ALUMNUS OF THE QUARTER
Lt. Col. Steven Goldman, DPM

Dr. Steven Goldman is by far one of the most accomplished and dedicated doctors in his profession, not to mention a huge inspiration to other podiatrists and students at NYCPM. A Lieutenant Colonel, an Air Force reserve surgical squadron commander at Andrews Air Force Base in Camp Springs Maryland, triple board certified, Dr. Goldman is anything but short of accomplishments. His most recent achievement was in mid-October of 2010, where he was awarded the Meritorious Service Medal. Dr. Goldman received the medal for his efforts in supervising the 779th Medical Group and for his care of Air Force members, both active duty and retirees, as well as their dependents, coupling outstanding outcomes with cost savings for the Air Force.

Along with his strong background in clinical podiatry, he is very well versed in medical administration. He is also a member of the NYCPM Alumni Association, the American College of Podiatric Radiologists, the American College of Healthcare Executives, the APMA, the ASPS, just to name a few.

Dr. Goldman grew up in Brooklyn, NY and now resides in Long Island. He spent his undergraduate years at Brooklyn College and received a Bachelor of Science
with a major in chemistry. After college, Dr. Goldman knew he wanted to work in medicine. NYCPM allowed him to stay close to his family while attaining this goal. Dr. Goldman described how one of his most memorable experiences at NYCPM was definitely graduating, because “it was a rush that would be very difficult to duplicate.” After graduating from NYCPM in 1982, Dr. Goldman somehow also found the time to join the Air Force reserve during the first Gulf War.

After finishing his residency program, Dr. Goldman opened his own private practice in Brooklyn, NY, which he sold in 1993. He then decided to join the staff at the Harbor Healthcare Veterans Administration Medical Center in New York City, where he currently holds the titles of Chief of Podiatry and Director of Podiatric Medical Education.

Since 1989 Dr. Goldman has been a clinician in the department of medicine at FCNY, along with serving as an Associate Clinical Professor of Podiatric Medicine at NYCPM. To the students at NYCPM, Dr. Goldman advises them to choose externships and residencies that are both geographically desirable and conducive to their own individual goals as a Doctor. He also stresses that work-life balance is important and should be maintained in order to stay sane, while also acknowledging your own personal goals in order to market yourself to the fullest extent possible. After earning his MBA in 2007 at Baruch College of The City University of New York, Dr. Goldman credits an additional understanding of being able to better run a business to his particular skill set. He would also recommend this degree to fellow NYCPM students as a way to gain a better understanding of a business that directly affects one’s success and potential.

Dr. Goldman enjoys spending time with his wife Linda and his two children, Sari, currently a 4th-year student in NYCPM’s Class of 2012, and Corey, a 4th-year finance major at Binghamton University’s School of Management. He also enjoys playing the guitar and golf. Amongst all his other achievements, Dr. Goldman has also written a book called “MBA Tidbits for the Health Care Professional.” He looks forward to spending active duty time in Washington D.C. where he helps run a hospital.

Many thanks to Dr. Goldman for sharing his time and advice with NYCPM students, as he proves to be a very valuable example of what a dedicated podiatric physician should be.
The support came pouring in; it came in the form of emails, the wearing of ribbons and words of encouragement in the halls. NYCPM students, faculty and employees swept in swiftly and mightily.

A few days after Ema Karanovic was born on February 23, 2011 in Doboj, Bosnia she was diagnosed with Epidermolysis Bullosa, non-specificata. Epidermolysis Bullosa is a genetic disorder in which the proteins that connect the dermis to the epidermis are missing. The skin is left extremely thin and fragile. Even the slightest irritation causes the skin to blister and subsequently scar. Currently, treatment options are mainly for the management of blisters and bacterial infections, although genetic research is being conducted to find a way to induce the production of a functional keratin gene.

Unfortunately in Bosnia a lack of appropriate laboratories and medical technology left Ema without a specific diagnosis. Ema and her parents were sent home without much information on how to care for her condition or what to expect. News of Ema came to NYCPM, and the Pediatrics Club took to putting up flyers, distributing ribbons, and collecting donations. In just under two weeks, through the generosity of the NYCPM community and outside friends and family, about $1,800 was collected for Ema. The money collected will go towards sending Ema to Croatia to obtain her specific diagnosis and for her daily medical supplies. The support displayed by NYCPM goes beyond monetary measurements; it’s the actions without the slightest bit of hesitation and sincere well wishes that gave the Karanovic family much needed hope.

I had the pleasure of visiting Ema and her family at the end of April. Ema lay tucked away in her crib gently sleeping, yet the agony caused by the blisters and scars that cover her entire body was quite evident. Her older sister Marija was excited to introduce me to her baby sister and to have a visitor from so far away. Before I knew it she had pinned “Fight for Ema” ribbons to each of her family members and soon found her way to my lap. Ema’s mother, Ajana, who provides 24/7 care for Ema, told me of her frustrating and disheartening experiences at the hospital when Ema was born. She then took me through her daily routine, which involves hours of piercing blisters and careful re-bandaging. She told me of the improvements that she has seen in Ema since her birth, the separation of her fingers and toes and yet the constant struggles that come up every day.

As I gave her a card with our donations and told her of the efforts from NYCPM, she said that there really aren’t words to describe her gratitude and what it means to have people a world away care so much.
This scholarship started 4 years ago by the NYCPM Alumni Association in memory of Dr. Bruce J. Frankel, a long-time president of the association. Dr. Frankel was associated with the College since his graduation in 1971. Over the years, he held many titles and had various responsibilities at NYCPM. He was a full professor in the Dept. Of Medicine. He was also the chair of the Dept. of General Podiatry, which merged into the Dept. of Medicine, was Dean of Students, Dean of Clinical Education, etc. Outside of the College, he was very involved in the NJ Podiatric Medical Society and was the Chair of the Central Division and a representative to the APMA House of Delegates for many years. He loved podiatry and was a tremendous advocate for our profession.

The award is to be given to the student who did the most for the profession and College as a student. The Award Committee at NYCPM and the Alumni Association evaluates which student entering their 4th year is most deserving. This scholarship proves to be a big help for the student during one of their most expensive years while being in Podiatry school. The award is given out annually at the Summer Alumni Meeting. It is a memorable day when Bobbie Frankel, Dr. Frankel’s widow, attends the meeting to present the award to the student.

**Past Scholarship Winners:**

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At a pinning ceremony held recently at the New York College of Podiatric Medicine (NYCPM), five members of the Class of 2012 – Amarjit Chhatwal, Sari Goldman, Oendrila Kamal, Lonny Nodelman, and Devin Poonai – were inducted into the Pi Delta National Podiatry Honor Society, Gamma Chapter. Khurram Khan, DPM, Assistant Professor of Podiatric Medicine, and Faculty Advisor to the Gamma Chapter, served as Master of Ceremonies, introducing Louis L. Levine, President and CEO of NYCPM, who spoke about how the future of the profession of podiatry depends upon people like the inductees. Michael J. Trepal, DPM, Vice President for Academic Affairs and Dean, congratulated the inductees, saying they had worked hard and consistently for this honor. Following his remarks, Dr. Trepal led the inductees in reciting the Pledge. Lonny Nodelman, Pi Delta National Podiatry Honor Society President, offered closing remarks, thanking Dr. Khan for having put together an outstanding series of lectures during the year.

Pi Delta Gamma Chapter:
(From Left to Right) Sari Goldman, Lonny Nodelman, Amarjit Chhatwal, Dr. Khurram Khan, Devin Poonai, and Oendrila Kamal

The newest Pi Delta members take the oath, along side Dr. Thomas Delauro.
NJPMS Elects New Officers

Terry Spilken, DPM, became the 92nd president of the New Jersey Podiatric Medical Society (NJPMS) upon taking the oath of office at the society’s Leadership Dinner held at the Region III Meeting in Atlantic City, NJ.

Also elected were:

Marshall Feldman, DPM, President-Elect
Alan Bass, DPM, Vice President
David Dondero, DPM, Secretary
Sharon Monter, DPM, Treasurer

NJ Podiatrist Honored By The Marlboro K-8 Board Of Education

On May 12, 2011, at its annual reorganization meeting, the Marlboro K-8 Board of Education honored Dr. Terry Spilken for his 12 years of distinguished service as a board member, six of which he served as president and two as vice president. Although he continues to be very committed to supporting the outstanding education that is provided by the school district, especially because his grandchildren will be attending Marlboro schools in the near future, Dr. Spilken is unable to serve because he is moving to another town at the end of this year.

To a standing ovation from a full house, including Marlboro Mayor Jon Hornik and past board members who came to honor his service, Dr. Spilken wished the new board well in continuing to chart a course of excellence for the children. “It’s all about the children, nothing else,” he said.

Long-time friend and board colleague Cynthia Green presents Terry Spilken with a plaque and framed resolution from the Marlboro Board of Education in recognition of his distinguished service to the children of Marlboro.
[New York, NY] – Nirav R. Shah, MD, MPH, the New York State Commissioner of Health, delivered the keynote address to the Centennial graduating class of the New York College of Podiatric Medicine (NYCPM) and received the honorary degree of Doctor of Humane Letters-Honoris Causa, during the College’s Centennial Commencement Ceremony at Lincoln Center’s Alice Tully Hall in New York City on Thursday, May 26th.

Louis L. Levine, President and Chief Executive Officer of the College, presided at the commencement ceremony. Dr. Shah addressed the 75 graduating seniors—who received their Doctor of Podiatric Medicine degrees—and an audience of nearly 1,000 faculty members, parents, family and friends. In addition, Glenn B. Gastwirth, DPM, Executive Director & CEO of the American Podiatric Medical Association (APMA), and a magna cum laude graduate and Valedictorian of the NYCPM Class of 1974, was also awarded the College’s honorary doctorate. Michael J. King, DPM, President of the APMA, also delivered brief remarks.

NYCPM President and CEO Louis L. Levine said, “The leaders whom we are honoring today are exceptional individuals who are dedicated to improving the human condition. We are honoring them to applaud their service and their dedication, and for exemplifying the ideals that the New York College of Podiatric Medicine encourages in each of its students.”

Nirav R. Shah, M.D., M.P.H., is the 15th New York State Commissioner of Health. His nomination by Governor Andrew Cuomo was confirmed by the State Senate on January 24, 2011, making him the first Indian-American to serve as State Commissioner of Health, as well as the youngest person named to the post.

An expert in the use of systems-based methods to improve patient outcomes, Dr. Shah has been a leading researcher in the use of large-scale clinical laboratories and electronic health records to improve the effectiveness and efficiency of care. He is a nationally recognized thought leader in the methods needed to transition to lower-cost, patient-centered health care for the 21st century. His vision for New York is a state where every resident has access to affordable health insurance coverage, high quality care, and early screening and other services to prevent chronic disease and improve overall health.

Before his government service, Dr. Shah was attending physician at Bellevue Hospital Center in Manhattan, associate investigator at the Geisinger Center for Health Research in central Pennsylvania, and assistant professor at the New York University School of Medicine in value and comparative effectiveness.

A native of Buffalo, Dr. Shah is an honors graduate of Harvard College and received his medical degree and master's degree in public health.
from the Yale School of Medicine. He was a Robert Wood Johnson Clinical Scholar at UCLA and a National Research Service Award Fellow at New York University. Dr. Shah is a fellow of American College of Physicians and the New York Academy of Medicine. He has served on the editorial boards of medical journals, has published more than 90 peer-reviewed articles, and has received more than $4.5 million in research funding. He is certified in internal medicine by the American Board of Internal Medicine.

Keynote Speaker Nirav R. Shah, MD, MPH, New York State Commissioner of Health

NYCPM Celebrates Centennial With Record-Breaking Attendance

Amidst great pomp and ceremony, and despite inclement weather, over 600 alumni and friends attended the 100th anniversary convocation and testimonial of the New York College of Podiatric Medicine (NYCPM). The huge gathering for this historic milestone was the largest ever in the college's illustrious history.

Honored with degrees of Doctor of Humane letters were: Jack Britts, president and CEO of Merz Pharmaceuticals (hooded by Anthony Iorio, DPM, MPH), Kevin Goodwin, President and CEO of SonoSite, Inc. (hooded by Steven Goldstein, MD), and Jay Morgan, COO of Global Research Operations for Merck Consumer Care (hooded by John O'Mullame, PhD).

Also honored was Louis L. Levine, President and Chief Executive Officer of NYCPM, who was presented a plaque from Congressman Charles Rangel in appreciation of the college's role in providing foot care to the Harlem community.

(L-R) NYCPM honorees Jack Britts, Kevin Goodwin, and Jay Morgan

(L-R) Congressman Charles Rangel Presents Plaque to NYCPM President and CEO Louis Levine.
Dr. Zhiyong Han has been the biochemistry professor at NYCPM for the last 4 years. What makes Dr. Han an extraordinary professor is his extensive knowledge and ability to humble himself to the student’s level. Unfortunately, at the end of June 2011, he will be leaving NYCPM for Washington University, where he will continue teaching biochemistry.

Hailing from Western China, in the vicinity of Tibet, Dr. Han grew up in a very different world. While reminiscing about his childhood he said “Western China was a very interesting place to grow up where I experienced the whole Cultural Revolution that lasted for almost 10 years. In this time many people were considered anti-communist. Those people were either banished by imprisonment or sent to the countryside. The education system was decimated and the universities were closed down. After high school, graduates were sent to the countryside to get reeducation from farmers. I didn’t experience all that because I was in elementary school and high school during this period. With my luck, when I graduated from high school the revolution came to an end and universities were reopened. High school graduates could now take the national college entrance exams in order to study in college. I took the exam in 1978 and was accepted to a well-known university where I majored in plant physiology for 4 years. Then, I came to the United States in 1983 where I pursued my PhD in biochemistry.”

Research was Dr. Han’s first career choice. After finishing his PhD, he initiated research in anti-cancer drugs at the University of Oklahoma medical school and supervised grad students at the University of Miami at Coral Gables. The University of Oklahoma is currently applying for a patent on some of Dr. Han’s work from the past. Additionally, at NYCPM he oversaw a research endeavor initiated by a student,

Oendrila Kamal helps Dr. Han hold up his poster at the National APMA Scientific Conference in Toronto, 2009.
Dendrila Kamal, to identify xanthine oxidase inhibitors. Ms. Kamal received a grant from the APMA which was used to partially fund the research. Subsequently, two other students Karim Badawy and Eric Shadle, jointed the project. As Dr. Han said “The research process is quite an enjoyable process but it is the other aspects of dealing with grants and politics that I didn’t like. So I decided to switch my career from research to teaching so I can spend more time with my family on the weekends.”

Dr. Han takes an empathic point of view in his discipline of teaching by putting himself into the shoes of his students. He explains, “Teaching is a process that gives students knowledge and hopefully leads them to develop ways of looking at questions and issues to find solutions in a logical way.” He goes further to say “teaching at a medical school age level is challenging in the sense that students already have a study habit they developed from their undergraduate study period. So as a teacher here we have to help some students develop a new study habit, so they can cope with the medical curriculum.” Dr. Han explained that finding a fair level of difficulty was the toughest part of his job because the students biochemistry background at NYCPM is very diverse. He said “As a teacher, I have to balance my teaching material so it is not too difficult for students that have never taken the subject and not too easy for those that have taken biochemistry before. Yet it has to be something that meets the standard of national Boards requirements.” Last year, NYCPM had a 99% boards passing rate!

As of right now, there are numerous applicants for the next biochemistry position and the selection process is underway. “Hopefully, it will be someone that knows biochemistry well and will serve the interests of the students,” says Dr. Han.

In his personal life, Dr. Han loves reading. Short fiction and mystery novels balance his broad repertoire. He names Elmore Leonard and Laura Wilson among his favorite fiction authors and goes on to point out that he specifically likes the book, *Food and Western Disease* by Steffan Lindberg.

When asked what his experience has been like at NYCPM, he replied “Well, I have to say I have had four happy years here because the faculty and students are wonderful. The students especially have made me a better teacher. It is truly satisfying seeing students be being able to answer some of the difficult questions and to successfully pass the boards at a 99% passing rate.” Dr. Han has given us 4 years of excellence and we wish him and his family the best in the future. He will be truly missed by those who knew him and those who would have known him at NYCPM.
Volunteers From Nation’s First And Largest School Of Podiatric Medicine Fit Boots For Over 1,400 Incoming Cadets

On June 28th and 29th, five faculty members from the New York College of Podiatric Medicine (NYCPM), assisted by twenty third- and fourth-year students, worked feverishly to fit the more than 1,400 new cadet candidates of the U.S. Military Academy at West Point with properly-fitting boots. The NYCPM volunteers identified cadet candidates with a variety of pre-existing problems, ranging from blisters to bunions, hammertoes and other conditions, and referred them to their company medic. Cadets found to need special boot accommodations were referred to the Academy’s orthotist.

This year’s participation in the Boot Fit by the New York College of Podiatric Medicine marked the seventh year that the College has provided faculty and students to West Point to help out. Leading the effort were Col. Michael Neary, DPM, MBA, of the Podiatry Service at Keller Army Community Hospital, and Michael J. Trepal, DPM, NYCPM’s Vice President for Academic Affairs and Dean. Other NYCPM faculty members taking part were Russell G. Volpe, DPM, Professor of Orthopedics and Pediatrics, Susan M. Rice, DPM, Associate Professor of Surgical Sciences, Robert Stabile, DPM, Adjunct Clinical Instructor of Surgical Sciences, and Jose Loor, DPM.

NYCPM’s Dr. Trepal summed up the importance of the volunteers’ work: “New cadets begin rigorous physical training almost from the moment they arrive at West Point. Later this summer, they will be doing a 15-mile road march. Badly-fitting boots could result in such problems as blood blisters, ulcerations and stress fractures, hobbling even those cadets with the strongest constitutions. Properly-fitting boots will go a long way toward maintaining the cadets’ foot health and, as a result, their overall health and their ability to meet the Academy’s demanding expectations.”

“We deeply appreciate the New York College of Podiatric Medicine’s involvement in helping to prepare our incoming cadets,” said Col. Neary. “In previous years of this NYCPM volunteer program of foot care for our new cadets, injuries such as stress fractures and infections have been reduced by seventy percent. And boot returns and blistered or injured feet are no longer a major problem for us.”

Also in attendance from NYCPM were Board Vice-Chairman Maj. Gen. William F. Ward, A.U.S. (Ret.), Louis L. Levine, President and CEO, and Joel A. Sturm, Chief Operating Officer of the College.
“Great dancers aren’t great because of their technique; they are great because of their passion.” This July, the Paul Taylor Dance Company hosted a summer intensive for dancers at La Guardia High School to foster this ideal in young aspiring dancers. Along with technique and performance classes, the students also had an opportunity to learn about the various aspects of dance medicine and how a dancer can better take care of their body.

The presenters at this workshop included NYCPM’s physical therapist, Greg Taylor and third-year student Alicia Attanasio. In an entertaining and informative manner, Greg and Alicia addressed the unique demands of dancers and helped them to understand what is necessary for them to maintain their dance health. Greg presented the fundamentals of physical therapy, with an interactive anatomy review. Alicia discussed the various aspects of Podiatric medicine, injuries of the lower extremity and even was able to give the dancers an introduction to the gait cycle and its assessment. The workshop ended with an enthusiastic question-and-answer session led by the dancers. “The event was an amazing experience and I am so glad I got to be a part of it,” said Alicia after the event finished. These types of workshops are not only meant to teach the dancers how to better care for themselves but they are also a wonderful opportunity to promote Podiatric medicine.
“The joy on his face when he first tried on the pelvic band and strap system is something that I will always remember” reflects Dr. Barbara Resseque as she thinks back to an 8-year-old cerebral palsied child who immediately noticed that he could now walk just like the rest of his peers. Dr. Resseque began her band and strap systems study in 2010 with the intention of documenting the short-term effects of the pelvic band on children with moderate to severe in-toe. Children ranging from 18 months to 6 years with a functional problem causing a severe in-toe are most eligible to participate in the study. These children experience an extensive amount of tripping and falling throughout their daily activities. A pelvic band strap is custom-formulated for each child to be worn six to eight hours each day. Gait measurements are taken prior to putting on the pelvic band, right after the band is put on the child, and a few months after the child has been using the band. The pelvic band works by putting a gentle stretch on tight muscles that are creating the in-toe, particularly the medial hamstrings.

The most incredible aspect of the pelvic band is the remarkable improvement in the child’s gait as soon as the band is fixed into place. The band is worn underneath clothes and there have been no reports of discomfort from the children involved. Thus far Dr. Resseque, along with the help of NYCPM students Sherie Neufville, Dave Sipala, Jennifer Seifert, and Dominic Roda, has made pelvic band and strap systems for about 10 children. The study will continue this year with the goal of including at least 15 children altogether. The pelvic band and strap systems study aspires to illustrate and provide a new technique to alleviate the complications of in-toe.
NYCPM’S SURGERY CLUB

POSTER PRESENTATION WIN At The ACFAS 69th Annual Scientific Conference, in Fort Lauderdale, FL, 2011

By: Michael Galoyan (2014)

A Case Study on Revisional Tibiotalar Arthrodesis with the Taylor Spatial Frame (TSF)
Tanler Volkmann, BA, Rico Miguel A. Vesperas, BS, Oendrila Kamal, BA, Amari White, BA, Elene Papakostas, BS, Dominic Roda, BS, Samantha DelRegno, BS

The surgery club at NYCPM currently has over 100 members, with Tanler Volkmann as the club’s president. Volkman, Vesperas, and White from the Surgery club presented their poster on Revisional Tibiotalar Arthrodesis at this past ACFAS (American College of Foot and Ankle Surgery) Conference in Ft. Lauderdale, FL in March 2011, where NYCPM took second place out of all the podiatry schools in the United States.

The study was based on utilizing a TSF on a 36-year-old female with revisional surgery of a malunion ankle fusion and a cavus foot with rigid forefoot varus deformity. The outcome is a stable and functional foot and ankle, equating to a better quality of life for the patient. The Taylor Spatial Frame is an external fixation platform allowing for multi-plane translations and displacements. Essentially, it is multiple external rings, fixed and adjusted by struts, and calibrated by a computer application. Significant quantitative deformity correction and a qualitative improvement in foot position and the patient’s gait were observed. The patient is currently able to ambulate more efficiently and without pain. The patient remains in follow-up care with as-needed clinical visits to track her progress.

The Award-winning poster can be found on the second floor hallway at NYCPM.
Amongst the research that the Surgery Club participates in every year at the ACFAS Scientific Conference, they also make time for a lot of educational workshops and lectures for their members. A big advocate for this is faculty club advisor, Dr. Johanna Godoy.

Some of the activities this past year consisted of:

- Suture workshops led by residents Nicholas Argerakis and Jose Loor.
- External fixation workshop with TSF sponsored by Smith and Nephew.
- Plate fixation and Joint Implant workshop sponsored by Osteomed.
- Lunch and Learn with ACFAS instructional surgery videos.
- Lecture on Necrotizing Fasciitis – by the renowned Dr. Thomas Roukis
- Spanish medical terminology workshop.

Photographs provided by Alex Kamenshchikov (2012)

Dr. Argerakis show students proper suturing technique on pig’s feet.

Alex Kamenshchikov (2012) makes an osteotomy for plate fixation.

Dr. Godoy watches carefully as Bijan Andrade (2012) inserts a pin for the TSF.
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.