

## **Get to Know NYCPM's Faculty: Patricia Wade, PhD** *Associate Professor of Pre-Clinical Sciences*

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"So far I've led a charmed life and a big part of it is being in the NYCPM family," says **Patricia Wade, PhD**. "Every member here has taught me something important about how lives/bodies work. From childhood the quest has been: how do we change lives for better: chemically, emotionally, with neural plasticity, and how do we help others do that?" After her BA (zoology, neurobiology) and PhD (physiology) from the University of California, Berkeley, she did post-doctoral brain research at Rockefeller University and Brandeis. She accidentally discovered a role of light on the human body. Light is nutritive, she says, for humans and animals. Sunlight in the visible spectrum (not UV for Vitamin D) that goes into the body stimulates cells to take up glucose. "We all know this: how are we energized on a sunny day?"

Dr. Wade is "doubly blessed to raise three wonderful daughters and to be able to have a professional life at NYCPM." She teaches physiology to first-year students and second-years' review for the national boards. She's tickled to be asked to be faculty advisor for the newly-constituted Running Club, and interim advisor for the American Academy of Podiatric Practice Management Club, for which actual Podiatrists hopefully will be convinced to share their practical insights. She loves teaching the newbies ("The Class of 2020 is the best! I've been told to tell you how special the first years are.") and thinks the big lesson for students is to "notice and benefit people around them." The many case studies from class are meant to encourage such beginnings.

Ambulation is the biggest feat for humans, Dr. Wade says; it keeps us alive by supporting circulation, mental health, brain power—and longevity. "Podiatry is an absolutely crucial profession." "Why you should consider a career in podiatry" was in the April 24th issue of Metro and the Bureau of Labor Statistics reports a 14% increase in jobs coming up, because we need to keep walking, heal our wounds and keep our balance. In a beginning partnership of pre-clinical and clinical to develop research projects, Dr. Anthony Iorio will work with Dr. Wade on wound healing. She is particularly interested in participating in any research on how nutritional sufficiencies might aid foot health.

Dr. Wade is most grateful to students who help the College by doing myriad types of needed work, including, to name a few, being ambassadors, organizing and running events like blood or marrow drives, tutoring etc. and working with the community. Regarding their own development, she says, "If students get in the habit of becoming close with classmates and building community with the institution and neighbors, it will enrich them for the rest of their lives."