



National Today

OFFICIAL PUBLICATION OF THE ANNUAL SCIENTIFIC MEETING



DEI Heroes Honored

On Thursday night, during a reception celebrating Diversity, Equity, and Inclusion (DEI), APMA recognized members and leaders who have contributed in exceptional ways to the association's DEI efforts over the past two years.

Please join us in congratulating the following individuals for their extraordinary commitment to DEI:

- | | |
|------------------------|---------------------------|
| Jeffrey DeSantis, DPM | Kieran Mahan, DPM |
| Lawrence Harkless, DPM | Kiltra Owens, DPM |
| Jondelle Jenkins, DPM | Seth Rubenstein, DPM |
| Karen Langone, DPM | Janet Simon, DPM |
| William Long, DPM | Dyane Tower, DPM, MPH, MS |

In 2020, in the midst of the civil unrest following George Floyd's murder, APMA made a commitment to DEI. Our goals were to celebrate and advance the diversity of our membership and to increase members' understanding of bias and cultural competence in the delivery of care.

A DEI Task Force appointed by Past President Seth Rubenstein, DPM, began this work by examining APMA's governance documents, the APMA Educational Foundation, the APMAPAC, and APMA's employee manual to understand how the association currently supports diversity. The task force also made

recommendations about how APMA can continue to advance diverse perspectives. One of those recommendations was a permanent DEI Committee. That committee has been appointed by APMA President Laura J. Pickard, DPM, and is chaired by William Harris IV, DPM. Watch your APMA publications for more information about the ongoing work of the committee.

"As health-care leaders, we are compelled to do more in acknowledging and correcting the negative effects of racism and bias," said Dr. Rubenstein. "We hope members will support their association as we continue this journey." ●

APMA gratefully acknowledges the support of Ortho Dermatologics and PICA for their sponsorship of the DEI Reception.



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- 4 Are You Choosing Wisely?
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CECH SCANNING SCHEDULE

SATURDAY, JULY 28

9:30–10:30 a.m.
Scanning in the exhibit hall
2 contact hours

12:00–1:00 p.m.
Scanning in the exhibit hall
1.5 contact hours

Poster Abstracts Symposium
Scanning in the poster exhibit
1 contact hour

6:00 p.m.
Scanning outside the lecture hall | 4 contact hours hall



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Ask
 about
 APMA
 Specials!

Abstracts Competition Highlights Cutting- Edge Research

The educational program at The National takes a decidedly forward-looking academic turn today with the focus on cutting-edge research through the APMA Abstracts Competition. Spread over two sessions, the oral and poster abstracts are your opportunity to learn about the latest advancements in foot and ankle medicine and surgery.

Track 1: Oral Abstracts will begin with an introductory lecture from Chia-Ding (JD) Shih, DPM, MPH, MA. Dr. Shih will provide an overview of how to get started in research. This lecture will be followed by six oral abstract presentations. The topics include plantar plate injuries, diabetic foot, and psychological distress among podiatric medical students. Every presenting author during the track is a young physician or podiatric medical student.

Later today, be sure to attend the Poster Abstracts Symposium in the exhibit hall and peruse the 109 posters highlighting the latest research in podiatric medicine and surgery. Starting at 1 p.m., authors will be on hand to answer questions about their research. Don't miss your chance to interact with the world class research and the brightest minds in the profession. Scanning for this session will take place within the posters.

All non-industry-sponsored oral and poster abstracts presented at The National are eligible for the APMA Abstracts Competition. The top three accepted abstracts in each category will be selected by a panel of judges appointed by the APMA Education Committee. First-place winner will receive \$500, second-place winner will receive \$250, and third-place winner will receive \$100.

There are six categories of awards:

- Outstanding Oral Abstract Presentation
- Outstanding Single Case or Small Case Study/Series Poster Abstract
- Outstanding Large Case Study/Series Poster Abstract
- Outstanding Resident Poster Abstract
- Outstanding Student Poster Abstract
- Outstanding American Public Health Association (APHA) Foot and Ankle Health Section Poster Abstract*

*The Outstanding APHA Foot and Ankle Health Section Poster Abstract category recognizes one poster abstract on public health or disparities. The primary author on the public health abstract must be a podiatric medical student and that student must be a member of the APHA Foot and Ankle Health Section as well as a member of APMA. Only one winner will be selected to receive \$250 and the Arthur E. Helfand, DPM, award.

Abstract Competition winners will be announced during Sunday's breakfast symposium. ●

TRACK 1: ORAL ABSTRACTS
Saturday, 10:30 a.m.–12 p.m.,
Canary

**POSTER ABSTRACTS
SYMPOSIUM**
Saturday, 1–2 p.m., Exhibit Hall

Breakfast Symposium Addresses Your Malpractice Risks



Statistically, the average podiatric physician will be sued for malpractice at some point in their career. This morning, attend our Risk Management Program for proven strategies to improve your chances of a positive outcome.

The interactive risk management program will allow audience members to participate in real time. "We've tried to take a novel approach to this presentation," said Bruce Dobbs, DPM, who will present the symposium along with Krupa Patel, DPM, and Anjali Dayal, Esq. "The audience will be able to see how their colleagues would handle the situation presented," he said.

"The audience should prepare to be entertained as well as educated," Dr. Patel said.

The presenters will cover topics including failure to refer, appropriate documentation, and doctor-patient communication, themes they say are common

reasons for malpractice suits. They will offer easy strategies attendees can take back to practice the next day to address these common problems.

"No physician is immune to complications in their practice," said Ross Taubman, DPM, president and chief medical officer for PICA. The Risk Management Program is supported by an unrestricted educational grant from PICA.

"Physicians are extremely busy," Dr. Taubman said, and sometimes fall into the trap of using shortcuts in their EHR. "These shortcuts are designed for speed but lack appropriate detail to capture what has actually transpired. This session will give practical steps to mitigate these risks," he said. ●

RISK MANAGEMENT PROGRAM

Saturday, 7:30–9:30 a.m.
Royal

APMA Encourages Choosing Wisely

A 2019 study in *JAMA* showed approximately 25 percent of health-care spending in the US is wasteful, accounting for an unneeded expense of up to \$935 billion.¹ APMA wants podiatric physicians and surgeons to be part of the solution.

As part of the ABIM Foundation's Choosing Wisely campaign, APMA works to promote conversations between patients and their physicians about unnecessary use of tests, treatments, and procedures. The Choosing Wisely campaign has solicited recommendations from organizations representing a variety of medical and

surgical specialties. In 2017, APMA released its first set of Choosing Wisely recommendations, and in January of this year, we added a second set.

"Health-care overspending has plagued our system for generations," said Rachel Albright, DPM, MPH, a member of the Clinical Practice Advisory Committee, which drafted APMA's Choosing Wisely

recommendations, and the presenter of a plenary lecture on this topic happening this afternoon.

"The fee-for-service model has monetarily rewarded providers for performing more tests, ordering more labs, and encouraging more medications—but now the health-care system is evolving. We are being questioned on how effective our tests, labs, and procedures truly are. The truth is, although we have good intentions, some of our habitual practices actually don't provide any additional benefit to the patient. Choosing Wisely incorporates recommendations from the top professional organizations that caution providers and patients against using non-evidence-based practices."

"APMA continues to demonstrate its dedication to supporting the highest quality podiatric physicians by standing alongside other professional organizations and contributing to Choosing Wisely," Dr. Albright said. "APMA focuses many of its recommendations on the experienced foot and ankle surgeon, encouraging the surgeon to actively use their skill-sets to avoid tests that will not add additional information to their treatment regimen. Specialists should be confident in their exams and avoid additional [tests, procedures, and] imaging that is only ordered out of habit and not out of necessity." ●

¹ *JAMA*. 2019;322(15):1501-1509. doi:10.1001/jama.2019.13978

APMA's 2022 Choosing Wisely Recommendations:

- Avoid ordering arterial segmental pressures of the lower extremities without toe pressures in patients with diabetes and foot ulceration. Systolic ankle pressures can lack predictive validity for wound healing due to calcification of the ankle arteries. This is especially true of patients with diabetes and advanced complications where vessel calcifications are observed in 53–66 percent of patients. Compared to ankle pressures, toe pressures appear to be more predictive of distal arterial perfusion and wound healing potential in patients with diabetes. If toe pressures are requested at the time of the initial order, repeat studies performed solely for the purpose of obtaining toe pressures can be avoided.
- Don't prescribe neuropathic pain agents for painless neuropathy. Diabetic peripheral neuropathy is a progressive condition that may be painful or painless. Neuropathic pain agents (e.g., anticonvulsants or antidepressants) have been studied to reduce painful symptoms in those with neuropathy; however, they have no effect on painless neuropathy and their many side effects can cause unnecessary harm (e.g., unwanted drug interactions, increased fall risk, etc.).
- Avoid major reconstructive surgical intervention on children with clubfoot without prior Ponseti casting therapy per standard protocols. The Ponseti method has become the standard of care worldwide for treatment of pediatric clubfoot deformity. The success rates for clubfoot treatment with the Ponseti method, when properly administered, is 95 percent. In cases where rigid or neglected deformities are encountered, the Ponseti method can reduce the complexity of the deformity, thereby reducing complexity of surgical intervention and potential complications. Failure to consider Ponseti therapy first, may subject patients to unnecessary surgery and/or more complicated reconstruction attempts that might have otherwise been avoided.
- Avoid using expensive fixation in hammertoe surgery without first engaging in shared decision making to evaluate alternatives. From an efficacy standpoint, there is no clear benefit to using commercially available hammertoe implants over conventional K-wire fixation, and the cost of commercial devices, when used routinely, may be prohibitive. Since some patients may prefer the idea of not having implantable hardware retained for life, while others may not want hardware exiting the toe during the immediate postoperative period, selection of hammertoe fixation represents an opportunity for shared decision making.
- Don't prophylactically use compounded antibiotic soaks for aftercare following office-based procedures (e.g., nail and skin lesion removal). The marked increase of prescribing and dispensing of compounded antibiotic powders for soaking after non-complicated office-based procedures has shown no more effectiveness than the current standard (i.e., over-the-counter Betadine, white vinegar, astringent soaks, and Epsom salts) while having the obvious downside of adding significant overall cost to in-office procedures. The hundreds of dollars being spent on these expensive substitutes represents medical waste.



**RACHEL ALBRIGHT,
DPM, MPH**

**PLENARY:
CHOOSING WISELY**
Saturday, 2–2:30 p.m.
Canary

To learn more about Choosing Wisely or to read APMA's full set of recommendations, including those released in 2017, visit www.choosingwisely.org/societies/american-podiatric-medical-association.

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Dr. Ross Taubman, DPM**

**Cybersecurity: You are
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Sunday, July 31, 2022
7:30 a.m. – 9:30 a.m.

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Spouses Go Toe to Toe in the Controversy Debates!

Total talus versus custom cage for talus avascular necrosis, screws versus suture button for syndesmosis repair, and conservative versus surgical intervention for Achilles tendon ruptures: Podiatry spouses will pick sides this afternoon and battle it out in the exciting Controversy Debates. We caught up with two of these couples to learn more about how they support and challenge each other professionally and what they predict for this afternoon's debates.

**EMILY A. COOK,
DPM, MPH, CPH**



VS



**JEREMY J. COOK,
DPM, MPH, CPH**

Screws versus Suture Button for Syndesmosis Repair

Do you find it helps to have a spouse who is a podiatric physician and surgeon? Do you talk shop and debate controversies often or try to leave it at the clinic?

Yes, having another expert to bounce things off of is a great asset. The downside is that you've got a critic who doesn't pull punches. We value honesty with each other, and sometimes having someone else challenging you in that way is the best way to commit to the best treatment plan. When we were younger, our opinions were largely similar, but a decade and a half of experience causes some notable divergence. Our dinners always include work discussion. Over 20 years of marriage, and it is a constant.

Have you participated in the Controversy Debates in the past? If so, why do you enjoy this format?

Yes, we've both been involved in several controversy debates over the years. We've even been on "opposing teams" with group debates, but this is the first time we've gone up against each other directly. We have always enjoyed the debate format from an audience perspective because it is more fun and injects a little more personality into hours of lectures. The difficult part is acknowledging that most procedures have a role in patient care without ceding victory to the opposing view.

Which side of the debate will you argue?

Dr. Jeremy Cook: Static syndesmosis stabilization.

Dr. Emily Cook: Dynamic syndesmosis stabilization.

Who will win?

Dr. Jeremy Cook: The audience wins because we've had a lively discussion with rigorous debate of recent literature flavored by our experience.

Dr. Emily Cook: Me. It won't be close.

**PRIYA PARTHASARATHY,
DPM**



VS



**JASHAN A. VALJEE,
DPM**

Conservative versus Surgical Intervention for Achilles Tendon Ruptures

Do you find it helps to have a spouse who is a podiatric physician and surgeon? Do you talk shop and debate controversies often or try to leave it at the clinic?

We find it very helpful to be in the same field and profession. It's great to have a partner who understands the day-to-day. Especially on tough days, it is invaluable to have someone who can empathize. With a six-year-old and a 15-month-old, the kids dominate the narrative at home, but we definitely talk shop if we have a challenging case or an interesting clinic patient come through. We also talk about new surgical techniques or equipment that may help or hurt us. If there's a debate or controversy, we usually drag our podiatry friends into it.

Have you participated in the Controversy Debates in the past? If so, why do you enjoy this format?

We were scheduled to do the Controversy Debates last year, but scheduling and the pandemic got in the way.

Which side of the debate will you argue?

Priya is defending surgical treatment and I am debating conservative treatment.

Who will win?

I will be right, but you will never know it. Priya is too sharp to let me win this debate. ●

CONTROVERSY DEBATES: SPOUSES' SHOWDOWN

Saturday, 2:30 – 4:30 p.m., Canary

Coding, Ethics Take Center Stage on Sunday

Sunday is colloquially known as “Coding Day” at The National, and it will certainly earn that moniker this year. The National will wrap up with five hours of can’t-miss content to improve your practice efficiency and patient care.

Tomorrow’s breakfast symposium, “Telehealth and Cybersecurity,” starts at 7 a.m. in Sabal. Presenters Jeffrey Lehrman, DPM, APMA coding consultant, and Ross Taubman, DPM, president and chief medical officer of PICA Group, will tackle this emerging topic.

“Some practices embraced telehealth during the pandemic, and some did not,” said Dr. Lehrman. “With the increased utilization of telehealth services, there is a need to provide education regarding appropriate use of those services as well as advocacy efforts to ensure access to those services for patients of podiatrists.”

The breakfast symposium will be followed by the Harry Goldsmith, DPM, Memorial Coding Seminar, at 8:30 a.m. in Canary. The session will start with “Ethics in Surgery,” presented by Peter Angelos, MD, PhD. “My presentation will be on informed consent for treatment which I believe is the cornerstone of the ethical care of patients,” said Dr. Angelos.

It is important to go above and beyond to make sure your patients understand potential risks. “Sometimes when a surgeon seeks to provide a patient with a full discussion of the risks of an operation, the patient responds with a statement such as, ‘I trust you. I am happy to sign the consent form.’ In such a circumstance, it is important for the physician to consider what is the goal of informed consent,” Dr. Angelos said. “I am hopeful that attendees will reflect on how important the communication with patients is in the ethical practice of providing medical care.”

The first part of the Harry Goldsmith, DPM, Coding Seminar will also

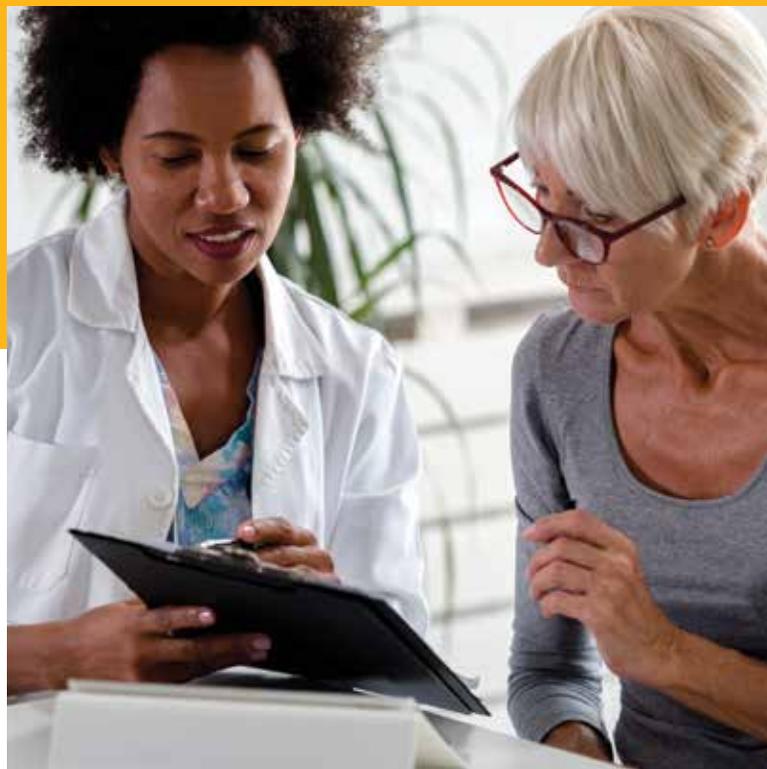
include a lecture on coding social determinants of health from Dr. Lehrman. “There is a greater awareness of social determinants of health in the last five years or so and increased recognition of the important role social determinants of health play in health outcomes,” said Dr. Lehrman. “Accordingly, the ICD-10-CM code set has evolved to include more and more codes representing social determinants of health. For example, just this year we saw the introduction of new diagnosis codes representing homelessness.”

The second part of the seminar will start with a presentation about RVUs, featuring APMA Trustee Brooke Bisbee, DPM, and APMA Senior Medical Director and Director of Clinical Affairs Dyane Tower, DPM, MPH, MS. Dr. Bisbee is APMA Advisor to the AMA/Specialty Society RVS Update Committee (RUC). The lecture will explain the RUC creation process and the role APMA and its members play in establishing RVU values.

“There is a misconception that the RUC process is for show and we have no voice,” said Dr. Bisbee. “APMA is at the table and part of these conversations.” Members play a role in setting RVU values by completing RUC surveys. “It is vital to fill out the surveys—podiatrists DO have a voice!” she said.

Other topics during the seminar include a diagnosis code refresher and foot care coding, compliance, and documentation update. ●

For additional coding resources, APMA members can visit www.apma.org/coding.



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Students, Residents Enjoy Dedicated Programming

APMA is proud to continue to offer programming specifically geared toward students and residents at The National. This morning, the newest members of the profession will enjoy a dedicated non-CECH program to include an update from the American Board of Foot and Ankle Surgery and the American Board of Podiatric Medicine, a discussion of efficiency in practice, and an important introduction to professional advocacy.

We sat down with faculty members Andrew R. Mastay, DPM, APMA Director of Legislative Advocacy Benjamin J. Wallner, and Lauren Wurster, DPM, to learn more about what attendees can expect at this program.

THE NATIONAL TODAY: What topic will you cover, and why is it so important?

WALLNER: Dr. Mastay and I will cover the topic of advocacy. Advocacy is a critically important tool that you will use for your entire career. You advocated for yourself when applying to podiatric medical school and residency; you'll advocate for yourself when you apply for privileges at hospitals, surgery centers, and wound care clinics; you'll advocate for your patients when an insurance company stands in the way of your preferred treatment protocol. We'll teach you

how to use those skills to advocate for your profession.

DR. MASTAY: Echoing what Ben said, advocacy pervades everything that we do on a daily basis. Most people automatically think of legislators when they hear advocacy, but in reality, it's every interaction we have with a patient. It's what we do whenever we want to convince others to see things our way.

DR. WURSTER: I'll speak on the topic of maximizing efficiency. Maximizing efficiency in residency is so important for personal well-being and the overall residency experience. Believe it or not, I wish I had known how much I would miss residency after I was finished with it. I find myself reminiscing about different hospitals and rotations from time to time and always tell students and residents to take time to enjoy and appreciate the

residency experience that they have while they're in it. To help with that, I will cover different aspects of residency, including rounds, didactics, and surgery.

THE NATIONAL TODAY: What will attendees learn from your talk?

DR. MASTAY: Hopefully they will walk away with a better understanding of what advocacy is, why it's so important for our profession, and some tools to help them along the way.

WALLNER: Hopefully, we will help illustrate how docs can use their professional skills in advocacy to the benefit of the profession.

DR. WURSTER: This will be a fun and practical session on how to make the most out of residency and the first few practice years! ●

The Students' and Residents' Program at The National is sponsored by a generous grant from MIMEDX.

STUDENTS' AND RESIDENTS' PROGRAM (NON-CECH)
Saturday, 10:30 a.m.–12 p.m.,
Magnolia 22-23



ANDREW R. MASTAY, DPM



BENJAMIN J. WALLNER



LAUREN WURSTER, DPM



The National offers a variety of non-CECH lunch symposia to supplement its continuing education program.

Ask about available slots at Registration if you have not preregistered. The non-CECH lunch symposium is a ticketed event with a limited number of meals available. Meeting attendees who did not preregister for these programs may take any available seats only after the start of the programs. Due to Sunshine Act regulations, these events are limited to health-care professionals and office personnel.

NON-CECH LUNCH SYMPOSIA

Non-CECH Lunch Symposium: An Effective, Broad-Spectrum Antibiotic for the Treatment of ABSSSI in Adults

Magnolia 13-14 | 12–1 p.m.
Sponsored by a generous grant from Paratek.

I Am APMA



Thank you all so much for sharing your posts with us! We would love to keep seeing them and featuring them on our social media wall. Keep sharing them with the hashtag **#APMANational2022**.

As we head into the final day of our conference tomorrow, we wanted to introduce the start of our new social media campaign, I AM APMA. We are so happy to have you all here and we want you all to help us share why you are part of APMA. What are your priorities for the association and the profession? Each member is unique, and we want to showcase your many reasons for being a part of APMA. Share a quick post sharing what you loved about The National and why you choose to continue being an APMA member.

Thank you again for sharing, posting, and contributing to the camaraderie and conversation at The National! We appreciate everything you do! ●

By Alisha Joshi, Scholl College of Podiatric Medicine Class of 2023, APMA Social Media Ambassador



ALISHA JOSHI

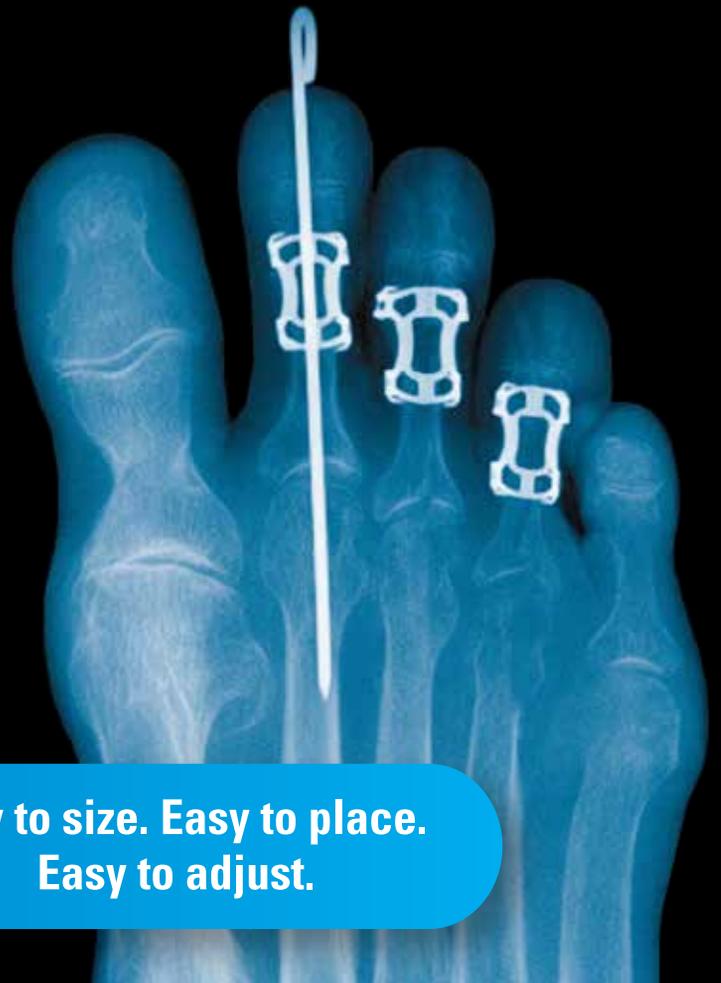
Share a quick post sharing what you loved about The National and why you choose to continue being an APMA member.

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Meet the Contestants!

This afternoon, students from the nine schools of podiatric medicine will compete in the fifth annual Podiatry School Student Quiz Bowl. This beloved tradition at The National brings alumni, students, assistants, and friends together to test their knowledge. Each day in *The National Today*, we'll introduce you to three of this year's contestants. Read on to learn more about our students and get ready to cheer them on today at 4:30 p.m.



BRANDON ROCHA

Western University of Health Sciences College of Podiatric Medicine Class of 2023

Why did you choose a career in podiatric medicine and surgery?

Growing up I had a family member who suffered from undiagnosed diabetes. It manifested in diabetic foot ulcers, which became infected, and he slowly began to lose parts of his feet. [His situation] left a lasting impact on me and piqued my interest in the field of podiatry.

What made you decide to participate in the 2022 Podiatry School Student Quiz Bowl?

I am a very competitive person and the idea of being able to compete against other individuals from other schools sounds like a lot of fun. I get the opportunity to meet and get to know other students from the other schools whom I may not have met otherwise.

Is anyone coming to cheer you on?

Nope, flying solo.

How will you prepare for the Quiz Bowl?

I will be reviewing my externship study material and try to read recent articles.

What do you think is the most important challenge facing future podiatrists?

Continuing to further the field of podiatry and continuing to find ways to gain parity with MDs and DOs.

What makes you stand out from other contestants?

I stand out from other contestants by my competitive nature.

If you win, how will you spend your prize money?

I will use it to try new and different foods as I'm traveling around the country for my externships.

If you could have a superhuman power, what would it be?

I feel as though in today's society, knowledge grants you the power to make real change in the world. Therefore, the superpower I would want would be to know everything so that I could make positive changes for all.

What's something you never leave home without?

No matter where I go, I always bring my deck of lucky Yu-Gi-Oh! cards.

Do you have advice for future podiatric medical students?

I wish I could say that going through school is going to be easy, but it isn't. But no matter how hard the material gets, no matter how hard the rotation is, you are more than capable of meeting that challenge and succeeding. Whether it's faculty, your classmates, friends or family, there will always be someone there who is supporting you and who believes in you.

TEST YOUR KNOWLEDGE!

How would you fare as a contestant in the Podiatry School Student Quiz Bowl? Our students answer challenging questions like the one below to make it through each round.

What is the name of the type of graft taken from the dorsolateral aspect of the foot to be placed in the first webspace of this preaxial poly- and syndactyly repair?

- A. Partial graft
- B. Split graft
- C. Button graft
- D. Pinch graft

Find the answer on page 11.





LAUREN WEISEL

Temple University School of Podiatric Medicine (TUSPM),
Class of 2023

Why did you choose a career in podiatric medicine and surgery?

I became interested in podiatric medicine after experiencing lower extremity injuries and shadowing local podiatrists. Growing up as a competitive gymnast and later competing for the University of North Carolina at Chapel Hill, I was a frequent visitor to my local orthopedic practice and had numerous injuries [and treatments] including a meniscal repair, chronic ankle sprains, plantar fasciitis, and series of cortisone injections. With this athletic upbringing, I always wanted to pursue orthopedics and sports medicine, as countless physicians and athletic trainers were influential in my own athletic career, and I wanted to make that same impact on other young athletes.

After completing my undergraduate degree, I shadowed many different health professions and visited Chapel Hill Foot & Ankle with Jane Andersen, DPM, and Alan Bocko, DPM. After spending time with them in their private practice and in the OR, I was exposed to the field of podiatry and all it encompassed, and I immediately knew podiatry aligned with my professional goals to become a foot and ankle surgeon with the hope of pursuing sports medicine specifically.

What made you decide to participate in the 2022 Podiatry School Student Quiz Bowl?

I was honored to represent TUSPM at the student quiz bowl with the opportunity to attend the APMA [Annual Scientific Meeting] to further my podiatric knowledge, connect with other students and prominent physicians, and learn about current research and techniques.

What do you think is the most important challenge facing future podiatrists?

I think some pressing issues with podiatric medicine are the lack of awareness of the need for podiatrists and the misunderstanding of what podiatry encompasses. With the rising prevalence of diabetes in the U.S., there is a higher demand for diabetic foot care and podiatrists. In addition, many aspiring medical students are unaware about the field of podiatry, and the vast subspecialties within podiatric medicine. It has been rewarding to advocate for the profession through the TUSPM Social Media Team, and through lectures and presentations to undergraduate students on podiatry.

What makes you stand out from other contestants?

Outside of podiatry, I love doing many different activities, such as running, water sports, and hiking. Born and raised in San Diego, I enjoy going to the beach, paddle boarding, and spending time outdoors. I also began running as a hobby when I finished my gymnastics career at UNC and am currently working toward a half marathon.

What's something you never leave home without?

A cup of coffee!



MELODY YAU

New York College of Podiatric Medicine (NYCPM)
Class of 2023

Why did you choose a career in podiatric medicine and surgery?

I went to undergraduate school for physical therapy because I was interested in sports medicine but realized that I wanted to have a more hands-on and patient-care-centered career. That's where podiatry came into play!

What made you decide to participate in the 2022 Podiatry School Student Quiz Bowl?

It's a great opportunity for me to review a few concepts so that I can prepare for part two of the boards.

Is anyone coming to cheer you on?

Yes, my friend and classmate Nayab who is a NYCPM APMA representative.

How will you prepare for the Quiz Bowl?

I will review school lectures.

What do you think is the most important challenge facing future podiatrists?

The increasing diabetic population.

What makes you stand out from other contestants?

I'm from NYCPM.

If you win, how will you spend your prize money?

Pay off student loans.

If you could have a superhuman power, what would it be?

To see into the future.

What's something you never leave home without?

My phone.

Do you have advice for future podiatric medical students?

Try to do as much podiatric shadowing before applying and don't be afraid to ask questions! ●

Don't miss the Quiz Bowl today at 4:30 p.m.!

The correct response is D, pinch graft.
Test Your Knowledge Answer:

THANK YOU TO OUR SPONSORS!

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DIAMOND

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BRONZE

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Upperline Health
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List is current as of July 12, 2022.

Today's Schedule

6:00–7:00 a.m.	Team APMA 5K Run/Walk (Non-CECH)			
7:00 a.m.–6:00 p.m.	Registration Open			
7:30–9:30 a.m.	Breakfast Symposium: Risk Management Program—Five Strategies to Tune Into: A Risk Management Soundtrack			
9:30–10:30 a.m.	CECH Scanning in the Exhibit Hall			
9:30 a.m.–2:00 p.m.	Exhibit Hall Open			
9:45–10:15 a.m.	Innovation Café (Non-CECH): Revolutionizing the Treatment of Painful Diabetic Neuropathy with Nevro HFX		Innovation Café (Non-CECH): Generational Insights in Healthcare	
10:30 a.m.–12:00 p.m.	TRACK 1: Oral Abstracts	TRACK 2: Surgical Blitz — Rearfoot	Students' and Residents' Program (Non-CECH)	Assistants' Educational Program: Hands-On Total Contact Casting and Offloading Workshop
12:00–1:00 p.m.	Lunch and CECH Scanning in the Exhibit Hall	Young Physicians' Lunch and Learn (Non-CECH)	Non-CECH Lunch Symposium: An Effective, Broad-Spectrum Antibiotic for the Treatment of ABSSSI in Adults	Podiatry Management Hall of Fame Luncheon (Non-CECH)
1:00–2:00 p.m.	Poster Abstracts Symposium			
1:00–4:30 p.m.	WORKSHOP 3: External Fixation			
2:00–2:30 p.m.	Plenary Lecture: Choosing Wisely			
2:30–4:30 p.m.	Controversy Debates: Spouses' Showdown		Assistants' Educational Program: Office Managers' Coffee Talk	
4:30–6:00 p.m.	Fifth Podiatry School Student Quiz Bowl			
6:00 p.m.	CECH Scanning Outside the Lecture Hall			
6:00–7:30 p.m.	Innovation After Hours (Non-CECH): 3C Patch® Wound Management System Dine & Demo Workshop			

Coming Tomorrow

Don't miss these exciting highlights of tomorrow's educational schedule! For a complete program, check the APMA Engage app, or visit the Final Program at www.apma.org/thenational.

7–8:30 a.m.
Breakfast Symposium:
Telehealth and Cybersecurity

8:30–10:30 a.m. and 11 a.m.–12:30 p.m.
Harry Goldsmith, DPM,
Memorial Coding Seminar

Be on the lookout for an email from APMA within 30 days with a link to complete your post-event survey and download your CECH certificate!

Question of the Day

Each day in *The National Today*, we ask attendees to answer one question about the program, the profession, or their practice. Today, we visited the Step into Podiatry student recruitment event and asked attendees ...

Why are you interested in a career in podiatric medicine and surgery?



PREETHA BENJAMIN
Candidate for
Master's Degree in
Biomedical Sciences,
Barry University

I'm interested in medicine, and podiatry seems like a good fit for me because it's a low-risk medical career that offers work-life balance.



EVELYN KNORST
High School Senior

People in my family have suffered foot and ankle health issues, so I want to give back to people like my family and my community.



ANNA KLEOPOULOS
Graduate Student,
Biomedical Sciences,
Geisinger Medical School

My boyfriend lost his foot in a motorcycle accident, and as a medical assistant I was really intrigued by the skin grafting and foot and ankle care he received. I'm excited about the diversity of the profession.



ARIEL GORDIN
High School Senior

I'm still in high school, but I really like research. Someone in my family suffered an ankle injury, and podiatry seems like a smaller field that offers research opportunities.



ROMAE MORGAN
Candidate for MPH,
University of Florida

I majored in Nutrition in undergrad and am really interested in diabetic and obesity care management.

STEP INTO PODIATRY

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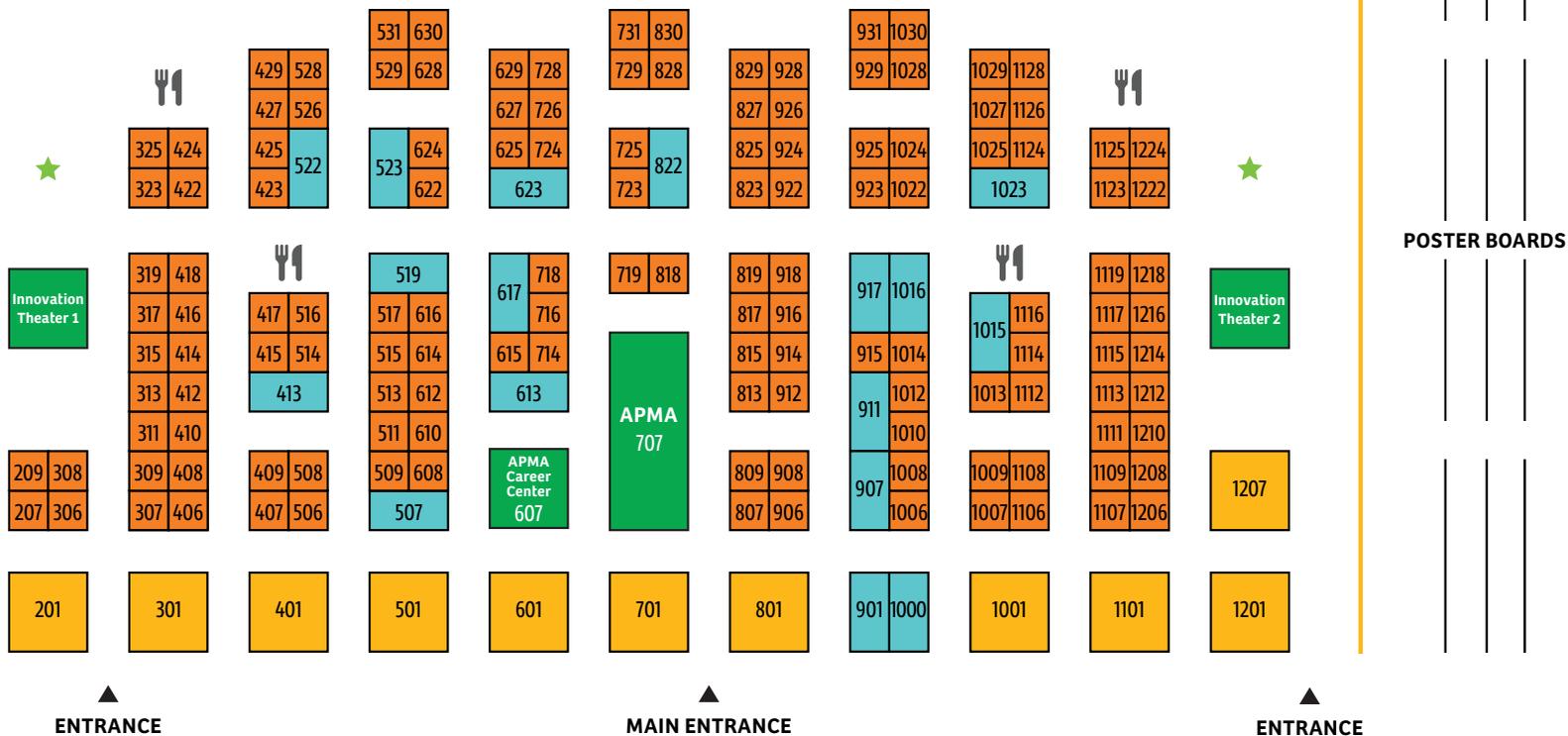


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Exhibit Hall Floor Plan

Not to scale

KEY ★ Scanning Station
 🍴 Dining Area



Products displayed in the exhibit hall have not been investigated or approved by APMA with regard to efficacy or regulatory compliance. Each physician should perform his or her own due diligence regarding any claims made about products displayed.

EXHIBIT HALL SCHEDULE

Thursday, July 28 | 4:00–6:30 p.m.,
 Grand Opening/Reception

Friday, July 29 | 9:30 a.m.–2:00 p.m.

Saturday, July 30 | 9:30 a.m.–2:00 p.m.

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IN 2023...**

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