Dean’s Message

As we come to the close of 2012, I look back at the year with a great sense of accomplishment for what has come to fruition, and with excitement for what is yet to come. For a new college of podiatric medicine, there are many hurdles to overcome and mountains to climb on the road to excellence. We have faced each and every one as a team with the steadfast vision to become the Harvard and Stanford of podiatric medical education.

As a result of this dedication, I am pleased to announce that the College of Podiatric Medicine has received full accreditation from the Council on Podiatric Medical Education (CPME) in accordance with the educational standards and requirements adopted by the CPME. This outcome, along with the hard work of the CPM team made it no surprise that accreditation was granted. Although this is one major step in our journey, this is not the time to become distracted from the course. As Aristotle once said, “We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

CPM’s foundation is solid, built on an innovative curriculum, supported by a noted faculty that is well trained and passionate about educating students to be lifelong learners. This passion has become a hallmark for our educational model which filters down to our students. Feedback from our 3rd and 4th year core rotation supervisors has been excellent and on par with their allopathic and osteopathic counterparts. The student’s own self-assessment has been one of confidence in their knowledge, skill and problem solving ability during their core medicine and surgery, and podiatric specific rotations.

Our inaugural class, DPM 2013 is in their final months before commencement, preparing for the American Podiatric Medical Licensing Examination (APMLE) Part II boards and residency interviews. The opportunity to provide Dean’s letters for student residency applications has informed and inspired me, providing insight and perspective on their growth and development. I’m confident they know how to learn. As Benjamin Franklin once said, “Tell me and I forget. Teach me and I remember. Involve me and I learn.”

We are now fully involved in the next phase for CPM which is to further develop, grow and sustain our clinical enterprise for core rotations and residency development in addition to growing our endowment.

Lawrence B. Harkless, DPM
Founding Dean, College of Podiatric Medicine
David Shofler, DPM, is mentoring the next generation of podiatric medical students while completing his own academic goals.

Dr. Shofler, assistant professor of podiatric medicine, surgery and biomechanics, is completing his Master of Science in Health Sciences degree from the College of Allied Health Professions while handling teaching and clinical duties for the College of Podiatric Medicine.

He came to WesternU fresh from his residency, so he was teaching students and also seeing patients on his own for the first time.

“You’re trying to adapt to something new and at the same time be a mentor and a supervisor for handling teaching and clinical duties for the College of Podiatric Medicine.

He has taken on a heavy workload during the summer, mentoring three College of Podiatric Medicine students with their research projects.

“It’s about teaching students how to think critically, how to do research and all the things that are involved with it,” Dr. Shofler said. “Being able to read the literature, knowing what makes a good research study, how to critically analyze statistics, how to read references and access articles.”

Third-year student Pamela Hong is studying how Internet research by patients affects patient care in podiatry clinics.

Second-year student Sam Gracey, who has a background in physical therapy and sports medicine, is studying the effects of Kinesio Taping compared to low-Dye taping on plantar fasciitis.

Gracey had plantar fasciitis and developed a heel spur from playing basketball, which sparked his interest in sports medicine. He was in a lot of pain, but with orthotics and treatments he returned to the court in a few weeks.

He enjoys working with Dr. Shofler, who Gracey said is laid back and easy to talk to.

“I have never really done a full research project before. He made it real easy,” Gracey said. “I’ve never questioned myself asking him questions because he’s very open. He’s going to lend me a few books on research and statistics because I’m in the dark with that. I’m glad he’s helping me.”

Second-year student Kayla Zheng is examining the use of evidence-based medicine in podiatric practices. Are these practices using the best journal articles and incorporating them into practice, and if not, why aren’t they?

“I think evidence-based research is really important in podiatry, because that’s what the standard is,” Zheng said.

“Through my research I find that a lot of people think that they are practicing evidence-based medicine, but they are really not going through all the steps necessary. I think the profession needs to know where we are at in regard to evidence-based medicine so that we can apply it better, or so we can make changes so that people can use it better.”

Each student will learn about their particular research topic, but Dr. Shofler also wants them to take away lessons on how to conduct research and how to question the status quo.

“They’re able to think like a researcher - think critically about the medical literature, and not take things for granted when they’re taught them,” Dr. Shofler said.

Students need to learn how to form a research question, and their natural inquisitiveness helps in this regard.

“Students are always the first ones to question basic things,” Dr. Shofler said.

“There’s so much we take for granted as clinicians or faculty members that students don’t take for granted. They ask why things are. That’s what you have to do to be a good researcher.”

Photo, from left to right: Sam Gracey DPM 2015, Yazhi “Kayla” Zheng DPM 2015, and David Shofler, Assistant/Associate Professor of Podiatric Medicine, Surgery & Biomechanics.
Second-year College of Podiatric Medicine student Eric Shi, DPM ’15, had one last free summer before he started clinical rotations.

“I wanted to do something meaningful and something that would make an impact on myself and others,” he said.

He applied to Camp Ronald McDonald for Good Times in Idyllwild, and was accepted to serve as a cabin counselor. The camp provides an environment outside of the hospital setting for children with cancer and their siblings to process their diagnosis and regain their self-esteem by being surrounded by other children in similar situations, according to the Ronald McDonald House Charities of Southern California.

Shi spent one week with 9- and 10-year-olds diagnosed with cancer and siblings of cancer patients. One important rule was to treat everyone the same.

“For younger kids, they’re there to just have fun and not to talk about cancer,” Shi said. “We had a blast.”

They ate meals together and enjoyed activities such as archery, fishing and crafts.

“I went there not knowing what to expect. But … in the end, I went there to really, in a sense, have my heart broken, knowing these kids are out there,” Shi said. “I felt hopeless at moments. But I also felt I made a difference instilling hope in them.”

The values emphasized at WesternU — humanism, patient-centered care, compassion — came to the forefront during the camp.

“I was there not for myself or my own gain. Everything was about the kids there,” Shi said. “Everything I did was so they could have the time of their life. My personal life was turned off. All my energy and attention was focused on them so they could have fun.”

The experience will help him as a podiatric physician, Shi said.

“Whether I’m treating a foot or interacting with kids with cancer, a patient is a patient,” he said. “My role as a physician to the patient doesn’t change in terms of compassion or love.”

Shi’s work with the children reflects well on him and his profession, said Kathleen Satterfield, DPM, FACFAOM, MAPWGA, College of Podiatric Medicine Associate Professor and Director of Preclinical Curriculum.

“Eric had a huge impact on those children, as their camp counselor and buddy, and he also had an equally important role as a future podiatrist,” she said. “The kids, their families and the other counselors now know a future DPM, and they can put a face to the profession. That makes a difference.”

The children also made an impact on Shi, who keeps a picture of them on his corkboard.

“Just their faces I’ll never forget, keeping them in my mind, thinking about them,” Shi said. “Behind each face is a life, and a struggle to go through, and joys.”
Keith Penera, DPM, is an Assistant Professor in the Department of Podiatric Medicine, Surgery, and Biomechanics, College of Podiatric Medicine.

He earned his Doctor of Podiatric Medicine degree from Ohio College of Podiatric Medicine, and he practices full-time at HealthCare Partners/Talbert Medical Group in Anaheim, Calif. He joined the practice and the College of Podiatric Medicine faculty in July 2012.

“As a new practitioner, I find value in both full-time practice and academia,” he said. “Full-time practice allows me to spend time with patients educating and healing, which is why I chose the field of medicine. In academia, not only am I able to share my knowledge with students, I am also able to interact with faculty who are leaders in their profession. Thus far, I have found that participating in both makes me a better practitioner, as well as a better mentor to the students.”

He joined the WesternU faculty because the College of Podiatric Medicine was founded by leaders in the profession who share the values, dedication to teaching, and drive for excellence that he holds himself to, Dr. Penera said.

“I have been able to interact with the students at WesternU on several levels and I find them to be professional, caring, and always interested in learning,” he said.

Cristina Marchis-Crisan, MD, DPM, is an Assistant Professor in the Department of Medicine, Surgery & Biomechanics, College of Podiatric Medicine, and in the Department of Family Medicine, College of Osteopathic Medicine of the Pacific.

She earned her Doctor of Medicine degree in Romania. Medical school in Romania is six years long, with two pre-clinical years and four clinical years.

“There is no podiatry specialty in Romania,” she said. “Orthopedic doctors take care of feet and ankles when it comes to surgical or traumatic aspects, and a family practitioner would treat the patient in an office setting. Otherwise, the setting in Romanian medicine is similar to the one here.”

She came to the U.S. to be trained in state-of-the-art technology and to embrace the American thinking process. In Romania, she was trained according to the French medical system. During an externship, her host was a wonderful podiatrist, James Clough from Great Falls, Montana, whom she has also shadowed.

“This great experience sparked my interest in podiatry, a new medical field for me that combined surgical and conservative approaches to treating the foot and ankle pathology,” Dr. Marchis-Crisan said.

Dr. Marchis-Crisan earned her Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine in Philadelphia, Pa., and joined the College of Podiatric Medicine faculty in July 2012.

“I have come to WesternU because of my love for teaching, hoping that the knowledge I impart to students will help them along the way in becoming better physicians who will make our profession proud,” she said. “It is also a constant and benefic challenge for me, as I have to stay atop the most up-to-date medical information available on different current topics.”

Rebecca Moellmer, DPM, is an Assistant Professor of Podiatric Medicine, Surgery and Biomechanics for the College of Podiatric Medicine. She earned her DPM degree from New York College of Podiatric Medicine. She is an American College of Foot & Ankle Surgery Fellow and American Academy of Podiatric Sports Medicine Fellow.

Dr. Moellmer joined WesternU in July 2012, but she became aware of the College of Podiatric Medicine long before then. She met and proctored some of the CPM faculty while working locally in private practice and also became friends with many of the faculty through the California Podiatric Medical Association.

“I have been impressed with CPM’s goals from the beginning. I walked through the PCC after it was built and it was beautiful,” she said. “I wondered what it would be like to get more involved with WesternU and if I would enjoy it because I love patient interaction and worried I would have to give that up. I was asked to participate in small group sessions for PMP last year, I accepted and had a great time. The students were respectful and eager to learn.”

She is just starting to get a feel for teaching in a large lecture hall, but she already has experience facilitating small groups as a clinical instructor.

“I enjoy the small groups because we can spend time focusing on the concepts that the small group finds more challenging and move through the details they already understand,” Dr. Moellmer said.

“The clinical time spent at Riverside County Regional Medical
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Podiatric medicine opens doors to research and participation in clinical trials for novel treatments and technologies. Whether you open up your own practice after graduation, participate in research, government consulting or join the pharmaceutical field, podiatric medicine is a diverse and financially rewarding medical career choice.
The second annual Learning in the Vineyards seminar was held on October 19th - 21st at the Meritage Resort and Spa in beautiful Napa, California. Western University of Health Sciences College of Podiatric Medicine and ProLab Orthotics partnered on this exclusive event which was jointly chaired by doctors Lawrence Harkless and Paul Scherer. Having built a reputation for offering exceptional educational content among beautiful amenities, the event sold out early to the 125 attendees. The highlight of this year’s seminar was keynote speaker, Lt. Governor of California, Gavin Newsom, who spoke to the crowd offering his insights into the difference of governments providing 100% insurance coverage versus 100% health care.

This year’s event focused on Solutions to Foot Pathology and recent advances in podiatric medicine from an evidence-based medicine approach. Attendees heard from esteemed professionals such as Doug Richie, Kevin Kirby, Rich Bouché, and Lowell Weil Sr. Guests were treated to a wine and cheese reception on Friday night at the Meritage Wine Cave, to officially welcome them to Napa Valley.

One of the goals of the seminar is to raise scholarship funds for Western University’s College of Podiatric Medicine. A scholarship fundraising Gourmet Donor Dinner took place on Saturday evening in the Resort’s Wine Cave. All proceeds from the dinner were generously donated by ProLab to the College’s Dean’s Scholarship Fund. The fund is critical in the competitive process of recruiting the best and brightest students to Western University.

The event concluded on Sunday with an educational winery tour where attendees could sign up to visit two Napa Valley wineries and learn about winemaking and wine tasting in the scenic heart of California wine country. The dates for next year’s seminar are set for November 1-3, 2013. Early registration is encouraged by visiting www.napaseminar.com. If you are interested in supporting the Dean’s Scholarship Fund and/or attending the donor dinner next year, please call Kevin Sweeney at 909-469-5238.
The Foot & Ankle Center continues to provide excellent care to area patients with a state-of-the-art facility staffed by nationally recognized experts in podiatric medicine. It’s a place where patients can receive complete care for a full range of injuries and chronic conditions.

Our team is proud to offer critical expertise to help patients manage serious foot and ankle problems caused by chronic conditions such as diabetes, arthritis, cardiovascular disease and obesity. We also offer leading-edge care for fractures, sports-related injuries and much more.

The Foot & Ankle Center delivers treatment for a full range of conditions to patients of all ages. **Our services include, but are not limited to, the evaluation, treatment and management of:**

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- Athlete’s foot conditions
- Bunion deformities
- Conditions requiring foot prosthetics and shoe accommodations for partial foot amputees
- Developmental foot & ankle conditions in infant, pediatric and adolescent patients
- Foot & ankle related peripheral arterial disease
- Foot & ankle surgery (elective)
- Foot & ankle trauma
- Foot & ankle orthoses for abnormal foot function in gait
- Heel pain
- Ingrown toenails, nail fungus & benign tumors (warts, skin tags, etc.)
- Limb preservation and diabetic and insensate foot
- Lower extremity biomechanics
- Nail surgery/reconstruction
- Neuromas (“pinched nerves”)
- Obesity-related foot problems
- Palliative care for abnormal skin conditions of the foot & ankle
- Peripheral neuropathy
- Plantar fasciitis
- Posterior tibial tendon dysfunction
- Tarsal tunnel syndrome
- Sports medicine (injuries of the lower extremity, foot & ankle)
- Tendonitis (lower leg, foot & ankle)
- Wound management (foot ulcers and non-healing wounds)

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[www.westernupcc.com/foot_ankle.html](http://www.westernupcc.com/foot_ankle.html)
Calendar 2012-2013

December 24  Winter Break Begins
               (Last Day of Classes Dec. 21, at 5:00 pm)
January 7    Spring Semester Begins (1st & 2nd years)
January 10-15 CRIP (DPM 2013 Residency Interviews):
                  Frisco, TX
January 21   Martin Luther King Day (University Closed)
February 18  President’s Day (University Closed)
March 21-23  Diabetic Foot Global Conference
March 25-29  Spring Vacation
April 1      Classes Resume
April 26-28  AAWP Spa Conference: Coral Gables, FL
April 27     Preview Day
May 6-10     DPM 2015 Clinical Rotations
               Orientation Week: WesternU
May 15-17    Commencement
May 27       Memorial Day (University Closed)
June 1       Preview Day
June 20-23   The Western Foot & Ankle Conference:
               Anaheim, CA
July 4       Independence Day (University Closed)
August 24    Preview Day
November 1-3 Learning in the Vineyards:
               Napa Valley, CA

Giving to the College of Podiatric Medicine
Your Financial Support is Vital

The College of Podiatric Medicine at Western University began as many ideas are formulated; a scribble on a piece of paper. More often than not, an idea stops there. We went forward. And we’re successful. And I ask you to support me in my journey to foster a new kind of model in podiatric education.

Our interprofessional education brings together students and faculty from our other doctoral programs thus our students are trained in a whole body approach to medicine. This training builds mutual respect with other medical disciplines and provides patients a DPM with a unique medical perspective.

I have had the privilege of working with many of you and training far more. You know my passion for our profession and I am translating that passion into my final great academic challenge. Will you support this challenge by supporting our students and give to our scholarship fund? You know how expensive education has become and recruiting top students is quite competitive when it comes to providing financial aid. I assure you, there is a tremendous need.

There are many ways to give including the “Giving” button on the www.westernu.edu homepage. The easiest way is to call our Senior Director of Development, Kevin Sweeney, at 909-469-5238 and discuss options.

Thank you, friends!