

# STUDENT ALUMNI REPORT

*New York College of Podiatric Medicine's Alumni Association*

Alumni Representatives: Oendriila Kamal (2012), Adisa Mujkic (2013), Cailin Rubino (2014),  
Prema Hampapur (2015)

Editor & Format Designer: Adisa Mujkic (2013)

WINTER2012



## ALUMNUS OF THE QUARTER

Dr. Andrew Shapiro

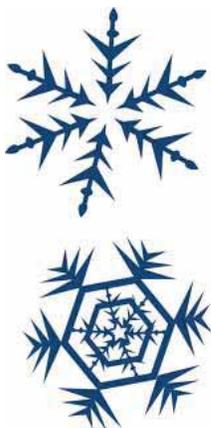
By: Adisa Mujkic



Dr. Shapiro with his son Griffin, wife Marsha, and daughter Marin.

A voice often heard through the halls of NYCPM and within the Podiatric Community, Dr. Andrew Shapiro is truly an alumnus to admire.

A graduate of the class of 1986, Dr. Shapiro became interested in podiatry after members of NYCPM came to speak at his college and share their experiences within the expanding field of podiatry and the opportunities offered at NYCPM. After visiting NYCPM, Dr. Shapiro knew that this was the place and profession for him. During his time at NYCPM, Dr. Shapiro most enjoyed taking surgery and podiatric medicine. He remembers the first day of clinic in his third year most vividly and fondly as the the day he finally got to interact with patients.



Following graduation, Dr. Shapiro went on to complete a surgical residency at the community hospital of Kingsbrook Medical Center. A loyal member of the NYCPM Alumni Association, he has stayed involved with the NYCPM community. Dr. Shapiro can often be sighted at alumni meetings and events keeping in touch with his fellow graduates and giving directly back to the students. Always with his door open and with advice to share, Dr. Shapiro is eager to provide guidance and encouragement to students. He is an avid advocate of students networking by visiting podiatry offices and attending local meetings, since podiatry is a small profession, which offers many advantages.

Dr. Shapiro was born and raised in Brooklyn, and now resides in Long Beach with his wife of twenty-five years. Dr. Shapiro and his wife have two children. His daughter will be graduating Cornell this year, and his son just began his first year at the University of Virginia. When Dr. Shapiro is not busy working in his private practice or heading to APMSA meetings, he enjoys spending time with his family, playing golf and basketball. Most recently Dr. Shapiro has taken up hot yoga, an intense cardiovascular workout.

Dr. Shapiro practices in Valley Stream, Long island with Dr. Michael Barkin. A unique aspect of Dr. Shapiro's practice is that it is one of the oldest practices in New York. The original practice began in 1946. Dr. Shapiro bought the practice twenty-four years ago and has enjoyed a flourishing practice that encompasses an ideal variety of all that podiatric medicine offers. Being able to interact with patients of all ages and socioeconomic backgrounds is an opportunity that Dr. Shapiro most enjoys each day in his practice.

In addition to his practice, Dr. Shapiro is active in policy-making and helping pave the road for advances in podiatry. With advances made in the professions' stature and with the baby boomers approaching 65, Dr. Shapiro is delighted that the future of podiatry is well positioned for prosperity and expansion.

Dr. Shapiro has a tremendous history of being involved with Podiatric Associations both on the local and state level. Dr. Shapiro was first a member of the Kings division in Brooklyn, and upon moving to Naussau County he became a board member of the Naussau County division and served as the president for two years. During his time as president of the division, Dr. Shapiro had the chance to deal with problems and speak up for causes at the local level. Since 2005, Dr. Shapiro has been a member of the board of trustees of the New York State Podiatric Medical Association. Being one of the thirteen board members, Dr. Shapiro has the opportunity to be directly involved with issues ranging from political to insurance to ethics-related.

Shaping the podiatric profession, guiding students, and staying involved with his alma mater, Dr. Shapiro is an undeniable role model for students and colleagues.

## Stay Up to Date: APMSA NEWS

**By: Cailin Rubino**

The Annual American Podiatric Medical Student Association (APMSA) summer House of Delegates meeting was held in Boston on July 28-30, 2011. The outstanding highlights discussed at the meeting were the APMA Membership for students and the Preceptorship Program.

The main goal of the meeting was to deliberate regarding the APMSA becoming part of the American Podiatric Medical Association (APMA). The student House of Delegates voted to accept the student membership into the APMA. With the exception of one, no student in the United States has been a member of the APMA. The only student member of the AMPA is the president of the APMSA. Up until now, the APMA and the APMSA have been separate independent organizations with their own constitutions and bylaws.

The membership that was voted on is an opt-in membership that is complementary and likely achieved online through the APMA website. Once a student opts-in, their term will be the entire length of their student career. The membership may then continue into residency and beyond. The APMA House of Delegates meeting is in March 2012 and hopefully they will vote yes to allowing all podiatric medical students the opportunity to formally become part of the APMA.

This would be an amazing feat for the APMSA, granting students the honor of being a part of such a distinguished organization.

APMSA becoming an affiliate of the APMA is very important because it will ensure continued support from within the podiatric medical community for the APMA and podiatry in general. Additionally, it will allow students to contribute monies toward the APMA Political Action Committee for political lobbying on podiatry-related issues. As of now, all funds go to the Educational Fund, and not toward Political Action Committee funds. As a member of the APMA, students will be eligible for all APMSA flyers, blasts, scholarships and various other opportunities that accompany the privilege of being a member of the APMA.



**NYCPM Representatives at the Boston APMSA conference: (L. to R.) Joesph Bauer, Robin Lenz, Tomika Coleman, Stephanie Giles, Michael Collins, Cheree Eldridge, Garrett Moore, Alex Perez.**



**APMSA delegates hard at work at the Boston Conference.**

The other important topic discussed at the meeting was the Preceptorship Program. This program allows students who do not match for a residency program the opportunity to gain experience and training during the time they are attempting to match again. These students work with a podiatrist who is gracious enough to take them under their wing. Last year, there were 31 people who entered the Preceptorship Program. Instead of being completely set back by not matching for residency, these individuals are given the advantage of persevering while gaining experience they need in addition to getting monetarily compensated.

The members of the APMSA work very hard as the voice of the podiatric students in order to better the field of podiatry. Most of the work is done behind the scenes, but their efforts are sincerely appreciated and members should be recognized for their tremendous work.

## Club Spotlight

By: **Prema Hampapur**



### Physicians for Human Rights-NYCPM Chapter



In mid-September of 2011, the Physicians for Human Rights Club (PHR) began developing a chapter at the New York College of Podiatric Medicine. Established in a number of medical schools, PHR at NYCPM is the first chapter at a podiatric medical program. Consisting of 30 members, PHR-NYCPM focuses on raising awareness as well as taking action to support human rights.

Since its start at NYCPM in September, PHR has put on a number of events. The first event that took place in October was a domestic violence workshop. “How to screen patients for domestic violence” was on the agenda, so the documentary “Screen to End Abuse” was shown and speaker Awali Samara of the Brooklyn Family Justice Center was invited. The event had a great turnout with members and non-members attending the event.

In November, PHR-NYCPM invited Faizan Siddiqui of Kids with Vision to speak about blindness in children at the international level and the efforts being taken to curb it.

In addition to inviting speakers to educate NYCPM students about the many human rights issues, the club also holds fundraisers to raise money for various programs. In November, the club held a bake sale in order to raise money for the United Nations Children’s Emergency Fund Immunization Program and the Mercy Corps emergency relief efforts in disaster-hit areas throughout the world. Over \$250 was raised and sent to both organizations. “Human rights activism is not simply just speaking but also fundraising and actively doing something,” states Anna Ahmed, founder and president of PHR at the NYCPM chapter. Ahmed also organized NYCPM participation in Amnesty International’s Write-a-thon for various human rights issues such as women’s rights and rights to housing.

Ahmed has been a human rights advocate since she was young, and first learned about PHR as an undergraduate student. Understanding the large amount of work to create a chapter at NYCPM, Ahmed reached out to the NYCPM community and received an amazing response. Dr. Lowy, Dr. Chusid and Dr. Barbosa showed support by attending the events. In addition, Dr. Barbosa is the faculty advisor and helped get the club running quickly.

The students at NYCPM have shown great interest in becoming advocates for human rights. “There is a great deal of teamwork with the group,” Ahmed reveals. “Because they [the students] shared the same interest and are so passionate, we were able to go further. It is beyond my expectations!”

PHR at NYCPM may still be an infant club, but it is paving its way to becoming a solid organization at NYCPM. Many future events are already being planned, such as the winter clothing drive for victims of trafficking. PHR-NYCPM is teaming up with Girls Educational and Mentoring Services (GEMS) and inviting a speaker to come educate students about trafficking and what actions can be taken to end this practice. Best wishes to PHR-NYCPM!

## Spreading Holiday Cheer: SNPMA and Pediatrics

Amidst finals at the end of the fall semester, NYCPM got into the holiday spirit. The Pediatrics Club and Student National Podiatric Medical Association (SNPMA) joined forces and held a toy drive from December 12 to December 16. The clubs were able to provide toys for 55 kids at New Broadway Family Residence, located in Harlem. Presents were wrapped and delivered to each child at the shelter on December 20. Electric cars were

popular toys amongst boys while the girls were

thrilled with the dolls they received. “The kids were surprised. They were ecstatic! Since it was right before Christmas, it was perfect timing,” states Faysal Siddiqui, vice president of SNPMA.

A toy collection box was placed at the security station at NYCPM. Money was raised through the sale of candy grams as well as through the gracious donations of the NYCPM faculty. The donations were taken to Wal-Mart to purchase toys. The holiday spirit was infectious, with even Wal-Mart donating toys to help with the drive. Siddiqui and other members of SNPMA and Pediatrics Club went to the shelter to deliver the presents. Parents were very appreciative and couldn’t stop saying thank you. The families showed great interest in NYCPM and wanted to learn about the school.

This is the second time the Pediatrics Club and SNPMA have collaborated and held a toy drive. “It was quite the experience to get to bring the toys to kids and to get to be excited with them,” Adisa Mujkic, president of Pediatrics Club happily says. “I am thankful to have had such an amazing opportunity, especially within our community.”



**Presents!**



**A very happy little girl!**





Jonathan Roy, Christopher Lovell, Adisa Mujkic, and Faysal Siddique (back row L. to R.) delivering presents at New Broadway Family Residency.

## Marathon Medical Team to the Rescue



By: Adisa Mujkic

A delightfully sunny Saturday greeted thousands of marathoners and on-lookers for the 41st ING Marathon. Barricades and tents set up well in advance of November 6th lined streets of all five boroughs and decorated the trails of Central Park. The seamless flow of runners from all over the world filled the 26.2-mile race course as millions of people from across the country and the world stood by watching in awe and anticipation. Not many people are quite aware of the manpower and hours that go into the planning and assembly of an event of this magnitude and prestige.

NYCPM students were privileged to be a part of the volunteer medical team at the marathon this past November. The medical team is composed of a collaboration of medical providers from all branches including podiatrists, MD's, nurses, physical therapists and massage therapists. Prior to the marathon, team leaders and all medical volunteer participants undergo training sessions. Protocols on how to best deal with various injuries from sprained ankles to muscle spasms are discussed.



NYCPM students representing all classes and Residents gather for a photo at the medical tent located at the finish line.

Photo courtesy of Jonathan Roy.

Approaches to hypothermia and runners collapse are also highlighted at the training sessions. This year a new sophisticated system of scanning in all runners needing medical attention via a handheld device made its debut at all of the medical tents.

Medical tents are set up all along the course with the main medical tent located at the finish line. Lines of stretchers extend throughout the main medical tent with a walled-off area for critical care. Patients are triaged at the entrance and groups of a variety of clinicians work together to provide the best care. Whether it's treating a first time marathoner, a well seasoned marathoner, a 70-year-old marathoner or a marathoner from halfway across the world, NYCPM students were thrilled to be able to share and partake in such an astonishing accomplishment for all of the runners. When asked what the best part of getting to volunteer, Lee Greenberg, class of 2013, exclaimed that "it was my first interaction with athletes and I love sports medicine".

Being part of the NY Marathon medical team is an experience that is truly cherished by NYCPM students.

## 21st Century Library

**By: Prema Hampapur**

In 2008, renovations to the NYCPM library began and finished in early 2011. Due in part to the generosity of the Alumni Association, the NYCPM library got a fantastic makeover. The library was divided into a library and computer lab. Old carpeting was taken out and replaced with new carpet. New light fixtures were installed and new study desks were put in place of old desks. The roof was also fixed. A nice addition to the library was the creation of a lounge furnished with sofas and a coffee table. "The lounge is really nice," states Spencer Monaco (2013). "It's a great place to sit and read articles."

Many individuals were important to the renovation process, including Thomas Walker, Director of Library Services. "I think the renovations have made the library brighter, cleaner and really a more positive study environment," Walker states. "It looks more modern and I think it has improved students' attitudes to studying in the library."

The library proves to be a popular study space for NYCPM students, with many of the tables occupied. An improvement students appreciate are the individual electrical outlets in each study desk, making it very convenient for students to charge their computer and various other electric gadgets. "The library is spacious and more welcoming, Lee Greenberg (2013) adds. "It is more 21st century."



**The new library boasts spacious cubicles and tables with a modern dark wood finish.**

# NYCPM Helping Fulfill Vision 2015



By: Cailin Rubino



**The Class of 2015 gets acquainted.**



**The Class of 2014 socializing at Copia lounge.**



**Integrating the classes: Prema Hampapur (2015), Robin Lenz (2013) and Cailin Rubino (2014) at Copia.**

In the past few years, upon beginning an educational career at NYCPM, students received an influential presentation regarding the APMA's Vision 2015, which will undoubtedly change the future of podiatry. The mission of Vision 2015 is to gain universal acceptance of podiatrists as physicians. This goal of recognition is based on equality among physicians in terms of education, training, and experience. Doctors of Podiatric Medicine and students alike should feel an obligation, to some degree, to make a conscious effort in order to have this vision become a reality.

NYCPM has chosen to take a step forward in an attempt to publicize podiatry and the excellence of our extensive training. NYCPM has created a student position specifically dedicated to forming relationships with other medical institutions. Irina Abramova of the NYCPM Class of 2014, is the Medical Student Alliance Liason. Irina reaches out to other local medical institutions and sets up events so students from these schools can make connections with each other.

*Photos courtesy of Irina Abramova.*

Irina is doing a phenomenal job helping our profession by setting up mixers and fundraisers. This past year, there were two mixers hosted by NYCPM at Copia Lounge in midtown Manhattan. Touro Osteopathic Medical School and NYU College of Dentistry participated in these events, which brought together approximately 400 students from the three schools combined. We also have a walk-a-thon planned, set to take place on July 15, 2012. The walk-a-thon is to raise money for the Save the Children Foundation. Irina reached out to get other local medical schools involved with this as well, and it should be a wonderful opportunity for medical students and the NYCPM family to come together for a good cause. Further networking efforts by Irina granted podiatry students an invite to the Student National Medical Association event hosted by Columbia Medical School. All of the top medical schools in the tri-state area were invited to this event and NYCPM was one of them.

These mixers encourage relationships with other health fields, help to get the word out about podiatry and hopefully will lead to the recognition we deserve as Doctors of Podiatric Medicine. It is important to demonstrate to the entire health care community and the public that the education, training, and experience of a DPM are comparable to that of allopathic and osteopathic physicians. In addition to making connections with other medical colleagues, these events strongly promote podiatry and help in our quest to fulfill the mission of Vision 2015.

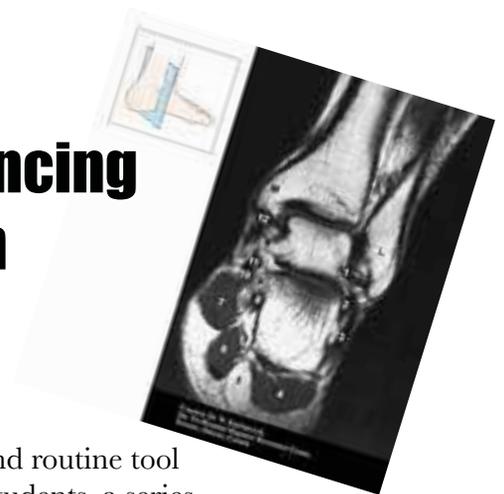
## Radiology Grand Rounds: Enhancing the Third-Year Curriculum

By: Adisa Mujkic

MRI's and CT scans have become a critical and routine tool in podiatric practice. To help better equip NYCPM students, a series of Radiology MRI Grand Rounds have been introduced to the third-year curriculum. Grand Rounds consists of guest lectures specialized in advanced medical imaging. Thus far, third-years have been fortunate enough to receive lectures from radiologists of Lenox Hill Radiology, who do a stellar job of introducing the basics of MRI's and then advancing to the detection of key pathologies often seen in the lower extremity.

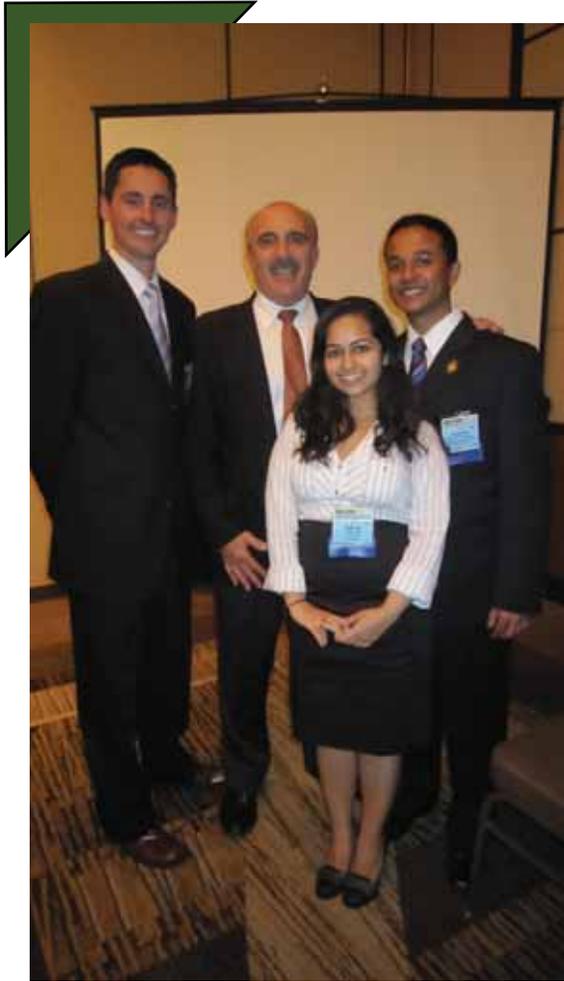
The third-year class has enthusiastically welcomed the radiology Grand Rounds. Jackie Prevete, class of 2013, finds the case presentations that accompany the MRI readings a great help in preparation for externships. Likewise, Adam Kaplan, class of 2013, believes the insight from a radiologist's perspective on ordering and examining MRI's most helpful in helping prepare him for clinic.

Having such experienced radiologists helps strengthen the diagnostic skills of third-years and nicely complements clinic experience in radiology.



# Representing NYCPM all along the East Coast

By: Adisa Mujkic

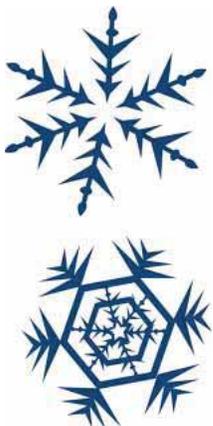


Todd Chappell, Dr. Iorio, Aakruti Bhalja, and Jonathan Roy at the APHA conference in Washington, D.C. (L. to R.).

Taking initiative to get involved in research and in podiatric conferences, a few second-years had the opportunity to travel to Orlando and Washington, D.C. this past November.

Under the guidance of Dr. Anthony Iorio, Aakruti Bhalja and Jonathan Roy from the Class of 2014 represented NYCPM at the ACFAOM conference in Orlando, FL. Bhalja and Roy presented a case report constructed by Dr. Iorio illustrating the use of hydrogel technology combined with natural type I collagen to decrease the healing time of diabetic foot ulcers.

Previous research has demonstrated that hydrogel technology and natural type I collagen do help in wound healing, but this was the first time for the two modalities to be successfully used together for podiatric use. The aim of presenting this case at the conference was to encourage other podiatrists to consider this combination therapy and continue exploring this option for diabetic foot ulcers.

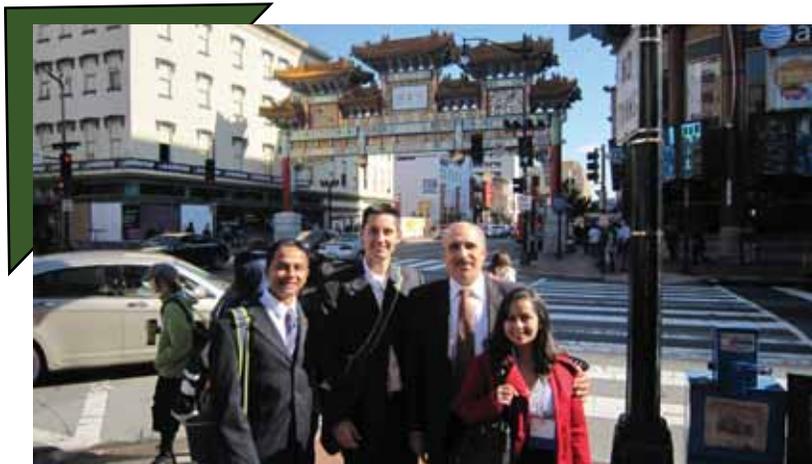


The same weekend, just a few states up the east coast in Washington, D.C., the American Public Health Association also held a conference. Todd Chappell, Class of 2014, joined Bhalja, Roy, and Dr. Iorio to present on a variety of topics. Roy presented research that he had begun during his undergraduate studies at Adelphi University, carried through graduate school and now is continuing at NYCPM. Roy's focus was on how environmental pollutants affect public health, specifically the correlation of pollutants to diabetes and obesity. In presenting at the APHA conference, Roy hopes that his research will make podiatrists more aware of how environmental factors play a role in their patients' health.

Chappell presented on "Diabetes and Peripheral Arterial Disease and their increasing stress on the Public Health System", concentrating on the costs, effects, and prevalence of diabetes within our society. He also touched upon the ways that our profession, and particularly the Foot Clinics of New York, is handling this rising impact of diabetes. Correlating with the presentations on diabetes, Bhalja gave a presentation on "The Effect of Caloric Restriction and Protein Intake on Insulin-like Growth Factor and Insulin-like Growth Factor Binding Protein-3". Proper nutrition is essential in managing diabetes, and Bhalja's presentation helped educate on the most recent research. Collectively Roy, Chappell and Bhalja did a marvelous job at representing our profession and our school.



ACFAOM conference in Orlando, FL:  
Jonathan Roy and Aakruti Bhalja with  
Dr. Kathleen Satterfield, president-elect of  
ACFAOM.



Roy, Chappell, Dr. Iorio, and Bhalja enjoying Chinatown during their visit to Washington, D.C for the APHA conference. (L. to R.).

# Making a Difference for 29 Years: Zev Leifer, PhD

By: Michael Galoyan (Class of 2014)



**Zev Leifer, PhD**  
**Professor of Bacteriology**

Dr. Leifer has been very successful in training over 2,500 podiatrists in the past 29 years at the New York College of Podiatric Medicine. His concentration is in Bacteriology, an interest developed in bacteria courses he took in college and graduate school. Dr. Leifer, the son of two teachers, spent much of his childhood sick at home in East New York, Brooklyn. He used this time as an opportunity to read the science books that his father would bring home to him. He put his love for science and his parents' profession together in deciding his own career in teaching and research. He attended high school in Far Rockaway and college at Yeshiva University. He eventually received his master's degree from Harvard University and his PhD. from NYU. Most of his adult life was spent living in Manhattan, and he recently moved to Staten Island. He is a father of 6 and a grandfather to 24.

Dr. Leifer's research includes the work he did for his master's degree at Harvard University, Ph.D. from NYU, followed by four years of postdoctoral research at NYU, Columbia and Queens College. He also spent six years on the faculty at New York Medical College doing research in environmental mutagenesis. He has been at NYCPM for the last 29 years. At NYCPM, he has used a grant from the

March of Dimes to develop an assay using bacteria to test for the effects of environmental chemicals on genetic regulatory mechanisms. He is currently developing new bacterial assay systems and is seeking funding to extend the *in vivo* assay to a cell-free DNA-protein binding assay, using gel shift and interferometry techniques.

Dr. Leifer credits much of his lifelong success to Dr. Luigi Gorini, a professor of graduate studies at Harvard. Dr. Gorini made observations of Streptomycin-dependent arginine mutants of *E. coli*. The work done by Dr. Gorini has enhanced our current understanding of the role of Streptomycin in causing misreading of the genetic code. Being around someone who was so motivated by their research rooted the excitement in Dr. Leifer's lifelong interest in exactly how bacteria function.

Dr. Leifer describes his greatest accomplishments to be in Microbiology and online education. Before working at NYCPM, he worked with Dr. Herbert Rosenkranz at NY Medical College in Valhalla, NY. Dr. Rosenkranz's research is in environmental genetic toxicology and the study of the effect of environmental chemicals on DNA. As the senior author of the Environmental Protection Agency's Gene-Tox Report, Dr. Leifer assembled data from a large number of assay systems using Repair-Deficient Bacteria. His article "An Evaluation of Tests Using DNA Repair-Deficient Bacteria for Predicting Genotoxicity and Carcinogenicity" was published in the journal *Mutation Research*.

While at NYCPM, Dr. Leifer advanced the school's online education program. This eventually resulted in the development of a Microbiology Teaching Laboratory in the virtual world of BioMOO, which has since been published online at the Virtual Conference of University Biology Education. The publication can be found at:

[http://web.archive.org/web/19980222225959/science.uniserve.edu.au/su/SCH/mirror/vCUBE97/html/zev\\_leifer.html](http://web.archive.org/web/19980222225959/science.uniserve.edu.au/su/SCH/mirror/vCUBE97/html/zev_leifer.html)

This past semester, Dr. Leifer created a Wiki: <http://pathlab2014.wetpaint.com> for use in his Pathology Laboratory. Students find the relevant pathology by Virtual Microscopy, copy, circle, underline or add arrows or text and save it to the wiki website for all to use for study. It was extensively used and was very helpful.

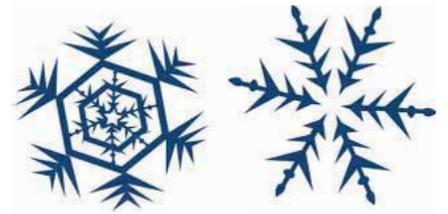
Dr. Leifer has a "laid back and dynamic" personality. He takes a very organized, clear and interactive approach with students in his style of communicating with students. He makes it a point to convey to his students that "We are in this together, I have my part in the process and you have your part." Informed by this philosophy, Dr. Leifer always makes himself available to students, encourages them to call or email him and is enthusiastic to sit down with students who are having trouble grasping the material. He spends a lot of his time helping students with problems outside the classroom as well. To him, the purpose of Medical school is to make students "lifelong learners in the rapidly progressing field of medicine."

With regard to the learning process, Dr. Leifer recommends reading slowly while carefully underlining, highlighting and reviewing the material. He also recommends reading be done in "layers," by first reading the entire chapter, making an outline, studying the outline, and then rereading the chapter again and making sure to take time to absorb all the material. Most importantly, he emphasizes repeating the material out loud at all times of the day, blending in with passersby walking down the street talking with a Bluetooth. The most helpful form of learning in his mind is to start from the most simple and continue to the complex in order to teach the student how one idea leads to another, in the hopes of creating a coherent picture instead of isolated facts.

Dr. Leifer's calm persona and unique approach make him an exceptional professor. Students at the New York College of Podiatric Medicine are very lucky to have him teaching the integral subject of Microbiology. Dr. Leifer instills a very powerful foundation on which we continue to build!



## ALUMNI REPS



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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 courtesy of Dr. Barry Block.*