Alumna of the Quarter

Dr. Barbara Resseque

By: Adisa Mujkic

It is easy to see that teaching is a true passion of Dr. Resseque’s. She can often be spotted in the clinic within a swarm of students reviewing a new pediatrics case and engaged in discussion around the gait platform. There is never a missed opportunity to learn from a new or old patient with Dr. Resseque. She goes out of her way to ensure that each student has a chance to examine the patient, look at the x-rays, evaluate the patient’s gait, ask questions, and formulate his or her own opinions about the case. The ability to engage students and foster skills geared towards treating pediatric patients is a unique quality of Dr. Resseque’s.
Dr. Resseque grew up in the Bronx with her parents and two sisters. She attended Fordham University for her undergraduate studies. After college, she took a year to do research before she began her studies at NYCPM. While she was a student at NCYPM, Dr. Resseque was a member of the Pi Delta Honor Society and tutored on a regular basis.

Dr. Resseque recounts how diversity at NYCPM has evolved over the years since her class, which was comprised of 100 males and only 8 females. While she was at school, Dr. Resseque met her future husband, Dr. Jeffery Cusack, who was one grade level ahead. Dr. Resseque and Dr. Cusack adopted two children from Korea, Michelle and Matthew. Michelle is now 25 and is pursuing a career in publishing while Matthew, 20, is aspiring to become a musician. In her free time, Dr. Resseque enjoys yoga and weight training. In the past, practicing karate with her children was a favorite activity. Old movies and murder mysteries, the gorier the better, are particularly revered pastimes.

Knowing from an early age that she wanted to work with children, Dr. Resseque sought out every opportunity to gain exposure to pediatrics during her time at NYCPM. Dr. Paul Jordan, Dr. Resseque’s mentor, steered her towards podopediatrics and sparked her interest in working with neurologically impaired children. After graduating in 1980, Dr. Resseque completed a fellowship in podopediatrics encompassing the United Cerebral Palsy Center, North Shore University Hospital, and Columbia University Medical Center.

After completing her fellowship, Dr. Resseque worked at the Langer Institute, Dr. Shuster’s Lab, and began to teach part-time. Teaching was always an interest of Dr. Resseque’s, thus she returned to NYCPM to teach didactic lectures in podopediatrics and to instruct in the Pediatrics Clinic at FCNY. In the early 1990’s, Dr. Resseque opened up a practice with Dr. Cusack in East Northport, which shortly after was moved to become a home practice. When Dr. Resseque’s daughter was young, she used to vividly describe her parents career by stating, “People with bad feet come to my house and my mom and dad fix them.”

Fueled with a devotion to working with children and made possible with hard work, Dr. Resseque has built a flourishing podopediatrics practice. Dr. Resseque’s practice is composed of a large portion of children with neurological impairment, a few of whom she has now followed into adulthood.
For those students interested in climbing into the niche of podopediatrics, Dr. Resseque advises students to attend outside lectures and conferences that involve a variety of pediatric specialties. A secret to building a successful podopediatric practice is having continuous communication with a child’s primary pediatrician, physical therapist, and pediatric orthopedist. Speaking at local events such as PTA meetings is another great avenue to help establish a podopediatric practice.

Dr. Resseque plans to continue teaching for years to come. Dr. Resseque describes seeing patients and teaching as just the right mix for her. NYCPM is truly blessed to have a professor and clinician who not only has a rich background in podopediatrics, but also possess an enduring commitment to teaching.
A Continuing Tradition:
IPC Travels to Mexico
By: Prema Hampapur

From April 9, 2012 to April 13, 2012 members of the International Podiatry Club (IPC) at NYCPM travelled down to Mexico to offer medical services. The group of ten 3rd year students along with one attending, Dr. Sharon Barlizo, went to Vicente Guerrero, which is a small town 175 miles south of the US border in the San Quintin Valley. This is the fourth year that IPC has planned and participated in this mission trip.

The IPC team worked in a wide range of environments, which included a clinic, a community center, home visits, an orphanage and even a park where they offered health services from their van. Approximately 60 to 70 patients were seen a day. The NYCPM students got the opportunity to work with other health professionals, ranging from a pediatrician to an RN to a nutritionist.

Common medical problems the students came across were irritation of the eyes and skin due to farm working. Ulcers were seen and many individuals from the community came for vitamins.

In order to fund the trip, members of the IPC held bake sales, raffle tickets and a Thanksgiving potluck dinner. Generous donations were also received from NYCPM faculty, staff and alumni. In addition, families and friends of the team members participating in the missionary trip contributed to help finance the trip.

IPC members came back as changed healthcare providers. “I thought this was the most humbling experience of my life,” expresses Annie Zeb. “The appreciation we received from people in Mexico was priceless. I know everyone from our team will carry this experience with them for the rest of their lives.”

Annie Zeb, Dr. Barlizo, Alicia Attanasio, and Patricia Meehan (left to right) at a children’s center.
Action Shots from IPC Mexico 2012

Photos courtesy of Alicia Attanasio.
By: Cailin Rubino

Irina Abramova, class of 2014, along with other members of the 2014 class, organized a walk-a-thon to raise money for the Save the Children Foundation. Save the Children Foundation is there to save lives with food, medical care and education. They also help rebuild communities after disaster strikes. Save the Children responds to natural disaster, civil conflict, and the ongoing struggles children face every day; poverty, hunger, illiteracy and disease.

The Steps 5K walk-a-thon was held on July 15\textsuperscript{th}, 2012 at Flushing Meadow Park in Corona Queens, New York. On the day of the walk-a-thon, the weather outside was great, and the participants were excited and eager to participate for such a great cause. The walk-a-thon was a huge success, and we raised $2,000.00, all of which went to the Save the Children Foundation. This is a wonderful example of students and faculty of NYCPM coming together to achieve a goal that benefits those who are less fortunate.
Introducing the NYCPM Alumni Portal

By: Adisa Mujkic

The New York College of Podiatric Medicine has the luxury of being the premier college of podiatric medicine. Not only is NYCPM the oldest of all the colleges, NYCPM also has the most graduates each year. The potential for collaboration among NYCPM alumni is overwhelming.

The new NYCPM Alumni website provides an avenue for alumni to stay in touch with each other and with the college. Pioneered by the Vice President of Development and Operations, Desander Mas, over the course of this past year the website has officially launched, with many exciting additions planned for the future. The website was prompted by a need for an arena where alumni could sign up to attend events, such as reunions, conferences, and fundraisers. Also, a place to share photos, news, open positions, and practices for sale. For the future, plans are in process to allow alumni to have access to our library’s online resources and to be able to pay dues online.

Joining the site is simple and free. Just follow the link to the Alumni portal from NYCPM’s home page, http://nycpmweb.nycpm.edu/NYCPMAlumniWebPortal/home.aspx. The website is a wonderful way for alumni to stay involved with the college and linked to fellow alumni.

The home page of the NYCPM Alumni Portal above.
In April of 2012, Dr. Anthony Iorio and 12 students in the 2014 class went on a mission trip to Kolkata (Calcutta), India. The students were Ana Marie Pimentel Tejeda, Gabriel Lopez-Ross, Mina Hanna, Emily Pepyne, Jalpen Patel, Prakash Panchani, Aakruti Bhalja, Mark Shearer, Pooya Lashkari, Corey Bess, Anshini Dalal, and Kunal Amin.

They left Wednesday, April 25 and returned Thursday, May 3rd. Upon arrival, the students and Dr. Iorio were greeted by the Cardinal and Archbishop of Kolkata, who led the way of their expedition through the Health Organization of India. They wanted to convey the message "Diabetes Kills"! The team delivered a Diabetic Limb Salvage Program similar to the U.S. successful models, throughout all of India. They lectured to medical audiences of over 100 doctors who wanted to increase their knowledge of treatment options with respect to caring for the increasing population of diabetics in India. The team visited two hospitals, the first in Kolkata and the second 3 hours away in Mindepour. Incredibly, they were able to evaluate 200 patients in a given day.

The people who went on the mission trip should be commended, respected, and revered for their selflessness, generosity, and kindness. This required a tremendous amount of hard work and dedication, and was a once-in-a-lifetime experience. I did not know of a better way to capture the impact that this mission trip had on the students, other than to ask them about their experiences. What they had to say was very touching and heartwarming. Some of their responses regarding the mission trip are as follows:

~“Although India is among the world leaders in diabetes, the local people were willing to learn more about the disease and how it affects the body. The doctors at each hospital we visited were very intrigued by our methods of diabetes control and treatment.” -Gabriel Lopez-Ross
~“Half the days we were dehydrated, soaked in sweat, and absolutely confused with the culture. Some of us even spent the whole night on the toilet. However, none of that mattered. We were privileged to finally put what we learned to practice. It was not the idea of finally practicing podiatry, but more of the concept of helping some of the most unfortunate people in the world. We were able to treat most of the diabetic patients we saw conservatively. They took every word we had to say seriously. We mattered. This was not what motivated us to work through the 105 degree Fahrenheit weather though, it was the smiles and joy the patients presented us with. It was an experience that taught us on a professional level and one that just makes you feel good about yourself.” -Kunal Amin

~“With regards to my experience of the mission trip to India, I would just say that it was a very rewarding journey, especially when India doesn’t recognize podiatry as a profession in spite of having one of the highest diabetic populations in the world. We had an opportunity to do foot screening for more than 200 patients in one day and most of the patients had peripheral diabetic neuropathy. I was very happy that we could intervene and help them out before they were to the point of requiring an amputation.” -Jalpen Patel

~“Our medical mission to India was one of the most humbling experiences I’ve had. We witnessed poverty that no documentary can fully capture, and it deeply broke my heart. However, being in Kolkata, I witnessed true altruism in the Missionaries of Charity that moved me in a way that leaves me at a loss for words to describe. While having the opportunity to do foot screenings on many needy patients, as well as being immersed in the rich Indian culture, I was mostly impacted by the commitment to wholesome care that these missionaries have for the people of West Bengal. Realizing first-hand just how great the need for medical attention and education is made me restless, but I was greatly inspired by them and the way they selflessly serve the needy population. I now have a special place in my heart for the Brothers and Sisters thanks to this wonderful experience and am grateful for having the opportunity.” -Ana Pimentel-Tejeda
~“This experience has opened my eyes to how different the health care system is in India and how much the local people are in need of proper care, knowledge, and resources. I greatly appreciate the work being done by Dr. Iorio for the people living in India.” -Prakash Panchani

~“India was one of the most amazing experiences of my life. If I had to pick one aspect of the trip that I enjoyed the most, it would be having the opportunity to help out at the Missionaries of Charity houses. You truly get an appreciation for what the Sisters do day in and day out. Being able to partake in this trip has really humbled me as an individual, because you truly do not understand the severity of poverty until you visit such places as we did. The experience reminds you of all the reasons why podiatry and medicine are rewarding professions. It was a great feeling to know that we put smiles on people’s faces that are truly faced with adversity. I enjoyed every aspect of the trip and would do it again at anytime.” -Pooya Lashkari

This mission trip to India was such an amazing undertaking. Dr. Iorio and the 12 students of the class of 2014 should be very proud of what they accomplished and how many people’s lives they changed for the better.

Students (left to right): Corey Bess, Anshini Dalal, Prakash Panchani, Emily Pepyne, Mark Shearer taking some time to enjoy a cricket match.

Corey Bess, class of 2014, conducting a foot exam (on the left).

Photos courtesy of Prakash Panchani.
Boot Fit 2012

By: Adisa Mujkic

On a sweltering July day, 18 NYCPM students, accompanied by faculty and led by Colonel Michael Neary, DPM, MBA, embarked on a three-day adventure at the United States Military Academy. Nestled in the luscious Catskill mountain range and hugged by the mighty Hudson River, West Point with its medieval architecture stands salient against such a breathtaking background.

Boot fit has been an annual NYCPM tradition for years now. Over the course of two days, about 1,200 new cadets are fitted with the right boot size and model. This is a special time in a cadet’s life as they transition from civilian life to life at West Point. The timing of Bootfit is in conjunction with the start of plebe summer, an intense month of physical conditioning and adjusting to life at West Point. The cadets are an extraordinary group of young men and women distinguished in their academic capabilities, leadership qualities, and sportsmanship. Bright-eyed, excited, and a bit nervous, one by one each cadet was fitted for just the right pair of boots.

Taking into account foot type, digital deformities, and any pre-existing foot pathologies, NYCPM students worked tirelessly alongside NYCPM faculty to ensure that each cadet is able to withstand countless hours of marching and standing in formation. Bootfit is lead by Col. Michael Neary, DPM, MBA, of the Podiatry Service at West Point’s Keller Army Community Hospital. Col. Neary graciously welcomed NYCPM students and faculty, sharing his experiences and acquainting the group with West Point.

Student and faculty participants of the 2012 Bootfit gather in the Great Hall.
Bootfit is a remarkable experience for NYCPM students because they get the chance to give back to those that serve our country and they get hands-on clinical experience. The students got the full experience by having the chance to sleep in the barracks and eat in the Great Hall with the cadets. Students also enjoyed a tour of the grounds at West Point, getting to learn about the history of West Point and what it's like to be a student at the academy. A relaxing evening cruise on the Hudson following a busy day of fitting is another cherished tradition of being part of Bootfit.

This year in particular Bootfit took place around the 4th of July. Getting the chance to be at such a remarkable place for this holiday was a special treat. Students had a wonderful day cooling off at the quarry and having a cookout on the banks of the Hudson with Col. Neary and his family.

Having had the chance to attend Bootfit this year, I can honestly say that it was an experience that will stay with me for a long time to come. Being able to volunteer and enjoy a place rich in history and influence was truly an honor.

Faculty participants in this year’s Bootfit included Dr. Robert Eckles, Dr. Michael Trepal, Dr. Susan Rice, Dr. Russell Volpe, and Dr. Loretta Logan. Students from both the classes of 2013 and 2014 included Shawn Braunagel, Erin Roberson, Lee Greenberg, Adisa Mujkic, Robin Lenz, Ari Changizi, Adam Kaplan, Heather Leeb, Joseph Bauer, Jared Menchin, Chelsea Viola, Melissa Hurwitz, Jessica Olson, Corey Bess, Jalpen Patel, Mina Hanna, Pooya Lashkari, and Yu-Ching Chi.

Photos courtesy of Dr. Susan Rice.
The American Podiatric Medical Student Association (APMSA) held its annual basketball tournament from April 13 to April 15, 2012. Students representing different podiatric programs across the country travelled to Barry University in Miami, FL to participate in a men’s and women’s basketball tournament. NYCPM sent two teams representing both groups who for the past year had been practicing after class.

On Friday, participating students attended orientation and received a backpack of goodies. Ranging from beach sandals to water bottles, Barry University went out of their way to provide visiting students with many useful items for the weekend. Once orientation was completed, teams went to the gym and participated in pre-games to match teams up for the actual tournament. In the evening, students enjoyed an evening of Cuban food and had the opportunity to meet and talk to future colleagues. “In between games we were able to bond with one another as well as get to know other students,” states Theresa Djama (2015). “We were able to meet fellow colleagues from Iowa, Pennsylvania and California and learn about their experiences. As doctors of podiatric medicine, we need a strong base and this experience helped build camaraderie.”

NYCPM’s Women’s Basketball Team.
Back row from left to right: Theresa Djama, Prema Hampapur, Niara Wright, Juanita Ruffrano, Sophia Solomon, and Ashley Boccio. Front from left to right: Nidhi Nayyar, Shruti Patel, and Ola Elsheikh.
On Saturday, the basketball games began in the morning. The NYCPM women’s team (aka the Harlem Foot-trotters) played teams from Barry University, Temple University and Scholl College. Though they did not win any of the games, the women’s team improved with each game and were proud of their determination and perseverance.

The NYCPM men’s team did a phenomenal job and worked extremely hard to win first place in the men’s competition. Playing many different teams, including the home team from Barry University, the NYCPM men’s team proved to be the best and brought the trophy back to New York. “It was definitely a memorable experience. All of us put in a lot of hard work in trying to make this trip happen and it paid off with great results,” says Mohammad Rimawi (2015). “Overall, it was just nice to be part of the team that brought the first ever tournament trophy back to NYCPM.”

The tournament turned out to be a great experience for the participating NYCPM students. Through fundraising events such as bake sales and a shoe shining station, as well as very generous contributions from the NYCPM Student Association and Alumni Association, the teams were able to travel to Miami and participate in a great weekend. All the participating students were proud to represent NYCPM amongst their peers.
The revival of the NYCPM Podiatric Medical Review began one year ago. The Podiatric Medical Review prior to this had not been published since 2005. The 2012 Podiatric Medical Review has been completed and will be distributed to all residency directors nationwide. Twenty-five copies will be given to all of the other Podiatry schools, ten copies will be given to the individuals who have been published in the PMR, and it will also be distributed to NYCPM students and faculty. A copy of the PMR will be available in the NYCPM library and on the NYCPM website.

This edition of the Podiatric Medical Review features a wide variety of topics ranging from sports medicine to diabetes and surgery. It also encompasses case reports and comprehensive literature reviews. This was a wonderful opportunity for students to get into research, get involved in the peer review process, and learn how to write professional research papers for journals.

The criteria for publication were strict, and followed guidelines similar to popular professional medical journals. Once submitted, the initial drafts were peer reviewed and reviewed by clinicians. The papers were then returned to students with suggestions and modifications to be corrected before being considered for publication. It was a rigorous process for the candidates trying to be published and for the review staff. The outcome of all this hard work was well worth it, because this edition of the NYCPM, Podiatric Medical Review is well-written, informative, and professional.

The Editor-in-Chief of the PMR was Adisa Mujkic. The peer reviewers were Alicia Attanasio, Ilya Shnitser, Jonathan Roy, Jackie Prevete, and Chris Lovell. The faculty advisors were Dr. Khurrram Khan, Dr. Anthony D’Antoni, and Dr. Anthony Iorio. These individuals put in a tremendous amount of time and work that should not go unrecognized. The goal is to keep the NYCPM Podiatric Medical Review alive and continue to have one published each year. This is another phenomenal accomplishment for the New York College of Podiatric Medicine!
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 courtesy of Dr. Barry Block.