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Temple University School of Podiatric Medicine  
Class of 2014  
White Coat Ceremony  
March 30, 2012

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### Featured Faculty



Dr. Tracey Vlahovic, DPM  
Associate Professor

Department of Podiatric  
Medicine and Orthopedics

Dr. Tracey Vlahovic, DPM, is currently an Associate Professor at the Temple University School of Podiatric Medicine in Philadelphia, Pennsylvania, as well as a J. Stanley and Pearl Landau Faculty Fellow. She graduated from Yale University in 1996 where she participated in Latin ballroom dancing which sparked her interest in Podiatric Medicine. She completed her residency at St. Luke's Hospital in Allentown, Pennsylvania. She was the first podiatrist in the US to complete a fellowship in

Podiatric Dermatology from St. Luke's Hospital. She is board certified in foot surgery by the American Board of Podiatric Surgery and is a Fellow of the American Professional Wound Care Association.

Dr. Vlahovic is the first US Podiatrist to be trained in the UK in the area of Marigold Therapy at the Royal London Homeopathic Hospital in London. She has gone on to teach the Dermatology course at Temple University School of Podiatric Medicine as well as advise the Dermatology Club. She has lectured across the US, completed several articles in peer-reviewed journals, and is involved in multiple clinical research trials for various dermatological therapies and devices. Dr. Vlahovic currently writes a blog for Podiatry Today.com.

She has received numerous honors. Her students have awarded her Clinician and Teacher of the Year. Dr. Vlahovic is widely recognized

and respected by both her students as well as her peers within the fields of podiatric medicine and dermatology.



Dr. Raymond DiPrimio featured above as he help celebrate the 80th Anniversary of the Stirling, Hartford, DiPrimio Society at the Down Town Club on April 28, 2012.

### TUSPM Tidbits

#### Sport Medicine Club



Celebrates 27 years of participation at the Boston Marathon in Boston, MA

#### Pre-Health Open House

November 16, 2012  
10:00am - 1:00pm

TUSPM hosts a Saturday Fall Pre-Health Day for students and advisors interested in learning more about the educational process and career opportunities in the professions of podiatric medicine, pharmacy and dentistry.

#### TUSPM Winter Internship Program (WIP) January 6—9, 2013

This is a four day program that provides a synopsis of the profession and the education process. Spend time shadowing podiatric physicians in various health care settings, receive hands-on experience in biomechanics and participate in an anatomy workshop. The program and housing are provided at no cost. Learn more by visiting the TUSPM website.

## Student Spotlight



**Jamil Hossain**  
Class of 2012

Jamil Hossain was introduced to podiatry towards the end of his college career at the University of Florida and instantly it caught his attention. When he shadowed a podiatrist, he became even more interested in the field of podiatry. Coming from a family with a history of limb loss and death due to diabetic complications, he was very serious about his career choice as a physician. While working with the podiatrist, he realized the importance of a podiatrist in his family and his decision was final.

During the interview process, Jamil critically analyzed all the schools and chose Temple as his home for the next few years. "The strong clinical aspect of the school and the close integration of faculty in the academic curriculum was done in a very well fashioned way", says Jamil. "Coming from a smaller town, downtown Philadelphia also had its attractions."

While in school, Jamil was involved in both academic and extracurricular activities. He was one of the founding members of the journal society, Secretary of the community service club, a student ambassador and also one of the members of the TUSPM martial arts club. He also devoted the summer of his second year going back to his home country of Bangladesh. There, he volunteered and worked side by side with the doctors learning about medicine in a third world country and teaching the unique medical aspect of podiatry.

Jamil is now on his way to beginning his residency education at one of the local hospitals and plans to focus solely on his training for the next three years. "Everything that I learned here at Temple was more than enough to

set me off to a better start for the future. The road to residency is tough, but I think I am ready."

When asked about the profession and its future, he replied, "I think it's a great time to be in the profession of podiatry. It's the hidden gem of the medical careers and it is gaining a significant focus in nation's healthcare arena." After completing his residency training, Jamil plans to join a group practice, however his dream is to teach podiatry. He also has plans to visit his country and teach podiatric surgery, an education which the country's medical field lacks. "If I can do something meaningful with my education gained here, that would be a wonderful way of using it."

### Special Thanks to our Student Ambassadors



(left to right) Jamal Hossain, Amy Bruce, Eric Moffet, Rahkil Patel, Ben Elgamil, Joseph DiStefano

## National Issues in Healthcare

### Skin Problems Plague Athletes

The Olympics are all about the "thrill of victory and the agony of defeat." But for many Summer Games athletes, there's also the agony of skin irritations and conditions that can make the journey to the medal stand more difficult.

Skin problems rank among athletes' most common complaints. "Dermatological conditions are an increasing cause of medical problems for Olympic athletes and can be harmful and even prohibitive for competition." Researchers reviewed sports-related ailments by general categories of Olympic sport: endurance (marathon runners, triathletes, cyclists, long-distance swimmers), resistance (boxing, judo, weight lifting, wrestling), team sports (basketball, beach volleyball, tennis, soccer, water polo), and performing arts (diving, gymnastics, synchronized swimming).

Summer Games athletes can be afflicted by a range of dermatoses, from easy to treat rashes, calluses or blisters, to the more severe and complex conditions such as skin cancers and infectious skin diseases. Some infectious skin disease can become epidemic among a team, creating a significant disruption of team.

"The extreme nature of their training, and their constant environmental exposures to heat, sweat, trauma, sun and other factors, can lead to health issues that affect their performance ability."

The London 2012 summer games will see hundreds of athletes participating in 26 different sports from July 27 through August 12.

To read the article in its entirety, go to <http://www.medicalnewstoday.com/release.244702.php>

### Metformin and Rosiglitazone Combo Best for Kids with Diabetes Type 2

Controlling blood sugar in children and teenagers with diabetes type two is best achieved with a metformin plus rosiglitazone combo, compared to just metformin plus lifestyle changes, researchers reported in the NEJM (*New England Journal of Medicine*).

There are very limited reliable data to guide treatment for young patients with diabetes type 2, even though rates in this age group have been rising over the last ten years.

699 patients aged from 10 to 17 years were initially treated with 1000mg of metformin alone twice daily, until they achieved glycated hemoglobin levels

of <8%. They were then randomly selected into three groups

Monotherapy metformin group – continued on just metformin

Combo metformin plus rosiglitazone (4mg twice daily) group

Metformin plus lifestyle-intervention program group-patients focused on diet to achieve ideal body weight, plus physical activity

Authors explained that the drug combo was considerably more effective than just metformin therapy. The authors say that their findings indicate that the majority of pediatric patients with diabetes type two will need several oral agents or insulin therapy within a few years of being diagnosed.

In an Abstract in the same journal, the researchers concluded:

*"Monotherapy with metformin was associated with durable glycemic control in approximately half of children and adolescents with type 2 diabetes. The addition of rosiglitazone, but not an intensive lifestyle intervention, was superior to metformin alone."*

For the entire article, please visit [www.medicalnewstoday.com/articles/244778.php](http://www.medicalnewstoday.com/articles/244778.php)



**Around Town**



**The Philadelphia Museum of Art**  
(one mile from campus)  
Displaying Gauguin, Cezanne, Matisse: Visions of Arcadia Exhibit  
(June—September 3, 2012)

**The Philadelphia Convention Center**  
Plays host to the upcoming

**Dad Vail Regatta**  
May 11-12, 2012

**Stotesbury Regatta**  
May 20-21, 2012

**Italian Market Festival**  
May 19-20, 2012

**Wawa Welcome America**  
June 25-June 4, 2012

**Philadelphia Live Arts Festival and Philly Fringe**  
August 31—September 15, 2012

**Longwood Gardens Autumn' Colors**  
September 8-November 18, 2012

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**Temple University News**

**A Life to Limb**



Dr. Andrew Myer, podiatrist and faculty member at TUSPM is also part of a newly developed team at Temple University Limb Salvage Center. Dr. Myer met with a 68 year old patient that drove over two hours to discuss how to save the patients limbs. Dr. Myer has been part of this newly developed program for approximately one year.

Despite the grim name, it is an uplifting initiative, the region's first multidisciplinary, hospital-based team dedicated to preventing foot and leg amputations in patients with diabetes or other diseases that damage blood vessels. The center reflects a huge national problem with an equally huge racial disparity - and a proven way to reduce both.

Foot ulcers and amputations cost the U.S. health system an estimated \$29 billion in 2007.

While medical advances have reduced amputation rates for all races, African Americans remain two to five times more likely than whites to undergo the drastic surgery, studies show. In the Philadelphia area, the ratio is almost 4-1. Dr. Myer along with the team hope to reduce the level of amputations across the Tri-State area.

Some of this gap can be explained by much-studied racial differences in income and education, insurance coverage, access to care, prevalence of diabetes, plus subtler factors. Please look for more information as this program expands. first recognized more than 75 years ago, when the introduction of insulin led to a dramatic decline in deaths from diabetic coma,

**Temple's Women Crew Team will be lead by one of the best athletes in the history of the Dad Vail Regatta**

One of the best student-athletes in Temple history now leads the university's women's rowing team, bringing a new energy and edge to the 25 year-old program. Since Olympic gold medalist Jason Read's arrival as head coach last August, the team has more than doubled in size and will bring in its largest recruiting class this fall.

As a member of Temple men's rowing in the late 1990s and early 2000s, Read led the Varsity 8 from the stroke seat to four Murphy Cup, Big East and Dad Vail Varsity 8 championships — the only rower in Dad Vail history to accomplish such a feat. A member of 13 U.S. national teams since 1995, Read took home the gold medal in the men's 8 at the 2004 Athens Olympic Games, setting a record that still stands. He returned to the Olympics in 2008 and is right now training for a spot on the 2012 men's rowing Olympic team.

yet deaths from diabetes-related gangrene kept going up:

Diabetic foot care is not as good as it could be - for any race.

The Journal of Vascular Surgery and the Journal of the American Podiatric Medical Association co-published a special issue on the problem in 2010. Patients with chronic foot ulcers usually have complex, urgent medical needs - not to mention trouble getting around - yet they wind up trekking from the foot doctor to other specialists, receiving what the report called "fragmented, variable" care that often ends with an avoidable "tragedy" - amputation.

**Temple teams up with Dr. Oz**



Dr. Mehmet Oz, host of the Emmy Award-winning The Dr. Oz Show, was joined by Dr. Larry Kaiser, Dean & CEO of Temple's healthcare enterprise, to announce that Dr. Oz's upcoming "Philadelphia's

This is a big deal," said Dr. Oz "It turns out that 70% of how well you feel about yourself depends on things you can control. There are five numbers we want to check on all [participants], all in 15 minutes. "The free health-screening event – which requires pre-registration – will be held in the Medical Education and Research Building (Broad and Tioga Streets) on the Temple Health Sciences Campus, on Saturday, May 19th, 2012, from 9:00 a.m. to 4:00 p.m. At that time, Temple physicians and medical students will donate their time to screen participating Philadelphians for their blood pressure, BMI, weight, and blood-sugar and cholesterol levels.

**Philadelphia Zoo**

Want to walk over 42-acres of Victorian gardens to view more than 1,300 animals? The Philadelphia Zoo is the place to do so. It is the first and oldest zoo in the US and opened in 1874. Last year the zoo welcomed over 1.2 million visitors. Not only can you visit all of the animals but you will can go on safari, travel the world in their creatures of culture series, attend their concert series or get your Halloween on



"It is great for Temple to be able to do this and partner with Dr. Oz," said Dr. Kaiser. "As Dr. Oz points out, this is an opportunity to find out a number of things about yourself, but also an opportunity for the City of Philadelphia to find out their 'report card' – on how healthy our population is."

Due to the expected volume of interested participants, pre-registration is required in order to receive a free health screening during "Philadelphia's 15-Minute Physical." Thus, beginning Monday, April 30th, interested individuals may pre-register online via The Dr. Oz Show's website at <http://www.doctoroz.com>.

Stay tuned for more information about this exciting event -- including how to win a free screening with Dr. Oz!

View the FOX-TV announcement:

<http://www.myfoxphilly.com/dpp/community/dr.-oz-announces-the-15-minute-physical>

**School of Medicine Ranked Among the Best in the Nation**



Temple University School of Medicine was listed as one of the top-ranked medical schools in the nation by U.S. News & World Report in its "Best Medical Schools" ranking for 2013. Temple was ranked #47 among accredited medical schools; and performed second among Philadelphia's medical schools.