The 2005-06 NYCPM Surgery club held a hands-on suture lab which took place in the anatomy lab. The event was open to all classes but with only 20 spots available, preference was given to 3rd-yr students since they'd benefit the most from the practice. Twelve students in all participated (8 jr, 4 soph), each given a human cadaver foot to suture. NYCPM's chief resident, Dr. Tara Richman, began the lab by demonstrating the simple suture. The students produced incisions on the foot and then sutured them back together. The lab ran for 1 hour, all the while students sutured and assisted one another. It was a very successful time in that everyone learned what a simple suture actually is, along with advantages/disadvantages of the method.

Written By: Zacharia Facaros
Treasurer

Dr. Sharon Barlizo graduate of Temple University and Fellow of wound care gave a lecture on Hallux Varus: The Deviant Toe at the Surgery club meeting. Her lecture focused on etiology, diagnosis and surgical correction of Met adductus. Following an in-depth presentation she answered several questions from the audience. Many of the attending members were from the sophomore and Freshmen class and this was their first exposure to a surgical lecture. many were impressed and motivated to study their LEAN and biochemistry with renewed enthusiasms.

Dr. Sharon Barlizo gives a toe raising lecture on Hallux Varus and still keeps a smile!
President's Message

By Sahani Howie

This semester has quickly taken off with the elections of the new officers Edward Costa, Marie-Christine Torchon, Zach Facaros, my self and the appointment of two new Surgery Club Liaisons, Gina Di Perna (Class of 2009) and Warren Chiodo (Class of 2008). The club officers have been working in unison to bring to fruition the goal of one event per month. Currently the Surgery Club has held a suture lab, a journal club presentation by Samantha Bark, and a surgical lecture by Dr. Sharon Barlizo. The officers are also attempting to bring forth more hands on surgical workshops. There are currently several more suture labs scheduled and as an added incentive to participation the most outstanding member as selected by the club officers will be rewarded with the much acclaimed and expensive Mc Glamry’s Comprehensive Textbook of Foot and Ankle Surgery. So stay tuned for all the exciting events that the Surgery Club is bringing to you!

Congratulations to Gina Di Perna (2009) and Warren Chiodo (2008)!!

First journal club meeting : ALCOHOLIC NEUROPATHY

On August 29, 2005 Samantha Bark a sophomore classmate and president of the student association did a excellent presentation of alcoholic neuropathy in the Pendinol lounge. This first in a series of the 2005-2006 journal club presentation, help us to understand the many aspect of neuropathy. She start with a case presentation which actually make us more participate and finish with the diagnostic. Then she went in detail about this condition. To view her presentation please go to the link of the surgery club thru NYCPM home page thru student/faculty link and stay tune for the next journal club meeting.

Advice for Hikers : Long Vigorous hikes take toll on feet and ankles

"Hikers, hunters and others who love the outdoors often don't realize how strenuous it can be to withstand constant, vigorous walking on uneven terrain," said Michael Cosenza, DPM, AACFAS, a former Navy medical officer and now a foot and ankle surgeon based in Ukiah, Calif. Cosenza advice to make the investment in top-quality hiking boots. He said strong, well insulated and moisture-proof boots with steel or graphite shanks offer excellent ankle and foot support that helps lessen stress and muscle fatigue to reduce injury risk.

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