Student Alumni Report

New York College of Podiatric Medicine's Alumni Association

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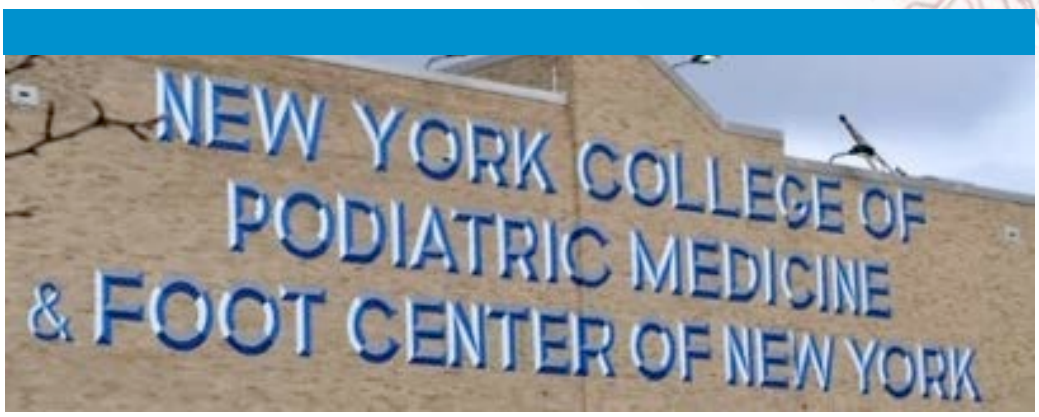
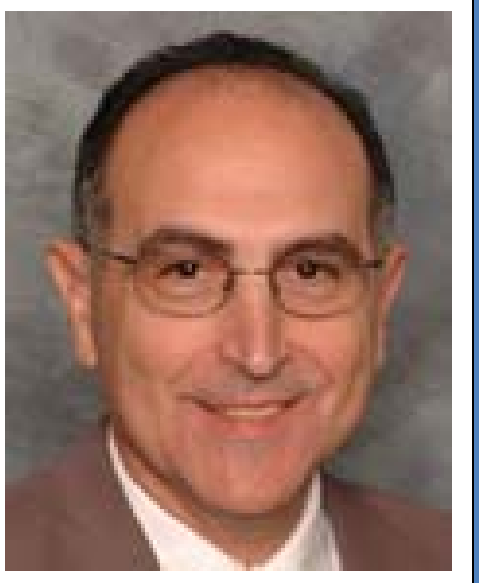
WINTER2013



Alumnus of the Quarter

Dr. Terry Spilken

By: Cailin Rubino



Dr. Terry Spilken, Class of 1979

Dr. Terry Spilken graduated from NYCPM in 1979. Dr. Spilken is the former Dean of Student Services at the New York College of Podiatric Medicine. He authored and contributed to various textbooks, magazines and education journals. Additionally, Dr. Spilken is a member of the New Jersey Podiatric Medical Association, the APMA House of Delegates and the CPME Accrediting Committee, and furthermore, is a DPM of the New York Islanders and numerous NYC dance companies. Dr. Spilken has helped to advance the profession of podiatric medicine globally.

Dr. Spilken, born and raised in Brooklyn, aspired from a young age to join the field of medicine. He obtained a Bachelor's in Sociology from Brooklyn College and he completed his Education degree at NYU, after which he began teaching in the New York City public schools. But his vision of becoming a doctor never faded, and with his wife's support, Dr. Spilken enrolled in night classes to complete his science pre-requisites. Dr. Spilken visited various health professionals, but was unable to find a specialty that truly appealed to him until he shadowed Dr. Bruce Frankel, a graduate of NYCPM. He became captivated by podiatric medicine with respect to the wide diversity offered by the field. The treatment of all age groups with vast medical problems offered the opportunity to practice surgery, sports medicine, radiology, infectious diseases, wound care, podopediatrics, and geriatrics. The variety, as well as the enthusiasm of Dr. Bruce Frankel, led Dr. Spilken to what would be a very successful and rewarding career as a doctor of podiatric medicine. Shortly thereafter, Dr. Spilken enrolled in NYCPM.

At NYCPM, Dr. Spilken was President of the freshman class, Student Council President, co-editor and then editor of a newsletter, and he reactivated the defunct Alumni Association, where he was the only student on the Association's Board of Trustees. Dr. Spilken eventually became Vice President, and then President of the Alumni Association. After graduation, Dr. Spilken entered a one-year residency program in Brooklyn. Upon completion of his residency program, Dr. Spilken bought a small private practice in Manhattan that specialized in primary care. Within 18 months, he outgrew his office as he accepted more surgery, orthopedics and sports medicine patients. He moved to a larger office on Park Avenue where he began treating a large volume of dancers and other athletes, and subsequently gained quite a reputation as being an expert in sports medicine. He was referred to the athletic trainer of the New York Islanders hockey team for the position of team podiatrist. Dr. Spilken extensively researched articles on hockey injuries and acquired knowledge that earned him the position for the next ten years. His reputation, knowledge, and experience continued to grow, so much so that he treated the New York Knicks, Yankees and Mets. In 1987, he was asked to join the NYCPM faculty to lecture on Sports Medicine, and started an externship in his office focusing on Sports Medicine. Reveling in his role as an educator, Dr. Spilken accepted the position of Dean of Graduate Medical Education, and eventually Dean of Student Services.

Dr. Spilken currently owns a practice where he welcomed former NYCPM graduate, Dr. Kelly Oliveros, to work with him. The two have successful offices in Livingston, Edison, and Ridgewood, New Jersey. They practice primary medicine, cryosurgery, extracorporeal shock wave therapy, vascular testing, diagnostic ultrasound, sports medicine, surgery, and fabricating custom foot orthotics. Performing at the forefront of cryotechnology, Dr. Spilken uses Cryostar, developed by Cryomed Corporation. He was selected by the Cryomed Corporation as one of the top cryosurgeons in the country to use the probe. Dr. Spilken uses this state-of-the-art cryoanalgesia technology to treat a multitude of conditions including plantar fasciitis, neuroma, nerve entrapments, tarsal tunnel syndrome, diabetic peripheral neuropathy, osteoarthritis, soft tissue tumors, and plantar warts. Dr. Spilken's thriving practice incorporates a plethora of treatment modalities over a vast patient population encompassing many subspecialties.

In addition to overcoming the hardships of maintaining a successful practice, Dr. Spilken participates in many community service events, and has contributed to countless publications, magazines, and textbooks. He still finds the field challenging and exciting. He finds joy and satisfaction in treating every one of his patients and is proud and happy to still contribute to the education of future doctors of podiatric medicine. Dr. Spilken has contributed greatly to the field of podiatry. He is wonderful doctor, and a phenomenal alumnus whom we are proud to have amongst us as a colleague in our profession.

Hurricane Sandy Relief

By: Crystal Gunsch

Hurricane Sandy

This past October Hurricane Sandy affected everyone at NYCPM in some way or another. Eager to help those hit the hardest, the International Podiatry Club (IPC) ran a canned food and clothing drive. In the weeks following the storm, students donated what they could. This included non-perishable foods, water, socks, and clothing. However, by the time the donations were ready to be sent, Hurricane Sandy victims had received such an amazing outpouring of love from the surrounding communities that material donations were no longer accepted. So as an alternative, IPC decided to give the collection of goods to the Safe Horizon shelter on 125th street in Harlem. Although not the original intention, the supplies were without a doubt put to good use in our own neighborhood.

IPC members collecting donations for Hurricane Sandy: Left to Right: Mina Hanna, Jalpen Patel, Javeria Hussaini, Aakruti Bhalja, and Kunal Amin

In addition, an alternative way to donate to Hurricane Sandy victims was put forward by the Pediatrics club. Students were directed to visit a Rockaway Relief Fund website where they could buy and donate goods that were specifically needed. This enabled a speedy delivery straight to the organization where individuals in need could get the assistance without delay. Another donation website was suggested which allowed direct monetary gifts. This was a particularly good idea since transportation means were limited at the time.

Another spectacular effort put forth by NYCPM was courtesy of the ACFAS Surgery Club. They ran a successful event selling Holiday cards. The Holiday cards sold out fast, and all proceeds were matched by the ACFAS Surgery Club and donated to victims of Hurricane Sandy, specifically to the residents of Staten Island through the Stephen Siller Tunnel to Towers Foundation.

Hurricane Sandy was a devastating act of nature that certainly made history. The alumni representatives would like to wish the best to all alumni and students who suffered losses due to the storm, and hope for a speedy recovery.

Breezy Point, Queens- A small glimpse of the devastation caused by Hurricane

2014 students Pooya Lashkari and Javeria Hussaini donating the items collected by IPC for Hurricane Sandy to the Safe Horizons Shelter in Harlem

NYCPM welcomes the January Class of 2017 and their rising statistics

By: Crystal Gunsch

NYCPM is pleased to welcome the 23 students that have been selected to join us as the January Class of 2017! This four-and-a-half-year program is a great way for non-traditional students to transition into a life of studying medicine and to master the skill of podiatry. Whether it is a career-path change, time taken off to care for or start a family, early graduation from undergrad or exploring the world, the January admission option provides an opportunity for those eager students to begin the road to success. Without a doubt however, new students at NYCPM all have one thing in common -- the excitement to get started on becoming Doctors of Podiatric Medicine.

Don't be mistaken though; although the January program is decelerated, these incoming students are on the same academic standing as everyone else. In fact, the statistics for incoming January students are on the rise and acceptance to NYCPM is indeed getting more competitive. Total applications are up 10% in the 2013 cycle and Lisa Lee, the Associate Dean for Student Services and Enrollment Management, reports that "the average incoming stats have increased all around compared to the previous January classes". Due to their academic achievements, NYCPM was able to award a total of $162,000 in scholarships to the January entering Class of 2017 to be disbursed across the term of the program. Furthermore, in line with Vision 2015, the school is moving away from accepting DAT scores and we are excited to share that this year all January entering students were admitted with MCAT scores. This is uplifting news for NYCPM's future and current alumni as we move further down the road to prestige and accomplishment in the academic arena. The emerging trend of rising acceptance statistics is pointing to a very optimistic outlook for the field of podiatry!

The New January 2017

NYCPM Clubs Welcoming Guest Speakers

By: Cailin Rubino

NYCPM clubs are going above and beyond in their attempts to broaden the knowledge base of students. One way of doing so is by having guest speakers who are experts in their fields come to NYCPM to share experience and information with eager-to-learn students. Recently, the American College of Foot and Ankle Surgery Club welcomed John S. Steinberg DPM, FACFAS to discuss Diabetic Limb Salvage, and the Hispanic American Podiatric Student Association hosted Emilio Goez, DPM, FACFAS to share his insight and experiences, and last but not least, two clubs collaborated to welcome Integra for a presentation on innovative surgical and wound care products.

Tuesday, October 2, 2012 at 4:30 PM, NYCPM students and faculty were fortunate to have guest John S. Steinberg DPM, FACFAS, an expert in the field of Diabetic Limb Salvage. Dr. Steinberg serves as NYCPM's liaison from the ACFAS, and is also an Associate Professor in the Department of Plastic Surgery at Georgetown University School of Medicine, a Program Director at MedStar in Washington Hospital Center Podiatric Residency, and the Co-Director of the Center for Wound Healing at MedStar in Georgetown University Hospital. The topic of the lecture was "Surgical Offloading of the Diabetic Foot." Dr. Steinberg also presented information about the ACFAS and how they can help supplement our training and education now as students and in the future as residents and doctors of podiatric medicine. It was a tremendous opportunity to learn from a leader in the field of podiatric medicine and surgery. Dr. Steinberg had recently lectured at the APMA National in Washington, D.C. on "The Diabetic Foot: The Role of Off-loading in Ulcer Treatment and Prevention." Dr. Steinberg is a very active member of the podiatric community and we were very fortunate to have him as a guest at NYCPM.

Thursday, December 13, 2012 at 4 PM, the Hispanic American Podiatric Student Association welcomed Dr. Emilio Goez, DPM, FACFAS. He lectured on "How to Prosper as a Hispanic Podiatrist" and gave some insight on his 20-year journey in the field. Dr. Goez is a 1990 NYCPM graduate, completed his residency with NYCPM- affiliated hospitals, and is currently the Chief of Podiatry at Saint Barnabas Medical Center in the Bronx, which is one of the few 4-year podiatry residency programs in the area. In addition to this, Dr. Goez holds teaching appointments at OCPM and Barry University, and is board certified in podiatric surgery by the ABPS. This was a great opportunity for students to learn more about the rigors and rewards of our profession and ask any and all questions.

Friday, January 11, 2013 at 4 PM, NYCPM Wound Care Club, and American Society of Podiatric Surgeons Surgery Club, welcomed Integra. Integra is a well-known surgical and wound care company in Podiatric Medicine. Integra manufactures compression plates and screws, bilayered wound meshes that are able to be used as a graft over exposed tendon and bone, as well as various other tools commonly used in podiatric surgery. Presentations such as this are crucial, as it is important for students to become familiarized with various surgical and wound care products in order to be well prepared for externships, residency, and practice.

NYCPM Sports Galore!

By: Prema Hampapur

The students at NYCPM are truly well rounded individuals. In addition to studying hard and earning top grades, serving on student council as well as participating in research, NYCPM students also participate in a myriad of sports. From flag football to basketball, students bond with one another and get the exercise needed to maintain a healthy lifestyle.

Fall 2012 was the season of flag football. Organized by the Sports Medicine Club, Friday afternoon flag football games were a wonderful way of ending the week. Approximately 35 students from the classes of 2014, 2015 and 2016 participated on their class team. Teams were co-ed with a minimum of two girls and all students were welcome to play. Games were held on a school field at 120th St. and 2nd Ave. The season began in mid-September and ran until the championships that were held during the first week of December. The championships were filled with fun, intense moments and the class of 2015 claimed the title this year. “I love playing,” stated Shane Reynolds (2015). “You get to know other students from other classes, bond with your team and get exercise!” Flag football has become a beloved tradition at NYCPM and is sure to make its presence felt once again this coming fall.

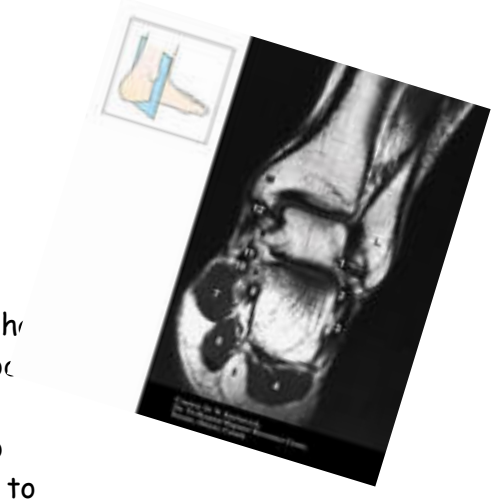
In addition to flag football, basketball is a popular sport at NYCPM. The men at NYCPM have been practicing since Fall of 2012 for the annual APMSA Basketball tournament in April 2013. Winning the championship last year at Barry University in Miami, Florida, the men are training very hard to bring victory once again to NYCPM. Consisting of a team of ten, the NYCPM men’s basketball team practices every Friday afternoon in a school gym on 120th St. and Madison Ave. The tournament is taking place in Des Moines, Iowa this year and teams from all the podiatric medical schools are expected to meet and compete. The NYCPM men’s basketball team will definitely make NYCPM proud!

The women at NYCPM are very involved in sports as well. In addition to playing crucial positions on the flag football teams, the women at NYCPM also hold an open gym on Wednesday afternoons to play basketball and compete against one another. In addition to getting exercise, the NYCPM women's basketball players are able to get to know other students that they may not have known. All are welcome to open gym!

NYCPM students are bogged down with many exams and studying from early in the morning into the late hours of the night. However, the importance of camaraderie as well as staying active is important to students and they show it through their love of sports.

New Clubs at NYCPM

By: Cailin Rubino



Among the myriad of clubs at NYCPM, two more clubs h been recently organized. One is the Asian American Poc Student Association, and the other is Radiology Club. NYCPM clubs provide students with the opportunity to socialize among peers and future colleagues, as well as to gain pertinent knowledge pertaining to their future as doctors of podiatric medicine.

The Asian American Podiatric Student Association (AAPSA) is a student organization founded in 2011 to reflect the growing number of Asian-American students at NYCPM. Membership is open to all students, not exclusively to Asian American students. The primary focus of AAPSA is to educate and increase awareness of podiatric medicine amongst Asian-American communities. To achieve our goal, the club hosts various activities including, but not limited to, foot screening, volunteer events, hosting guest speakers, and holding journal club meetings. The future goals of the club are to host foot screenings regularly in local Asian-American communities, and to head mission trips to underserved Asian countries. The AAPSA would also like to found AAPSA chapters at the other podiatric medical schools to promote networking among the podiatry schools nationally.

The other new club is the Podiatric Radiology Club. A group of students saw the importance that radiology plays in the field of podiatric medicine, and the importance of having mastery of the subject. The club was successfully formed, and is geared toward helping the student body become familiarized with reading radiographs, as well as being able to radiographically identify multiple pathologies. Dr. Randy Cohen and Dr. Jose Loor are the advisors to the club, and graciously volunteer their time in order to benefit the students by holding lectures regarding relevant podiatric radiology topics. Faculty members and radiologists from Lenox Hill Radiology will give lectures on different treatment modalities, including how to order the appropriate study, and how to read the results. This club will help students acquire necessary knowledge in the crucial area of radiology, and allow students to gain exposure to reading and interpreting results from X-rays, MRI, CT scans, PET scans, ultrasound, and more before even gaining clinical experience.

Above: The Asian American Podiatric Student Association at a foot screening

Left: The AAPSA volunteering their time and efforts at a Habitat for Humanity event

Dr. Jose Loor (left) and Dr. Randy Cohen (right), Radiology Club Advisors

NYCPM Goes to Washington, D.C.

By: Prema Hampapur

Summer 2012 was a busy time for NYCPM. The APMA National Conference as well as the Summer APMSA House of Delegates Meeting was held in August in Washington, DC. Students and faculty from NYCPM made their way south to participate in the huge event.

From August 18 to August 20, the APMA National Conference was held, with many doctors, students and various representatives from all over the country attending. Students had the opportunity to present their scientific research through poster presentations. NYCPM had a a strong presence, with approximately 14-17 posters being presented in a large conference room. Students stood by their posters and answered questions directed towards them by individuals observing the many different research findings. “This was my first time presenting and it was overwhelming with so many people,” reflects Tim Miller (2015). “It was comforting though, because many took me under wing and helped me figure out what to do.”

The APMA National Conference had a busy schedule, with many different speakers in addition to the poster presentations. NYCPM faculty such as Dr. Trepal and Dr. Barbosa also attended the conference and provided support for the many students presenting research. Students had the opportunity to meet other students from the other podiatric medical programs. “I met students from everywhere. I still keep in touch with a California student,” states Miller. “I really can’t wait to do it again!”

Concurrently, the annual Summer APMSA House of Delegates Meeting took place. NYCPM APMSA delegates Stephanie Gilles (2013), Alexander Perez (2014), Joseph Bauer (2014), Virginia Parks (2015), Ola Elsheik (2015) as well as NYCPM Student President Garrett Moore (2014) and NYCPM Student President-Elect Rene Kafka (2015) attended the meeting alongside student representatives from all the other podiatric medical programs. Perez and Bauer each presented resolutions and each won MVP awards for their active roles at the meeting. Liaisons for different healthcare organizations such as the American Public Health Association presented a report about news regarding each institution. The meeting was run by the president of the APMSA, David Applegate from the Arizona School of Podiatric Medicine. “It’s a very unique opportunity because you meet students from other schools and really get to know them and communicate with them,” states Virginia Parks (2015). “We are all just working together and it is very productive.”

NYCPM students made their presence known in Washington, DC. In addition to presenting scientific research and attending APMSA meetings, the students had the opportunity to meet practicing podiatrists, researchers and fellow colleagues from all around the country. It was a memorable summer.

NYCPM students along with Dr. Barbosa, Dr. Han, and Dr. Iorio at the APMSA National Conference

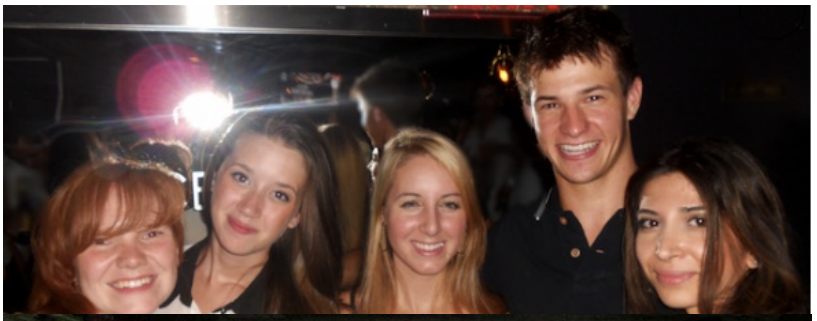
Fun-Filled Fundraising Nights!

By: Crystal Gunsch

As all students at NYCPM were busy managing their course loads, many of them were also hard at work planning ways to fundraise for their club or organization. September to January was filled with events with the ultimate goal of raising money. However, unlike the bake sales that are often held and enjoyed in the hallways of NYCPM, these fundraising night events also allowed students to socialize and get to know each other better. When planning any type of occasion, there is no better place to be than New York City with its numerous venues available. Ranging from uptown to downtown Manhattan, multiple fundraising nights were hosted and were enjoyed by all that attended.

On September 21st, the International Podiatric Club (IPC) held a welcome event for all new incoming students to NYCPM. This event was hosted on the beautiful rooftop at Hudson Terrace, where over 120 students attended. IPC successfully raised about $400 for this year's mission trip to Mexico. The next month, on October 5th, the Asian American Podiatric Student Association (AAPSA) held a karaoke fundraising night at 5 Bar Karaoke Lounge. Around 70 students attended this event and had a great night full of singing. It was such a success that the AAPSA plans to host another karaoke night very soon. IPC returned to their fundraising for their annual mission trip with a Halloween party hosted at Mad River on October 26th. They had a turnout of around 40 excited students all dressed up in costume. Nearing the end of 2012, the American Podiatric Medical Student's Association held an event at The Delancey on December 13th to celebrate the completion of first semester for the Class of 2016. They were very excited to report that approximately $650 was raised for APMSA. Lastly, to welcome in the New Year as well as the new January Class of 2017, students attended an event hosted by IPC at Copia on January 4th, 2013. IPC was able to add around $300 to their fundraising total thanks to this event.

Of course, these fundraising nights were not the only events occurring to raise money for NYCPM's various clubs and organizations, but they were definitely a way to make it fun. All the clubs mentioned, as well as those that weren't, have been doing an amazing job representing NYCPM with their enthusiasm to fundraise for important causes.



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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.