FEATUERD ARTICLE

WHY ARE MY FEET SO COLD?

By Jane Pontious DPM and Kushkaran Kaur, DPM, MS

It’s wintertime; many people attribute their cold feet to the frigid temperatures outside. Although cold extremities may be due to the body’s response to external temperature, they could also be a sign of malnutrition and systemic diseases that a podiatrist should identify and address in conjunction with another medical specialist.

CONTINUED ON PAGE 5
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President’s Message

As I prepare to wrap up my last few days as President of our association, I can’t help but feel so honored to have had this opportunity to serve. PPMA works tirelessly to support podiatry professionals by continuing to look for opportunities to save our members hard-earned dollars by providing discounted products and services and being a trusted resource and advocate for our profession.

As temperatures drop and leaves change, we prepare to head into a new season, and I’d like to take a moment to reflect on the changes we are undergoing.

We have continued to provide updates on the student recruitment crisis for some time and are confident to report significant strides by setting up a foundation dedicated to recruiting podiatry students. The foundation is equipped with key players to ensure recruitment of students to podiatry schools becomes a reality. The newly established board has set up a robust marketing budget to increase brand awareness of our profession and attract students. This solution will allow the admissions team at podiatric medical schools nationwide to increase their seats with quality candidates. We need these applicants to join our profession to treat patients for many years.

PPMA’s efforts allow our members to continue to thrive by providing them access to affordable professional liability insurance, healthcare coverage, and other benefits, including sizable discounts through the OPEIU, making PPMA membership a valuable investment when full membership benefits are taken advantage of.

Our educational component, The Goldfarb Foundation, had a great year. The foundation will continue to provide in-person conferences while adding virtual meetings to the agenda for 2024, increasing the opportunity for those who may not have been able to travel to valuable conferences. Our virtual meetings will continue to provide the quality lectures we are known for. This was a positive change that occurred due to industry trends.

PPMA has now hosted a full year of webinars designed to provide our members with the answers to their tough questions related to billing, contracts, reimbursements, and more to be a trusted resource that our members can turn to for solutions. Other state associations have copied this model.

Finally, we secured an Executive Director to take over the responsibilities that Mike Davis has provided for the association for nearly thirty years. Mike Davis has transitioned to retirement and is enjoying his time with his family. We salute Mike for his contributions to the association, the membership, and our profession. Our new Executive Director, Mr. Mike Barth, has been with us for a few weeks and enjoys getting to know the team and our members. Mike Barth has extensive experience leading associations in Pennsylvania and has made strides in working with members and advocacy at the capital.

As I complete my year as President, I look forward to welcoming Jan Golden, DPM, as the new President. Dr. Golden will be sworn in at The Valley Forge Casino in King of Prussia on November 4th. In working with Dr. Golden, I am confident she will bring her expertise and leadership to the organization, and our members will continue to be in good hands.

I leave you with a quote from Henry Ford, “Coming together is a beginning, staying together is progress, and working together is success.” I cannot encourage our members enough to get involved with the association. Whether it be increasing your involvement within your respective divisions, visiting a college to share our profession with youth, attending our educational conferences, and networking with other members to keep the podiatry profession on our feet and moving forward in a positive direction.

Thank you for allowing me to serve you. It was an invaluable experience.

E. DOUG HUTSON, JR., DPM
From the Office of Jenna Clay, Membership Director

PPMA Members that need to fulfill their dues obligations for 2023 should ensure that payment is received by our office by December 15th for the dues to be credited in 2023.

Did you know that PA Residents receive APMA and PPMA Membership Benefits at NO COST? Resident Directors can encourage their residents to grab an application on our website. https://www.ppma.org/page/Residents

Do you know of a podiatrist in PA that may not be aware of all the benefits available to them with our membership? Encourage them to visit our website and learn how they can benefit from discounts on products and services that include Professional Liability Insurance, Healthcare Benefits (including Medicare Advantage), Discounts and Scholarships for Family Members, Opportunities to attend quality continuing education conferences at a discounted rate, and much more!
A thorough history and physical examination are necessary to pinpoint the cause of their pathology. Symptoms may include weakness and pain in the extremities, sensitivity to cold, color changes to skin, and numbness during warming periods. As podiatrists, we need to be aware of the many factors that may lead to cold feet in our patients and therefore dictate their course of treatment.

Vascular disease affects many people, especially those with a history of smoking or diabetes. Patients have narrowed or calcified blood vessels that cause poor blood outflow to the extremities. This may result in cold toes or feet. A medical history and clinical examination consisting of a thorough vascular exam are necessary. Symptoms may include pain at rest, a few steps or blocks upon ambulation, and cold feet that do not resolve with warming. Patients should have noninvasive studies to check the flow status in their lower extremities to assess the patency of the major arteries of the foot. A vascular referral might be needed, as well as an angiogram to determine the location of the occlusion(s). Untreated peripheral vascular disease can lead to ischemic changes and gangrene with chances of limb loss.

Another vascular phenomenon causing symptoms of cold feet is Raynaud’s (disease and syndrome). In addition, trauma, cold, stress, or scleroderma can lead to vasospasms constricting vessels flowing to the feet. Symptoms include extreme sensitivity to cold temperatures and possible changes in color, such as blue or purple tones in the cold and redness when warmed. Treatment is warming the feet with socks or placing yourself in a room with higher temperatures. Some patients may also take more drastic lifestyle changes by relocating to states with warmer weather.

Other culprits causing cold feet symptoms could be related to medications such as beta-blockers, migraine medications, and pseudoephedrine. These medications can cause constriction of blood vessels causing symptoms of cold feet.

Peripheral neuropathy is a condition of degeneration of axons of distal nerves causing numbness or perceived coldness to the area once supplied by the nerve. Although common in patients with diabetes, it can also be seen in conditions such as alcoholism, malnutrition, hypothyroidism, and chemotherapy. Vitamin deficiency, such as that of B12 and folate, can cause demyelination of nerves leading to peripheral neuropathy. In addition, iron deficiency anemia, which is an iron deficiency, and therefore hemoglobin production, directly affects the amount of oxygen reaching tissues in the body. Thus, an appropriate amount of blood may not reach the far extremities and toes, causing symptoms of cold toes.

Hypothyroidism, the 2nd most prevalent endocrine disorder after diabetes, is another culprit of cold feet. Patients unable to create sufficient thyroid hormone cannot thermoregulate their body temperature. Other systemic diseases that can lead to cold feet are hyperlipidemia, which damages and constricts blood flow through inflammation and atherosclerosis of arteries, and diabetes, which causes glycosylation and calcification. Therefore, it is crucial to get regular blood work and follow up with a primary care physician who can provide the appropriate referrals.

Symptoms of cold feet, while a cause of normal reaction of the body to decreasing external temperatures, should not be dismissed. They may indicate underlying vascular, systemic, or endocrine diseases that a specialist should further evaluate. Podiatrists are crucial in identifying factors that can lead to cold feet, so a multidisciplinary approach is recommended across multiple subspecialties.

**Contributors:**
Jane Pontious, DPM Clinical Professor, Dept. of Podiatric Surgery TUSPM; Kushkaran Kaur, DPM, MS
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- Click on Register

FOR IMMEDIATE INFORMATION CONTACT:
Debbie Hoffman at deb.hoffman@ahn.org
or 412.260.8148
Member Problems Live

Thank you to everyone that participated in this past year’s webinars. For those that wanted to join the program/s but were unable to and would like to watch the program “On Demand,” please contact Jeannette at jlo@marketinggurus.biz to get your copy of the video, and learn more information about coding, reimbursements, and healthcare contracts.

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PPMA Update

October 2023  7
Whether you are assessing an employee’s skills or developing them, role playing should have a significant place in both your hiring and training protocols. Unfortunately, this excellent exercise in effective communication remains underutilized and undervalued, resulting in ineffective hiring, unsuitable staff that have neither the skills nor the desire to succeed and if that wasn’t enough…frequent turnover which takes a hit on disturbance of normal functioning, team attitudes, and oh yes…profitability,

Role playing different common scenarios helps reveal many of the soft skills (like communication & interpersonal skills, time management – working under pressure, composure, compassion, self-motivation, decision making, creativity, adaptability and work ethic) that otherwise go undetected with your typical interview. It also brings to light some of their problem solving and customer service qualities. Sure as shooting, your applicant will come prepared. He/she are familiar with the types of questions and has spent time practicing all the right answers. If they’ve been at this for a while, chances are their acting skills are perfected. Their intent is to fool you into thinking they are the best candidate for the job. Maybe they are; maybe not. Don’t be fooled.

Here is a typical example of a rehearsed, verbal response:
- **Interviewer:** “There are times when our schedule sometimes run late. How would you handle an irritated patient who was waiting longer than she expected?”
- **Applicant:** “Well, I would explain to her that there was an emergency that caused us to run a little late. I’d give her the option of waiting a little longer or reschedule her to another time.”

Perfectly canned response. She practiced it and delivered it with scripted confidence. But, what if the patient expressed continued discontent (as they many times do)? Satisfied? If you end the questioning there, you’ve really just only seen what the interviewer wants you to see.

CONTINUED ON PAGE 9
Here’s what role playing will do with the same question, but asking the applicant not to recite her response, rather to act it out in real time.

- **Interviewer:** “There are times when our schedule sometimes run late. I’m going to be that irritated patient who was waiting longer than she expected and I’d like you to be my new assistant. Show me how you’d handle this patient's complaint.”

Acting as the irate patient, don’t go easy on her. Be overly-sensitive. Demanding. Critical of not only her, but the practice. Say things like, “This isn’t the first time I’ve had to wait more than 30 minutes. How many times does this have to happen before this practice learns to schedule properly?” Ouch.

As the applicant takes on her new role, you observe her body language. Are the words she uses and the tone of her voice satisfying to you? Does she look you in the eye? Sound genuine? Does she remain composed even though the patient (you) give her a hard time or does she crack under pressure? Does she get defensive? Make up some flimsy excuse or worse yet, promise it will never happen again? Are her words congruent with her actions? Is she apologetic and empathetic? Is she able to calm the patient by thinking quickly on her feet to offer a satisfying solution? Finally, how would you feel as a patient having interacted with her, face-to-face?

The same rules can be applied during subsequent in-house routine training sessions or at a staff meeting where everyone can participate. Present various scenarios – in the treatment room, on the phone, responding to clinical questions, etc. Then, don’t just ask how they would handle each situation, but let them show you. Of course, role playing is only one piece of the hiring and training puzzle; a piece you really don’t want to be missing. It can help to capture your star employee. Don’t underestimate its payoff.

Ms. Homisak, President of SOS Healthcare & Management Solutions, has a Certificate in Human Resource Studies from Cornell University School of Industry and Labor Relations. She is the 2010 recipient of Podiatry Management’s Lifetime Achievement Award and recently inducted into the PM Hall of Fame. Lynn is also an Editorial Advisor for Podiatry Management Magazine and recognized nationwide as a speaker, writer and expert in staff and human resource management.
# Steelworkers Health and Welfare Fund

**OPEIU Local 45 - Pennsylvania**  
**September 1, 2023 through August 31, 2024**

## Option 1

| Medical PPO 100/80 | Prescription Drug:  
|-------------------|-------------------  
| Retail: $10/$40/ $70  
| Mail Order: $20/$50/ $100  
| **Total Med / RX Premium** | $853.69 | $2,032.05 | $2,705.38 | $2,032.05 | $2,705.38  
| Dental (Optional) | $29.23 | $58.45 | $81.49 | $58.45 | $81.49  
| **Combined** | **$888.36** | **$2,101.36** | **$2,799.86** | **$2,101.36** | **$2,799.86** |

## Option 2

| Medical PPO 90/70 | Prescription Drug:  
|-------------------|-------------------  
| Retail: $10/$40/ $70  
| Mail Order: $30/$100/ $175  
| **Total Med / RX Premium** | $706.46 | $1,678.71 | $2,234.29 | $1,678.71 | $2,234.29  
| Dental (Optional) | $29.23 | $58.45 | $81.49 | $58.45 | $81.49  
| **Combined** | **$741.13** | **$1,748.02** | **$2,328.77** | **$1,748.02** | **$2,328.77** |

## Option 3

| Medical PPO 80/60 | Prescription Drug:  
|-------------------|-------------------  
| Retail: $10/$40/ $70  
| Mail Order: $30/$100/ $175  
| **Total Med / RX Premium** | $690.54 | $1,640.47 | $2,183.31 | $1,640.47 | $2,183.31  
| Dental (Optional) | $29.23 | $58.45 | $81.49 | $58.45 | $81.49  
| **Combined** | **$725.21** | **$1,709.78** | **$2,277.79** | **$1,709.78** | **$2,277.79** |

### Medicare Rates

| Medicare Eligible | Medical PPO 100/80 | Prescription Drug:  
|-------------------|-------------------|-------------------  
| Retail: $10/$40/ $70  
| Mail Order: $20/$50/ $100  
| **Total Med / RX Premium** | $853.69 | $2,032.05 | $2,705.38 | $2,032.05 | $2,705.38  
| Dental (Optional) | $29.23 | $58.45 | $81.49 | $58.45 | $81.49  
| **Combined** | **$888.36** | **$2,101.36** | **$2,799.86** | **$2,101.36** | **$2,799.86** |

### Medicare Eligible Rates

| Medicare Eligible | Medical PPO 100/80 | Prescription Drug:  
|-------------------|-------------------|-------------------  
| Retail: $10/$40/ $70  
| Mail Order: $20/$50/ $100  
| **Total Med / RX Premium** | $853.69 | $2,032.05 | $2,705.38 | $2,032.05 | $2,705.38  
| Dental (Optional) | $29.23 | $58.45 | $81.49 | $58.45 | $81.49  
| **Combined** | **$888.36** | **$2,101.36** | **$2,799.86** | **$2,101.36** | **$2,799.86** |

### January 1, 2023 through December 31, 2023

| Medicare Eligible | Medical PPO 100/80 | Prescription Drug:  
|-------------------|-------------------|-------------------  
| Retail: $10/$40/ $70  
| Mail Order: $20/$50/ $100  
| **Total Med / RX Premium** | $853.69 | $2,032.05 | $2,705.38 | $2,032.05 | $2,705.38  
| Dental (Optional) | $29.23 | $58.45 | $81.49 | $58.45 | $81.49  
| **Combined** | **$888.36** | **$2,101.36** | **$2,799.86** | **$2,101.36** | **$2,799.86** |

### Contact Information

Click for enrollment forms: [https://www.ppma.org/Login.aspx](https://www.ppma.org/Login.aspx)

Contact CDS Administrators at (412) 201-2242 with questions.
### Medicare Rates

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The feelings of emotional exhaustion, reduced accomplishment and self-efficacy, high levels of stress, depersonalization, and social withdrawal are some of the feared, yet commonly associated symptoms of burn-out. Burn-out is experienced by an abundance of students in podiatry school; it is commonly described as a state of mental, emotional and physical exhaustion associated with the academic pressure, heavy workloads, lack of work-life balance, high expectations, limited control over schedules, exposure to emotionally challenging situations, chronic stress and overwhelming demands placed on medical students. The goal of this article is to provide insight and tips for podiatry students to prevent this state of fatigue and feeling run-down. Preventing burn-out should begin early on in a student doctor's journey.

My first semester of podiatry school, I had not yet realized the importance of avoiding burn-out, or how being burnt-out would negatively impact me as a student. Every time I would practice self-care, I felt an enormous amount of guilt for not studying and fear that this would get in the way of achieving my best grades. I was exhausted, overworked, and feeling pretty unhappy. The following semester, I began to prioritize my physical well-being, managing stress, exercising, practicing effective time management, and nurturing mental and emotional health. This provided me with a better mindset and more motivation to participate in my studies. I achieved better grades, felt empowered, and even became more inclined to get involved at school. After reflecting on the stark differences between my first two semesters, I understood that self-care is not a luxury, but a necessity that empowers individuals to perform at their best academically.

There are many more self-care strategies that can contribute to preventing burn-out in podiatry school. Some of the best advice I received was to participate in shadowing. Shadowing a clinician allows students to connect with their initial desire to pursue the field and remember why they started this journey in the first place. This experience exposes students to the future they will have, while providing them with the necessary exposure and education in the field. Volunteering in the field can have similar effects as well. Podiatry students can do much more non-podiatry related activities to prevent tiring themselves out. Students can take time to strengthen their personal relationships, spend time with people who make them truly happy, participate in their favorite hobbies, watch a tv show, and the list goes on. Your own happiness is extremely valuable and your mindset will reflect on your future patients and their recovery!

Aside from self-care, many podiatry schools and institutions are becoming increasingly aware of the impact of burn-out on students’ well-being and academic performance. This is done in hopes to implement support systems and resources to avoid and/or treat this academic exhaustion. If a student is experiencing symptoms of burn-out in medical school, it is crucial to seek support and explore the resources offered by their institution. Currently, all podiatry schools provide their students with counseling services, faculty advisors, and mentors who can provide guidance, resources, and help their students develop strategies to manage stress and prevent burn-out. Taking care of your well-being throughout your medical education is essential for your personal growth, academic success, and long-term career satisfaction.

In the pursuit of academic success, prioritizing self-care is fundamental, but usually overlooked. By focusing on and nurturing one's mental and emotional health, students can feel empowered, energized to achieve better grades, and obtain more success. Once podiatry students begin to recognize the strong correlation between self-care and academic success, students can foster a balanced life along their journey in podiatry school. In summation, let us embrace self-care as an essential investment in our academic journey and professional development. Working hard is crucial, but not at the expense of your own sanity.
APMAPAC Contributions

The APMA Political Action Committee (APMAPAC) is a nonprofit, bipartisan fundraising committee through which member podiatrists and students support federal candidates who champion podiatric medicine's issues before the US Congress.

APMA credits its legislative success to years of relationship building between APMA members and members of Congress and the generous membership support for APMAPAC, strengthening the association's legislative endeavors.

2023 YEAR TO DATE CONTRIBUTIONS

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Please note: Due to the delays in posting APMA contributor reports, it may take until the next issue to see your contribution.

MY COMMITMENT TO APMAPAC - 2023

Check here if this contribution is drawn on:  □ 12-Corporate Account
Enclosed is my voluntary, personal political contribution of:

□ $25 (Student)   □ $75 (Young Physician)   □ $150
□ $300           □ $500           □ $1,000        □ $2,500     □ $5,000

Name__________________________________________APMA# ____________________
Address__________________________________________________________________________

State_________________Zip________________E-mail Address________________________________

☐ Check       ☐ Credit Card       ☐ Other
Credit Card Number:  4444  3333  3333  3333

Expiration Date________________Signature______________________________________

IMPORTANT: These are suggested amounts. You may contribute more, less, or not contribute without concern of being favored or disadvantaged. This information is required for contributions of $200 or more by the Federal Election Campaign Act. *Federal election law does not permit corporate contributions to be used for donation to candidates for federal office. Political contributions are not deductible for income tax purposes.

Mail your contribution to: APMAPAC, 9312 Old Georgetown Road, Bethesda, MD, 20814
Classifieds

PRACTICES/EQUIPMENT FOR SALE

BRAND NEW OAKWORKS MOTORIZED CHAIR AND SUPPLIES FOR SALE IN PHILLY SUBURBS
19" High with extra padding
AND
New and Used Instruments/Supplies
Contact Stanley Lubeck at 610-543-1973 for details including pricing.
Note: Items are located in the Suburbs of Philadelphia, PA

PODIATRY EQUIPMENT FOR SALE
Midmark M9 Autoclave
Zimmer ATS300 Tourniquet
Storz Ergo 750 Surgical Power Set with Sagittal Saw, Rotary Burr and K-wire Drive with foot pedal
Mayo Stand
Stainless Steel Ring Stand with Basic
Ritter Wall-Mounted Exam Lights (2)
Stryker Cast Cutter 840
Text 570-567-4683 for price or to make an offer - will gladly send pictures upon request

Do you have an office or equipment for sale? List it for FREE at https://www.ppma.org/page/ClassifiedAd

Do you have friends or vendors that might want to advertise with us? Tell them to contact us at 717-919-2857 to learn about opportunities!

Help is only one call away.

THE PHYSICIANS RECOVERY NETWORK
1-800-488-4767
Thank you for contributing to the PA-PPAC

We have almost reached our goal, but need your help!

Members contributing $100 or more to the PA PAC will be entered to win a prize

PA Podiatrists contributing to a Political Action Campaign increases the voice for all podiatrists in the state of PA to be heard and have a say in legislation that impacts their job daily.

Please consider contributing today so that your needs can continue to have a voice.

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TOTAL: $8,919.33

MY COMMITMENT TO PENNSYLVANIA PPAC

To maintain and strengthen podiatry’s involvement on the state health care scene, I pledge my support to PA-PPAC’s 2023 Campaign. My voluntary political contribution of $________ is enclosed.

Name______________________________________________________________________________

Address____________________________________________________________________________

City/St/Zip_________________________________________________________________________

Make check payable to PA PAC. PERSONAL FUND CHECKS ONLY Contributions are not deductible for income tax purposes. You may contribute any amount or no amount without concern of being favored or disadvantaged.

Send to: PPMA, 757 Poplar Church Road, Camp Hill, PA, 17011.
Better coverage is afoot.
Complete Voluntary Benefits for Qualified PPMA Members

During this SPECIAL VOLUNTARY ENROLLMENT period you can prepare for the unpredictable with guaranteed issue, employee-owned, whole life, disability, critical illness, and accident insurance policies for both doctors and employees.

- Get Group discounted benefits paid through payroll deduction
- Ensure financial protection
- Customize your policy based on age and need
- Prepare for the unpredictable

Contact Don Friedman at 877.261.7622 ext.109 or email: dfriedman@yurconic.com

We also provide health insurance to qualified members of PPMA
CALL FOR A FREE QUOTE ON:
Fully insured plans • PPO plans • Qualified HSAs • Electronic enrollment & billing

*This program is currently offered to practices located in Pennsylvania.

Contact Don Friedman at 877.261.7622 ext.109 or email: dfriedman@yurconic.com
FOLLOW US ON SOCIAL MEDIA | Like, share, and comment on our posts to help build awareness of PPMA and recognize our members!

Social Media Highlights

DIABETES - THE COST OF UNDERTREATMENT

Amputation

60% of non-traumatic lower-limb amputations occur in people with diabetes; 55% of these will require amputation of the 2nd leg within 2-3 years

Lowering blood glucose (A1c) levels by 1% in people with Type 2 Diabetes

Intervention can positively impact co-morbidities

43% Reduction of amputations or death by blockage of blood vessels

ARE YOU AT RISK? Take the CDC Risk Test: www.DoIHavePrediabetes.org

Are you looking for ideas for content for your practice?

HERE ARE A FEW UPCOMING DATES to REMEMBER

- Daylight Savings Time is November 5th
- National Take a Hike Day is November 17th
- Thanksgiving is November 23rd
- Black Friday is November 24th
- Hanukkah is December 7th – December 15th
- Christmas is December 25th
- New Year’s Eve is December 31st
- November is National Diabetes Month
- December is Seasonal Affective Disorder Awareness Month

WE WANT TO HEAR YOUR STORIES!

Tag us in your posts so we can share your news with our members!

TheGoldfarbFoundation
Goldfarb_fndn
Pro Series Podiatry

PPMAassoc
pmmassoc
Upcoming Events

Goldfarb Foundation Meetings

Clinical Conference
NOVEMBER 2-5, 2023
Valley Forge Casino at King of Prussia, PA
(up to 26.75 credits)

Virtual Meeting
MARCH 1-2, 2024

LESS CHAOS: AC Surgical Symposium
MAY 1-4, 2024
Harrah’s Casino Resort; Atlantic City, NJ

Region Three Meeting
MAY 1-4, 2024
Harrah’s Resort Atlantic City, NJ

Montana Meeting
SEPTEMBER 5-9, 2024
DoubleTree Missoula-Edgewater; Missoula, MT

PPMA Meetings

INAUGURAL DINNER FOR JAN GOLDEN, DPM
November 4th
Valley Forge Casino Resort

PPMA BOARD MEETINGS
January 1st at 6PM (Virtual)
March 6th at 9AM (Camp Hill)
June 7-8th *House of Delegates (Bethlehem)
September 11th at 9AM (Camp Hill)
November 9th at 6PM *Inaugural Dinner (King of Prussia)

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President

Jan Golden, DPM
President Elect

Jane Pontious, DPM
Vice President

John Mattiacci, DPM
Secretary

Mark Pinker, DPM
Treasurer

Laura Virtue-Delayo, DPM
Immediate Past President

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R3 Convention Manager

Khoi Vo, DPM
Parliamentarian

Alicia Canzanese, DPM
Kimberlee Hobizal, DPM
Darrell Hoppes, DPM
Maggie Solimeo, DPM
Matthew Sowa, DPM

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Neal Kramer, DPM
Sabrina Minhas, DPM
Thomas Ortenzio, DPM
Joseph Pasquino, DPM
Joseph Smith, DPM
Peter C. Smith, DPM

TUSPM Student Reps
Jensen Salunga ’26
jensen.salunga@temple.edu

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Marketing Consultant
Ph. 717-919-2857
Email: jlo@marketinggurus.biz

Welcome MIKE BARTH!