

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

SPRING2011



ALUMNUS OF THE QUARTER

Dr. Kevin T. Jules

By: Adisa Mujkic

A graduate of NYCPM, Class of 1984, Dr. Kevin Jules has been a dedicated professor at the College for 24 years. In addition to his academic duties, Dr. Jules has a private practice in Brooklyn Heights with someone very familiar to us here at NYCPM - Dr. Trepal. The most rewarding aspect of Dr. Jules's career is training residents at Metropolitan Hospital in Manhattan and Long Island College Hospital in Brooklyn. He encourages all students to attain the highest level of training possible in all aspects of Podiatry.

Dr. Jules was raised and still currently resides in Baldwin, NY. Attending Adelphi University for his undergraduate studies, a passion for sports medicine sparked his interest in Podiatry. Married with four children, Dr. Jules enjoys spending time with his family and stays active by playing lacrosse and golf.

NYCPM was Dr. Jules's school of choice to study Podiatry because of the College's prestige. Lower Extremity Anatomy is distinguished as his most memorable class during his four years at NYCPM. Graduation stands out as a striking moment during his time at the school, as well.

Dr. Jules has spent the greater part of his career doing foot and ankle surgery. He notes that through his years of practicing podiatry, the field has evolved to be more comprehensive and structured. Reconstructive Surgery, Trauma, and Pediatrics are among his most esteemed areas of Podiatry.

Looking forward to the growth and ever-expanding capacity of Podiatry within all components of a health career, Dr. Jules is eager to see Podiatry take on an even more significant role. In particular, Dr. Jules is anticipating the change in New York State Law to expand the scope of practice. Optimistic about the potential of Podiatric Medicine and dedicated to the fostering of the best future Podiatrists, Dr. Jules is a remarkable clinician and key professor at NYCPM.



Dr. Jules and wife Ann at NYCPM's Annual Foot Ball 2011

Photograph provided by Jennifer Seifert (2012)



Nelya Lobkova (2011), Dr. Trepal, Dr. Jules and Giannin Perez (2011) at the ACFAS National Conference (2010)

Photograph provided by Giannin Perez (2011)



Dr. Jules receiving the Best Clinician award for 2010 at NYCPM's Annual Football from Giannin Perez (2011) and Kristina Ruff (2011)

Photograph provided by Jennifer Seifert (2012)



Dr. Jules, conducts a training session for the standardized patients prior to NYCPM's newly-instituted CAPSTONE assessment.

Photograph provided by Podiatry Management Magazione

SHOE OF THE SEASON

Vibram Five Fingers: A Student's Perspective

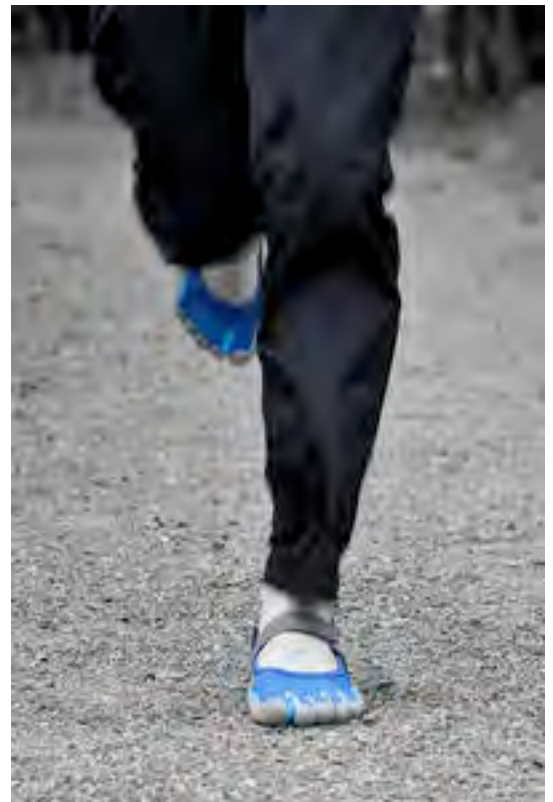
BY: BIJAN ANDRADE, NYCPM Class of 2012

I have given a lot of thought to these shoes based on the discussions that are inevitable when podiatry students and doctors start taking notice, and I have ideas about their function (but I haven't yet set up studies to move beyond theory). This being the case, I'll start with a description and anecdote: I had tried running barefoot after a marathon in San Diego keyed me to the idea. Unfortunately, after the first half mile, the skin under my metatarsal heads would be gone, and by the end of a seven-miler, I would be skin-free, have to call for a ride home, and would barely be able to walk around my place. I gave up on barefoot running at that time, and did not start again until a year or two later, in Utah.

Vibram is a company that makes the rubber sole for good quality hiking boots. I liked my boots (and their logo) so much that I decided to see what else their company made. This was in 2007. On their website was the Vibram Five Fingers (now called the "Classic" model), basically a rubber sole with individual digits and enough elastic to keep the sole on the foot. They were closed from behind the heel with a drawstring. These were minimal shoes, designed to protect the feet of people during activities where they would otherwise be barefoot. They were originally designed for people racing sail boats, I believe (you can check their site to be sure that this is correct). I started wearing them, and eventually did use them to run.



The Vibram KSO provides an option for runners during the winter months.



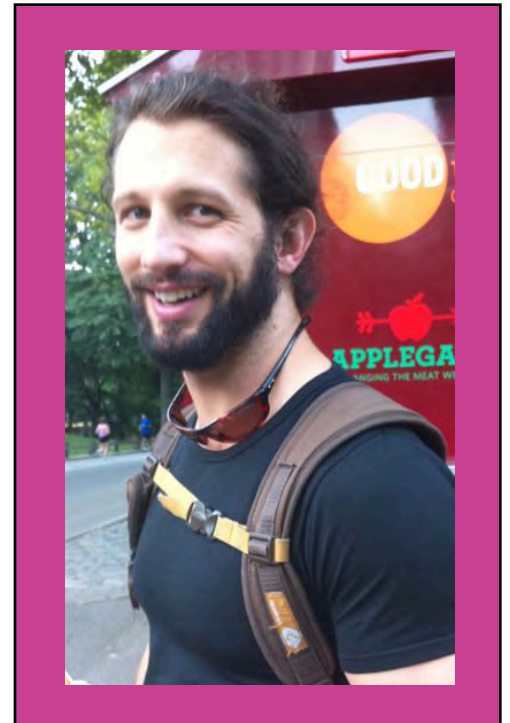
The shoes come with a statement warning about the importance of avoiding a sudden transition to five-fingers from traditional shoes, as they are little more than a glove for the foot, without any support mechanisms. I wore them around the office at first, then began using them on short walks, gradually picking up to longer walks and eventually runs. The shoes are good for preventing cuts and abrasions, but your body does the rest of the work by learning to support itself. The hardest things were learning to put them on (it's surprising how difficult it can be to move individual digits that are used to being stuffed into a sock together; I had to use my fingers to point my toes the right way at first and it was still hard), and to keep enthusiasm in check so that I could transition into my activities without hurting myself. Feet that are used to being held in place by supports do not immediately react by taking over when the supports are gone.

Fast forward a couple of months after wearing my "Gorilla Feet", as my coworkers took to calling them, and I definitely felt that my feet were stronger, and that my ability to move was enhanced. The thin sole allows a lot of feedback from the ground to make it to the brain, and my reactions to ground contour and obstructions (like pebbles, uneven ground, etc.) were sharper. I could see the muscle bulk in my feet grow considerably (though I didn't measure how much), and when I looked at them from standing, I was more upright.

Downsides: The rubber curves up along the front and a bit over the top of the toes, and this led to some painful drags at first when I would catch a toe and flex it past its normal range when I was walking. Another thing is that with the toes all free and covered in sticky rubber, I caught my fifth digit on a couple of doors when I was not paying attention, and instead of sliding by, it made pretty good contact, and directly on the one digit. After a couple of months wearing the shoes, though, my body had grown



Cindy Pavicic, Class of 2012
Editor of Shoeftheseason.com



Bijan Andrade, Class of 2012
AAPSM Student Chapter President

used to supporting itself, and I remember once connecting my fifth digit with a coffee table and being surprised as the table spun away, while I only broke stride to right the furniture (it didn't hurt at all). The "Classic" model of the shoe did tend to come off when I would run hard, but was fine for distance runs, especially on trails or in parks. My current shoe, the "Sprint" model, has a strap across the top and two along the heel, and I think these are a great improvement in function. The shoes don't dry as well as I would like after walking in a stream, and I don't know how this will be addressed.

Overall, I love wearing these shoes now, and honestly feel a bit oppressed by conditions that require me to don more traditional footwear. The shoes are very light, and I enjoy feeling the ground I walk on, and I learn to soften my movements because without cushioned soles, thundering down on the ground is not a comfortable option anymore. Instead of crashing down, I pick up my feet before too much weight settles. The minimal distance between my foot and the ground makes me feel more stable, as there is less of a lever to twist my ankles on. If one is free from a pathological deformity, is reasonably fit, and is willing to ease into the shoe without overdoing it, they're wonderful. Currently, I would say they are my main shoe, but with a traditional shoe as an adjunct. When I start to feel sore, I then use the supports of my traditional shoe like the crutch that they are.



The Class Vibram Sprint for an all-purpose use.



WHAT'S NEW AT NYCPM

NYCPM Professor of Pediatrics and Orthopedics Russell G. Volpe, DPM, travels to Portugal to teach intensive two-day course in Podopediatrics.

Russell G. Volpe, DPM, Professor of Pediatrics and Orthopedics at the New York College of Podiatric Medicine, recently traveled to Gandra, Portugal, to teach graduate students at CESPU – Advanced Polytechnic and University Cooperative an intensive two-day course in Podopediatrics. Dr. Volpe was invited by Miguel Oliveira, a podiatrist, who runs the podiatry training program at CESPU. Dr. Volpe taught students enrolled in their “mestrado”, or masters, program who already have a degree in podiatry and are seeking higher-level, specialized additional training.



NYCPM Pre-Clinical Sciences Faculty Member Presents Poster at Association of American Medical Colleges 2010 Annual Meeting

Anthony V. D’Antoni, DC, PhD, Assistant Professor of Pre-Clinical Sciences, and Director of Anatomy, at the New York College of Podiatric Medicine, is presenting an informational poster entitled “*Outcomes Assessment in a Novel General Anatomy Course: A Model for Podiatric Education*” at the 2010 Annual Meeting of the Association of American Medical Colleges being held in Washington, D.C. through November 10.

The general anatomy (GA) course at NYCPM was recently revamped, in conjunction with the completion of a new, state-of-the-art gross anatomy lab at the College. The revamped GA course emphasizes clinical anatomy, cross-sectional anatomy, and radiology. A cohort of 94 first-year podiatry students completed GA and were exposed to 500 items (questions) from 13 assessments throughout the semester: 324 multiple-choice and 176 practical items. At the beginning of GA, they were given a mock quiz and mock practical—both assessments did not count toward the final course grade. The purpose of these assessments was to enable students to become familiar with the style and depth of items throughout the GA course and to provide them with a self-assessment of their study strategies. Statistics were used to analyze those assessments that predicted overall performance in GA. When correlated with final grade, all three lecture exams were highly predictive of overall performance in GA, which allowed for early identification of students who may have trouble in the course. Similar analyses can be used in podiatric education to identify students with academic difficulty before their situations become dire. These analyses can also be used to predict success on licensing exams.



NEW YORK COLLEGE OF PODIATRIC MEDICINE BOARD MEMBER

ROCK G. POSITANO, DPM, MSc, MPH, APPOINTED DEPUTY BOARD CHAIRMAN

Rock G. Positano, DPM, MSc, MPH, Director of the Non-Surgical Foot and Ankle Service at New York's Hospital for Special Surgery, and a member of the Board of Trustees of the New York College of Podiatric Medicine (NYCPM) since January 2009, has been appointed Deputy Chairman of the NYCPM Board.

Dr. Positano, a 1988 graduate of NYCPM, is nationally known for his non-surgical approach to the treatment of foot disorders. Dr. Positano is on staff at the Hospital for Special Surgery and currently serves as Director of the Foot Center, Sports Medicine section, at the Orthopedic Trauma Service, New York-Presbyterian/Weill Medical College of Cornell University. He holds professorial appointments in the Departments of Orthopedics and Medicine and is the Chairman of the Academic Department of Orthopedic Science at NYCPM and the Foot Center of New York.

In addition to his DPM degree from NYCPM, Dr. Positano holds a Master of Public Health degree from the Yale School of Medicine and a Master of Science degree from the Institute of Environmental Medicine at the NYU School of Medicine.



THE NEW YORK COLLEGE OF PODIATRIC MEDICINE'S PODIATRIC MEDICAL REVIEW IS BACK

By: Adisa Mujkic (2013)

The New York College of Podiatric Medicine's Podiatric Medical Review is being revived! Literature reviews, case reports, and original work are welcome. This is a wonderful opportunity to pursue your coveted interest within Podiatry and share your findings with your fellow classmates and future colleagues. If you have any further questions, please direct them to the editorial staff:
Class of 2013: Jackie Prevete, Adisa Mujkic, Christoopher Lovell and William Lopez.

Class of 2014 and 2015: Alicia Attanasio, Ilya Shnitser and Johnathan Roy.

**Article submissions are being accepted throughout the summer.

More information can be found at www.nycpm.edu under Student Clubs and Organizations.



POLAR PLUNGE 2011

The NYCPM Sports Medicine Club was thrilled to be involved in fundraising and volunteering at the 2011 Special Olympics Polar Plunge this year, held at North Hempstead Beach on Long Island. Various student groups, including the Surgery Club and the Running Club, combined efforts to generate the more than \$700 that was raised for donation to the Special Olympics.

The Polar Plunge is an annual event held in the early spring where participants don various costumes, body paint, or simple bathing suits and then march in a herd to be submerged in the open water. Despite the chilly temperatures, spirits are always high at this feel-good event, and the participants are fueled by copious amounts of chocolate-chip cookies, bagels and coffee that are served from tents on-site.

This year's event was packed with characters ranging from legitimate (Long Island Police landing at the site in a helicopter) to the most illegitimate (Darth Vader representing the Imperial Forces). Classic

cars, music from a local radio station, and even a leprechaun with macrocephaly and a skin made of felt were on-site to encourage the plungers and to rally behind the Special Olympics cause.

Over the past seven years, this event has raised over \$700,000. The Special Olympics began as a day camp started by Eunice Kennedy Shriver in 1962 to serve children and adults with intellectual disability. The program evolved over the years, and today is an international program open to individuals with a wide variety of intellectual and physical disabilities. Athletes from over 170 countries participate in a variety of individual and team sports. This year the World Summer Games will be held in Athens, Greece.

A call to service is a major driver for many students and doctors, and the habit of volunteer work that is started early carries through to the relationship of many NYCPM alumni to their community. For doctors in training, this event was an enjoyable step along the path to becoming a positive force for where they live.

Article by Bijan Andrade (2012)



Sports Medicine Club President Bijan Andrade (2012) with fellow plungers Garrett Moore (2014) and Robin Lenz (2013).



The trio running out of the frigid water after making their plunge.

NYCPM'S BASKETBALL TEAM 2011

By: Oendrilla Kamal (2012)

For the first time in a long time NYCPM's Basketball team is at their top of their game. At the latest Annual APMSA CAB Basketball Tournament, NYCPM placed 3rd out of 9. The team traveled to Independence, OH, where the tournament was held from April 8-9th. This year it had proved to be one of the most challenging ones yet.

This extraordinary achievement is partially due to the team's captain/coach/coordinator Ronald Gomez (2012). Due to his expertise, he was able to use players talents and skills at the right moments to gain victories over their competition. He states that players that played amazingly like Andre Ross and Philip Schatz, made his job easier.

Day 1 consisted of the seeding games (Games 1 and 2), where NYCPM gained the #1 seed heading into the tournament. One of the greatest obstacles that NYCPM faced was on Day 2 (double elimination tournament play),

when they played 4 games in a row and finally had their loss to DMU (purple), after their very intense 1-point win over OCPM (green). Scholl in the end won the tournament in the final game against DMU (purple) by 1 point.

This year's NYCPM team MVP award went to none other than Andre D. Ross (2012). He proved to be a force not to be messed with on any NYCPM sports team (with the exception of soccer).

The team consisted of Waldemar Majdanski, Charles Lee, Jared Kohlbacher, Demetrios Grossos, Tyler Miranda, Andre ross, Philip Schatz, Fejzo Cecunjanin, Daniel Halayko and Adam Nowland.

The team would like to give a special thanks to The Alumni Association, Mr. Warren, Dr. David Gitlin, Whiz, Brian (NYCPM security guard), The Student Association, and Jennifer Seifert for their support.

THE SCORE BOARD:

Day 1:

Game 1	
NYCPM	57
DMU (white)	21

Game 2

NYCPM	48
CSPM	29

Day 2:

Game 3

NYCPM	59
CSPM	40

Game 4

NYCPM	38
OCPM (red)	57

Game 5

NYCPM	66
OCPM (green)	65

Game 6

NYCPM	42
DMU (purple)	61

Photograph provided by Daniel Halayko



NYCPM's Men's Basketball Team 2011

INTERNATIONAL PODIATRY CLUB

By: Pamela Adrian

(NYCPM E-NewsLetter 2011)

Successfully held their 3rd annual medical mission trip to Mexico.

The International Podiatry Club at the New York College of Podiatric Medicine strives to promote education and the enhancement of knowledge in the field of podiatry of different countries. Our goal is to provide students an opportunity to advance their understanding of podiatric importance and podiatric scope in countries around the world through educational seminars, guest speakers and research. We believe that through this mission, we will give the prospective podiatrist an idea of what to expect if he/she decides to ultimately pursue this profession in another country, as well as to give a general idea of how podiatry is perceived and applied internationally. In 2009, IPC established an annual podiatric mission to Mexico by joining forces with the “Welcome Home Outreach Ministries” organization. For the past three years, the mission teams, consisting of third- and fourth-year podiatric students and Doctors of Podiatric Medicine from NYCPM and other health professionals, have traveled to Vicente, Guerrero, Mexico and surrounding areas to provide services for hundreds of patients who ordinarily could not afford podiatric



Above: Student doctor Tanler Volkmann (2012) helps close up a ganglion cyst removal.



Left: Locals very grateful towards the IPC medical mission team members

treatment. Students not only assisted with surgical procedures and treated cases ranging from common plantar fasciitis to syndactyly, but volunteered at a local non-profit day care center. IPC President Oendriila Kamal, Class of 2012, declared the experience "amazing." "We definitely worked hard," she said, "but in the end, I gained more than it would have been possible to give." Fellow mission team member Tanler Volkman, Class of 2012, added, "The IPC Mexico medical mission trip provides opportunity to correspond with a variety of clinical specialists, offering medical care to populations that have limited access and means. It is an unforgettable experience that allows personal and professional growth and reminds you why you chose the health care field. Bottom line: the intensity of our training often leaves little time to think of others; this experience is rewarding, providing time to selflessly reflect on issues far greater than one's self."



Dr. Barlizo and Cheree Eldridge (2012) busy at work.



Above Left: Oscar Castillo (2011) and Dr. Sherfey (Orthopedic Surgeon) view x-rays.

Above Right: Chioma Odukwe (2012), prepares for a B12 injection.

Left: NYCPM IPC team and Dr. Yarter (General Practitioner) enjoy a well deserved taco break!

RUNNING CLUB RACE

Quite the Challenge

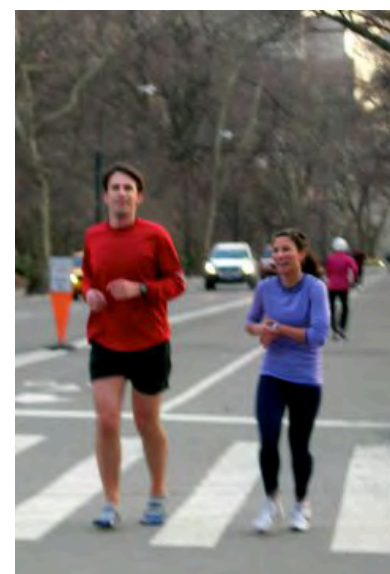
By: Adisa Mujkic (2013)

On a brisk Friday afternoon of March 4th with the first signs of spring hovering in the air, NYCPM's Running Club held its first official race. Tyler Silverman, President of the Running Club, challenged the entire student body to race against the members of the running club. The stakes were set high; if any non-members won the race, then Silverman would greatly reduce the amount of emails he sends out to the student body in regards to Running Club events, and if club members won the race, then Silverman could spam away.

As the club does possess some remarkably experienced and accomplished athletes, this was no easy feat. The race was held in Central Park and encompassed the Harlem Hill loop, a total of 3 miles. The course, quite hilly and strenuous, proved to be quite a challenge. The runners of NYCPM, both club and non-club members, displayed their true athletic abilities and made an impressive showing.

Tyler Silverman and Jackie Prevete crossed the finish line first with a striking time of 19 :21. Not too far behind came in Lonny Nodelman 21:35, Tanler Volkmann 21:49, Eric Shadle 22:48, Steve Vu 23:05, Niral Patel 24:05, Alex Kamenshikov 24:07, Roger Hill-Sukie 24:14, and Rachel Zorger 34:07. By the end of the race, talent and a passion for running brought club members and non-club members onto a united front.

Alas, as the winners were both Running Club members, Silverman will continue to have the right to persistently encourage us all to stay active and inhale a few fresh breaths of air at least until a brave soul can muster up a 19:20. Keep the emails coming!



Top: Caught in action... race participants give it their all.

Bottom Left: Group Photo op of all the runners in Central Park.

Bottom Right: Winners, Tyler Silverman (2012) and Jackie Prevete (2013) at the finish line.

FOOTBALL 2011



The podiatric glitter-atti migrated to Three Sixty° for a night of well-deserved regalement.



Class of 2011

The NYCPM Annual Foot Ball A Night That Will Not Be Soon Forgotten...

By Oendrilla Kamal

This year's Foot Ball took place on a breezy cool March night, at innovative ballroom: Three Sixty°! This newly built 30,000-sq.-ft. ballroom located on the 11th floor, gave us a 360-degree breathtaking view of a downtown Manhattan sunset.

The night also served as one of the last times the graduating class of 2011 can celebrate together before leaving. It was honored by a great speech by Class President, Jared Kohlbacher. He described the event "as an an amazing night. The venue was great, food and drinks were fantastic, and those that were not present at the occasion truly missed out."

To add to the cause for celebration, the 2011 NYCPM Student Choice Awards were given out at the gala including: The Best Pre-Clinical Professor for 1st year, Dr. Zhiyong Han and 2nd year, Dr. Daria Dykyj. The Best Clinical Professor, Dr. Randy Cohen. The Best Clinician, Dr. Kevin Jules and last but not least, The

Best Clinical Rotation went to Medicine A/B and was presented to Dr. Thomas Delauro via Skype from "Paris".

A surprise (both to its recipient and the audience) Special Award went out to Dr. Laurence Lowy for his hard work and dedication to Student Services.

The Foot Ball would not have been possible without the hard work and dedication of Jennifer Seifert and the Foot Ball Committee, comprised of: Liz Piselli, Andrea Premlall, Edward Lee, Rihamary Cruz, Janale Beckford, Kunal Amin, Kristina Ruff, Chioma Odukwe, Faysal Siddiqui, Julliete Smith, Cheree Eldridge, Chris Powers, Anna Wojcik Giannin Perez, Jacqueline Prevete, Kate Wood, Dolma Magar, Chris Powers Sam Cohen, Samantha Delregno, Sari Goldman, Manasi Megphara. A special thanks to Dr. Laurence Lowy, Ms. Linda Chusuei, Ms. Lisa Lee, Mr. Roger Greene, Mr. Louis Levine, Mr. William Wolff, Mr. Steve Silberman, and Dr. Patricia Wade.



Class Snapshots



Class of 2012



Class of 2013



Class of 2014



Canadian Students

PODIATRIC SURGERY

NYCPM Holds Second Year of Vilex-Sponsored Mini-Fellowship Program For Surgical Training of Podiatry Residents in the New York Metro Hospitals

The New York College of Podiatric Medicine recently held the second year of a Post-Graduate Mini-Fellowship program for surgical training of the New York Metro Hospitals' Podiatry Residents. Vilex, Inc., a well-known manufacturer of Foot & Ankle implants and surgical products, is sponsoring the entire multi-year program through an education grant.

This year's part of the multi-year program consisted of three weekends of didactic and hands-on instruction, including increasingly complex surgical instruction utilizing fresh cadavers in NYCPM's state-of-the-art Anatomy Lab. There are separate programs for Junior and Senior Residents -- Basic, for first-year residents, and Advanced, for second-year residents. Each track enrolls about 25 residents, selected by the residency directors of the participating hospitals. A few positions in the advanced track are made available to practicing surgeons.

Dr. Abe Lavi, President & CEO of Vilex, Inc., stated, "Surgical education is best when it is hands-on. We at Vilex are delighted to sponsor this multi-year program at the New York College of Podiatric Medicine."



A Post-Graduate Mini-Fellowship program for surgical training of the New York Metro Hospitals' Podiatry Residents, sponsored by Vilex, Inc., was held recently at NYCPM.

Surgical faculty for the recent sessions included NYCPM faculty members Michael J. Trepal, DPM, David Gitlin, DPM, Johanna Godoy, DPM, Thomas Vitale, DPM, as well as Ronald Soave, DPM, Chief of Podiatry and Program Director, Podiatry Residency Program, at New York Methodist Hospital.

ALUMNI REPS



Oendrilla Kamal
2012

OKAMAL@NYCPMEDU



Adisa Mujkic
2013

AMUJKIC@NYCPMEDU



Michael Galoyan
2014

MGALOYAN@NYCPMEDU

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.