

MED *express*

SCHOOL OF PODIATRIC MEDICINE | PHYSICIAN ASSISTANT PROGRAM

Barry launches
U.S. Virgin Islands
Physician Assistant Program
Distinguished alumna establishes
**research
scholarship**



DEAN'S COLUMN



Jeffrey Jensen, DPM, FACFAS

Preparing Podiatric Medical Students for Careers in Medicine

The Barry University School of Podiatric Medicine (BUSPM) has initiated several new endeavors to foster student learning and prepare its students to be tomorrow's leaders in the profession of podiatric medicine. The editor spoke with Dr. Jeffrey Jensen, dean and professor of podiatric medicine and surgery, about these endeavors and how the experiences at Barry University are cultivating great leaders for the future. "My aspiration for the Class of 2015 is that they will progress in this profession to become leaders in the field."

EDITOR: What are the most important priorities in the education of podiatric medical students?

DR. JENSEN: First and foremost we must provide a solid foundation for our students in the basic sciences. This is critical to develop their understanding of how and why we treat and heal patients. Professors Sanjay Sesodia, Allen Smith, Ramjeet Pemsingh, Graham Shaw and Bibi Singh, in addition to our adjunct faculty, provide the scientific foundation that stimulates student learning and prepares them for their externships and clinical rotations in their third and fourth years.

"With the establishment of the new Paul & Margaret Brand Research Center in April 2011 we are creating an environment that will stimulate research and publishable research papers. Barry University is uniquely positioned to be a leader in lower extremity research."

The curriculum at Barry enables the students to progress from the basic sciences to their clinical training, preparing them to become caring, thoughtful physicians, not just technicians. Drs. John Nelson, Thomas Merrill, Charles Southerland, James Losito, Jacqueline Buchman, Jacqueline Brill and Albert Armstrong are experts in their respective areas of podiatric medicine. They serve as role models for our students and prepare them in clinical training for their residency.

EDITOR: Barry's podiatric faculty have contributed more than \$500,000 to their students through scholarships over the last 16 years. What does this say about Barry faculty?

DR. JENSEN: Barry faculty are committed to the current and future education of our podiatric medical students. They take the time to serve as mentors to our students and as faculty liaisons for student clubs. Moreover, through the three podiatric clinics that Barry owns and operates, the students have the same faculty teaching them in the classroom and treating patients side-by-side with the students in the clinics. This separates Barry University from other podiatric schools, and I believe it contributed to 90 percent of our students passing Boards II compared with the national average of 82 percent.

EDITOR: Describe some of the changes you have implemented at Barry to enhance the applicant pool? How will this help the class and the profession?

DR. JENSEN: First, we have raised the MCAT scores and undergraduate GPA for an applicant seeking a position in the entering class. The 70 freshmen for the Barry University Class of 2015 collectively have the highest GPA and MCAT scores of any Barry freshman class in more than a decade.

My aspiration for the Class of 2015 is that they will progress in this profession to become leaders in the field. The time and dedication that is needed to complete the intense basic science and clinical training at Barry is very demanding. Our student leaders are able to successfully complete their podiatric training while finding time for activities including student podiatric clubs, community service, serving as teaching assistants, among others. They will be able to apply this experience to their residency training and careers as podiatric physicians. This will help to provide excellent

leadership for the podiatric profession in the future.

EDITOR: What is the purpose of the newly established Distinguished Lecture Series at the School of Podiatric Medicine?

DR. JENSEN: The idea for the Distinguished Lecture Series is to bring in some of the leaders of the podiatric profession to expose Barry students, residents, faculty and local practitioners to their work in podiatric medicine. For example, our first lecture with Dr. Robert Frykberg was highly successful. Dr. Frykberg spoke to the freshmen in the Introduction to Podiatric Medicine course about his career in podiatric medicine, ranging from attending physician at the Deaconess Hospital at Harvard Medical School for 21 years, to dean for clinical affairs in the College of Podiatric Medicine at Des Moines University, to chief of the podiatry section and podiatric residency director at the Carl T. Hayden Veterans Affairs Medical Center in Phoenix.

In addition, they learned about his research and why he is considered one of the world's leading experts on the diabetic Charcot foot. Later Dr. Frykberg lectured to an audience of over 200 students, residents and local podiatric physicians on the Charcot Foot 2011, discussing findings from his book *Diabetic Charcot Foot: Principles and Management*. All the lectures are being offered as CME activities at no cost, and we only ask attendees to contribute to the student research endeavors of the Paul & Margaret Brand Research Center at Barry University. The distinguished lecturers are leading scientists and thought leaders who are introducing our students to the research world in which they will soon be playing a significant role.

IMPORTANT DATES

- **DECEMBER 5-9, 2011**
 Barry University PA Primary Care Review Course
 Three Locations!
Miami Shores Campus
 Center for Community Health and Minority Medicine, Room 106
St. Petersburg Campus
 St. Petersburg College EpiCenter Rooms 2-308 and 2-312
St. Croix, U.S. Virgin Islands Campus
 Governor Juan F. Luis Hospital Room 2, Ground Floor
 Contact: Solange Brinson, 305-899-3266
- **DECEMBER 17, 2011**
 Physician Assistant Commencement
 Miami Shores and St. Petersburg
 Contact: Valarie Williams, 305-899-3293
- **JANUARY 12, 2012**
 Paul & Margaret Brand Research Center Distinguished Lecture Series
 Speaker: Peter Sheehan, MD
 Miami Shores campus
 6:30 – 9:00 pm, 2 CMEs - no cost
 Contact: Bob McKinlay, 305-899-3283
- **JANUARY 19, 2012**
 Barry University Podiatric Alumni Reception
 FPMA SAM Meeting
 Caribe Royale Hotel
 Orlando, Florida
 Contact: Bob McKinlay, 305-899-3283
- **FEBRUARY 18, 2012**
 22nd Annual Agnes Seminar
 8:00 am - 5:00 pm
 Miami Shores campus, Andreas Building
 Rooms 111 and 112
- **MAY 2-6, 2012**
 2012 Comprehensive Board Review
 Orlando, Florida
 Contact: Solange Brinson, 305-899-3266

MEDexpress is published for the alumni, students, faculty, staff, and friends of the Barry University School of Podiatric Medicine and Physician Assistant Program. Barry University is a Catholic institution of higher education founded in 1940 by the Adrian Dominican Sisters. Grounded in the liberal arts tradition, Barry University is a scholarly community committed to the highest academic standards in undergraduate, graduate and professional education. Barry University's core commitments are: knowledge and truth, inclusive community, social justice, and collaborative service.

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On the cover: Inaugural class, PA USVI campus, with Associate Medical Director, Keith Moore, JD, PA-C: Jennifer Arizu; Salvatore Bonventre; Nicole Brandon; MacKenzie Epler; Erica Gyorf; Sophia Osmanzada; Kristen Perez; Jennifer Samuel; Arthurlyn Sullivan; Adam Tulp; Laura Wintsch; Stephanie Horning; and Claire Lokitis, assistant professor of medical education

WHAT'S *inside*

16 Brand Research Center Distinguished Lecture Series
 Robert Frykberg, DPM, MPH, Charcot foot expert discussed the most current information on the cause, natural history and management of the diabetic Charcot foot, and shared his career insights with podiatric medical students.



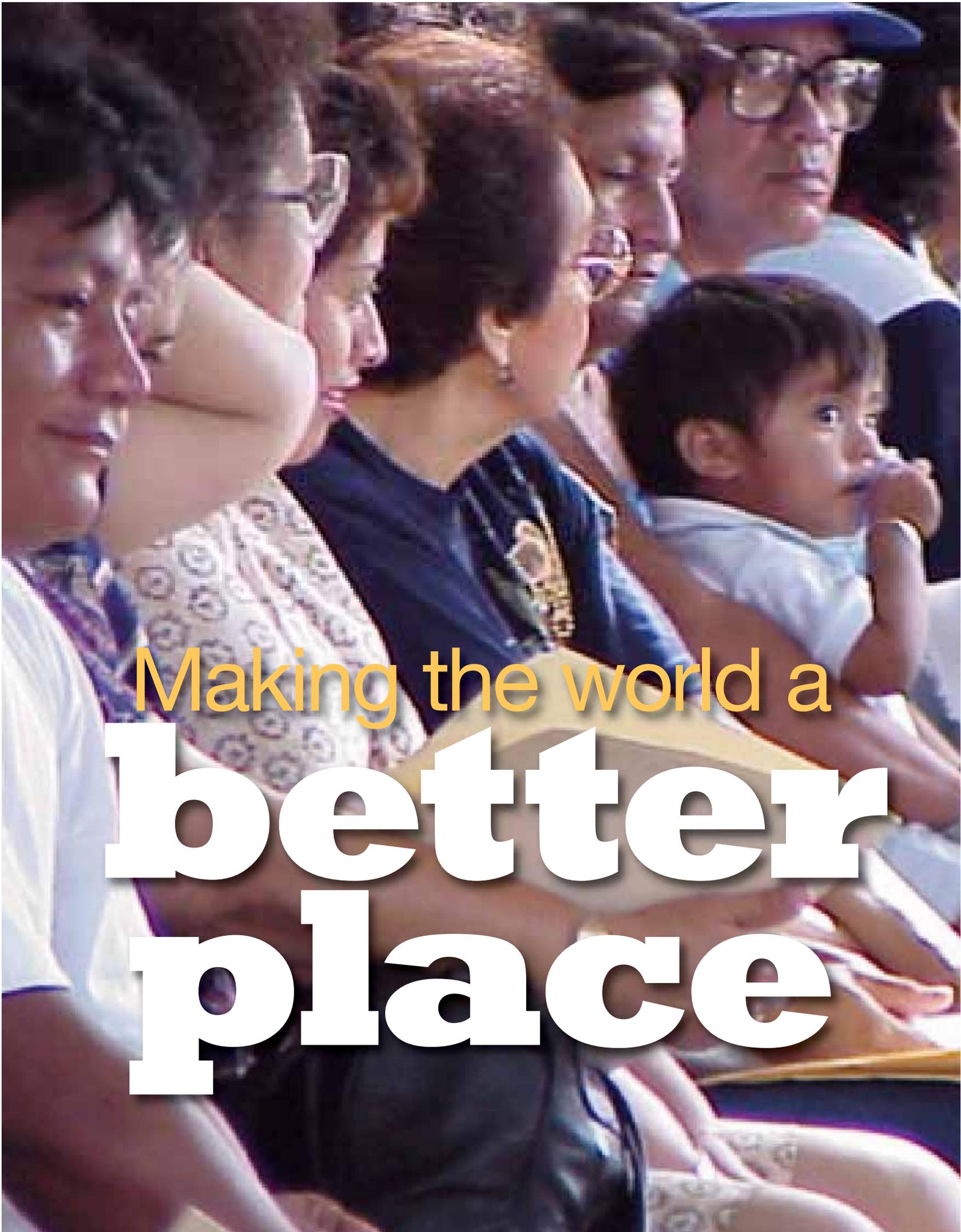
17 Barry teams up with Stryker South Florida Agency
 More than 50 podiatric medical students practiced delicate incisions and surgical preparations at the agency's state-of-the-art learning facility.



19 Getting in the race against diabetes
 Glauco Frizzera, videoconferencing support specialist with the School of Podiatric Medicine, shed 70 pounds and gained a healthy lifestyle as a triathlete.

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Making the world a
**better
place**

Yucatan Crippled Children's Project celebrates 15th anniversary, honors Dr. Southerland and Dr. Kashuk



YCCP co-directors Dr. Keith Kashuk (left) and Dr. Charles Southerland

The Barry University School of Podiatric Medicine celebrated the 15th Anniversary of the Yucatan Crippled Children's Project at the School's Rite of Passage Ceremony in September.

On July 4, 1996, Charles Southerland, DPM, professor of podiatric medicine and biomechanics, led a team of podiatric physicians on the first medical mission to Merida, Mexico, to perform surgery on disadvantaged, crippled children from the Yucatan Peninsula. Since then, co-directors Dr. Southerland and Dr. Keith Kashuk have coordinated more than 70 trips, rendering treatment to more than 7,400 crippled children. Over the years, 68 doctors have volunteered their valuable personal and clinical time, more than 81 students and residents have been trained and assisted in surgeries, and more than 23,500 volunteer hours have been logged.

"Dr. Southerland, Dr. Kashuk and the many other physicians who have participated on the trips to treat these needy children are to be lauded for their efforts and thanked for what they have done to make the world a better place," said Dr. Jeffrey Jensen, dean and professor of podiatric medicine and surgery.

The Yucatan Crippled Children's Project has been supported with more

than \$500,000 in donations, including gifts from the Frank J. Lewis Foundation, The International Foundation, The Hialeah Foundation, The Milagro Foundation (Carlos Santana's organization), the American College of Foot and Ankle Surgeons, Sole Supports Inc., the International Foot & Ankle Foundation for Research and Education and Bako Pathology Services, among many other friends of the Project.

At the ceremony, Dr. Jensen presented Dr. Southerland and Dr. Kashuk with a recognition plaque for 15 years of dedicated service to the Yucatan Crippled Children's Project.

"We are humbled by our supporters who have shared the vision of this great work. With their kind and generous donations, we have made a dramatic impact on crippling deformities affecting thousands of disadvantaged children in the Yucatan," said Dr. Southerland.

If you are interested in supporting the Yucatan Crippled Children's Project, please contact Assistant Dean Bob McKinlay at 305-899-3283 or rmckinlay@mail.barry.edu.

PROGRAM DIRECTOR'S COLUMN



Doreen C. Parkhurst, MD, FACEP

Treating the Patient rather than the Disease

The Barry University Physician Assistant Program recently began their third program, located in the U.S. Virgin Islands. Program Director Dr. Doreen C. Parkhurst urges her students to align their clinical experiences to the Barry motto of “learn, reflect, and serve.” The editor spoke with her about the importance of empathy in patient care, which symbolizes the Barry mission of developing caring and compassionate health professionals.

“If you want to practice medicine, it should be a devotion that supersedes the clock.”

EDITOR: One of the central goals of the PA Program is to develop caring, compassionate practitioners. Please relate one of your own patient care experiences.

DR. PARKHURST: Early in my career, I was working the night shift out in California in the Emergency Department. At about 3:00 am, the physician assistant signed out his patient to me. “She’s a 55-year-old female with a history of right upper quadrant abdominal pain. She’s tender in the right upper quadrant. I think she has gallstones. We called in the ultrasound technician.” I continued through the night, seeing other patients, knowing that, at some point, I would receive an ultrasound report on his patient. The technician finally arrived and said, “You better come see this.” Without responding, I followed him into the patient’s room. He put the ultrasound probe over her liver. The liver looked liked Swiss cheese. “I’ll get the radiologist to call you right away,” the technician said. I told the patient I’d return as soon as I spoke with the radiologist.

I signed out all of my patients to the new doctor on the day shift and spoke with the radiologist. My worst fears were confirmed: The woman had metastatic liver cancer. I went in to sit with the patient and to talk to her. She had breast cancer a few years earlier. Her husband had died of liver metastases. She knew what kind of a death he had. There was no one she could call for support. She and her only daughter had been estranged for years. So I sat with her, long after my shift had ended. We held hands. Sometimes we talked; sometimes



we sat in silence. I tried to offer her hope, to encourage her to have a biopsy, to seek to know the options before deciding to refuse them. She agreed to keep an open mind.

I shall always remember that patient. I don’t even know her name. I presume that by now she has died, and I hope it was a peaceful death. But she will live on in my soul, which has become very crowded with similar memories.

EDITOR: What do you mean by treating the patient rather than the disease?

DR. PARKHURST: A disease is a constellation of symptoms and a diagnosis. It is an interesting entity to read about in medical textbooks. But the textbooks do not tell the impact of the disease on a patient and on the patient’s family. It is one thing, for example, to know that a woman has blood tests and symptoms

confirming she has rheumatoid arthritis. But the medical provider needs to realize the impact upon the patient of that diagnosis and realize she can no longer button her blouse or comb her hair or cut her meat at dinner. She quickly becomes an invalid, and the family needs to help her with routine, daily activities of living. This tremendously impacts her life and the family dynamics.

Every diagnosis given has a profound impact upon the patient and her family. There are daily living issues, fiscal implications, emotional responses and a wide array of responses to the diagnosis that constitute the necessary treatment of the patient. This goes far beyond just making the diagnosis of a disease.

EDITOR: How important are psychological issues to a patient's recovery from illness?

DR. PARKHURST: I don't know the answer to that. There are certainly authors who think that these issues are very important. Clearly the psychological response has an impact on the patient's daily living. I recall a patient one time that was indeed very acutely ill. When the doctor came in during the middle of the night to see him, the doctor was cranky about being awake. He was less than sensitive with the patient and was, in fact, exhibiting anger toward the patient. He said to the patient, "You're going to die." Within minutes, the patient did die. Was this connected? I don't know. But I wish that in the patient's last minutes, he had experienced kindness and compassion rather than anger.

We hear recovered cancer patients speak often of their own anger toward doctors who offered them no hope.

Patients need hope, they need to hear optimism from us, and they need kindness and empathy. Even when they are in hospice and it's clear they are going to die, they need to know we will do something for them. We can always assure them we will not let them suffer and will keep them out of pain.

EDITOR: What role does a PA and other health care practitioners play in patient recovery, beyond the medical treatment?

DR. PARKHURST: The reason that holistic medicine is popular is that it involves taking care of the entire patient. The practitioner is the authority: the one who will help the patient frame how they see their own illness. If the practitioner can focus the patient on how to lead an improved life while battling a chronic disease, that will be a tremendous contribution to the patient's lifestyle.

EDITOR: Discuss some examples of how you put the patient first.

DR. PARKHURST: I always left myself at home. There should not be two patients in the room. What happens between a patient and a provider should never be about the provider. It should always be about the patient. Sickness or trauma can make a person cranky, sometimes even abusive. The provider needs to understand that this is the patient's illness being exhibited. There is no place in medicine for providers having angry feelings toward patients. They must always aspire to be objective and to do what is best for the patient.

EDITOR: How does a student learn how to practice medicine outside book learning?

DR. PARKHURST: In James Herriot's book *All Things Wise and Wonderful*, the character states, "I'd had more of books but he had more of learning."

The science of medicine is in the books. The art of practice needs to be learned. That is the behavior that must be modeled by the teachers.

EDITOR: What is the best approach for patient care when a practitioner has a busy schedule, issues at home and other daily issues?

DR. PARKHURST: In 1908, Rudyard Kipling spoke to medical students. Here is what he said: "The world ... has long ago decided that you have no working hours that anyone is bound to respect, and nothing except extreme bodily illness will excuse you in its eyes from refusing to help a man who thinks he needs your help at any hour of the day or night. Nobody will care whether you are in your bed or in your bath, on your holiday or at the theatre."

The history of medical practice has always portrayed the selfless provider whose personal life suffers from the demands of practice. In recent decades, that has begun to change and

the altruistic self-sacrifice is not as universally present or appreciated. The traditional relationship between a provider and a patient has also been eroded, with patients having many providers during their lives, changing them sometimes annually because of insurance dictates.

I know a young woman who is a student at Harvard Medical School. She is in a new program where she has her own patients throughout her education. If they go to the hospital in the middle of the night, she is called and she goes to the hospital to be with them. She is a part of their lives. This gives me optimism that the erosion of confidence between provider and patient will come back around to where it should be.

I believe firmly that practicing medicine is a vocation, and a vocation calls for putting yourself last. If you want a 9-to-5 job, you should choose something else, a career where patients' lives are not involved. If you want to practice medicine, it should be a devotion that supersedes the clock.



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FACULTY NEWS

Faculty honored for contributing over \$500,000

The School of Podiatric Medicine faculty is so dedicated to their students that they have contributed \$539,621 in scholarships to deserving podiatric medical students since 1993. Barry's podiatric clinical faculty was recognized for their contributions during the School's Rite of Passage ceremony on September 2, 2011, at the Broad Center for the Performing Arts.

Dr. Jeffrey Jensen, dean and professor of podiatric medicine and surgery, presented a plaque to Dr. John Nelson, associate dean and professor of podiatric medicine, that acknowledged and thanked the clinical faculty for their generous support.

The plaque will be installed in the lobby of the School of Podiatric Medicine and hang as a permanent tribute to the following clinical faculty: **Dr. John Nelson**, associate dean of clinics, **Dr. Albert Armstrong**, associate academic dean, **Dr. Jacqueline Buchman**, associate professor of podiatric medicine, **Dr. Jaqueline Brill**, assistant professor of surgery,



Dr. Jeffrey Jensen, dean, presents clinical faculty award to Dr. John Nelson, associate dean

Dr. James Losito, professor of podiatric biomechanics and orthopedics, **Dr. Thomas Merrill**, professor of podiatric surgery and

director of the Barry University/Mercy Hospital Residency Program, and **Dr. Charles Southerland**, professor of orthopedics and biomechanics.

"Each day they give a part of themselves in their teaching podiatric medical principles and practice to their students," explained Dr. Jensen. "By living the Barry mission, they go beyond the norm and donate financially to help their students realize their dreams of becoming doctors."

For the 17th year, the School of Podiatric Medicine clinical podiatric faculty have provided scholarships for demonstrated clinical excellence. The scholarship recipients for the 2011-12 academic year are as follows: Michael Andersen, James Averett, Joshua Bowman, William Burmeister, Paul Fawson, Shelby Kear, Benjamin Lewis, Sofie Pinney, Taylor Robertson, Marien Rodriguez, Tresa Sambenedetto, Titorya Stover, Sarah Sweeney Tyson Tabora and Blake Weeks.

Dean pledges \$25,000 for Brand Research Center



Dr. Paul Brand (above) and wife Dr. Margaret Brand were pioneers in leprosy and diabetes research.

"The landmark Paul & Margaret Brand Research Center at Barry University furthers the Brands' legacy with collaborative research to promote wound healing, prevent amputations, and educate the public about wound and amputation prevention."

School of Podiatric Medicine dean, Dr. Jeffrey Jensen, alongside his wife Cecilia, donated \$25,000 to the Barry University School of Podiatric Medicine's new Paul & Margaret Brand Research Center, marking

its first major gift.

The contribution, pledged over five years, will be used to conduct research studies to reduce diabetic foot complications including ulcers and amputations. The center's grand

opening in April welcomed Dr. Margaret Brand, who visited the facility and accepted an honorary degree from Barry University – on her and her late husband's behalf – during the next day's commencement ceremony.

"My wife and I are proud to be among the first contributors toward this tremendous effort to save limbs and lives," said Dr. Jensen.

Drs. Paul and Margaret Brand are pioneers whose groundbreaking research, from Louisiana to India, made it possible for insensate patients, including those with leprosy and diabetes, to function normally despite enormous handicaps. The landmark Paul & Margaret Brand Research Center at Barry University furthers the Brand's legacy with collaborative research to promote wound healing, prevent amputations, and educate the public about wound and amputation prevention.

In 2008, Miami-Dade, Broward, and Palm Beach counties reported more than 1,500 diabetic amputations costing more than \$57 million. By the year 2050, the Centers for Disease Control and Prevention (CDC) estimates the number of Americans living with diabetes could grow to 1 in 5 or even 1 in 3.

Through this new research center, Barry University commits itself to the battle against diabetes by providing innovative research which will help the almost 500,000 residents in South Florida affected by this disease.

For more information on donating to the Paul & Margaret Brand Research Center, contact Bob McKinlay, assistant dean, at 305-899-3283 or rmckinlay@mail.barry.edu

STUDENT NEWS

Dr. Herbert Feinberg Scholars announced



Herbert Feinberg, DPM

The Dr. Herbert Feinberg Memorial Scholarship was recently awarded to **Noelis Rosario** and **Hani Badahdah**, Class of 2013. Each student was awarded a \$1,000 scholarship which will be credited to their student account to help with their tuition costs. These two students were selected based upon their

academic merit, achieving the highest grade point average in their class.

Rosario hails from San Juan, Puerto Rico, and is the Class of 2013 vice president. She is active in several podiatric student organizations and community service activities in the greater Miami area. The Class of 2013 is currently starting their clinical studies, and Rosario is at North Shore Medical Center in Miami on a four-week anesthesiology rotation.

Badahdah is from Jeddah, Saudi Arabia, and is president of the Class of 2013. At the recent Barry University Rite of Passage ceremony in which the junior class received their white coats, Badahdah gave an inspirational address on the first two years of didactic study to the students and 400 family members in attendance. As a class leader, he recently organized the annual residency fair, which featured representatives from 41 residency programs from across the U.S.

The Dr. Herbert Feinberg Memorial Scholarship was established in 1987 by the family of Dr. Herbert Feinberg, one of the original members of the Executive Advisory Council Podiatric Medicine Program that

spearheaded the founding of the Barry University School of Podiatric Medicine. As a leader, Dr. Feinberg was the president of the Florida Podiatric Association, a delegate in the National Podiatric Association for many years, as well as the editor of the *Footprints Journal* for over 20 years. Dr. Feinberg was a pioneer in his field. His legacy is perpetuated through this scholarship.

For additional information or to donate to the Dr. Herbert Feinberg Memorial Scholarship, please contact Bob McKinlay, assistant dean, at 305-899-3283 or rmckinlay@mail.barry.edu.



Hani Badahdah
Class of 2013



Noelis Rosario
Class of 2013

Ortega named Dr. Patricia Kopenhaver Scholar



Jessica Ortega, Class of 2013

"By serving the indigent population of Miami with podiatric education, foot screening and nail care at various community service events, I believe my efforts have made a real difference to many poor and uninsured individuals," said third-year podiatric medical student Jessica Ortega. She was selected to receive the Dr. Patricia Ellsworth Kopenhaver, PA, MA, DPM Scholarship of \$3,000 for 2011. Upon learning of the award Ortega said, "I am very grateful to the late Dr. Kopenhaver for giving

"I am very grateful to the late Dr. Kopenhaver for giving back to the profession of podiatric medicine and assisting female podiatric medical students like myself to realize our dreams of becoming podiatric physicians."

back to the profession of podiatric medicine and assisting female podiatric medical students like myself to realize our dreams of becoming podiatric physicians."

Ortega maintains an outstanding academic record and holds many memberships in podiatric and student organizations, including the American Association for Women Podiatrists (AAWP), the American College of Foot and Ankle Surgeons student chapter and the American Association of Podiatric Practice Management.

During the 2010-11 academic year, she was the Class of 2013 community service co-chair and initiated the first Heal the Stride 5K Run/Walk at Barry University. This service project raised awareness about the podiatric profession and also collected \$4,507 for the Open Door Health Center – a free health care clinic for indigent and uninsured individuals in Miami-Dade County. As the 2010-11 president of the Hispanic Podiatric Medical Student Association, she led a group of individuals in raising awareness about diabetes and generating \$212 for the American

Diabetes Association through the Step Out Walk to Stop Diabetes in Miami. In addition, Ortega helped raise \$700 for Barry University's Yucatan Crippled Children's Project, which provides lower extremity surgical treatment to indigent children of the Yucatan Peninsula in Mexico. She also serves as the community service liaison for the Florida Podiatric Medical Student Association.

The Dr. Patricia Ellsworth Kopenhaver Endowed Scholarship is offered through the generosity of the late Dr. Patricia Kopenhaver. Dr. Kopenhaver was the founder of the AAWP and served as its first president, from 1969 to 1978. She established the endowed scholarship at Barry in 1996.

According to Dr. Jacqueline Brill, faculty advisor for the AAWP, "Ms. Ortega is to be commended for her hard work and high level of achievement, as well as her exceptional accomplishments as a female podiatric medical student."

FACULTY FOCUS

Burns appointed PA Program's associate director of clinical education

The Barry University Physician Assistant Program is pleased to announce the appointment of Gregory L. Burns, MMS, PA-C, as the associate director of clinical education and assistant professor for medical education at the Miami Shores campus. He is a native of High Point, North Carolina, but has lived in Florida since high school. In 1997, he graduated with a BA in psychology from University of North Florida-Jacksonville. For nearly six years, he worked in Jacksonville as an inpatient and outpatient psychiatric case manager. In 2005, Burns



Gregory L. Burns, MMS, PA-C,
associate director of clinical
education and assistant professor

graduated from the Nova Southeastern University PA Program with a bachelor's in physician assistant studies and a Master of Medical Sciences (MMS). As a physician assistant, he worked in the field of cardiology and internal medicine for over three years and then switched to family medicine for an additional 2½ years.

Burns was elected as the south regional director of the Florida Academy of Physician Assistants (FAPA) from 2006 to 2008. He then became president-elect of FAPA in 2009 and became FAPA president in 2010. He is currently the immediate past president and elections/nominations chairperson of FAPA. Since 2008, he has been on the board of directors of the

Broward County Medical Association (BCMA). BCMA was the first county association in the state of Florida that has allowed PAs as members. He also served on numerous other committees in FAPA such as the Legislative/Government Committee, Student Reference Committee, Political Action Committee and Conference Planning Committee.

Burns has been on the American Academy of Physician Assistants (AAPA) House of Delegates for the state of Florida since 2009 and was the chief delegate of this group in May 2010 at the HOD Meeting in Atlanta.

His personal interests include swimming, triathlons, running and tennis.

Please join us in warmly welcoming Professor Gregory Burns to the Barry University PA Program family. He may be reached at gburns@mail.barry.edu or 305-899-4044.

Continued from page 2

EDITOR: What new initiatives have you made in student research opportunities?

DR. JENSEN: With the establishment of the new Paul & Margaret Brand Research Center in April 2011 we are creating an environment that will stimulate research and publishable research papers. Barry University is uniquely positioned to be a leader in lower extremity research. The possibilities are unlimited due to our collaborative efforts in basic sciences, clinical sciences, clinics and lab facilities. Podiatric medical student participation in research is a significant goal for the School. Our students have creative and innovative ideas and will compete for research scholarships in vascular medicine research, sports medicine/biomechanics research, limb preservation research and neuropathy prevention research.

Two of these scholarships were just recently established. The Bruce Werber, DPM, FACFAS Scholarship for Research in Podiatric Sports Medicine/Biomechanics was founded by a \$25,000 gift from Dr. Mary Elizabeth Crane to the School of Podiatric Medicine, and the Steinberg Family have just agreed to fund the Dr. Marvin and Ruth Steinberg Scholarship for Research in Limb Preservation. Money raised for each research area will cover costs associated with conducting the research, such as medical equipment, diagnostic equipment, supplies, investigational review board fees, patient stipends, labs, X-rays and bone density studies. Individuals interested in donating to the student research area of their choice may do so by contacting Bob McKinlay, assistant dean, at 305-899-3283 or rmckinlay@mail.barry.edu.

EDITOR: In what ways does research aid student development?

DR. JENSEN: The focus on research enables the School to provide students with the opportunity to experience new technologies and participate in research activities to improve patient outcomes. It enables them to become familiar with the literature. We are very fortunate to have Dr. Robert Snyder as our director of clinical research. Currently Dr. Snyder is working on several clinical trials of national importance in the area of wound care and diabetic foot care.

EDITOR: What makes podiatric medicine a great career?

DR. JENSEN: In my opinion it is the best possible career choice for a student seeking to go into medicine. The podiatrist is the preeminent specialist on the foot and ankle. The specializations a student can go into are only limited by their areas of interest, from wound care to sports medicine, from trauma surgery to podo-pediatrics, from orthopedics to diabetic foot care. Clinical venues include solo or group practice, HMOs, hospitals, faculties of schools of medicine, the Armed Forces, Veterans' Affairs and the U.S. Public Health Service.

EDITOR: When a student is applying to podiatric medical school, why should Barry

“In my opinion it is the best possible career choice for a student seeking to go into medicine. The podiatrist is the preeminent specialist on the foot and ankle.”

University be their first choice?

DR. JENSEN: The Barry University School of Podiatric Medicine provides the optimal combination of basic science training and clinical education, with a seamless transition from didactic studies to clinical training. Faculty teaching in the clinical courses are the same faculty students learn from in clinical rotations at Barry's three clinics. Students never fail to mention the excellent mentoring offered by faculty like Dr. James Losito, team physician for the NBA's Miami Heat, and Dr. Charles Southerland, founder of the Yucatan Crippled Children's Project. Our location in vibrant, diverse South Florida ensures training with patient populations will be equally diverse, a critical component for the 21st century medical practitioner. In addition, students have the opportunity to engage in homeless and indigent medical care, the Special Olympics and other community service activities.

With health care reform and the advent of accountable care organizations, there will be an increasing emphasis on patient outcomes, quality care and treating the highest risk populations; podiatric medicine is perfectly positioned to participate in a meaningful way. From limb preservation to elective surgery to hospital and ER consultations, no health professional is better able to treat the lower extremity than the podiatric physician.

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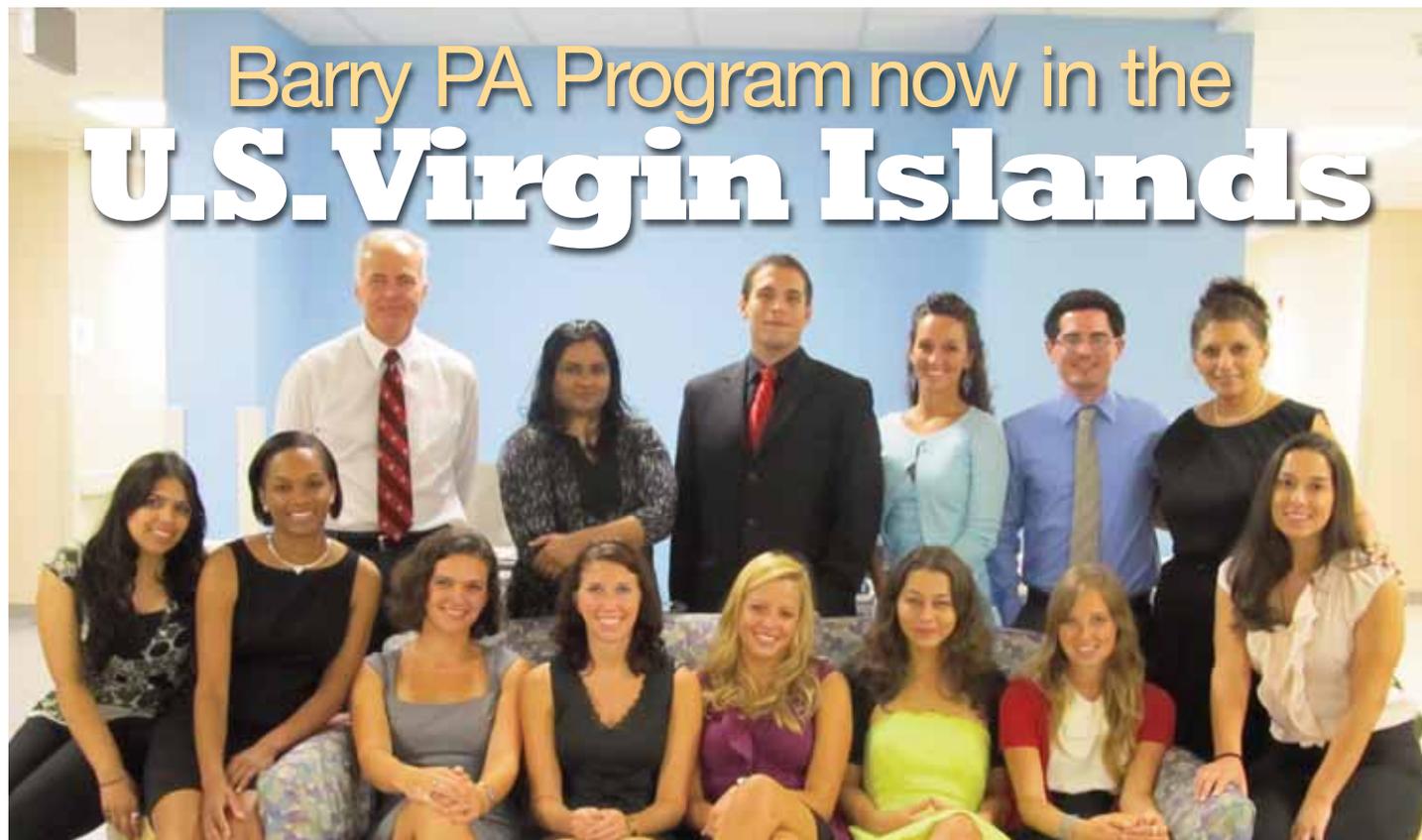
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USVI inaugural class and staff: (back row, from left) Associate Medical Director Keith Moore, JD, PA-C; students Jennifer Samuel, Salvatore Bonventre, Stepinie Horning, Adam Tulp; Operations Director Claire Lokitis; (front row, from left) students Sophia Osmanzada, Arthurlyn Sullivan, Jennifer Arizu, Erica Gyorfi, Laura Wintsch, Nicole Brandon, MacKenzie Epler and Kristen Perez.

Barry University is training students in St. Croix, U.S. Virgin Islands, to become physician assistants through the expansion of its PA program.

Barry's PA program has been providing supervised clinical training for 12 students in the USVI since August 19 through its primary partnership and clinical affiliate, the Governor Juan F. Luis Hospital and Medical Center (JFLH) in St. Croix.

The new student orientation and courses for the inaugural class were temporarily conducted at the Martha and Bennie Benjamin Foundation Teleconference Center at the Virgin Islands Cardiac Center, until permanent space for the PA program, currently under construction, is completed at the Sunshine Mall in Frederiksted. Students receive the same classroom training via the interactive video conferencing process already in use on the mainland. Clinical rotations for students at the St. Croix campus will continue in USVI hospitals, clinics and physician offices.

"JFLH saw this as an opportunity to invest in our community by improving access to Virgin Island students to gain educational and clinical experience. We are excited about partnering with Barry University in building awareness of the health care opportunities in St. Croix and the USVI," said Chief Executive Officer Jeff A. Nelson.

Barry University was awarded two grants under the American Reinvestment and Recovery

Act from the U.S. Department of Health and Human Services, Office of Health Resources and Services Administration (HRSA) to expand PA training to the USVI: the one-year, \$273,000 HRSA Equipment Grant for equipment needed to conduct classes via interactive video conferencing, and the five-year, \$1.2 million HRSA Training Grant to support and develop faculty and staff and to support PA student travel to the USVI for two years.

The first phase of the federal training grant began in July 2010. The grant placed currently enrolled PA students from the Miami Shores and St. Petersburg, Florida, campuses in clinical rotations in the USVI. Barry PA students completed 19 rotations in internal medicine, obstetrics and gynecology, family practice, surgery and emergency medicine. Students worked at JFLH, as well as Roy Schneider Hospital on St. Thomas and the Myrah Keating Smith Community Health Center on St. John. These rotations provided clinical training experiences in patient populations that include underinsured, low-income, culturally diverse, indigent and elder individuals of the USVI community.

Grant funds have supported the placement of the PA students in clinical rotations and an advance team of faculty and staff assigned to St.

Croix for the start-up phase. The grant funding also provides the initial administrative, faculty and technical support personnel needed for the operation until it is self-sustained. The PA Program has hired three permanent employees for the St. Croix campus, two of whom are residents of St. Croix. The Program will support further recruitment and development of local PAs and physicians from the islands as future core and adjunct faculty members for the Barry PA Program campus in the USVI.

The PA Program received approval for the expansion project from the Accreditation Review Commission on Education for the Physician Assistant and the Southern Association of Colleges and Schools in spring 2011.

"It will take time to develop the PA applicant pool in the Territory," said Keith L. Moore, JD, PA-C, associate program director. "Our goal is to attract and train applicants from the USVI and retain them as PAs in the regional health care system upon graduation."

For more information about Barry's PA Program, call the admissions office at 800-319-3338, option 2, or email paadmissions@mail.barry.edu.

Money Matters

Leverage your practice

Leverage is a term often associated with finance in which gains are multiplied. Whether you are starting a new practice or are in an established practice, this concept can be employed to offset expenses and increase net income. Taking advantage of this concept starts with a plan.

Business plans typically incorporate a "SWOT Analysis," an acronym for strengths, weaknesses, opportunities, and threats. By writing down a list of all ideas affecting your practice, you get a clear picture of where you are, where you want to go, and how you are going to get there. The list will be dynamic and evolve over time, with many thoughts falling under multiple headings.

One of the greatest weaknesses and threats associated with business is the cost associated with your staff, the full-time employee (FTE). The number of employees is determined by the necessary jobs and the efficiency of each employee. Decreasing the payroll without negatively affecting income has long been a goal of all business.

Automation, such as answering devices and computers, helps to decrease the number of employees, but medical practices will always need skilled individuals. The goal for your practice is to generate income by providing necessary services. The productivity and management side of the equation involves your skill sets. The collection of revenues is no less complex and requires employees trained and competent in podiatry billing and collections. Finding these individuals, training and maintaining their skill sets, coupled with the cost of billing can be significant.

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Brand Research Center seeks diabetes patients with chronic ulcers for wound care clinical trial



Robert J. Snyder, DPM, FACFAS, CWS, and Maria Swartz, BS, CRCC

The Paul & Margaret Brand Research Center at Barry University's School of Podiatric Medicine is searching for diabetes patients willing to participate in an investigational trial. The study will evaluate the effectiveness of a cell-based therapy along with standard good ulcer care (GUC) measures in treating foot ulcers in adults with diabetes mellitus. The goal is to evaluate the clinical benefit of this cell-based therapy compared to a control therapy, which simulates an injection along with GUC treatments.

"As the incidence of diabetes increases around the globe and the complications of diabetic ulcers on the foot and ankle results in millions of lower extremity amputations, the need to treat and heal diabetic ulcers is critical to the reduction of amputations," said Dr. Robert Snyder, principal investigator and clinical research director of the Paul & Margaret Brand Research Center at Barry University.

Barry's study is part of a 375-patient, multinational, multicenter, randomized, double-blind study for patients between the ages of 18-80 with diabetes mellitus (Type 1 or 2) who

have chronic lower extremity ulcers on or below the ankle and are to be treated with GUC.

The clinical trial will take place at Barry University's Foot and Ankle Institute in Hialeah, Florida (777 East 25th Street, Suite 316). A maximum of 15 patients will participate in the study for approximately 16-32 weeks.

Additional objectives of the study are to demonstrate safety, tolerability and durability of this cell-based therapy compared to the control group as an adjunct to GUC. The study is blinded such that the clinical study staff, patients and the principal investigator do not know what treatment assignment will be administered. There is an un-blinded treatment administrator who will not be involved in any other aspects of the study who will administer the assigned study treatment.

For more information or to enroll in the study, please contact Maria Swartz, BS, CCRC, clinical research coordinator at the Paul & Margaret Brand Research Center: 777 East 25th Street, Suite 316, Hialeah, FL 33013; phone 305-836-7550; fax 305-694-9616; email mswartz@mail.barry.edu.

New research scholarship recognizes podiatry mentor



Marybeth Crane, DPM '94

Barry University's 2010 Distinguished Alumna in Podiatry, Marybeth Crane, DPM '94, FACFAS, CSW, recently established the Dr. Bruce Werber Scholarship for Research in Podiatric Sports Medicine/Biomechanics through the Paul & Margaret

Brand Research Center at Barry University. Made possible by Dr. Crane's generous \$25,000 donation, the scholarship is named for her mentor, Bruce Werber, DPM, FACFAS, who is recognized among the nation's foremost foot and ankle specialists. It will provide one annual \$5,000 research scholarship to a qualified podiatric medical student at Barry University who is judged by the faculty to have submitted the best publishable research in the area of podiatric sports medicine/biomechanics. The student also must demonstrate clinical excellence in podiatric sports medicine/biomechanics and an interest in pursuing a career in this specialty.

Distinguished mentor

Dr. Werber is the founder and owner of InMotion Foot and Ankle Specialists in Scottsdale, Arizona. Previously in private practice in Rhode Island for more than 20 years, he was an integral part of Brown University's Roger Williams Medical Center Residency in Podiatric Foot and Ankle Surgery in Providence. Dr. Werber earned his doctorate from the California College of Podiatric Medicine. He is board certified by the American Board of Podiatric Foot & Ankle Surgery and the American Board of Podiatric Orthopedics, and is a fellow of the American College of Foot Surgeons and the American Academy of Podiatric Sports Medicine. Dr. Werber is past president of the American College of Foot and Ankle Surgeons. He teaches students and residents in Arizona as an adjunct professor of surgery at Tempe University and an associate professor at Midwestern University, where he also was director of clinical education.

Dr. Crane first met him as a patient during her cross country career in college, having suffered from severe shin splints. Dr. Werber fabricated her first pair of functional orthotics, and she became interested in podiatric medicine as a career. She interned at his office before and after earning her bachelor's degree in exercise science/athletic training. Dr. Werber encouraged her to continue her education in podiatric medicine. He even drove her to Boston to an open house and interview with Barry's program. They kept in touch through the years, and he encouraged her to return to Rhode Island for her

residency. Dr. Crane says that without his encouragement, she would probably be a physical therapist today. She wanted to establish the research scholarship to honor him and to encourage evidence-based research in biomechanics that will justify the inclusion of podiatric medicine in the sports medicine arena of the future.

Dedication to sports medicine

Dr. Crane earned a bachelor's degree in exercise science/athletic training from Rhode Island College, then a Master of Science in Biomedical Sciences and Doctor of Podiatric Medicine at Barry. She completed a surgical internship and residency in foot and ankle surgery at Brown University's Roger Williams Medical Center in Providence, Rhode Island. Dr. Crane is double board certified in foot surgery and wound care and is the managing partner of Foot and Ankle Associates of North Texas, LLP, in Grapevine, Texas. She was named one of the most influential podiatrists in the country by Podiatry Management Magazine in 2006 and 2011.

Dr. Crane frequently assists and educates runners and triathletes in the Dallas-Fort Worth area. She is a long-standing member of the Lake Grapevine Runners and Walkers and can be found most Saturday mornings running or biking. She has competed in the Boston, New York and Chicago marathons as well as White Rock Marathon in Dallas, where she ran her personal record of 3:40 in 2001. This year, she completed her first full Ironman triathlon at the inaugural Ironman Texas. She is currently training for Ironman Mont-Tremblant in Quebec, set for August 2012.

Dr. Crane is a member of the Barry University



Bruce Werber, DPM, FACFAS

Order of the Flame, which recognizes individuals who have donated more than \$10,000 to the University. She previously donated more than \$35,000 to the Dr. Marvin and Ruth Steinberg Memorial Scholarship Fund. The Werber Scholarship will enable her to join the Society of Founders, for donors who have given more than \$50,000 to the University.

"Dr. Crane's donation to the School of Podiatric Medicine is a most generous gift that will be the catalyst to encourage many of our alumni and podiatric friends to establish research scholarships for our podiatric medical students that will benefit the profession of podiatric medicine for years to come," said the dean, Dr. Jeffrey Jensen.

The Dr. Werber Scholarship marks the second research scholarship established at the Paul & Margaret Brand Research Center. The first was the Dr. James Stelnicki Scholarship for Research Excellence in Lower Extremity Vascular Medicine.

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One of the guiding principles of PICA's foundation is providing support for the podiatric profession. Through this, PICA is committed to supporting Barry University School of Podiatric Medicine students.

- Over the last 10 years, PICA has provided Barry University podiatry students with resources for various events.
- PICA invests in the education of students enrolled in the School of Podiatric Medicine by providing two scholarships per year to defray student tuition costs.
- PICA and ProAssurance are providing a \$250,000 endowment fund to APMA for podiatric medical school scholarships over a five year period.

PICA is proud to support the Barry University School of Podiatric Medicine.

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PAUL & MARGARET BRAND RESEARCH CENTER NEWS

Dr. Frykberg, Charcot foot expert, opens lecture series



Brand Research Center Distinguished Lecturer Robert Frykberg, DPM, MPH

The Paul & Margaret Brand Research Center at the Barry University School of Podiatric Medicine presented the first in a series of national lectures focusing on diabetes and its complications on November 7, 2011.

Robert Frykberg, DPM, MPH, chief of the Podiatry Section in the Department of Surgery at the Carl T. Hayden Veterans Affairs Medical Center in Phoenix presented a lecture on "The Charcot Foot 2011" at Barry. More than 200 students, residents, faculty and greater Miami podiatric practitioners attended the event.

Dr. Frykberg discussed the most current information on the cause, natural history and management of the diabetic Charcot foot. Dr. Frykberg presented his findings and that of other world experts on the Charcot foot. Much is yet to be learned about the underlying nature of Charcot as well as the optimal ways to manage it during the various stages of presentation, he said.

"This lecture on Charcot by Dr. Frykberg gives us hope that we can be proactive to diagnose Charcot earlier and prevent amputation," said Hana Finn, DPM '10, a first-year resident at the Podiatric Medical and Surgical Residency Program at Westchester General Hospital in Miami.

"I learned a lot from Dr. Frykberg, especially from the five-year mortality rate table that indicated that 68 percent of individuals with an amputation and 41 percent of individuals diagnosed with Charcot are likely to only live five years longer after diagnose, said Hope Jacoby, DPM '15.

Sharing advice with students

Prior to the evening lecture, Dr. Frykberg spoke to the freshman class in the Introduction to Podiatric Medicine course about his long and

distinguished career in podiatric medicine, including 21 years as an attending at Deaconess Hospital at Harvard Medical School, dean for Clinical Affairs in the College of Podiatric Medicine at Des Moines University, and his present position.

"Learn the basics first to become a doctor and then you will be able to correlate what you have learned in your didactic training with your clinical education," Dr. Frykberg advised the Class of 2015. "This will differentiate you from other students and lead you to a successful residency and career. With 366 million diabetics worldwide, the podiatrist is considered in most countries to be the top expert on the diabetic foot."

Dr. Frykberg has become a world renowned expert on the Charcot foot and lectures worldwide at medical meetings and diabetes conferences; he is the editor of the 2010 book *Diabetic Charcot Foot: Principles and Management*. Dr. Frykberg signed books after the lecture. This event was sponsored by Stryker South Florida Agency and Merz USA.

Dr. Frykberg is the former chair of the Foot Care Council of the American Diabetes Association and a past president of the American College of Foot and Ankle Surgeons. He recently received the American Diabetes Association's prestigious 2011 Roger Pecoraro Lecture Award. The award recognizes a researcher who has made scientific contributions and demonstrates an untiring commitment to improving the understanding, treatment and prevention of diabetic foot complications.

Upcoming lecture

The Paul & Margaret Brand Research Center Distinguished Lecture Series will feature on January 12, 2012, Peter Sheehan, MD, a

widely known and acclaimed specialist in the field of diabetes. Dr. Sheehan's practice focuses on the cardiovascular and lower extremity complications of the disease. He has a particular research interest in peripheral neuropathy, wound healing, Charcot osteoarthropathy and peripheral arterial disease. There will be no cost for the two-hour lecture, and 2 CME credits will be offered for Florida licensed podiatric physicians.

The mission of the Paul & Margaret Brand Research Center is to create a world class research site utilizing the collaborative efforts of basic and clinical sciences. The research will result in publications in peer-reviewed journals, enhancing Barry University's academic and scholarly reputation as well as the resident and student experience at Barry. The School of Podiatric Medicine is emphasizing endeavors to spur student research in the areas of vascular medicine of the lower extremity, podiatric sports medicine, diabetic limb preservation, and neuropathy prevention. Providing the CMEs at no cost, the School encourages lecture attendees to make a contribution to the Paul & Margaret Brand Research Center to help fund the various areas of student research.

Swartz appointed clinical research coordinator



Maria Swartz, BS, CCRC

Maria Swartz, BS, CCRC, has been appointed to the position of clinical research coordinator for the Paul & Margaret Brand Research Center. She will coordinate all aspects of clinical trials, including recruitment and follow

up with study participants.

Swartz has 20 years' experience as a clinical research associate and clinical research manager for several organizations including medical device, pharmaceutical and nutraceutical companies. She has participated in more than 150 studies.

Swartz has studied business and nursing at the College of Health Sciences in Virginia. Swartz became an ACRP certified clinical research coordinator in 1997 and continues to take training courses to stay current on methods and procedures. In addition, she has received Excellence in Clinical Research awards for patient recruitment and retention successes from several site management organizations. For more information on clinical trials, please contact her at mwarz@mail.barry.edu or 305-836-7550.

Barry PA Program makes history with three White Coat Ceremonies



Inaugural class, PA USVI campus



St. Petersburg campus



Miami Shores campus

On August 26, 2011, 93 physician assistant students from the Physician Assistant Program Class of 2013 took part in a live, historic interactive White Coat Ceremony, held concurrently on three campuses: the Barry University Miami Shores campus, the University Partnership Center at St. Petersburg College, and the new U.S. Virgin Islands campus at the Governor Juan F. Luis Hospital and Medical Center. The new campus in the U.S. Virgin Islands was made possible through two grants totaling nearly \$1.5 million to the Barry PA program from the U.S. Department of Health and Human Services, Office of Health Resources and Services Administration.

The ceremony, conducted by video conferencing, recognized Barry University PA students from all three campuses for their achievement of meeting the qualifications for being accepted into the rigorous program, which had over 1,500 applicants.

The event was synchronous at all three campuses, so all students shared the welcome address from each of the three keynote speakers.

At the Miami Shores campus, School of Podiatric Medicine Dean Dr. Jeffrey Jensen, welcomed the students. "The program they are about to begin is unique among health care student training programs with its high expectations of students in the program, the tremendous program standards and the unparalleled level of innovative teaching methods all designed to provide them with the tools to make their careers a success," Dr. Jensen said.

Associate Dean and Program Director Dr. Doreen C. Parkhurst spoke from the St. Petersburg campus. "You are entering your education with the Barry mission as your foundation. Barry University pursues knowledge and truth, promotes social justice, embraces an inclusive global world view, and services its local and global communities through collaborative educational partnerships. We expect that you will make a difference in the world," she emphasized.

Associate director of the PA Program, Keith Moore, JD, PA-C, addressed the students from St. Croix: "Every inaugural class is exceptional. In fact, this class is audacious. We are offering for

the first time a PA program to the U.S. Virgin Islands that is breaking new ground with the highly inventive teaching techniques and what we have accomplished to get where we are today." He advised the students, "that what they learn today in their classes they will keep with them for a lifetime."

The Barry PA Program has made impressive strides since its inception in the fall of 1997. In fall 2005, the PA Program began admitting students on the west coast of Florida in partnership with the University Partnership Center at St. Petersburg College via interactive videoconferencing. In December 2007, the Program celebrated the first graduation of one class seated in two locations. In 2009, the PA Program underwent a stringent reaccreditation survey and was awarded a seven-year reaccreditation. In 2010, it received federal funding of nearly \$1.5 million to support the expansion of the Program into the U.S. Virgin Islands. The Barry PA Program has now graduated more than 450 physician assistants.

Barry and Stryker team up for clinical training

More than 50 students from Barry's podiatric medicine class of 2013 practiced delicate incisions and surgical preparations thanks to Stryker South Florida Agency. Students received hands-on training using specimens of pigs' feet as well as clinical instruction on gowning, gloving, creating a sterile surgical environment and demonstrations of Stryker power instruments.

"We sincerely appreciate Stryker's commitment to podiatric medical education by providing our junior podiatric medical students with this unique clinical experience in a state-of-the-art OR facility," said Thomas Merrill, DPM, professor of surgery and residency director of Barry's Mercy Hospital Residency Program. "We are looking forward to our continued collaboration, which will be a tremendous asset for our clinical training program."



Class of 2013 students from the School of Podiatric Medicine practice suturing on pigs' feet at Stryker South Florida Learning Center

Two additional labs on hammertoe surgery and bunion surgery are scheduled at the Stryker South Florida Learning Center in

Fort Lauderdale.

Wajdi Nassier, president of the Save A Limb, Save A Life student club at Barry found the lab to be a great facility that provided a valuable learning opportunity.

"This surgical learning experience is very helpful for us to learn basic surgical techniques," he said.

Dr. Jacqueline Brill, assistant professor of surgery, and Dr. Jeffrey Jensen, dean and professor of podiatric medicine and surgery, also assisted in the training.

"Having all the proctors available to assist us was a great training practice for suturing which will facilitate our learning; I am looking forward to the next lab," said student Kim Hoang Vo.

Podiatric Medicine students celebrate annual Rite of Passage



Marie Williams, DPM, FACFAS

Barry University's School of Podiatric Medicine celebrated its annual Rite of Passage ceremony alongside family and friends as the 55-member Class of 2013 received their white coats this month. The event sponsored by PICA marks the completion of their classroom studies and beginning of their clinical rotations. The ceremony included the presentation of three new scholarships, recognition of two faculty for their missionary work in the Yucatan, and a permanent acknowledgment to seven professors who have donated their time and money to students.

Kristen Patterson, Sarah Haller and Thomas Wilson were each awarded three newly established scholarships for their work and dedication.

"They serve as role models for their classmates, and will make fine podiatric physicians in the future," said Dr. Jeffrey Jensen, dean and professor of podiatric medicine and surgery.

Patterson, past president of the Barry Podopediatric Club, earned the Dr. Sean Liffiton Memorial Scholarship, a \$2,000 award to be put toward tuition. The Barry faculty selected Patterson based on her interest in podiatric sports medicine. Patterson helped organize the memorial goft tournament for the scholarship, named in honor of Dr. Liffiton, DPM '93, the team podiatrist for the Florida Panthers National Hockey League team.

Haller, Florida Podiatric Medical Students Association president, received the Dr. Harvey Kopelman Award for her leadership and dedication. The \$1,000 award was established by the Florida Podiatric Medical Society and Audrey Kopelman. Dr. Kopelman, former FPMA president, practiced

in St. Petersburg, Florida, and dedicated more than 50 years of his practice to providing the best care for his patients and furthering the reputation and well-being of the podiatric profession. He championed malpractice protection for Florida podiatrists.

Based on his academics and community service, Wilson received a \$500 scholarship established by Dr. Bradley Haves,

DPM '90, president of the Barry Podiatric Alumni Association, and Dr. Michael Wohlfahrt. The award is in memory of Dr. Barton Baggett, DPM '90, of the Family Podiatry Center in Valdosta, Georgia. Wilson is vice president of Barry's student chapter of the American College of Foot and Ankle Surgeons.

Yucatan Project honors

Dr. Charles Southerland and Dr. Keith Kashuk, co-directors of Barry's Yucatan Crippled Children's Project (YCCP), were honored for 15 years of service to the YCCP. With the support of many volunteers, they have helped more than 7,400 disadvantaged and crippled children in Mexico, completing more than 70 medical missions since 1996. Over the years, 68 doctors have volunteered, more than 81 students and residents have been trained and assisted in surgeries, and more than 23,500 volunteer hours have been logged.

The YCCP is supported with more than \$500,000 in donations including gifts from the Frank J. Lewis Foundation, The International Foundation, The Hialeah Foundation, The Milagro Foundation (Carlos Santana's organization), the American College of Foot and Surgeons, Sole Supports Inc., the International Foot & Ankle Foundation for Research and Education and Bako Pathology Services, among others.

"We are humbled by our supporters who have shared the vision of this great work," said Dr. Southerland. "With their kind and generous donations, we have made a dramatic impact on crippling deformities affecting thousands of disadvantaged children in the Yucatan."



Thomas Wilson, recipient of the Dr. Baggett Award

Faculty donors

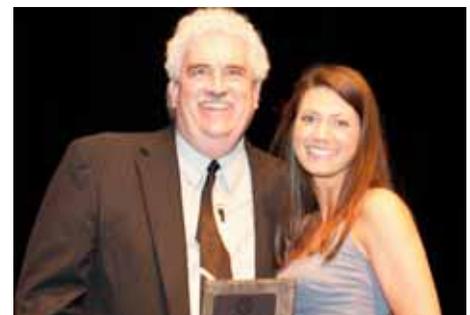
Dr. Southerland and Drs. Albert Armstrong, Jacqueline Buchman, Jacqueline Brill, James Losito, Thomas Merrill and John Nelson were acknowledged for their donations to their students totaling more than \$500,000 in the last 15 years. A commemorative plaque with their

names will be displayed at the School in their honor.

The ceremony's keynote speaker was Dr. Marie Williams, a board certified foot and ankle surgeon and fellow of the American College of Foot and Ankle Surgery. Dr. Williams was the School's first clinical dean. She is currently an adjunct professor, the residency director at Jackson North Medical Center and chairman of the podiatry department at Aventura Hospital and Medical Center in Aventura, Florida. For her many contributions to Barry, Dr. Williams was honored with the Honorary Podiatric Alumna Award in 2006.



Kristen Patterson (left), recipient of the Dr. Liffiton award with Dr. Liffiton's sister, Debra Vining



Sarah Haller, recipient of the Dr. Kopelman Award



Getting in the Race and Gaining a Healthy Lifestyle

By Glauco Frizzera

Glauco Frizzera, 47, lives in Miramar, Florida, with his wife, Andressa, and son, Victor. He is working on a master's degree in sports management at Barry University and is a videoconferencing support specialist for the Barry University School of Podiatric Medicine and Physician Assistant Program in Miami Shores.

Last summer I volunteered at a triathlon for the first time. My job was to check that the athletes in the transition area were all set to go. With the hot Miami sun beating down, I gave advice to competitors who were novices in the triathlon world. It seemed unreal: me, advising triathletes!

Three years ago, I could hardly sit on a bicycle. I weighed 290 pounds and was completely sedentary. I just didn't seem to have any time – not for myself and especially not for working out. Then I went to a routine doctor's appointment. All my numbers were bad – blood pressure, cholesterol and blood glucose – and I was diagnosed with Type 2 diabetes. The doctor told me that in order to survive, I needed to change my habits

and get healthy.

If the diagnosis wasn't enough to motivate me, something else was: I have a 6-year-old son who sees me as his superhero. It was clear that it was time to turn my life around. I woke up the next morning, got my bicycle out of the garage and rode for 2½ miles. It was enough to leave me exhausted for the rest of the day. But every week I added a few more miles and kept at it, as I did with my new low-carb meal plan.

In the first 18 months, I dropped 70 pounds. Then I spent the next year stuck at that weight. I had reached a plateau, but instead of giving up, I worked out more. I started to swim and run in addition to my daily bike ride. Immediately, my weight

started slowly decreasing again. Soon, I realized I was practicing all the pieces of a triathlon: swimming, biking and running. To make it official, I began signing up for competitive races.

In my first triathlon, I made all kinds of mistakes but learned a lot. I learned it's important to get up early and arrive at the race early with plenty of time to warm up. I learned that a small cap at the end of the bicycle handlebar holds the grip in place – and that race officials will send you home if you don't have one. I'm still no expert, but last year I competed in four triathlons, which is more than I ever dreamed I'd do.

Today, I work out three hours a day. I still need to lose 40 more pounds, but now I know for sure that I can do it. My wife isn't jealous of my bicycle anymore. Instead, she acts as my coach and has mastered the ins and outs of triathlon timing technique.

About a year ago, I invited two friends to join me on a team for a triathlon relay. I did the swimming leg of the race, and we ended up taking first place. It was a real milestone for me, not just because of that day's victory, but because I realized I'm winning much more than one race in life.

PICA scholarships awarded to seniors



William Burmeister and **Titorya Stover**, fourth-year podiatric medical students, have been awarded the Podiatric Insurance Company of America (PICA) Group Scholarship Award for 2011.

The students, who will each receive a \$2,500 tuition scholarship, were selected by Barry's full-time podiatric clinical faculty based upon their excellent performance in third-year clinical rotations this past academic year. In 2010, Burmeister was part of a student research team that was awarded the \$10,000 Dr. James V. Stelnicki Scholarship for Excellence in Lower Extremity Vascular Medicine for submission of its research paper,

"Variations of the Origin of the Arcuate Artery." Stover, who currently serves as the secretary of the Class of 2012, was awarded the Dr. Patricia Kopenhaver Scholarship in 2010 for her outstanding scholastic performance and personal achievement.

Dr. Jeffrey Jensen, dean and professor of podiatric medicine and surgery, lauded the students for their achievement and encouraged them "to maintain this quality standard of clinical excellence throughout your medical education at Barry, as well as in your podiatric professional careers."

"We are grateful to PICA for their support of our students and their dedication to the profession of podiatric medicine," Dr. Jensen added.

PICA offers scholarships to help defray tuitions costs, supports various events throughout the year, including the Rite of Passage, and with ProAssurance is providing a \$250,000 endowment fund to the American Podiatric Medical Association for podiatric medical school scholarships over a five-year period.

Students hone skills at cadaver lab



The Class of 2013 surgical class, under the direction of Jacqueline Brill, DPM, participated in a cadaver lab at the impressive Stryker South Florida Learning Center in Fort Lauderdale.

The students worked with cadaver legs while learning surgical techniques such as digital and metatarsal surgery.

"The students really learned so much from this hands-on experience, which they would not have the ability of gaining elsewhere. We are very grateful to the Stryker South Florida Learning Center for this learning experience for our Barry podiatric medical students," Dr. Brill said.

The Barry University School of Podiatric Medicine would like to thank Stryker South Florida Agency for the use of their state-of-the-art facility.

Steinberg scholarship winners selected



The School of Podiatric Medicine is pleased to announce the awardees for the Dr. Marvin and Ruth Steinberg Memorial Scholarship for the 2011-12 academic year. Each student will receive a \$1,000 award which will be credited to their student account toward tuition. All honorees were selected based upon their leadership qualities and academic merit.

Sarah Haller serves as president of FPMSA and is a member of Class of 2013. She was recently awarded the Dr. Harvey Kopelman Award for leadership and dedication to the profession. **Sofie Pinney** is a former FPMSA president and a member of the Class of 2012. Pinney also served as chair of the 20th Annual Agnes Seminar. **Jessica Ortega** holds the position of FPMA liaison for community service and is the 2011 winner of the Dr. Patricia Kopenhaver Scholarship. **Jurgen Helmut Fernandez** is the current president of Hispanic Podiatric Medical

Students Association. **Armando Gonzalez** is the president of the Class of 2014 and serves as the historian for the HPMSA.

The Dr. Marvin and Ruth Steinberg Memorial Scholarship was established in 1994 by the Steinberg family as a memorial to Dr. Marvin Steinberg, "Father of Modern Podiatric Medicine," to help academically qualified and deserving students with their educational expenses at the School of Podiatric Medicine. Dr. Steinberg established and directed the first podiatric hospital residency program in a Joint Commission accredited hospital in 1965. When he retired he became actively involved in the academic and clinical programs at BUSPM.

For additional information or to donate to the Dr. Marvin and Ruth Steinberg Memorial Scholarship, please contact Bob McKinlay, assistant dean, at 305-899-3283 or rmckinlay@mail.barry.edu.

Synthes offers hands-on experience



Synthes USA Instruments and Implants brought a demonstration to the Class of 2013 at the Barry main campus in Miami Shores. Andres Mora, trauma sales consultant, assisted students in learning about screws, drill bits, taps and guide wires during podiatric medical surgery. About 60 students practiced with power tools and learned their role in lower limb surgery. "Students have to use these power tools and hardware in order to become practiced before they ever come near a human surgical setting; this gives them the opportunity," said Dr. Thomas Merrill, professor of podiatric medicine and surgery.

Residency Fair continues success in its 6th year

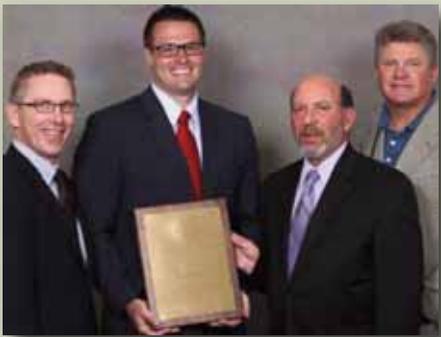
By Hani Badaladah, Class of 2013 President

On September 10, 2011, students from the School of Podiatric Medicine's Class of 2013 held the Sixth Annual Residency Fair. The residency fair is an important event that helps students find the program that fits their needs.

This year, 41 residency programs from across the nation came to Barry and provided students with crucial information that will help them to select their residency. This presented students with an opportunity to gain more information and build an early relationship with the programs of their choice. The fair included programs from Colorado, Connecticut, Georgia, Illinois, Kentucky, Maryland, Michigan, New Jersey, New York, Ohio, Pennsylvania, Rhode Island and Virginia. The fair was in the Andreas Building on the main campus from 9:00 am to 4:00 pm.

The School of Podiatric Medicine and the Class of 2013 gratefully thanks the generous sponsors for their financial support in helping to make the fair a success: Gold Sponsor, Bako Pathology Services; Silver Sponsor, Merz Pharmaceuticals; Bronze Sponsors, Pedinol and Dermpath Diagnostics; Brass Sponsors, Dr.Comfort, Gordon Laboratories and Oteomed.

Last but not least, thank you to Dr. Jeffery Jensen, dean; Sister Myra Jackson, the coordinator of clerkships and post-graduate placements; and the residency fair committee, who devoted their time and efforts in connecting all the missing pieces to make this event a successful one.



Correction: A photo caption in the fall 2011 issue of *MedExpress* (page 20) misidentified Dr. Stuart Wertheimer as James Lamb. The picture shows (from left) Dr. Jeffrey Jensen, School of Podiatric Medicine dean and professor of podiatric medicine and surgery; Dr. Peter Highlander, DPM '11; *Dr. Stuart Wertheimer, director of the Podiatric Surgical Residency Program in the St. John Moross Hospital in Detroit and current ABPS president;* and Dr. Thomas Merrill, professor.

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Barry's Brand Center Researcher studies healing rate of diabetic ulcers

Dr. Robert Snyder, director of the Paul & Margaret Brand Center, recently published a study in the *International Wound Journal* (Sept. 23, 2011), "Differentiating diabetic foot ulcers that are unlikely to heal by 12 weeks following achieving 50% percent area reduction at 4 weeks," along with colleagues Drs. R.A. Warriner and M.H. Cardinal.

This retrospective study included patient data from two published, randomized, diabetic foot ulcer trials in an effort to differentiate ulcers that are unlikely to heal by 12 weeks, despite early healing progress. Predicted and actual wound areas in ulcers that achieved early healing progress were analyzed from weeks five to 12 and compared for ulcers that did and did not heal by 12 weeks. In 120 patients who achieved at or below 50 percent healing rate by week four, 52 percent of them failed to heal by 12 weeks.

Dr. Snyder et al. found that a two-week delay in healing significantly lowered healing rates. For ulcers that failed to progress or worsened from weeks four to six, reevaluation of the wound and its treatment was recommended, according to this study. Additionally diabetic foot ulcers that failed to achieve 90 percent wound closure by eight weeks were unlikely to heal by 12 weeks.

For more information about research subject participation or Dr. Snyder's work, please contact Maria Swartz, BS, CCRC, at the Paul & Margaret Brand Research Center at 305-836-7550 or mswartz@mail.barry.edu.



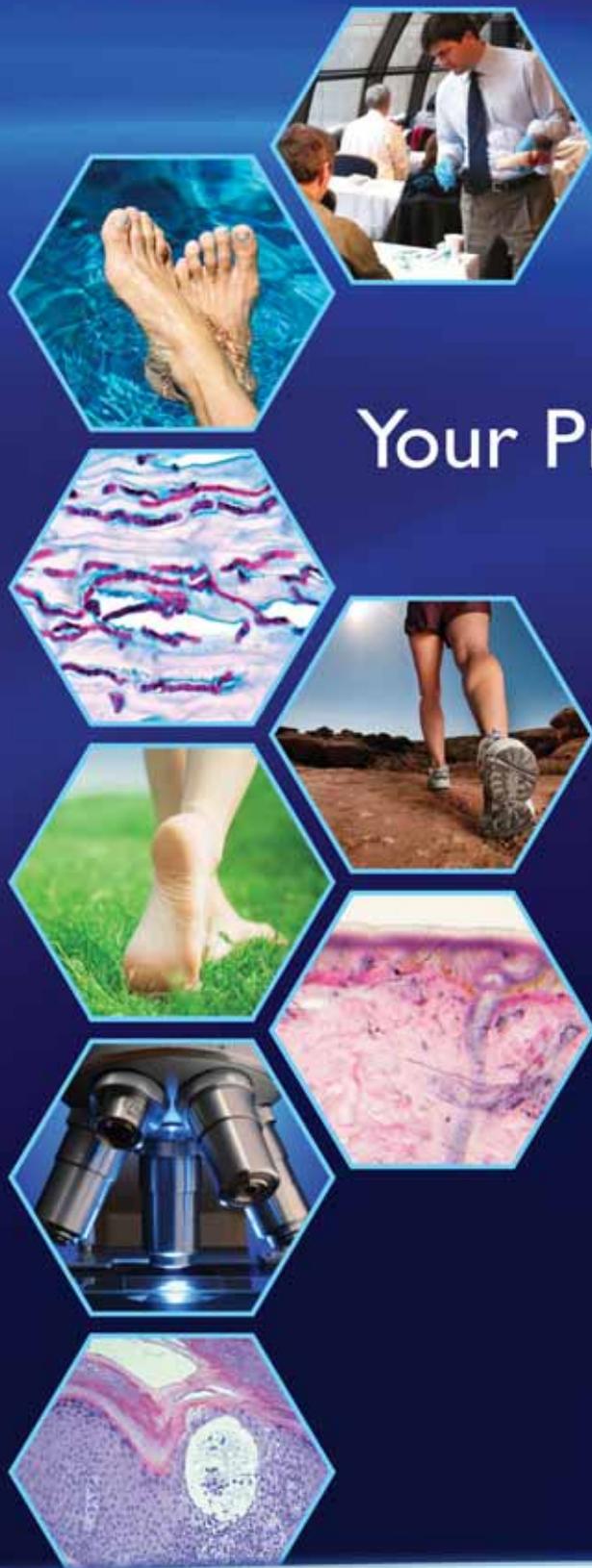
MEDexpress wins national award

The 26th Annual Educational Advertising Awards, sponsored by *Higher Education Marketing Report* recently named the *MEDexpress* newsletter a "Gold Award" winner, best in the nation for schools and universities with 5,000-9,999 students.

The Educational Advertising Awards is the largest educational advertising awards competition in the country. This year, more than 2,500 entries were received from more than 1,000 colleges, universities and secondary schools from all 50 states and several foreign countries.

MEDexpress has been published at the Barry University School of Podiatric Medicine for 10 years. Circulation is an estimated 5,000 readers including alumni, students, faculty, staff and friends of the School.

Barry University is proud and appreciative of the efforts of co-editors, Bob McKinlay, MPS, and Rena Kizilisik, MA; Marty Hamilton, art director; and Jessica Alexandre, senior writer/editor for marketing.



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— Dr. Jeffrey Jensen, Dean
School of Podiatric Medicine

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