

August 2010 E-Newsletter

Open House

If you want to find out more about the exciting field of podiatric medicine and learn more about what NYCPM has to offer, please join us at one of our Open Houses. Our next Open House will be held Saturday, August 7th at 9am.

Attendees will have the opportunity to have breakfast with current students, listen to presentations by a DPM, a student, and an admissions representative, and take a tour of the College and Foot Center of New York.

If you are interested in learning more about NYCPM, this is an event you won't want to miss. Register online at www.nycpm.edu or call 800.526.6966.

Application is Live!

As of August 2nd, the AACPM Common Application is officially live for the Spring and Fall 2011 semesters. Prospective students may use the online application to apply for all 9 podiatry schools. The fee for applying is \$135 for the first college, and \$35 for each additional. For questions on how to use the application, call 617-612-2900.

You can find the application on our website at www.nycpm.edu or directly at <https://portal.aacpmas.org/>.

Curriculum

The New York College of Podiatric Medicine offers a four-year program of study, the ultimate goal of which is to prepare the entry level Doctor of Podiatric Medicine to enter graduate podiatric medical training programs.

The podiatric medical curriculum is designed for pre-medical students who have completed prerequisite education in chemistry, organic chemistry, physics, biology and a minimum of 90 credit hours at an accredited undergraduate institution. The curriculum of the New York College of Podiatric Medicine parallels that of allopathic/osteopathic medicine in that it is founded in traditional western medical principles and consists of two years of pre-clinical and two years of clinical sciences.

The student of podiatric medicine must master a comprehensive knowledge of Basic Medical Sciences including but not limited to: general anatomy, biochemistry, physiology, pathology, pharmacology, neuroanatomy, immunology, genetics and bacteriology of the body and its systems. This knowledge prepares the student to enter the clinical training years of the program.

At present, the courses are arranged such that the student begins study with fundamental knowledge of normal structure and function of the human body. This is followed by combined basic and general clinical science courses in the second year, where fundamentals of pathologic diseases are introduced and clinical correlations are presented. Full-body physical assessment skills commence in the first year and progressively increase throughout the course of study.

Study in the third year revolves, predominantly, around a combination of didactic lectures and departmentalized clinical clerkships in areas pertaining to the lower extremity.

The fourth year devotes itself to diagnostic skills through problem solving in clinical settings. Students rotate through hospital-based clerkships in General Surgery, Internal Medicine, Emergency Medicine, Pediatrics and General Radiology, and also spend three months in elective externships at a variety of national and international sites.

The clinical opportunities at the College and affiliated hospitals and clinics are unsurpassed in regard to the number of patients and the variety of podiatric disorders encountered and treated. Annually, the College-affiliated Foot Center and hospitals record approximately fifty thousand patient visits. Students receive practical training under the direct supervision of the College's distinguished academic and clinical faculty. Clinical training includes the requirement to diagnose ("work up") patients and propose appropriate treatment plans.

Scholarships

At NYCPM, we make every effort to keep college costs affordable. We have a scholarship program that assists outstanding students from the time of admission all the way to graduation, with total awards in excess of \$650,000 per year.

NYCPM's Admissions Committee selects well-qualified candidates for admission. At the time of selection, the most highly qualified candidates are identified and offered merit-based scholarship awards ranging from \$8,000 to \$30,000. These are independent of any additional scholarship or grant awards that students may be receiving from other sources. The scholarships awarded to incoming freshmen are credited toward tuition and fees over the four-year program, subject to satisfactory academic performance, as defined by the College, throughout the program.

In addition, NYCPM offers a number of competitive scholarship awards, each based on specific selection criteria and application procedures, given to outstanding students each year throughout the DPM program. Many of these scholarships are provided by outside organizations and endowment funds. They vary in monetary value, criteria for selection, and semester in which awarded, and generally consist of credit applied toward tuition and fees. The most current list of scholarships is found in our Student Handbook, available online at www.nycpm.edu/prospectiveStudents/handbook.pdf.

New Online Bookstore

We are happy to announce a brand-new partnership with Columbia University's bookstore, managed by Barnes & Noble, where students will now be able to order all of their books. NYCPM students and faculty are able to order new, used or rental textbooks at competitive prices. In addition, students will be able to sell back their books at up to 50% of the purchase price in the bookstore's buy-back program.

Books can be purchased online or by going to Columbia University's Bookstore, located at 2922 Broadway at West 115th Street. A link to the online bookstore can be found by visiting nycpm.edu and clicking under 'Students.'

Meet a Professor:

Name: Jeffrey J. Cusack, DPM
Hometown: Neptune City, New Jersey
Email: jcusack@nycpm.edu
Education: BS, University of Miami, '74/DPM, NYCPM, '81
Subspecialty: Orthopedics/Biomechanics

What are your responsibilities at NYCPM?

I am an assistant professor in the department of Orthopedics. I'm here twice-weekly and see patients with the student doctors on Thursday's. I also manage our new Gait Laboratory on Tuesdays, where we are able to perform more detailed analyses of the patient's gait. We employ a number of analysis systems in the laboratory, including the Pedigait video system, TogScan barefoot force-plate analysis system and the F-Scan in-shoe pressure mapping system. I also teach a portion of the FO2 and FO3 Orthopedic classes along with Dr. Justin Wernick in the fall.

What made you decide to pursue a career in podiatric medicine?

As a baby-boomer, I, along with many other potential students, found that upon graduation from college, I was caught in a massive wave of applicants to allopathic medical school. I was wait-listed at Georgetown Medical, and even applied to and was accepted to several schools in Italy. Fortunately, a classmate from college, who was also going through the same issue with dental schools, called me up to announce that he had been accepted to the New York College of Podiatric Medicine. Not knowing much more than that a podiatrist was a 'foot doctor,' my friend explained that the field was much more expansive. Specifically, he described how podiatrists actually function as a combination of internist, dermatologist, pediatrician, surgeon just about any subspecialty of medicine all rolled up into one degree! At the time, I was thinking about a practice where I could work with athletes, and the field of sports podiatry was exploding along with the running boom that was

occurring. In fact, I still remember (and actually saved) an article from People Magazine that featured one of my strong mentors, and at the time, professors here at NYCPM, Dr. Richard Schuster. It was Dr. Shuster who successfully treated a soon-to-be staff writer for Runner's World magazine, Dr. George Sheehan. Dr. Sheehan was suffering from a common issue among runners: chronic knee pain, which was ultimately treated with a simple in-shoe orthotic device that Schuster built. At the time, Sheehan had been told by all his orthopedic colleagues that if your knee hurts when you run, simply don't run! Needless to say, Sheehan was so impressed by what Shuster had done for him, Sheehan began to write about the virtues of what podiatry could provide to the running community. I too, was amazed at how simply re-positioning the foot could have such a favorable response in keeping these athletes functional and it really helped to cement my decision to move toward a career in Podiatric Medicine.

What is your area of expertise?

I was drawn very early on in my podiatric education to the Orthopedic/Pediatric department, where the reason behind the presenting diagnosis is discovered. As I like to tell any prospective student, Orthopedics clearly is 'where it's at,' since virtually any podiatric disease process, whether it's a chronic diabetic wound, a severe bunion or hammertoe deformity or a so-called 'shin splint' in a runner will have at its root cause an abnormally functioning foot. Understand the 'why' of that abnormal function and you will go a long way to designing a complete therapeutic plan that will return your patient to an acceptable degree of function in the shortest time possible.

What advice do you have for incoming students?

Take advantage of the many educational, clinical and cultural opportunities afforded you during your time as a student here at NYCPM. As a student, I enjoyed coming down to clinic 'after hours' and observing clinicians during faculty-based sessions. Many of these individuals ultimately became strong mentoring influences on the direction I took my private practice. NYCPM also sponsors several continuing education seminars throughout the course of the year, which students are always welcome to attend. I always found it helpful as a student to listen to these more clinically oriented lectures, and in fact, the diagnostic and treatment 'pearls' that are learned definitely will help 'fine-tune' your own developing skill-set. Lastly, let's not forget that NYCPM is located in one of the most vibrant and historical parts of the 'Big Apple' itself! To be able to say that you lived and studied for four years in probably the most desired destination-city in the world should not be wasted. Even over the course of four years you will be hard-pressed to take in all that this 'Greatest City in the world' has to offer!