



Student Spotlight

TUSPM Student Wins APMWA Student Writing Competition



Christina Bui, a third-year student at the Temple University School of Podiatric Medicine (TUSPM) has been named the winner of the 30th Annual American Podiatric Medical Writers Association Student Writing Competition. Her paper was entitled, "Objectives in Healthy People 2020 Regarding Diabetes and Lower Extremity Amputations". Bui will receive a one thousand dollar honorarium from a special endowment by Dr. and Mrs. Steven Berlin to the APMA Educational Foundation.

Special points of interest:

- Student Spotlight
- TUSPM Tidbits
- TUSPM Student Reflections
- Find out "What's New" at TUSPM
- -visit our website

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First Year Students attending the Donor Remembrance Ceremony

The Donors Remembrance Ceremony for 2016 took place at the University of Pennsylvania on April 27th. This ceremony is a commemorative event held in order to honor and give thanks to people who donated their body to medical education at various medical schools throughout the city of Philadelphia.

This is an invitation only event attended by family members of those who have been organ, tissue or cornea donors during the previous year. Students who have had the opportunity to learn

from their generous gift also attend this event.

Several TUSPM first year students were granted the privilege to attend the program. One student indicated that "This program provides an unparalleled learning opportunity for medical students and medical health care professionals. There is no substitute to looking at the real body. The program allows you to explore the body, and to learn from touching and learning to see what's normal and what's not normal." So they consider it an honor to attend this event and to pay tribute to those who have lost and to recognize their generous gifts of life.

TUSPM Tidbits



2nd Year Students awaiting the presentation of their White Coats



TUSPM White Coat Ceremony

Each spring, second year podiatry students make their rite of passage into healthcare during the TUSPM White Coat Ceremony.

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TUSPM

Winter Internship Program January 3 - 6, 2017

This is a 4 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.

<http://podiatry.temple.edu>

TUSPM PRE-HEALTH DAY

TUSPM will host a Pre-Health Day for students and advisors interested in learning more about the educational process and career opportunities within various medical professions. The Pre-Health Day will be held at TUSPM on Saturday, November 19, 2016 at 148 N. 8th Street. For those students anticipating entry into the health professions it would be an excellent opportunity to learn more about podiatric medicine, allopathic medicine, pharmacy, dentistry, nursing, physical therapy, occupational therapy and much more at Temple University. Learn more by visiting the TUSPM website or call 215-625-5451 to RSVP.

TUSPM Student Organizations

- American Association of Women Podiatrist's
- ACFAOM-American College of Foot & Ankle Orthopedics & Medicine
- ACFAS-American College of Foot & Ankle & Surgeons
- APHA-American Public Health Association
- BMOC-Biomechanics & Orthopedics Club
- CPSA-Christian Podiatric Student Association
- Community Service
- Dermatology Club
- Forensics Club
- JPMSA- Jewish Podiatric Medicine Student Association
- TUSPMJS- TUSPM Journal Society
- MSC- Medical Spanish Club
- MSA-Muslim Student Association
- Pediatrics Club
- PMC- Practice Management Club
- Radiology Club
- Running Club
- SALSAL-APWH- Save a Limb Save a Life Academy of Physicians in Wound Healing
- SNPMA- Student or National Podiatric Medical Association
- SIM- Students for Integrative Medicine
- Sports Medicine Club
- Technology Club
- Spectrum
- Global Health Club

GAITWAY

TUSPM Student Reflections

Spectrum was Developed



Katie Heineman
Founder, SPECTRUM
Class of 2019

SPECTRUM

During my summer orientation at Temple University School of Podiatric Medicine, I was amazed at everything the school had to offer its students. I became more involved with student organizations, and I thought something was missing. As an openly gay podiatry student, I felt that Temple needed an organization that would provide a welcoming and inclusive environment to students, faculty, and administration of all sexual orientations and genders. I also

understand the need to create a safe place for students struggling with their sexual identity and fear of what others may think. An organization not only to provide a place to help support fellow students struggling through a difficult time, but also to teach allies about our experiences. My classmate, Camille Kim, and I decided to bridge that gap and create our own student organization called SPECTRUM.

The mission of SPECTRUM is to provide educational resources and professional networking to its LGBTQ members and allies. Through seminars and group meetings, our club hopes to educate other students and members about LGBTQ

issues and concerns in the health field and community. For example, some issues all podiatric medical professionals will encounter is how to appropriately address LGBTQ patients and how to assess their social history. We also hope to provide connections and advice to residency applicants who are concerned with disclosing their sexuality during externships and residency interviews.

We are proud to have the positive support from our faculty, administration, and fellow classmates thus far. We have an excellent faculty advisor who is willing to help us reach our goals. I hope to bring change and great impact to many people, and especially Temple's podiatry program. By learning to be more aware, we can become better trained physicians and improve the personal care of our patients.

Should I set expectations?



Namrata Daru
Class President
TUSPM Class of 2019

Great (Un) Expectations

In July, 2015, I packed up my life and made the road trip from Houston, Texas, to Philadelphia, Pennsylvania, to pursue a career in podiatry. I cannot believe I am already nearing the end of my first year here at the Temple University School of Podiatric Medicine. As most ambitious students do, I expected to go to school, get good grades, and maybe when I wasn't buried under a pile of books, explore a bit of the city in my free time. As I reflect back on this year, I realize that the unexpected things are the ones that have taught me the most.

Firstly, I expected rigid stability from a school established in 1963. I now sense a culture that is becoming increasingly responsive to change. As an undergraduate business major at McCombs, I learned the seven most expensive words of policy: "We have always done it that way." People are typically the most resistant part of a system to change. As future healthcare professionals, we need to be prepared to adapt and respond to the white water world we will be thrust into upon graduation, and this preparation should start now. TUSPM faculty and students lead in this preparation by example. Our faculty seeks to improve communication with students by not only holding open forums, but also following through to make proposed changes. Additionally, our extremely involved student organizations regularly provide the opportunity to hear from professionals in fields such as sports medicine, practice management, and wound care, to help supplement our theoretical framework with practical knowledge.

Secondly, I expected to make some friends at TUSPM. This feels much more like a family. As President of the Class of 2019, I am humbled to represent a class that exudes the essence of unity on and off campus.

The TUSPM Alumni we have met always seem eager to visit and form lasting connections. It is not just current students and alumni that are part of our family, but also our wonderful faculty. This was highly evident at our annual formal, Spring Ligament, held at the New Jersey Aquarium when we celebrated professors who make a difference. Surrounded by sharks and stingrays, we enjoyed a delicious three-course meal, got silly at the photo booth, and danced the night away with an incredible view of the Philadelphia skyline at sunset. Our class honored two professors in particular. While one has been with us for a couple of years and the other for more than a couple of decades, these phenomenal professors both take the time and effort to form personal connections with students. We really appreciate all they do to ensure our progress and success.

When I head out to the next place life takes me in 2019, I will certainly cherish all the unexpected personal enrichment bestowed upon me in addition to the expected academic rigor. I fully intend on making the most out of this opportunity and look forward to the remainder of my time at TUSPM and beyond.



Around Town



The Philadelphia Museum of Art
(one mile from campus)



Franklin Square Park



Reading Terminal

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TUSPM News

Philadelphia Chinese Lantern Festival in Franklin Square Park



TUSPM Students pose at Chinese Festival with Philadelphia's Mayor James Kenney

As part of the celebration of Franklin Square's 10th birthday, Historic Philadelphia is lighting up the landmark park with the first-ever Chinese Lantern Festival to occur in the Northeast United States.

The Square at 6th & Race streets was glowing with 25 illuminated lanterns, handcrafted giant flowers, a three-story pagoda and a 200-foot-long Chinese dragon. All creations were constructed by lantern artisans from China to make the park come alive each night.

One evening when the festival came to life, (just one block from TUSPM) TUSPM faculty and students made themselves

available to people in the local community by offering free foot screenings. This allows the students to share their knowledge with the community while they watched various activities as the evening progressed.

What is Charcot foot?

Temple Charcot Center

Charcot foot is a disease process that affects patients with nerve damage. Most commonly we see this pathology in diabetic patients, however, non-diabetic patients can be affected as well. If affects the foot and ankle and will present with redness, swelling and a progressive deformity of the foot or ankle. It causes a

softening of the bones with subsequent collapse and deformation, ultimately leading to complications, such as bone infection and amputation. It can be caused by an acute traumatic event, such as a fall, or can occur with repetitive microtrauma, such as walking. For a comprehensive description of Charcot foot, [please click here for information provided by the American College of Foot and Ankle Surgeons \(ACFAS\).](#)



Philadelphia Zoo



The Philadelphia Zoo, located in the Centennial District of Philadelphia, Pennsylvania, on the west bank of the Schuylkill River, was the first zoo in the United States. Chartered by the Commonwealth of Pennsylvania on March 21, 1859, its opening was delayed by the American Civil War until July 1, 1874. It opened with 1,000 animals and an admission price of 25 cents. For a brief time, the zoo also housed animals brought over from safari on behalf of the Smithsonian Institution, which had not yet built the National Zoo in the 1850s.

Penn's Landing



friendly attractions and events all year long.

All summer long, Penn's Landing is home to exciting live music on the Delaware River Waterfront. Celebrate all summer long with patriotic performances, inspirational festivals, smooth jazz and much more. Best of all, most concerts are free and family friendly.

The Delaware River Waterfront, just a short walk from Old City and Historic Philadelphia, hosts family-