Galvan GM, Vardiman AB, **Hilton DL**, Fichtel FM. "Minimally Invasive Surgery Using the METRx-MD System: Techniques for Intradural Applications". Digital Poster, Congress of Neurological Surgeons Annual Meeting, September 15-20, 2007

CME COURSE

PRESENTER DVD:

Recorded at AANS Annual Meeting, "Minimally Invasive Cervical Microdiscectomy", DVD 601D, 2 of 3
 Donald L. Hilton, Jr., M.D., Course Presenter
 Kevin Foley, M.D., Course Director
 American Association of Neurological Surgeons
 Annual Meeting, San Francisco, CA, April 2006

Online Teaching Session
 Minimally Invasive Spine Surgery: Lumbar Decompressive Techniques
 American Association of Neurological Surgeons website
 August 2008

PATENT:

United States Patent number: 7,549,992
 Description: Surgical Instrument with Angled Attachment.
 Inventors: Shores, Estes, Cihak, Hilton, AP, **Hilton, DL**
 Grant Date: 23 June 2009