

CURRICULUM VITAE

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

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San Antonio, TX 78229
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BIRTH DATE: December 28, 1959

BIRTH PLACE: Galveston, Texas

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

MISSIONARY SERVICE: The 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 Medical 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

Vice Chief of Staff, Chairman of Clinical Review Committee, Stone Oak Methodist Hospital, 2021-2022

**Chief of Staff
Stone Oak Methodist Hospital, 2023-2024 (current)**

ACADEMIC APPOINTMENTS (Resigned as a group September 1, 2021)

Adjunct Associate Professor, 2011 to September 1, 2021
Department of Neurosurgery
University of Texas Health Science Center
San Antonio, TX
2006 to September 1, 2021

Director, CAST-approved Spine Fellowship, 2016-21, resigned September 1, 2021
Department of Neurosurgery,
University of Texas School of Medicine
San Antonio, TX

Director, Residency Training, Methodist Hospital, 2011-21 resigned September 1, 2021
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=NJ1ExvcsyLk>

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_Q3pqlI

Dr. Don Hilton Explains Porn's Impact on the Brain

<https://www.youtube.com/watch?v=wZinMWGMdqU>

Brain Heart World

Docuseries by Fight The New Drug

Addressing Pornography Website

**The Church of Jesus Christ of Latter-day Saints
Why Does This Keep Happening to Me?**

<https://www.churchofjesuschrist.org/media/video/2017-12-0050-why-does-this-keep-happening?lang=eng&alang=eng&collectionId=2ee307877b09b68258818fe0c4ee4786174e421c>

W5: Generation XXX

Nationwide Canadian broadcast

<http://www.ctvnews.ca/w5/freely-available-online-pornography-exposes-children-to-violent-abusive-sex-1.2590997>

Raised on Porn

Documentary 2021, Magic Lantern Pictures

<https://www.youtube.com/watch?v=hZPylqS01qU>

3.4 million views 2022

<https://www.imdb.com/title/tt15226132/>

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

Local and national coverage 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 Connolly Top Doctors— Top Doctor for 10 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
 Texas Super Doctors, 2019
 Texas Super Doctors, 2020

San Antonio Magazine Top Doctors, 2021
 San Antonio Magazine Top Doctors, 2022

Scene in S.A.,
 First Annual Top Surgeons in San Antonio Fall 2021

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, Hajela 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 NL, Patterson TT, Nicholson SE, **Hilton DL**, Grandhi R. (2019) Spinal cord injury and the human microbiome: beyond the brain-gut axis. *Journal of Neurosurgery Focus*
<https://doi.org/10.3171/2018.12.FOCUS18206>

Hilton DL (2021) Pornography and the Developing Brain: Protecting the Children. In *Online Child Sexual Exploitation: Treatment and Prevention of Abuse in a Digital World*. Ernesto Caffo, Editor. Springer Nature Switzerland AG 2021, pgs. 49-56.

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 in 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