

STUDENT ALUMNI REPORT

New York College of Podiatric Medicine's Alumni Association

Alumni Representatives: Oendrilla Kamal (2012), Adisa Mujkic (2013), Michael Galoyan (2014)

Editor & Format Designer: OENDRILA KAMAL

WINTER2011



ALUMNUS OF THE QUARTER

Dr. Terry Spilken

By: Oendrilla Kamal

This year marks a crossroads for NYCPM as we recognize the end of an eight-year tenure of Dr. Spilken as president of the NYCPM Alumni Association. In recognition of his generosity and efforts, we review here some highlights of his impressive career.

A Brooklyn native, Dr. Spilken got his undergraduate degree from Brooklyn College and his Masters in Education from NYU. He taught for five years before pursuing his passion for medicine. Shadowing in a variety of practices, Dr. Spilken was impressed by the diversity of skills a DPM utilizes and soon realized that this was the kind of work he could enjoy for the rest of his life. The office that he visited and kept going back to was the office of Dr. Bruce Frankel. Dr. Frankel became a major influence in Dr. Spilken's life, soon they became as close as brothers.

NYCPM was a clear choice for Dr. Spilken based on both its location and the broad clinical experience available. He knew, even back then, that the best way for him to learn medicine was hands-on. He excelled at NYCPM, being one of the fortunate ones from his class that had a residency program. He completed his training at two hospitals,



Dr. Terry Spilken, Class of 1979

Kingsbrook Jewish Medical Center and Community Hospital of Brooklyn.

Dr. Spilken currently has two successful practices in Livingston and Edison, New Jersey and many of the students that found themselves at NYCPM started out by shadowing in Dr. Spilken's office. He always welcomes students to this great profession and wishes for them the happiness that he has found helping his patients for these many years.

One highlight of Dr. Spilken's work has been his illustrious Sports Medicine career. For many years he has served as the consulting podiatrist for multiple elite dance companies such as Alvin Alley American Dance Theatre, American Dance Center and David Howard Dance Center. With his expertise, he has published specialized podiatry books such as *The Dancer's Foot Book* and *Dancing Longer, Dancing Stronger*. As one of New York's best-known sports podiatrists, Dr. Spilken was selected as the podiatry consultant for the New York Islanders Hockey Team. It was a job he was proud of, and he served in it for five years.

Involvement:

Dr. Spilken feels very strongly that it is his responsibility to give back to this profession that has given him and his family a great life. He was extremely active as a student at NYCPM from the beginning, serving as the President of the Student Body. His love for this profession only grew, and he was on the NYCPM Alumni Board from the time of his graduation. He served as its vice-president and for many years as the president, growing a small core group into an active community of graduates. Always a mentor, Dr. Spilken advises, "Students shouldn't do anything to prepare for residency programs other than be the best student possible. Everything you learn

from NYCPM will be used in your future to help your patients. Residency programs want dedicated people, so be conscientious and caring."

Dr. Spilken has served as an adjunct staff member at NYCPM since 1987. He also worked for 10 years as a Dean at NYCPM both in Graduate Medical Education and Student Services.

In addition to his local service, he is also a member of the Nominating Committee for CPME and a member of the CPME Accreditation Committee, responsible for approval of all U.S. podiatry schools. For many years he has been a representative from New Jersey to the APMA House of Delegates. He has risen through the many leadership positions and will be president next year of the New Jersey Podiatric Medical Society. Dr. Spilken insists that podiatry is like any form of medicine. "We are affected by Washington and the insurance companies. We do such a great job keeping our patients ambulating that there will always be a need for our services."

Dr. Spilken does not only "give back" to the field of podiatry, he has also been on the Marlboro Township Board of Education for 12 years and 7 years as the president. He is also very involved with the George Washington University since 1996.

Along with the multitude of positions that he has held, and the texts he has published in dance medicine, he has also published many books that residents and students still use to prepare for their boards. *Podiatry Pearls* and *Podiatry Practice Examination and Study Guide* are just some examples of his writing.

Dr. Spilken attributes much of his success to the warm support of his family. This year he celebrates his 40th wedding anniversary with his wife Barbara, whom he met while he was at

Brooklyn College. He is the father of three wonderful daughters; Rachel is a clinical psychologist with 2 boys, Sarah is a special education teacher and Jaime works for the Washington, DC government. Following in their father's footsteps, they each took professions where they would help others. Dr. Spilken says his choice of profession was the best decision that he ever made, except for marrying his wife Barbara.

Viewed from any angle: personal, professional, academic, political, Dr. Spilken stands as a man of inspiration. The years he spent leading the NYCPM Alumni Association were a clear success, and it is with a sense of gratitude that we look forward to following his successes in the future.



Dr. Spilken makes his name in Dance Medicine



On their wedding day on January 10th, 1971.



Dr. Spilken celebrating his 40th wedding anniversary with his wife Barbara, three daughters and two sons-in-law. From left to right are Jordan, Rachel, Sarah, Sean and Jaime. Mrs. Spilken and Dr. Spilken are seated.

SEIZING GLORY

By: Adisa Mujkic, 2013

STUDENTALUMNIREPORT, WINTER 2011



NYCPM's Flag-Football season 2010.

A very memorable season for NYCPM's Flag-Football teams.

As Napoleon once said, "Victory belongs to the most persevering". This timeless truth proves to perfectly portray the 2010 NYCPM Flag Football Playoffs.

Still reveling from their outstanding 2009 season, Class of 2012 Vick's Hush Puppies came back this season itching to defend their championship title. In last year's victory speech captain Andre Ross, known to teammates as Dr. Dre, captured the vital ingredient to success when he stated that, "it's not about the talent you have on the field but rather how well the team works together as a cohesive unit". This year, in addition to team camaraderie, another key component was rediscovered, perseverance.

The 2010 Flag Football season opened up with raw vigor, as the new freshmen team, class of 2014 Wildcats, brought the heat and made it known that they are not merely the new kids on the block. Triumphant over both class of 2013's 15 Blade and Vick's Hush Puppies, The Wildcats, lead by captain Paul Carroll, demonstrated that they are not a team to be taken lightly. Their season record of 4 wins and 1 tie is quite impressive for such a freshly formed team.



Vick's Hush Puppies Team Captain, Andre Ross sets up a play with team-mate Amari White.



Class of 2013, 15 Blade stops to take a team photo.

On the other side of the spectrum, without a single win to their name, the season looked grim for 15 Blade, but captain Britton Plemmons refused to allow a single bit of negativity to seep into his team. The team looking to redeem their lack of victory in the 2009 season, struggled once more at the beginning of this season to carry out their offensive plays. Two games into the season two new players were recruited, Chris Lovell as quarterback and Phil Schatz as tight end. New plays were drawn up and



Vick's Hush Puppies, NYCPM's football season 2010.

more focus was directed to revamp the team's offensive strategies. Persistence and innovation proved to supply the cutting edge that 15 Blade was seeking.

Overlooked and severely underestimated, 15 Blade chiseled their way to an unprecedented comeback in the 2010 playoffs. The playoff match between Vick's Hush Puppies and 15 Blade made a turn for the intense in the second half of the game. Down 12-0, at 4th and

goal, QB Chris Lovell lobbed the ball to

wide receiver Lee Greenberg, who was waiting in the end zone, putting the team on the scoreboard at last. The defense did their part to hold off the Hush Puppies, who went four and out on the goal line. With three minutes left and their last chance for glory, 15 Blade marched down field. At 4th and goal, 25 seconds on the clock, Lovell rolled back to the left and launched the ball across the field to tight end Phil Schatz, who plucked the ball out of the air to bring the game to a deadlock. Tension radiated and pressure rose, but 15 Blade was ready and willing to accept the challenge. On the extra point attempt, Lovell pump faked to the left getting Hush Puppies' safety to bite, threw a perfect spiral to Greenberg, standing dead center in the end zone for the go ahead score of 13-12.

With a chance to respond, Vick's Hush Puppies came up short as Andre Ross's 2nd down pass was intercepted by 15 Blade's Shawn Braunagel, to end the game and give 15 Blade their first win ever in what may perhaps be known as the greatest upset in NYCPM Flag Football history. The 15 Blade win is a manifestation that determination and team unity can ultimately pierce through when it matters most.

The much anticipated championship game between the thriving Wildcats and strong-willed 15 Blade is just on the horizon.



Vick's Hush Puppies celebrating their win with The Dirty llamas at the end of Turkey Bowl 2009.

Holiday festivities:

Student Ambassadors

Holiday Party!

Adisa Mujkic



The Ambassadors got to enjoy their well-deserved holiday treats.

Suited up, clutching a folder, and bearing a nervous smile are just a few of the giveaways that a prospective student has entered the building. A blurred memory of a day filled with interviews, hundreds of introductions, and an overwhelming amount of information is not too distant for many of us. Most of us also do remember that NYCPM student who was excited to show us the Clinic and eager to give us pointers for future classes. Whether it's sharing their city and school experiences at lunch, narrating a group through the administrative floor to the Clinic floor, or conducting a student interview, an NYCPM Student Ambassador is on the job.

This holiday season the Student Ambassadors enjoyed a holiday party hosted by Lisa Lee and Kristy DiPalma. The party was to thank and recognize the efforts put in by the ambassadors. It was also an opportunity to socialize with each other and enjoy some holiday treats. The hosts hope to make this an annual event in order to continue to show appreciation for all that the ambassadors do.



2013 Student Ambassadors

get together for their photo-op.

COMMUNITY SERVICE

NYCPM Members of Student National Podiatric Medical Association And NYCPM Pediatrics Club Co-Host Toy Drive for Harlem Tots

A group of NYCPM students, Class of 2012, demonstrated their holiday spirit recently by collecting and donating toys to children at a nearby shelter for homeless families. The students ran a toy drive at the College co-hosted by the Student National Podiatric Medical Association (SNPMA) and the NYCPM Pediatrics Club during the first weeks of December, collecting more than 75 toys. Donations of new and gently-used toys were received from students, NYCPM and Foot Center of New York faculty, as well as administration and staff. On Thursday, December 23rd, the students and their boxes of toys were driven in a College van to the Old Broadway Family Residence, where a group of very happy children and their parents celebrated the holidays just a little bit early.

The students who were key to the Toy Drive were Alysaa Phyers, President of SNPMA, Caroline Mpande, VP of SNPMA, Janale Beckford, Secretary of SNPMA, Jennifer Maungu, Treasurer of SNPMA, and Sherie Neufville, President of the Pediatrics Club.

Faculty members Eunice V. Ramsey-Parker, DPM, MPH, Associate Professor of Podiatric Medicine, and Clinic Administrator, and Laurence J. Lowy, DPM, Professor of Pediatrics, and Dean for Student Services, as well as William H. Graham, VP, Information Technology & Operations, were also critical to the success of the Toy Drive.



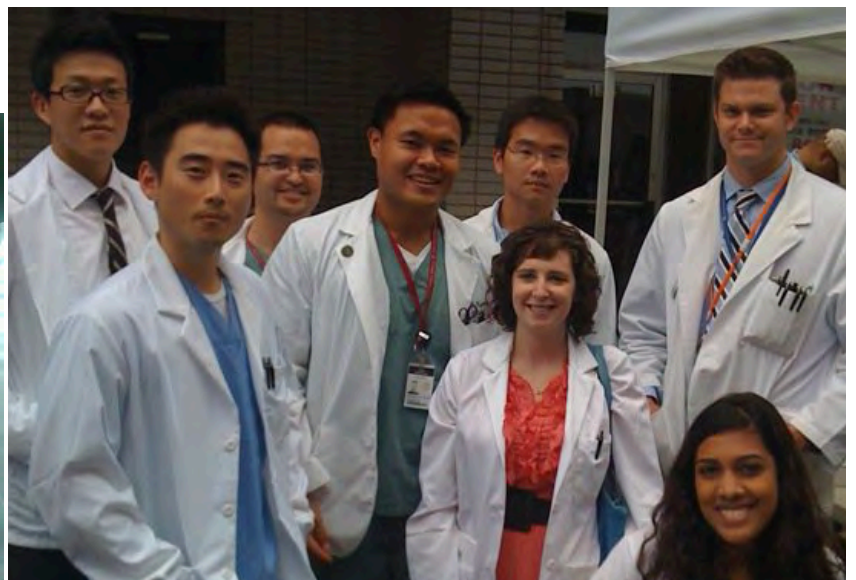
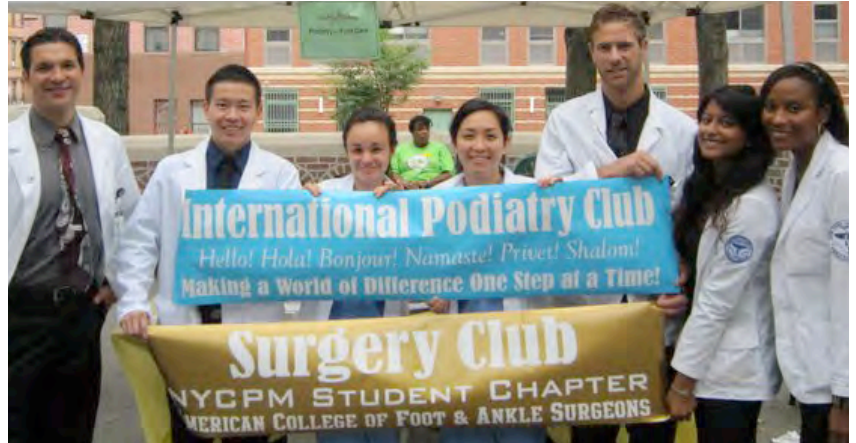
Gathered around one of the tots and her mother are (left to right) Eunice V. Ramsey-Parker, DPM, MPH, and students Janale Beckford, Sherie Neufville, Alysaa Phyers, Jennifer Maungu.

NYCPM Students Provide Diabetic Foot Screenings to the Community.

By Michael Galoyan, Class of 2014

NYCPM students and faculty reached out to those with potential medical problems at recent foot screenings at Metropolitan Health Fair, Harlem Health Fair, 92nd Y, Mother Zion Church and Central Harlem Health Revival. The events were organized by Diabetes Club President, Rico Visperas, Wound Care Club President, Tyler Silverman ('12), and directed by Dr. Anthony Iorio with the help of the Dean's Office. Members of the Diabetes Club, Wound Care Club, Surgery Club, IPC, and Orthopedics Clubs along with other students donated their time and efforts.

One of the events took place at the 92nd street Y on the day of a street fair. It involved members of the local community, many of whom may have lacked health insurance. Patients were examined, particularly for diabetes, neurological and vascular related issues, and offered a recommendation for follow-up care at FCNY. Around 50 people took advantage of the free medical advice. An event like this helps to increase awareness of foot-related issues that often go overlooked and untreated. Hopefully, this event encourages these people to seek treatment, which will improve their health and quality of life.



Many students from NYCPM volunteered their time and efforts to multiple foot-screenings across Harlem.

Seattle

2010 APMA SCIENTIFIC CONFERENCE

The 2010 Stats:

DPM's Attended	1,400
Exhibits	225
Lecturers	92
Participants	3,000

NYCPM's APMSA representatives attended their annual meeting



APMA Annual Scientific Meeting in Seattle

By Oendrilla Kamal (2012)

A Huge Success

The 2010 National APMA Scientific Meeting took place in Seattle, Washington from July 15th - 18th. With about 1,400 DPMs that attended, the meeting was truly a huge success. This was the second largest meeting ever held on the West Coast nearly overthrowing the Las Vegas event held in 2006.

The official meeting started on Thursday, July 15th at the Washington State Convention and Trade Center. It opened to a full house with a breakfast symposium on PDPN: What Are the Treatment

Options by Joseph M. Caporusso, DPM., and closed with the opening session address by Comedian Tom Papa (sponsored by Upsher-Smith Laboratories, Inc.) After the Plenary lectures, attendees could attend the numerous lectures on specific topics such as Sports Medicine, Diabetic Wound Care, Foot and Ankle Surgery, Dermatology, Podopediatrics, Biomechanics, Footwear and Practice Management.

During the meeting, the Surgical Cadaver Workshops presented by ASPS were also held at the convention center. There, the

The National APMA Annual Scientific Meeting



2011

In Boston, Massachusetts from July 28 - 31
Students register for FREE at www.APMA.org

participants attended smaller lectures and gained valuable experience with some of the newer products in surgery and wound care.

As expansive as the exhibit hall was, it still managed to be packed while it was open. It held over 225 exhibitions and booths that ranged from companies such as Kinesio Taping Association, Kerasal and Biofreeze Performance Health, Inc. There, the attendees learned about the new, up and coming technologies and products that the different companies had to offer, while enjoying the free samples, of course. NYCPM was there as well, with their own booth amongst several other podiatry

schools and definitely well represented. The hall also held all of the poster abstracts submitted to APMA. On Thursday night, the attendees had the privilege to meet the researchers, ranging from residents to students, and see them present their poster. Some NYCPM students including Bijan Andrade, Giannin Perez and Manasi Meghpara were there to present their excellent posters.

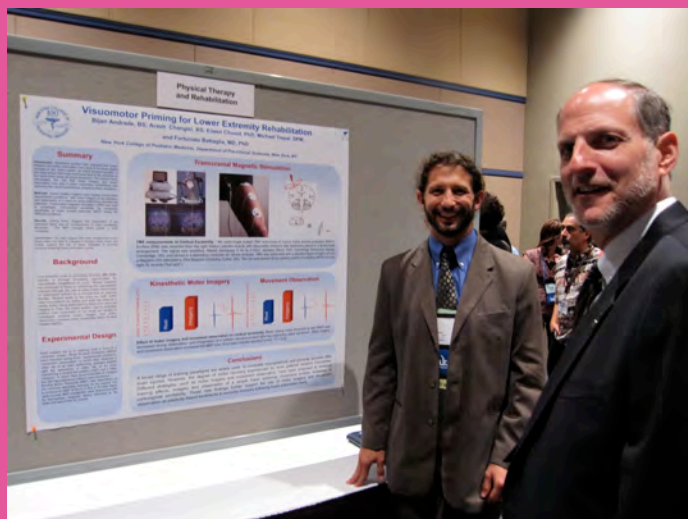
The APMA Scientific Meeting proved to definitely be a worthwhile experience for any podiatry student. To those able to attend the 2011 meeting in Boston, MA registration is open now and free for all podiatry students!

The Posters

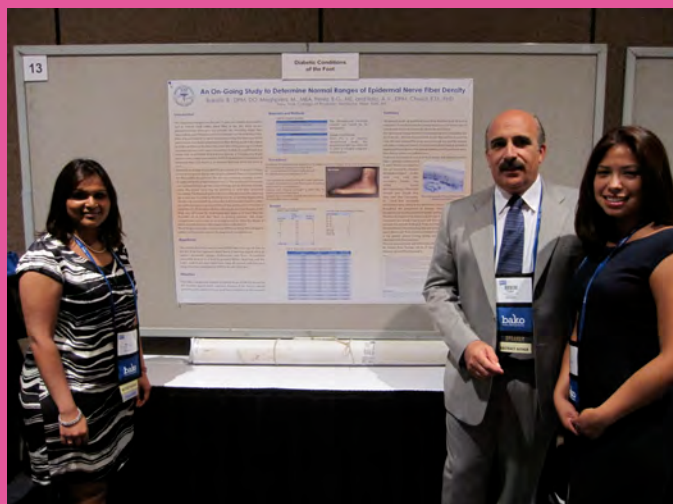
In the exhibit hall, attendees scoped out the latest poster abstracts of experiments done by students, residents, D.P.M's and more.

NYCPM submitted some posters of their own:

Bijan Andrade, Class of 2012, represented his poster on Visuomotor Priming for Lower Extremity Rehabilitation that he worked on with Dr. Bataglia and Arash Changizi, Class of 2013.



Dr. Anthony Iorio and Class of 2011 students Giannin Perez and Manasi Meghpara presented their poster on An On-Going study to determine the normal ranges of Epidermal Nerve Fiber Density that they worked on with Dr. Bakotic.



The Lectures and Workshops

Many guest lecturers made presentations on a variety of topics including sports medicine, diabetic wound care, practice management and more.

Bradley W. Bakotic, DPM, DO

Presented his lecture on *Kaposi's Sarcoma: An Update*, in the Dermatology track and kept attendees very interested.



Hands-on Surgical Cadaver Workshops, Presented by the American Society of Podiatric Surgeons (ASPS) included:

- Subtalar Joint Arthrodesis
- The Use of Locking Plate Technology
- Ankle Arthroscopy





The Washington state convention and trade center hosted the 2010 National APMA meeting.



The Breakfast Symposium was packed on the opening day of the 2010 National Conference.

The Exhibitions

The massive exhibition hall was packed with exhibits by nearly 225 suppliers for attendees to roam through.



Photographs provided by: Oendrilla Kamal (2012), APMA, and PMnews

References: The National APMA Meeting, Seattle, guide.



NYCPM's Running Club

Sprints ahead.

By Adisa Mujkic, 2013

Dedication is the most appropriate term to describe the Running Club at NYCPM. Rain or shine, sweltering heat or numbing cold, undoubtedly the members of NYCPM's Running Club can be seen gearing up for their weekly runs. The club's presence and involvement can not be missed in part due to the tremendous efforts put in by the Club's President, Tyler Silverman, Class of 2012, to get all of the student body involved and in part due to the unwavering commitment of the Club's members.

The Club strives to provide camaraderie to all those that enjoy running and to educate on the different aspects of running and correlations to Podiatric Medicine. Most recently the club held a presentation on running terms in hopes of helping students better understand how to treat their future running enthusiasts.

The Club anticipates holding more academic presentations in the future. A few of the members are involved in a research project analyzing the impacts of barefoot running on previously shod runners. A heated and informative discussion on the impacts of barefoot running is on the horizon. The Club's devotion is quite contagious and will hopefully get more and more NYCPM students up and running.



Members of the running club get excited for a run on a hot summer day.



Above: The Running club is not only fun to run with but the best part is having the lunch in the end! Members come and share what they made for each other and with their hectic schedules sometimes spouses tend to lend a helping hand.

Left: The aftermath of making the official NYCPM Running Club T-shirts.



CLUB ACTIVITIES 2010

Medical Spanish-Terminology Workshop

By Michael Galoyan, 2014

Two NYCPM clubs held an event designed to help students better serve the needs of all patients. The Surgery Club and International Podiatry Club co-sponsored a Spanish Medical Terminology workshop. The workshop had students and resident Dr. Jose Loor play-act common real-world patient scenarios. Students alternated roles between doctor and patient, translating podiatric terms into Spanish and learning how to analyze common questions. The ability to give patients better care in their native language is invaluable; local hospitals like Metropolitan Hospital, Lincoln Hospital and the NYCPM clinic have up to half Spanish-speaking patients.

Credit to Tanler Volkmann and Oendriela Kamal for helping to organize the event, and especially Bijan Andrade and Dr. Loor for running the two workshops. Also, a special thanks to Mariola Rivera, who helped with all of the translations and made the Spanish-English worksheet. She also encouraged anyone interested in future events like this to contact her at: Mrivera@nycpm.edu.



Bijan Andrade, Tanler Volkmann, and Oendriela Kamal

IPC THANKSGIVING POTLUCK AND HALLOWEEN PARTY



In order to raise money for their annual medical mission trip to Mexico, The International Podiatry Club (IPC) pulled out all of their tricks! Including a first-time-ever Thanksgiving Potluck party and something they're known to do very well - throw a Halloween Party! Both events were a success and they could not have been done without their loyal members and generous contributors.

NYCPM GOES THE DISTANCE

BY ADISA MUJKIC, 2013

Students volunteer and participate at multiple marathons around N.Y.

It takes quite a grand calamity to close down the streets of New York and prompt over 2 million spectators to crowd its sidewalks, hot chocolate and banners in tote. It was none other than the annual New York City Marathon that could create such a ruckus, an event encompassing the five boroughs of New York, spanning five bridges, covering 26.2 miles, representing 111 countries, and boasting 45,350 participants.

As the sun rose over the Verrazano-Narrows Bridge on the morning of November 7th and a refreshing wind blew towards Staten Island, the 40th New York City Marathon was off to a roaring start. Onlookers screaming words of encouragement teamed up with over 100 bands to provide a festive and upbeat mood as the runners made their long trek towards Central Park. Various volunteer tents were set up along the 26.2-mile course in order to facilitate drink stations and provide critical medical attention. The students of NYCPM showed up in large numbers to assist in stretching, muscle cramps, dehydration, and minimize the inevitable post-marathon fatigue. Earlier in the year NYCPM students and doctors also volunteered at the Diva's and Hampton's Marathons on Long Island. Volunteering at such key athletic events nicely complements the sports medicine course and encourages students to get involved with the community.

NYCPM's own Jackie Prevete, Class of 2013, was the 76th American woman to cross the finish line with a jaw dropping time of 3 hrs, 10 min and 26 sec. As a competitive runner for Fordham University, running has always been an integral part of Prevete's life. Serving as the team's captain her junior and senior years and placing 3rd in the Atlantic 10 conference 10K have



Elizabeth Pellerin, Julie Ferland, and Émilie Lampron-Perron (NYCPM's Canadian Students from Fall 2010) complete The New York City's Diva's Half Marathon and 5k run.



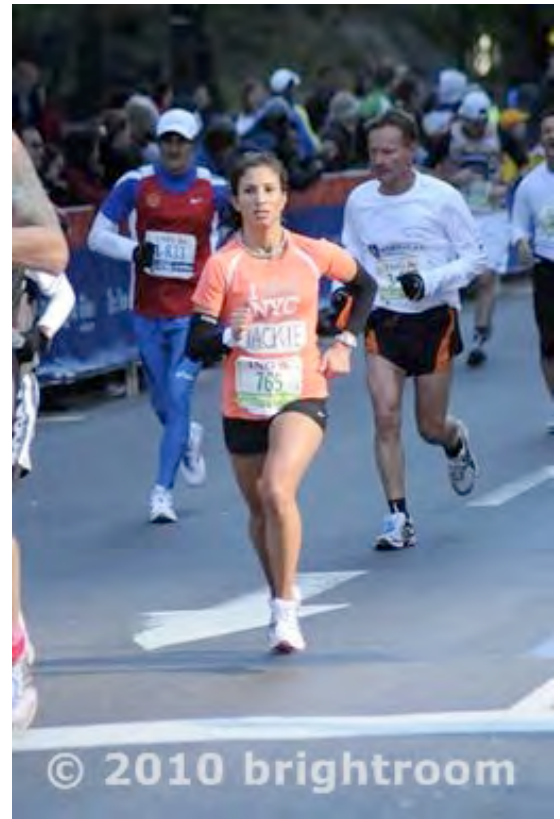
Try to spot Dennis Oeltjenbruns, Class of 2012, striding across the finish line at the 2010 NYC marathon.

been her most memorable achievements leading up to the marathon. Crossing into Manhattan over the Queensboro Bridge, Preverte depicted her fondest recollection from the marathon; “the bridge is around mile 15-16 and this is when you start to feel a little tired since you're slightly more than halfway done with the race and since the bridge is a hill but as you get a little more than halfway across the bridge, you start hearing this echo and once you're on 1st ave, you're surrounded by a canyon of people”. Months of training paid off as Preverte glided across the finish line meeting her personal goal of running her first marathon around 3 hrs. She hopes to keep on challenging herself and has her sights set on the Boston Marathon.

No stranger to running long distances, Dennis Oeltjenbruns, Class of 2012, was another NYCPM familiar face in the 2010 NYC Marathon. Oeltjenbruns has been running since his high school days and has participated in several marathons and half marathons throughout his running career. His running resume displays an astonishing amount of long distance races including the 2008 and 2010 Grandma’s Marathon from his home state of Minnesota. Finishing the NYC Marathon in 4 hrs and 17 mins, Oeltjenbruns describes the fondest parts of the race as “the crowd support, the finish in Central Park, and the perfect running weather we had that day”. Oeltjenbruns has the Marin County Half Marathon in San Rafael California in April and the Chicago Marathon in October to look forward to.



Students from the Class of 2012 take a break for a group photo with Dr. Alfieri and Dr. Langone at the Hampton's Marathon.



A determined and focused Jackie Preverte, Class of 2013 gives it her all in the 2010 NYC Marathon.



Students Bijan Andrade and Charles Hunter, Class of 2012, help ice a Marathoner.

ALUMNI REPS



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Is there anything you would like to see in the next issue of the Student Alumni Report? Perhaps you have an Alumnus you would like to nominate for our Featured Alumnus Article. As the Alumni Representatives and staff of the Student Alumni Report, we appreciate your input and feedback. Please feel free to contact any of the class Alumni Reps to make suggestions for future editions of the Student Alumni Report.



The Alumni Association Executive Board with Past and Present Presidents.

From Left to Right: Dr. Alan Bass, Vice President; Dr. Arthur Gudeon, President; Dr. Debra Weinstock, Secretary; Dr. Terry Spilken, Past President and Dr. Steven Plotka, Treasurer.

Photo provided by Dr. Barry Block.