Dr. Howard Palamarchuk, DPM, FAAPSM
Associate Professor
Department of Biomechanics
Temple University School of Podiatric Medicine

Dr. Palamarchuk started to take interest in the Podiatric Medical profession over 30 years ago, after participating in numerous race walking competitions where he became known both nationally and internationally. This began Dr. Palamarchuk’s journey in Podiatric Medicine and sparked his interest in Sports Medicine.

Dr. P., as his students so affectionately refers to him, is the advisor for TUSPM’s Sports Medicine Club. They are extremely active in the community at notable athletic events, including the Broad Street Run, Susan G. Komen Walk for the Cure, the Marine Corp Marathon, and the Boston Marathon.

He has been the recipient of the Stauffer Award for distinguished faculty within Temple University and was recently recognized for excellent work throughout his 22 years of volunteer service at the MCM Dinner in Washington, DC. Dr. Palamarchuk was recently recognized by the Boston Athletic Association (BAA) for 30 years of volunteer service to the marathon. He stated “to volunteer at the Boston Marathon has become a legacy for me and my students. Over that span of three decades, over 300 students have participated as volunteers with me at this event and have carried for us this day into their professional and practical lives.”

He is well respected by his colleagues in both the fields of Sports Medicine and Podiatric Medicine. His students find him to be a great resource and mentor. Dr. Palamarchuk has published various topics and lectures on the local, state and national level.

TUSPM Open House
April 11, 2015
10:00am—1:00pm
TUSPM will host the Annual Open House for students and advisors interested in learning more about the educational process and career opportunities within Podiatric Medicine. TUSPM Annual Open House will be held at TUSPM on Saturday, April 11, 2015 at 148 N. 8th Street. For more information or to RSVP please contact 215-625-5451. Learn more about TUSPM by visiting our website.
Dr. April has been recognized as a 2014 Nashville Emerging Leader Winner and was named a 2013 Top Forty Under 40 Award Winner by the Nashville Business Journal. She is a 2014 Leadership Fellow of New Leaders Chapter – Nashville Chapter.

She has been featured in print and radio media, speaking on leadership, entrepreneurship, blogging and personal branding. She participates in community health fairs, health promotion events and has served on the medical team for numerous races and marathons including the Boston Marathon, Marine Corps Marathon, Detroit Marathon and the Music City Marathon.

She is a member of Alpha Kappa Alpha Sorority, Inc.-Kappa Lambda Omega chapter and actively serves on numerous committees and initiatives within this chapter including as Co-Chair of the Public Relations Committee. Dr. April is a member of The Nashville Junior Chamber where she served as the 2013 Gala Chairman, serves on the Board of Directors of The Breakfast Club of Nashville, The Interdenominational Service Organization of America (ISOA) and on the Jr. Board of Directors of Women in Numbers.

In 2012, Dr. April created a signature philanthropic event program for her practice called Knock Your Socks Off! A Back to School Sock Drive. In 2012 & 2013, this back-to-school sock drive has collected over 2,300 pair of socks for children in need in the Nashville community! Dr. April is also the Creator and Blogger of Dinner With Nerds, an online Blog that features restaurant spotlights, recipes and interviews with professional, successful people over dinner. The Blog and interviews can be found at www.DinnerWithNerds.com.

Higher death rates for weekend hospital stays regardless of day of admission

People hospitalized with COPD or pneumonia are more likely to die during the weekend stay in hospital, according to a new study.

The research, published online in the European Respiratory Journal, is the first to assess death rates among patients staying in hospital over the weekend, irrespective of the day of admission.

Previous studies have identified the ‘weekend effect’, where patients admitted to hospital at the weekend have an increased risk of dying.

The new study analyzed the ‘weekend effect’ in a different way by assessing whether patients who stayed in the hospital over the weekend, even if they were admitted earlier in the week, were also experiencing an increased risk of death.

The results demonstrated that, irrespective of when patients are admitted to hospital, if they stay over the weekend, the risk of death is increased. During the weekday, the death rate was 80 per 10,000 per day. On Friday, the risk increased by 5%, suggesting an additional 4 deaths per 10,000. On a Saturday and Sunday the risk increased by 7% suggesting an additional 5.6 deaths per 10,000 for each weekend day.

The findings therefore suggest that the increase in the risk of death is due to a reduced quality of care, or reduced access to high quality care at the weekend, an effect that appears to begin on Friday.

www.medicalnewstoday.com/releases/276780.php

Higher risk of high blood pressure for socially disadvantaged

The risk of high blood pressure is clearly related to social status. A low income, a lower level of education, the type of profession performed, but also a migration background, are all risk factors that again primarily effect women.

In a recent study of the socio-demographic aspects of hypertension, the experts in social medicine used international and national data to conclude that, in the context of hypertension and its treatment, variables such as education, income, employment, professional status and migration background increase the risk of developing the condition. At the same time, existing hypertension in people who have these risk factors is more difficult to control, and the target levels are achieved less often.

There is also a direct relationship between social status and health behavior. “A higher income means finding it easier to make lifestyle choices and a higher education means you are more likely to live a healthier lifestyle.” These differences in socio-economic status also lead to different uptakes of health services, such as the utilization of screening opportunities, but also additional insurance. Not only can social factors influence health conditions, but the same is true in reverse: “A lower social status can be a consequence of poor health. Illness can therefore lead to disadvantages in terms of education and career opportunities.”

www.medicalnewstoday.com/releases/276822.php
Temple University News

Temple University Researchers Successfully Eliminates the HIV Virus from Cultured Human Cells for the First Time

(Philadelphia, PA) – Temple University Hospital (TUH)
The HIV-1 virus has proved to be a tenacious, inserting its genome permanently into its victims’ DNA, forcing patients to take a lifelong drug regime to control the virus and prevent a fresh attack. Now, a team of Temple University School of medicine researchers has designed a way to snip out the integrated HIV-1 genes for good.

“This is one important step on the path toward a permanent cure for AIDS,” says Kamel Khalili, professor and chair of the Department of Neuroscience at Temple. Khalili and his colleague, Wenhui Hu, associate professor of Neuroscience at Temple, led the work which marks the first successful attempt to eliminate latent HIV-1 virus from human cells.

“It’s an exciting discover, but it’s not yet ready to go into the clinic. It’s a proof of concept that we’re moving in the right direction,” added Khalili, who is also director of the Center for Neurovirology and director of the Comprehensive NeuroAIDS Center at Temple.

In a study published July 21 by the

NIH grant to explore new possibilities in heart failure treatment

Nearly 6 million Americans suffer from heart failure, but a lack of innovative treatments gives them little hope for a cure. Now, thanks to a new $11.5 million National Institutes of Health National Heart, Lung and Blood Institute Program Project Grant, scientist in Temple

Dilworth Park at City Hall in Philadelphia (located less than one mile from campus)

University School of Medicine will focus on key molecular mechanisms in heart failure, which could lead to the development of new heart therapies.

Each scientist is leading a specific project for the grant. Their three projects focus on signaling pathways implicated in cardiac injury and repair, and they likely intersect in heart-failure pathology, underscoring the significance of their collaborative research.

The funding comes at a key time, since the number of those in the U.S. who suffer from heart failure is expected to increase from 5 million to 10 million by 2031. That increase will be accompanied by a significant rise in deaths from the condition if new therapies are not developed soon.

“The Program Project Grant is of great importance to Temple,” Feldman said. “It provides not only funding for specific projects, but also supports state-of-the art core facilities and a platform for team science both of which are critical to success in this era of translational science.”

Around Town

The Philadelphia Museum of Art
(one mile from campus)

The Philadelphia Convention Center
Plays host to the Auto Show and the Flower Show which is the most attended event at the Center

Philadelphia International Flower Show
Celebrate the Movies (Theme) February 28 –March 8, 2015

Penn Relays
April 23–25, 2015

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