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### TUSPM was the host to 30 Winter Internship Participants



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## Featured Faculty

### TUSPM World Class Faculty



**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 students assisted at Susan G. Komen 3 Day Walk



TUSPM students took part in the Healthy Athletes Fit Feet screenings at the annual Fall Sports Festival at Villanova University

## TUSPM Tidbits



### Winter Interns

### 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. 8<sup>th</sup> Street. For more information or to RSVP please contact 215-625-5451. Learn more about TUSPM by visiting our website.

### TUSPM Summer Internship Program (SIP) June 5 - 12, 2015

This is a one week 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.

*TUSPM Alum*

**Award Winning Podiatric Physician  
Nashville's Top 40 under 40**

**TUSPM STUDENT CLUBS**

**SPORTS MEDICINE CLUB**



**DERMATOLOGY CLUB**



**WOMEN'S CLUB**



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Dr. Carmen April 07' is a Podiatric Physician, specializing in the medical and surgical treatment of foot and ankle disorders. She is a business savvy professional who started a medical practice, The Foot And Ankle Healthcare Center, at only 30 years old and grew the patient base from 0 to 800 new patients in her first 16 months in this practice.

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 Council – 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](http://www.DinnerWithNerds.com).

*National Issues in Healthcare*

**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](http://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](http://www.medicalnewstoday.com/releases/276822.php)



**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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**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

Proceedings of the National Academy of Sciences, Khalili and colleagues detail how they created molecular tools to delete the HIV -1 proviral DNA. When deployed, a combinations of the DNA-snipping enzyme called a nuclease and a targeting strands of RNA called a guide RNA (gRNA) hunt down the viral genome and excise the HIV-1 DNA. From there, the cell’s gene repair machinery takes over, soldering the loose ends of the genome back together – resulting in virus-free cells.

“Since HIV-1 is never cleared by the immune system, removal of the virus is required in order to cure the disease,” says Khalili. The same technique could theoretically be used against a variety of viruses, he says.

“We are working on a number of strategies so that we can take the construct into preclinical studies,” Khalili says. “We want to eradicate every single copy of HIV-1 from the patient. That will cure AIDS. I think this technology is the way we can do it.”

The research was funded by grants from the National Institutes of Health

<http://news.temple.edu/news/2014-07-22/temple-university-researchers-successfully-eliminate-hiv-virus-cultured-human-cells>

**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



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

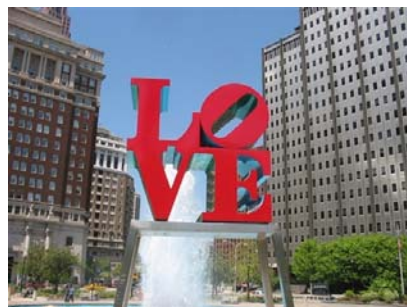
Each scientist is leading a specific project for the grant. Their three projects focus on signaling pathways implicated in cardiac injury and repair, and they likely intersect in heart-failure pathology, underscoring the significance of their collaborative research.

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.”

<http://news.temple.edu/news/2014-06-18/nih-grant-explore-new-possibilities-heart-failure-treatment>

**LOVE PARK**



**LOVE Park** is a celebrated venue for Street Skateboarding, a popular form of the sport that uses natural urban features, rather than manufactured ramps. Because of LOVE Park, Philadelphia was home to some of the world’s top skateboarding professionals, and was the centerpiece of ESPN’s X Games, making Philadelphia the only city to hold the Games twice in a row.

**Dilworth Park at City Hall in Philadelphia** (located less than



one mile from campus)

Dilworth Park presented an opportunity to delve into the complex **history of a significant public space**, under continual change and evolution, in one of the country’s oldest cities. In the tradition of the other town squares conceived by William Penn in his plan for Philadelphia, the renovation of Dilworth Park restores its stature as a place of great civic engagement, while bringing the urban infrastructure of its transportation network into the modern day.