

EHHOPodiatry – Alumna Ruffin’s Exciting Journey



Naeemah Ruffin, DPM, MPH (2016) earned her dual degrees from the New York College of Podiatric Medicine and the Icahn School of Medicine at Mount Sinai (ISMMS). Her thesis, Benefits of a Free Clinic in Serving the Hyperlipidemic Burden of the Uninsured Immigrant Population in East Harlem, showcased the success story of East Harlem Health Outreach Partnership (EHHOP), a student-run, physician-supervised free clinic of ISMMS. EHHOP provides primary care to uninsured adults in East Harlem at no cost.

During Naeemah’s many discussions with her thesis advisors about the breadth of services offered at free clinics, the great need for podiatric services at EHHOP quickly became apparent.

As Naeemah was planning to start her residency at The Mount Sinai Hospital in 2016, her thesis advisor, Dr. Yasmin Meah, asked Naeemah if she would be willing to help start the first-ever podiatry clinic and become EHHOP’s first Podiatry Teaching Resident. Naeemah says she was excited at the opportunity to bring podiatry services to a population in need. To help kick-start the Podiatry clinic, NYCPM alum Dr. Bryan Markinson (1981), Chief of Podiatry at The Mount Sinai Hospital, made a generous donation of podiatry supplies.

Since EHHOP started in 2004, it has grown from a small primary care clinic to a multidisciplinary clinic serving more than 300 patients annually. In addition to the main clinic, EHHOP operates several ancillary clinics addressing mental health, women’s health and ophthalmology, and offers in-house specialty podiatric and cardiology care.

Since EHHOPodiatry started in 2016, the number of patients served continues to grow. In July, Naeemah will become EHHOP’s Director of Podiatry Services and Education, Icahn School of Medicine at Mount Sinai.