It is no secret that the cost of everything has significantly increased over the past two years. We see it daily when we fill up our gas tanks, go to the grocery store, go out to dinner with our families, and go on a vacation. It is evident that hotel costs doubled in rates from the previous year, and the list continues.

FEATURED ARTICLE

Podiatrists can pull together to fight inflation to overcome tough times!

By Jan Golden, DPM
The Podiatric Medical Assurance of Pennsylvania (PMAP) professional liability insurance program utilizes PICA as its underwriting insurer and services policies through The Yurconic Agency.

Benefits and features included within the PMAP program:

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President's Message

As our leaves begin to change colors in beautiful Pennsylvania, I reflect on the association's accomplishments over the past year in which I was privileged to serve as president. I thank you all for the opportunity to have this experience that has allowed me to advocate for our profession and for our patients.

Our association launched a new member benefit, “Member Problems” and has published a list of dates for members to get answers to all their problems from coding to general office questions that come up on a regular basis. We are happy to provide an environment in which our members can get answers by subject matter experts! Members can sign up today HERE and submit questions related to reimbursements and insurance carrier issues that will be answered by a panel of experts including Executive Director, Mike Davis and Jeffrey Lehrman, DPM, Healthcare Consultant.

We’ve assembled a grassroots effort to recruit students to apply for podiatry school by matching our members that have volunteered with universities in their areas to build brand awareness of our profession. Our team of volunteers which include board members and members of our association, will visit and connect with students to provide information about podiatry and answer any questions they may have in an effort to recruit students.

PPMA and The Goldfarb Foundation have returned to in person meetings, and it has been great to visit with one another. I enjoy watching members collaborate with one another to enhance their membership experience. Meetings have been very well attended and The Goldfarb Foundation’s 50th Annual Clinical Conference is coming up this November in which we expect to be a successful event in King of Prussia, PA.

We have waived membership dues for PA Residents as our way of welcoming them into the profession while providing them with the opportunity to become engaged with the association. We continue to spread this message by working with Residency Directors to inform them of this change that positively impacts residents.

We’ve continued to advocate for our profession to ensure that we have the same opportunities as medical doctors at a time that is so critical with inflation continuing to cut into our pocketbooks.

As I wrap up my year as President, I’d like to thank our members for the continued support of PPMA. I encourage you all to remain active and get involved! Members of PPMA can do several things to get more involved. First, November is an important election. I encourage you to make your voice heard by getting to the polls and vote! Take advantage of everything that APMA, PPMA, and the OPEIU Local 45 has to offer. Now is a great time to review your insurances and take advantage of your membership benefits.

Along with the rest of the board, I look forward to welcoming our incoming President, Doug Hutson, as he is sworn in at the Inaugural Dinner in King of Prussia, PA during The Goldfarb Foundation’s 50th Annual Clinical Conference. I know he will accomplish great things during his year as President! Thank you again!
We’ve recently launched a comprehensive study solution called The Pro Series which takes the guesswork out of studying when preparing to get Board Certified or Board Qualified.

We’ve rolled back the pricing on Resident Pro, making it even more affordable!

A team of well-respected podiatrists has created both Resident Pro and Doctor Pro for podiatrists. Resident Pro and Doctor Pro have FREE Trials available so that podiatrists can see the value for themselves before committing.

Tell your friends to visit www.residentpro.org for a FREE TRIAL and begin studying today!

Membership Update
UPDATE YOUR INFO

It is vital to keep your membership up to date by paying your dues on time, so you don’t miss out on essential member benefits. Please keep your contact information, including your email address, up to date!

Cut-off date for end-of-year dues payments is December 15. *Remember to place your PPMA Member Number or full name on check if remittance stub not sent back with payment. Don’t forget to PAY ONLINE to assure payment is received on time!!! Because APMA and PPMA engage in certain restricted lobbying activities, 5% of your National Dues and 10% of your State Dues are not deductible as an ordinary and necessary business expense, if otherwise deductible. If you are having a problem paying your dues, please contact Membership Director, Jenna Clay at jenna@ppma.org
Featured Article

Podiatrists can pull together

CONTINUED

Inflation continues to affect not only our personal lives but also our professional lives as private practitioners/business owners.

The big difference between us as private practitioners/business owners and the examples I gave you is that we cannot adjust our prices to compensate for the increased cost of supplies/equipment in our offices.

For example, restaurants can increase the prices on their menus to make up for the difference in their increased cost of items/goods.

On the other hand, we cannot increase our copays or reimbursements from the insurance companies because we are on a controlled fee-based schedule set by Medicare and the insurance companies.

In my private office, the cost of medical supplies, office supplies, and equipment has increased significantly compared to 2020.

Something has to be done!

As many of you know, there is a national injectable lidocaine shortage. I read some information online about why we have difficulty finding and buying one of the most used injectable anesthetics in our practices.

According to https://www.ashp.org/drug-shortages/current-shortages/drug-shortage-detail.aspx?id=88, Pfizer has lidocaine presentations on shortage due to manufacturing delays and increased demand.

According to https://pipelinemedical.com/blog/why-is-lidocaine-in-shortage/ “there was an increase in the demand for anesthetics during the pandemic. Many hospitalized intubated patients required anesthesia to avoid the discomfort and pain associated with it. This increased demand, resulting in a less obvious but anticipated shortage of local anesthetics such as lidocaine.”

As we all know, what happens when there is a supply shortage and increased demand? Prices will skyrocket. I’m anticipating this is what we’ll see happen with this lidocaine shortage and the other medical supplies that have significantly increased.

I also recently saw an article about our state representatives and their salaries in our local paper.

One sentence captured my attention.

“State representatives serve two-year terms with the salary this year set at $95,432.14 and raised annually by the inflation rate.”

It got me thinking that we, as healthcare professionals, who worked through the beginning and most challenging stages of the covid pandemic, ironically, are the ones who are unable to get our reimbursements adjusted due to inflation, unlike the previous examples mentioned in this article.

My goal is to help our medical professionals/business owners continue successful practices by increasing our reimbursements from Medicare and other insurance providers based on the current inflation rate.

I request that our PPMA members have your accountants put together a cost of supplies report from 2020, compare it to 2022, and email it to our executive Director Michael Davis. I would also like to have the APMA pair up with the AMA and fight for our private practitioners/business owners of all medical professionals & specialists, from primary care doctors to dermatologists, neurologists, cardiologists, etc.

Any recommendations or suggestions would be helpful from our PPMA members.

I appreciate your support of PPMA, and we will continue to do whatever we can to keep our profession thriving and responsibly working together!
Scott Alter, DPM, Memorial Lecture Series - 2022–2023
“CONTEMPORARY TOPICS IN FOOT AND ANKLE SURGERY”

Wintergarden and Conference Center –
First Floor – Friendship Cafeteria
4 Contact Hours
8:00 AM – 12:15 PM (EST)

MARK YOUR CALENDAR
Saturday, December 3rd, 2022
Saturday, January 14th, 2023
Saturday, March 4th, 2023
Saturday, April 15th, 2023

More information to follow in the coming months.

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- Create a New Account or sign in
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- Select “Courses”
- Scroll to “SCOTT ALTER, DPM MEMORIAL LECTURE SERIES”
- Select a date, then click “Register.”

QUESTIONS?
Contact Debbie Hoffman at deb.hoffman@ahn.org or (412) 260-8148.

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PPMA Member Spotlight

Dr. Jeffrey Miller, DPM, DABPS

Dr. Jeffrey Miller, DPM DABPS, received an award for The Best Podiatrist in his community from the Readers of “Montco” in 2022 and 2021! Miller has been a podiatrist and PPMA member for 40 years! He cites the camaraderie and the support of the profession as the best part of being a part of the organization.

Miller attended podiatry school at Temple and feels that becoming a podiatrist is the best decision he has ever made aside from marrying his wife!

An active advocate of our profession, he has also been the President of Bucks/Montgomery Podiatric Medical Association and is a current member. He is the Chairman of Einstein Medical Center Montgomery and the Staff of Suburban Community Hospital.

As PPMA is working hard to recruit students to attract them to apply to podiatry school, Miller was asked what we can do to increase enrollments, and he feels PPMA is on the right track in reaching out to colleges. Miller feels donating time and money is essential to the future of our profession.

More information about Miller and his practice can be found on his website at https://www.jeffreymillerdpm.com/ •

If you are a member that would like to be featured in future editions of our newsletter, call 717-919-2857 to learn more!

PPMA Family Scholarship

As one of your member benefits, PPMA awards an annual scholarship to a family member of an active member. Members can visit our website to learn more about the scholarship and access the 2023 application.

Maxwell C. Smith

First, I would like to thank you for everything you do for your memberships and families. I would also like to thank everyone for selecting me as the PPMA Family Member Scholarship recipient. I’m very fortunate to be in the position that I am eligible for this scholarship, and I was thrilled to have had my essay selected for the award. This gesture from your organization means more than just giving away money. It’s an investment in the future of an individual. Receiving this award has given me confidence. I know that a group of people believe in me and what I can accomplish, and that’s one of the best feelings in the world. It doesn’t take a business student to know that the essential part of an investment is the return on investment. I plan to make the most of your support and hope to give you all assurance in your decision. I cannot thank you enough for what you’ve provided me, tangibly and intangibly. •

Maxwell C. Smith

PPMA Update
Tracie started running to overcome PTSD.

She just finished her first 10K.

This is her SOLO moment.

Help your patients achieve their personal best with custom orthotics from SOLO Labs.

Home of the FREE viSo app for scanning.
Crisis! No one wants to think about a crisis. Unfortunately, it's usually, when faced with an emergency, that we stop and think about doing something about it. It's too late.

According to the Boy Scouts, “Be Prepared” means “you are always in a state of readiness in mind and body to do your duty.” Similarly, we in the medical profession should follow that advice and “be prepared” for unexpected crises because often, it’s not IF it happens; it’s when.

If you think, “Oh, that can’t happen here,” think again. How often have you seen PM news report cars plowing through podiatry office buildings and demolishing a practice? Granted, this crisis example may be extreme, and frankly, I’m at a loss regarding how one prepares for that catastrophe. However, there ARE emergencies that we may face that are much more common. It is in these moments of potential crisis that preparedness is our friend.

How prepared are you in these more likely situations: Patients in medical distress, fires, computer crashes, destructive weather, data loss from power outages, injuries and accidents, chemical spills, belligerent patients, theft, bomb scares, terrorist attacks, active shootings…pandemic outbreaks?? More specifically, have you created a Disaster Action Plan for each one? If not, when would be an excellent time to get started?

I could outline some comprehensive steps to take in each of the above situations, but space would not allow it. Instead, here is an overview of measures for the more common scenarios that you should consider creating a disaster action plan for your office. By the way, making this plan to avert a crisis is an excellent and worthwhile topic for you and your staff to discuss at your next staff meeting. Please put it on the agenda.

**Medical distress:** Have a recognizable verbal signal, “STAT,” that alerts everyone in practice to be present and aware. Upon
Secrets of Success (Continued)

doctor’s direction, follow emergency protocol (dial 911, retrieve O2, Ambu bag, emergency kit, etc., assist doctor, calm patients.) Everyone should have a distinctive role to avoid confusion, running around helplessly and wondering what to do.

Fire: Remember grammar school and participating in fire drills? Why should that not apply here? Know where your fire extinguishers are, alert the fire department (911), help all patients evacuate the building and do not re-enter without an OK from the fire department. Have annual inspections, and create and post an escape plan.

Injuries and accidents: What if a staffer on a stepstool falls and is injured? Or does a patient slip on a wet floor or trip to the treatment room? Make sure the person is offered outside medical attention if needed. Then take measures to prevent similar injuries. All accidents should be reported immediately to the doctor, office manager, and OSHA coordinator, and an injury claim should be filed.

Chemical spills: One of your staffers are setting up for a matrixectomy when the phenol bottle tips over and spills over the counter, onto the floor, and their skin. Every office should have a spill kit with PPE and materials to avoid spread. Follow MSDS instructions for that chemical, and alert people nearby. If needed, utilize the eyewash station, properly dispose of hazardous waste, and report spills to a manager and OSHA coordinator.

Belligerent patients: We tend to tolerate the destructive behaviors of some patients. However, it should not be ignored if patients demonstrate abusive – physical or verbal – personalities with the doctor, staff members, or another patient. Rather than the victim taking matters into their own hands, make it clear WHO should deal with the accused individual and then WHAT further action needs to be taken. If setting boundaries does not work and you cannot ease the situation, notify authorities and discharge this individual from the practice.

In each case, it helps to “Be Prepared.” Train now and be safe, not sorry. The goal is to keep you, your staff, and your patients safe.

Note: I have a 9-page (double-sided) “Emergency Action Plan Template” to help you customize your specific plan. Just email me for a complimentary copy – lynn@soshms.com.

From Resident to Retirement

PPMA has waived membership dues for Residents. Residents can take advantage of all the benefits that we offer.

Residents are encouraged to visit our website for an application. Are you a member that is a Resident Director? Kindly share this information with your residents. https://www.ppma.org/page/Residents

Have you retired and have years of wisdom you would like to share with our members? We want to share your story! Contact us at 717-919-2857 to be featured in future newsletters.
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We also participate in a legal services program, term-life insurance plan, health needs service, loan program and union family savers program. We continue to investigate other benefits we might offer in the future.

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Register Now!

The 2022 Clinical Conference is scheduled for November 3 - 6, 2022. The APMA Coding Seminar and the Risk Management Update (separate registration & fees) are offered on Thursday, November 3 with the general Clinical Conference lectures offered Friday, November 4 - Sunday, November 6. With registration for all 3 aspects of this event, you can earn up to 26.75 CE Contact Hours.

The 50th Annual Clinical Conference will be held as an in-person event. Plan to join the Foundation as we celebrate a Return to Home to honor 50 years of continuing education.
Learn how eating right, exercising, and getting sleep contributes to success!

Medical school provides many challenges and obstacles that incoming and current students need to adapt to. A significant personal skill a student needs to develop is time management, which may be overwhelming at first, but doable. Students may overlook the balance between studying, attending classes, and finding time to eat healthily. This especially applies to the first two didactic years when classes and studying are a priority. Planning for healthy meals is never discussed and is often overlooked when developing a schedule. Numerous excuses can be made that sway a student to take the easier route and not eat the right foods. Another complementary component is exercise, which can easily be the first activity students take away in times of stress. Eating healthy and exercising are huge components of a successful student in the classroom and being an all-around elite student. Many students do not want to take time away to exercise or make the right foods. However, having these scheduled into your day can help you manage medical school stresses and maintain a healthy lifestyle. I had exercised my whole life through high school and college when the information load was not as heavy as in medical school. It was easier to have free time dedicated to eating right and exercising. Working out and eating healthy are not aspects I plan on deleting from my daily life, so I had to strengthen my time management skills to keep that same regimen. A key component is setting a strict schedule which may include going to the grocery store at the same time on the same day of the week, exercising at the same time every day, and being smart with the foods you buy. A student can get quick healthy options to optimize health and time efficiency. A considerable barrier is class load, information load, and student exhaustion. These are the main factors that prevent a student from accomplishing these goals.

Medical school is all about balance. Time management was vital when classes were taking off, and I was bombarded with information. Waking up early as 4:30 to work out before class is innovative and efficient. This leaves the rest of the day to focus on school without worrying about dedicating time to exercise. I advise incoming students to implement this lifestyle before coming to school so that it is already something they are used to. Waking up early to finish tasks opens doors to effective studying, exercising, and eating healthy. The combination of these aspects will leave students feeling more confident and realizing they can push themselves ever further personally and professionally in a healthy way.
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.

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- Mayo stand 3’ tall (extendable)
- IV pole 4’ tall (extends to 7’)
- Accessory lights (mounted to treatment cabinets)
- Birtcher hyfercator on rolling stand (2 of the stands: 43” tall and 40” tall). Mounting plate is 15” x 8”
- Dark room light 15.5”x 10”w x 3”d
- Nail dust extractor vacuum system (Jan-L Micro vacuum)
- 2 whirlpool tubs
- Bard Parker cold sterilization trays with lids (5) 11‘L x 5”d x 3”h
- Stainless steel cold sterilization trays 9”L x 5”d x 2”h
- Ambu bag emergency resuscitation
- Waiting room chairs (5) 33”h x 18’w x 18”d
- X-ray cassettes (3) 10x12
- Computer workstation desk 29’h x 30”d x 47.5w
- Heat gun (for spot heating orthotics)
- Lead apron for x-raying patient

Contact Jeff Witman at 717-615-9002 or email jmwitman63@gmail.com to learn more!

BUCKS COUNTY PODIATRY OFFICE EQUIPMENT FOR SALE
Will sell in whole or in parts; whatever you need—all in good shape.
Items for sale include:
- Midmark 647 programmable chair with tray and foot controls
- Power Knee Break 3 function chair with tray and foot controls
- Power PDM 2 function chair with tray and foot controls
- Digital X-ray with direct to computer images, no cassettes, computer, Battery backup, X-Cel X-ray
- Computers, Printers

No reasonable offers will be refused! Great way to start a new practice or expand your existing practice!
Contact Mitch at 267-401-5115 or email docjob1@yahoo.com.

Submit a Classified Ad through our website 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!

Contact Jeannette at 717-919-2857 to advertise in the next newsletter.
PA-PPAC Contributions

With every $100 Contribution to the PA-PPAC your name will be entered in a raffle at the end of the year to win a $500 Gift Card!

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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laura Virtue</td>
<td>$141.57</td>
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<tr>
<td>S. Central Division</td>
<td>$1,500.00</td>
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<tr>
<td>Western Division</td>
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<td>Bucks-Mont Division</td>
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<td>Gerald Gronborg</td>
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<td>Lackawanna Division</td>
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<tr>
<td>Joseph Adamitis</td>
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</tr>
<tr>
<td>Matthew Sowa</td>
<td>$119.34</td>
</tr>
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</table>

TOTAL: $7,425.95

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 2022 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
Foot and Ankle patients in PA need your help!

Patients need treatment of the foot and ankle. Our patients are receiving the best care. We are seeing a decline in the number of students entering podiatry school, which will ultimately mean that patients will not be able to seek treatment in a timely fashion and a reduction in healthcare for our residents. We want patients to continue to have access to the best care for their feet and ankle.

PPMA is spearheading a grassroots effort in which our board has signed up to speak to students about podiatry to increase brand awareness in podiatry and increase the number of students being accepted into podiatry schools.

This recruitment effort is available to PPMA members interested in getting involved.

PPMA is increasing its content on our new Recruitment section of the website. Visit us online today at www.ppma.org.

If you are interested in speaking with students, please contact our office at 717-763-7665.

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**Child Abuse Reporting Requirements**

All health-related licensees/certificate holders and funeral directors are considered “mandatory reporters” under section 6311 of the Child Protective Services Law (23 P.S. § 6311). Therefore, all persons applying for issuance of an initial license or certificate from any of the health-related boards (except the State Board of Veterinary Medicine) or from the State Board of Funeral Directors are required to complete, as a condition of licensure, 3 hours of training approved by the Department of Human Services (DHS) on the topic of child abuse recognition and reporting.

As a condition of biennial renewal, you must complete 2 hours of approved training on child abuse recognition and reporting from an approved provider. If your license is close to expiration, we recommend you check with the approved provider of your course to confirm the time frame in which they plan to submit the results.

Continuing education results must be submitted electronically from the provider. This process can take up to seven days. If you have questions regarding the submission of the continuing education, please contact the approved provider directly before contacting the Board.

Learn more at https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/Pages/Act-31.aspx
Social Media Highlights

FOLLOW US ON SOCIAL MEDIA  |  Like, share, and comment on our posts to help build awareness of PPMA and recognize our members!

PPMA Instagram account breaks 1,000 followers and it is all thanks to you!! We enjoy interacting with you on social media. Tag us in posts and stories and expand your reach!

facebook.com/PPMAssoc  instagram.com/ppmassoc  linkedin.com/company/2659896/admin/
Upcoming Events

Goldfarb Foundation Meetings

50th Annual Clinical Conference
**NOVEMBER 3-6, 2022**
Valley Forge Casino Resort, King of Prussia, PA (26.75 CECH)

Annapolis Meeting
**DECEMBER 2-4, 2022**
Historic Inns of Annapolis, Annapolis, MD (12 CECH)

Winter Virtual Meeting
**MARCH 3-4, 2023**
(10 CECH)

74th Annual Region 3 Meeting
**MAY 3 - 6, 2023**
Harrah’s Casino Atlantic City, NJ
* Visit The Goldfarb Foundation’s website for more information.

PPMA Meetings

**MEMBER PROBLEMS LIVE**
January 4th, 7:30 pm, virtually

**INAUGURAL DINNER FOR DOUG HUTSON, DPM**
November 5th at the Valley Forge Casino Resort

**PPMA BOARD MEETINGS**
January 10th, 2023 (Virtual)
March 8th, 2023 (Penn Harris Hotel in Camp Hill)
June 9th, 2023 (House of Delegates at Gettysburg Hotel in Gettysburg)
September 13th, 2023 (Penn Harris Hotel in Camp Hill)
November 11th, 2023 (Valley Forge Casino Resort in King of Prussia)

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J an Golden, DPM
Vice-President
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Laura Sansosti, DPM
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