

# PHYSICIAN PROFILE:

## Drs. Paul & Paul Burroughs

by Fiona Morgan

### Dr. Paul Burroughs Jr. and Dr. Paul Burroughs III

Often, when a child follows a parent into medicine, it's because the family tradition was instilled early and often. Not so in the Burroughs family.

"I had no idea what he would go into," Dr. Burroughs Jr. says of his eldest son. "I can you tell you if we had tried to push that boy in any direction, he would have gone in the opposite for sure."

Yet today Paul Burroughs III sits at his father's solid wood desk in the office of the Raleigh orthopedic practice Paul Burroughs Jr. co-founded in 1972. The younger Dr. Burroughs laughs when he points out that the wallpaper hasn't changed since the office was built in 1978.

But much else has changed. Both doctors say what they love about practicing medicine is relieving the suffering of their patients, and dramatic advances in orthopedic technology have only increased that reward.

"The advantages to the patient and the doctor are huge compared to when I started," Dr. Burroughs Jr. says. "There's a lot to be thankful for."

Namesake of the family Paul Burroughs served in the U.S. Navy during World War II on the U.S.S. Wilkes Barr. He fought in the battles of Okinawa and Iwo Jima. "I've got his diary and he really had a real adventure over there," Paul Burroughs Jr. says. The decorated veteran died when his son was 8 years old.

Paul Burroughs Jr. grew up in Raleigh and attended Myrtle Underwood Elementary School at a time when Mrs. Underwood served as its principal. He graduated from Needham B. Broughton High School. Throughout his childhood, he and his sister spent a lot of time at their grandparents' farm in Seagrove.

Throughout medical school at the University of North Carolina at Chapel Hill, he planned to go into cardiology. It was not until his last rotation that he discovered orthopedics. "I said, 'These guys have so much fun, man!'"

He was already committed to an internship in cardiology at the University of Florida at Gainesville. He earned a spot as an orthopedics resident back at UNC, but the residency was to begin immediately after his internship ended—only days after his first son was



Burroughs Jr. with grandchildren Katherine, Emily, and Joseph and their father, Paul Burroughs III



Standing: Dr. Burroughs Jr., Dr. Rendleman III  
Seated: Dr. Edwards Sr., Dr. Venters - circa 1978

due to be born. So in order to get back to Chapel Hill on time, Paul Burroughs III was induced early.

It was an exciting time for the field, as Dr. Frank C. Wilson, chairman and chief of orthopedic surgery at UNC, brought to the department fantastic improvements in joint replacement surgery, in particular the Walldius knee prosthesis.

Dr. Burroughs Jr. personally helped advance improvement in hip replacements for North Carolina patients. "I was very fortunate in that, when I was in my fourth year of my residency, I was offered what would now be called a fellowship, a year to develop this acrylic method of fixation. I happened to be the first one to do the procedure at UNC." While doing his residency at Wake Med, he met George Edwards, with whom he started his practice.

Throughout college and medical school, the younger Dr. Burroughs worked hard to follow his own path. "I changed majors eight times. I intentionally tried to find something else I'd like, and I kept trying. Economics, business, anthropology, physics." He credits a summer job in a UNC orthopedics research lab while in college with piquing his

curiosity in the field.

He went on to medical school at UNC and received an NIH grant to do an additional year of research. He completed his internship and residency in Gainesville, Florida, where he was elected most outstanding chief resident. It so happened that his father's practice had an opening at precisely the moment he was looking for a job.

"I did look around for other places, but I kind of always in my heart knew I was going to come back," Dr. Burroughs III says. He returned to Raleigh a married man with five years of experience working on his own.

The two had the opportunity to work side by side for about five years before Dr. Burroughs Jr. retired in [Continued on page 35]

## PAUL LEACH BURROUGHS, JR., MD

**BORN:** 1940, Greensboro, N.C.

**EDUCATION:** University of North Carolina at Chapel Hill,  
A.B. Chemistry, 1962  
UNC School of Medicine, 1966

**CAREER HISTORY:** Internship, University of Florida,  
Gainesville, 1967  
Residency, UNC, orthopedics, 1971  
Fellowship and medical staff, UNC, 1972  
Co-founder of orthopedic practice Bone and  
Joint Surgery Clinic, 1972  
Retired from practice, 2004

**COMMUNITY:** President, Raleigh Community Hospital  
Medical Staff, 1983-1984  
Board of Trustees, Raleigh Community  
Hospital, 1985-1987  
Past member, Committee on Sports Medicine,  
North Carolina Medical Society

**PROFESSIONAL SOCIETIES:**  
North Carolina Orthopedic Association  
Southern Medical Association, Orthopaedic  
Section  
Wake County Medical Society  
North Carolina Medical Society  
Rainey Orthopaedic Society, the alumni  
association at UNC  
American Medical Association

**FAMILY:** Wife – Dianna Burroughs  
Children—Paul, Peter, Marshall  
Grandchildren—Emily, Katie, Joey, Adam,  
Keith, Amelia.

**FAVORITE LEISURE ACTIVITY:** Fishing

**FAVORITE AUTHORS:** W.E.B. Griffin and Lee Child’s Jack  
Reacher series.

**LAST BOOK READ:** Super Freakonomics, the sequel to  
Freakonomics, by Steven D. Levitt and Stephen J. Dubner

**LIKES ABOUT THE TRIANGLE:**  
It’s just perfect. If you like to go to the beach, you can do so  
easily. If you like to go to the mountains, you can. It’s got a  
wonderful education system. My boys all went to public school.  
I’m very happy with Raleigh and that’s why I came back.

**DISLIKES ABOUT THE TRIANGLE:**  
I don’t know of anything I dislike about it.

**ADVICE TO YOUNG PHYSICIANS STARTING PRACTICE:**  
I always avoided small groups of two or three doctors with very  
serious expressions, with one or more of them shaking their  
heads, because they were almost always talking how the practice  
of medicine is going down the tubes. There’s a certain amount  
that you have to pay attention to such things, but you’re hap-  
pier if you can avoid thinking about that part of it more than you  
have to. Focus more on your patients.

## PAUL LEACH BURROUGHS, III, MD

**BORN:** 1967, Gainesville, Florida

**EDUCATION:** University of North Carolina at Chapel Hill,  
B.S. Biology, 1989  
UNC School of Medicine, 1994  
Editor: North Carolina Student Medical  
Journal: The Fax 1993-1994

**CAREER HISTORY:** Research fellowship, UNC-Chapel Hill,  
Division of Orthopaedic Surgery, Department  
of Surgery, 1991-1992  
Internship, University of Florida, Gainesville,  
General Surgery, 1994-1995  
Residency, University of Florida, Gainesville,  
Orthopaedic Surgery, 1995-1999  
Orthopedic practice, Bone and Joint Surgery  
Clinic, 1999-present

**COMMUNITY:** Medical Mutual Community Board  
Currently serving on Pharmacy and  
Therapeutics Committee Duke Health Raleigh  
Project Access Wake County  
Past volunteer physician for North Carolina  
State University football team

**PROFESSIONAL SOCIETIES:**  
Southern Medical Association  
University of North Carolina Medical Alumni  
Association  
Florida Orthopaedic Society  
American Academy of Orthopaedic Surgeons  
Wake County Medical Society  
North Carolina Medical Society  
Raleigh Academy of Medicine  
American Medical Association

**FAMILY:** Wife – Jennifer K. Burroughs  
Children—Emily, Katherine, Joseph

**FAVORITE LEISURE ACTIVITIES:** Golf, fishing, sailing,  
woodworking, running

**LAST MOVIE SEEN:** “UP” – Disney Pixar

**FAVORITE BOOK:** I don’t know how to answer this one. The  
Only Three Questions that Count by Ken Fisher

**LAST BOOK READ:** Nothing to Lose by Lee Child

**LIKES ABOUT THE TRIANGLE:** Big city resources with  
small town feel (for the most part)

**DISLIKES ABOUT THE TRIANGLE:** Poor snow driving skills

**ADVICE TO YOUNG PHYSICIANS STARTING PRACTICE:**  
Try to enjoy time with your patients. Learn about the business  
side of medicine for yourself—don’t let others tell you what is in  
your best interest.