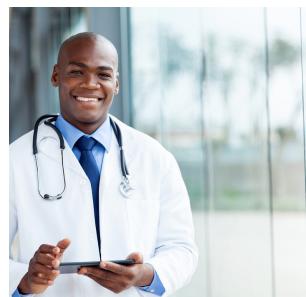
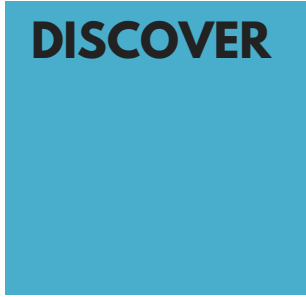


STUDENT VOICES





Morgan MacLean

Current Student at KSUCPM
Class of 2021
Hometown: Westlake, OH
Undergraduate: John Carroll
University
Major: Biology

Why did you choose to study podiatric medicine?

I chose Podiatry after spending hundreds of hours shadowing and working in a research lab. There were many specialties I enjoyed but podiatry encompassed everything I loved into one. With podiatry I was able to perform surgery, work with children and the elderly, as well as athletes. The scope does not stop there! From dermatology of the foot, to sports medicine, diabetic care, trauma, and

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geriatrics the opportunities are endless. I chose podiatry because what can we do without our feet? Not much. I knew it was a field I could make a major impact in and leave every day feeling like I made a difference.

What is the most important thing you wish people knew with about their feet?

I want you to take a minute and think. What could you do if you didn't have your feet? Honestly, not very much. Our feet and our ability to walk seems as basic as breathing, yet how often do we think about our feet. I simply want people to add foot care to their daily routine. Be aware of how your feet feel, look, and if any changes arise. It is as simple as keeping them clean, clipping your toenails regularly, and wearing the right shoes that can save you a lot of money, pain, and time in the long run.

What has been the most rewarding experience you've had being a podiatric medical student?

That's the beauty of podiatry, there is not one single most rewarding experience. Every day it changes, and every day brings a new story and a new lesson. It is hard to pick just one when every situation is different and rewarding in its own way. Being a podiatric medical student, its easy

MORGAN

to get lost in the hours of studying and forget the big picture. The moments when you can apply your knowledge and connect what you learned to what you are doing, that is when you realize begin to realize the difference you are making every day.

What advice would you give to someone considering a career in podiatric medicine?

Advice I would give anyone considering a career would be to do it only if you truly love it and are passionate about it. Your future is your decision. You are the one who is going to be spending the rest of their life in this career. Make your career decision for yourself and follow your heart. You cannot truly be good at your job unless you are happy doing it. I am here because my heart lead me to it, quite literally. It is a career that requires life long learning and it is not easy, but the reward is greater than any material item. Knowing every day, as a podiatrist, that I am making a difference and impacting lives for the better makes every hour worth it.

Imran Peer

Current Student at WUCPM
Class of 2021
Hometown: Richardson, TX
Undergraduate: University of Texas at Dallas
Major: Finance

Why did you choose to study podiatric medicine?

Pursuing a career in podiatry would give me the opportunity to care for patients from different backgrounds and various age groups, while being a specialty healthcare provider. With the unfortunate rise of obesity and diabetes mellitus, an increasing number of patients need lower extremity healthcare. Podiatry would give me the opportunity to be a part of the solution to this rapidly growing problem. I chose podiatry because it would provide the opportunity to increase awareness among patients about the importance of lower extremity health.



Amanda Niester

Current Student at DMU CPMS
Class of 2021
Hometown: Rochester Hills, MI
Undergraduate: Michigan State University
Major: Human Biology

Why did you choose to study podiatric medicine?

I found out about podiatric medicine my final year of my undergraduate studies, and the more research I did on the profession, the more I felt that it fit my needs and aspirations. I was drawn toward the medical field at a young age because of my interest in science and desire to help others. Podiatric medicine specifically allows me to have flexibility and variety in clinic and surgery, and most importantly for me, it allows me to teach preventative care and promote a healthy lifestyle to patients struggling with chronic diseases, including diabetes and obesity.



Parneet Randhawa

Current Student at BUSPM
Class of 2020
Hometown: El Dorado Hills, CA
Undergraduate: University of
California, Davis
Major: Neurobiology,
Physiology and Behavior

Why did you choose to study podiatric medicine?

As an 8-year-old, I saw my grandfather suffer from many foot ailments. He was a diabetic and had developed an infection in his foot. A minor toe infection spread to his whole foot and leg, eventually leading to his death. My father, who also suffers from diabetes, visited a podiatrist regularly. My interest in the field grew as I visited the podiatrist with my father and saw the care and treatment the doctor

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provided.

As an undergraduate student, I shadowed several different doctors, including an osteopathic physician, an endocrinologist, and an internist. I worked in an endocrinology research lab and also an Emergency Department as a scribe. However, I solidified my decision to pursue podiatry while shadowing a podiatric surgeon in my undergraduate years. I observed her from her initial encounters with patients to diagnosing their conditions, providing wound care, making custom foot orthoses, and performing surgeries. It was compelling to witness the impact Dr. Bajwa had on her patients' lives. Her patients showed so much gratitude and loved her for treating their life-threatening ailments.

What has been the most rewarding experience you've had being a podiatric medical student?

At Barry, I feel fortunate to have been given the opportunity to participate in many extracurricular activities such as a health fair for children with special needs, foot screenings at Special Olympics, and many comprehensive health screening homeless clinics throughout the year.

PARNEET

As a second year student, I have also been fortunate to shadow one of our clinical professors and learn about limb salvage and diabetic wound care. The most rewarding experience I have had is serving the local communities of Miami and helping the homeless population to care of their feet. Even basic nail care provided to someone who cannot afford proper shoes is rewarding in its own way. It is gratifying to know that you may have prevented an infection that could have led to an amputation in the long run. These experiences have convinced me that a career in podiatric medicine will challenge me to be innovative and modest at the same time so that at the end of the day I will always be satisfied morally. As a future podiatrist, I look forward to meeting the needs of people in my community as an expert clinician, surgeon and above all as a culturally sensitive humanist.

Shivani Phanse

Current Student at CSPM

Class of 2020

Hometown: Dublin, CA

Undergraduate: University of Arizona

Major: Molecular and Cellular Biology

Why did you choose to study podiatric medicine?

I had always been interested in pursuing a career in the medical field. Throughout my undergraduate studies I shadowed many specialties, but could not figure out what interested me. I discovered the field of podiatric medicine in a very unique way. I had a previous foot injury that now required surgery. This was my first step towards understanding the vast field. From office visits to the operating room, podiatry had all aspects of medicine that I was looking for. After a long 8-week recovery process I was back on my feet! I truly understood what a critical role the feet play for the well being of the body.



Jason Wellner

Current Student at TUSPM

Class of 2020

Hometown: Chicago, IL

Undergraduate: University of Illinois at Chicago

Major: Psychology

What was the most valuable lesson learned by shadowing a DPM?

Shadowing provided a glimpse into my future as a podiatric physician. I could not believe the diverse ages and pathologies of his patients! He treated a teenager who injured his growth plate while sledding, a middle-aged man recovering from surgery to reduce a fibular fracture, and a woman in her early 20's experiencing pain from running. Another day in the operating room, he performed endoscopic removal of a bone spur under the Achilles tendon of a 25-year-old man who had been a sprinter in the U.S. Olympic Trials. Podiatry's focus on the foot, ankle and lower limb in no way limits the tremendous impact practitioners have on the lives of their patients.

A close-up portrait of a young woman with dark hair, smiling warmly at the camera. The background is slightly blurred, showing what appears to be a library or study area with bookshelves.

HyunJi Boo

Current Student at NYCPM
Class of 2019
Hometown: Lexington, MA
Undergraduate: McGill
University
Major: Anatomy/Cell
Biology and World
Religions

**Why did you choose to
study podiatric medicine?**

I chose podiatric medicine for the specialization and variety it offers. Podiatric medicine will train me in all the conservative and non-conservative interventions for foot and ankle ailments. I like that I will have all the tools available, ranging from orthotics to surgery, to manage any patient who comes into my office.
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How did your major prepare for podiatric medical college?

The undergraduate science courses I took laid a great foundation for my didactic medical education. I have no doubts that familiarity with topics like anatomy and physiology prepared me for the volume of information presented during medical school. Anyone thinking about entering the podiatric profession should consider taking science courses beyond the minimum prerequisites. On the other hand, the further I get into my medical career, the more grateful I am that I followed my interests and pursued a second major in a reading and writing intensive field.

Although as an undergraduate student I often felt like my feet were in two different worlds, the second major really honed my critical thinking and communication skills. As a physician, you have to know how to say what you want to say, both to patients and to colleagues. I'm glad that I got to practice effective verbal and written communication during college because it's a skill I use every day.

What is the most important thing you wish people knew with about their feet?

I wish people took time to think about how much we demand from our lower extremities. Increase in body mass, change in physical activity, work

HYUNJI

environment, footwear, and systemic disease all directly affect our lower limb function. Working in clinic really highlighted for me that we don't appreciate the importance of feet until something goes wrong. And what are humans if not bipedal creatures?

What advice would you give to someone considering a career in podiatric medicine?

Find a balance between laying down a strong medical science background and pursuing other interests. Be prepared to work hard and to earn your place as a physician.

What was the most valuable lesson learned by shadowing a DPM?

Shadowing showed me that podiatrists can immediately improve patients' lives. Before starting school, I saw an in-office amputation of a necrotic digit post-trauma. After the initial shock of seeing my first amputation, I was left with an impression of how the doctor had the experience and skill to educate the patient on the problem and quickly address the situation.

Tori Breitenbach

Current Student at SCPM
Class of 2020
Hometown: Valparaiso IN
Undergraduate: University of Toledo
Major: Bioengineering Major

Why did you choose to study Podiatric Medicine?

Growing up I was always fascinated by the medical field, so I always had the dream to pursue a career in medicine. I was not certain of what would be the best fit for me, so I began learning about the different fields available. I loved how biomechanical the field of podiatry was, especially with my biomechanical background. I also loved the versatility of the field. Podiatry gives you options. You have opportunities to focus on certain aspects of the field or choose a broader approach.



Tyler Sten

Current student at DMU-CPMS
Class of 2020
Hometown: Kansas City, MO
Undergraduate: Missouri Western State University
Major: Biology/Health Science

What has been the most rewarding experience you've had being a podiatric medical student?

I have been lucky enough to be chosen as one of eight Surgery Teaching Assistants for the Class of 2020 at DMU. In this role, we have the opportunity to teach our peers in the DO, DPM and PA classes. This has been a very rewarding experience and has given me early exposure to the OR setting and many skills that are a staple of our profession. Helping those at DMU to succeed in our surgery course has been the most rewarding experience for me.



Thomas George, Jr

Current Student at KSUCPM
Class of 2021
Hometown: Frisco, TX
Undergraduate: Texas A&M
University
Major: Biology

Why did you choose to study podiatric medicine?

The journey to go into podiatric medicine for me started at home because my father is a podiatrist! I witnessed the impact he made on the lives of so many people especially in the sphere of wound care and it became evident that I also wanted to join in on this. Throughout college I shadowed Podiatrists in the area and again I saw the distinctive balance between work and home life as well as surgery and private office life.
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The combination of these factors confirmed my desire to seek out a career to Podiatry and pursue this degree in which I have been beyond delighted to be a part of since day one of orientation!

How did your major prepare for podiatric medical college?

Being a science major in college prepared me well for podiatric medical school because I have been exposed to many of the courses like Biochemistry, Genetics, Microbiology and Physiology. The rigor of the course work in the undergraduate program enabled me to develop positive study habits that I was able to translate into medical school as well various online resources, review books, and mnemonics to remember those tough pathways!

What advice would you give to someone considering a career in podiatric medicine?

I cannot stress enough the importance of shadowing various Podiatrist in your area! In this way you are able to see different types of practices with varying subspecialties. You may notice one physician does not do much surgery but another is constantly in the operating room so it is crucial to see the unique diversity Podiatry has to offer and if it is something that you can see yourself practicing and enjoying.

THOMAS

What was the most valuable lesson learned by shadowing a DPM?

One of the most valuable lessons I have learned from shadowing a DPM is how important it is to be in engaged in education. It is really easy to become apathetic and burnt out from the hours of lecture material and hundreds of pages to read in a text but if you have the perspective that everything you are doing right now is preparing you to save someone's life there is a whole new appreciation and respect for education.

This passion for knowledge in school will translate into having the habits of being a lifelong learner for the rest of one's career and life.

Victoria Adeniran

Current Student at TUSPM
Class of 2020
Hometown: Houston, Texas
Undergraduate: Trinity University
Major: Biology

Why did you choose to study podiatric medicine?

Ever since being in the Medical Science Academy in my high school where we were exposed to all medical careers, I took interest in podiatry. I knew I wanted to practice medicine, but not general medicine, and I've always admired the path less trodden. Shadowing further confirmed my desire. I grew keen to watching the variety in podiatric practice, and how happy the doctors were.



Arles "AJ" Rustia

Current student at BUSPM
Class of 2019
Hometown: Howell, NJ
Undergraduate: Rowan University
Major: Biology & Psychology

Why did you choose to study podiatric medicine?

Because of the focused study of the lower extremity for all 4 years and the great opportunities in sports medicine and surgery.

What advice would you give to someone considering a career in podiatric medicine?

Always keep an open mind whether it be through criticism or advice and have the mentality that, "you can do it!"



Trent Brookshier

Current student at WUCPM
Class of 2019
Hometown: El Cajon, CA
Undergraduate: University of
California, Irvine
Major: Biology

Why did you choose to study podiatric medicine?

I love science and I love people. Those are the basics of it, but here are the important details:

Lifestyle is huge to me. Some doctors look exhausted and it seems like all they do is live to work. I did not want that. So much so that I almost did not go to medical school. Then I shadowed a podiatrist and I thought it was the happiest doctor I had ever met. Maybe it was just a fluke, I thought.

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So, I shadowed a couple more and it was all the same. They are the happiest doctors you will ever meet. Another reason I chose podiatry was because I wanted to be a surgeon. Only about 4% of those who go to medical school will end up in a surgical residency; however, when you specialize early and go into podiatry you are guaranteed to do surgery. All podiatric medicine residencies are a minimum of 3-year medical and surgical residencies.

And you aren't limited with that; you can go on to further sub-specialize if you would like. You can do sports med fellowships, peds, endocrine, wound care, and so much more! For me, I'm considering Sports Surgery.

I am so excited to be a Foot and Ankle Surgeon.

How did your major prepare for podiatric medical college?

I graduated from UC Irvine with a bachelors in science with emphasis on pre-med. It was there I took all the prerequisites necessary for podiatric medical school. After graduating, I took a 3-year break between undergrad and med school. In that time, I retook classes, tutored high school and college students, and worked at UCSD as an assistant organ procurement coordinator (helped with the organ donation process).

I saw some VERY interesting cases and this solidified my commitment to medicine. I now knew I needed to do whatever it took to get into medical school.

What has been the most rewarding experience you've had being a podiatric medical student?

I absolutely love 3rd year and the clinical rotations we get to experience. During one of my days in Ortho clinic I was helping to counsel a patient on lifestyle modification in order to improve their chronic pain and help save them from a major surgery. I spoke to the patient for over twenty minutes and really felt that I inspired him to change his life. His eyes started tearing up and he hugged me saying that he knew he needed to change but he had never found the motivation in the past 10 years. He now felt inspired to change his life and make the changes necessary to turn his life around. I felt inspired myself, seeing the impact we can have on our patients when we take the time to educate them and show them how much we truly care.

Tracie Shaw

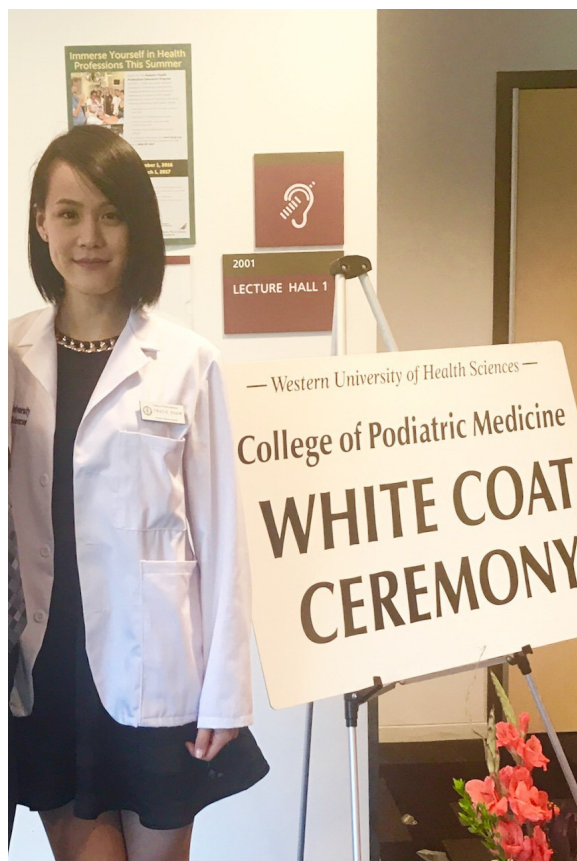
Current student at WUCPM
Class of 2021
Hometown: Temple City, CA
Undergraduate: University of California, Irvine
Major:

Why did you choose to study podiatric medicine?

This field encompasses all that I wanted to pursue in a medical career: being a physician, a surgeon, and a healthcare provider.

What did you study as a college student to prepare for podiatric medical college?

I did a pre-med post-baccalaureate program before applying to medical school. The post-bac program definitely helped me prepare for medical school and the rigorous curriculum and topics it holds.

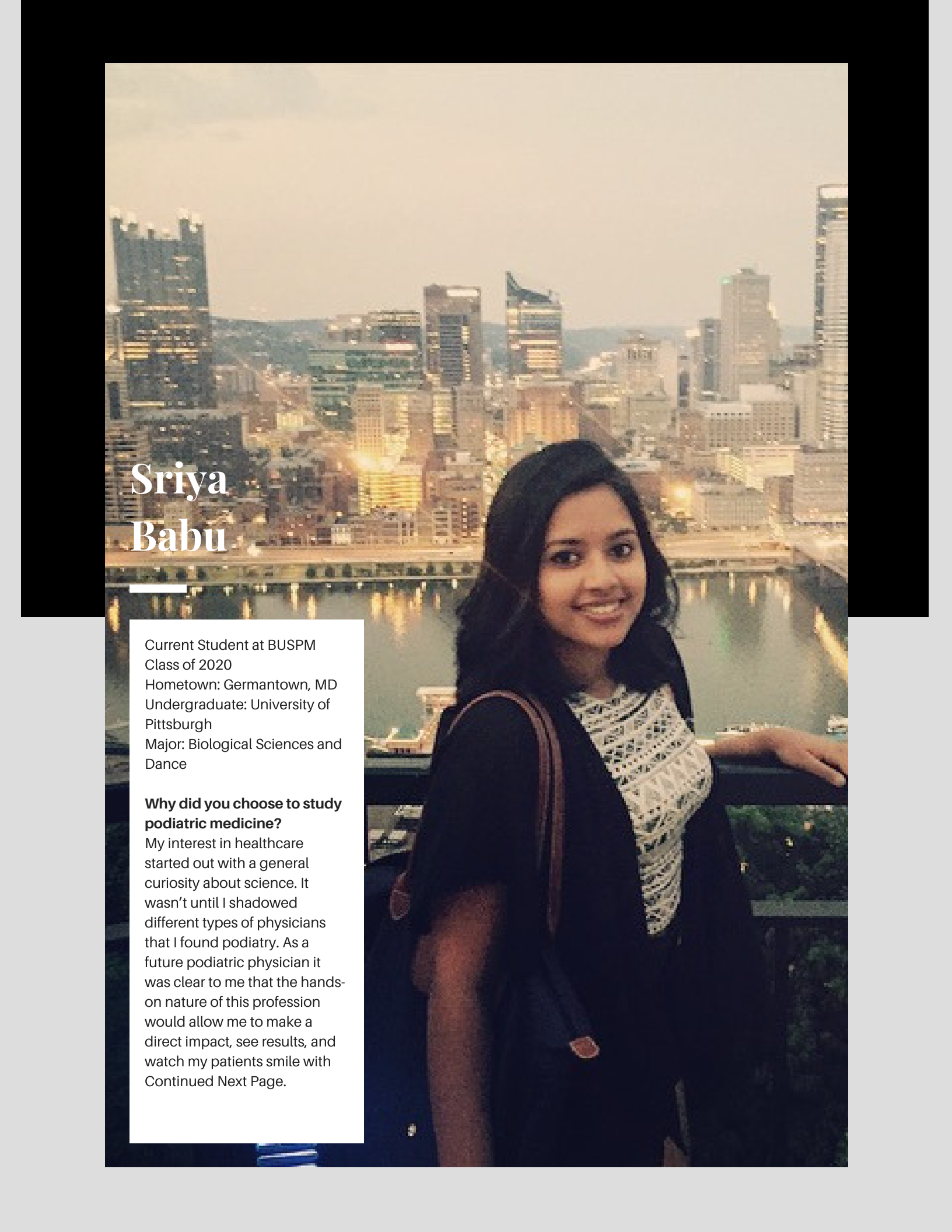


Emma Otieno

Current student NYCPM
Class of 2020
Hometown: Arlington, TX
Undergraduate: University of Missouri - Kansas City
Major: Biology & Chemistry

Why did you choose to study podiatric medicine?

When I chose to pursue a career in podiatric medicine, all I wanted was to be a doctor. I was really open to the specialty and hoped that it had options for me to grow. As a student, I have developed the passion, commitment, and desire to learn the profession so that I can better serve my patients. Although the path to becoming a podiatrist is difficult, I highly recommend podiatric medicine as a career for anyone who wants to serve a wide variety of patients.



Sriya Babu

Current Student at BUSPM
Class of 2020
Hometown: Germantown, MD
Undergraduate: University of
Pittsburgh
Major: Biological Sciences and
Dance

Why did you choose to study podiatric medicine?

My interest in healthcare started out with a general curiosity about science. It wasn't until I shadowed different types of physicians that I found podiatry. As a future podiatric physician it was clear to me that the hands-on nature of this profession would allow me to make a direct impact, see results, and watch my patients smile with
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relief on a daily basis-- something I needed in my dream career.

Where do you see yourself in 10 years?

I'm not quite sure what type of podiatric physician I will be, but I do know what kind of podiatric physician I will be in 10 years. I see myself as an attentive and compassionate physician who treats the feet as a part of the whole body; something we learned in class – you are a physician who specializes in the foot. In addition, I hope to be making an impact in the wider community, especially in underserved areas.

What advice would you give to someone considering a career in podiatric medicine?

Podiatry is the hidden gem of healthcare. It is an all-encompassing interdisciplinary profession which really allows you to personalize your career to best suit you. Whether you want to specialize in just wound care or practice everything from reconstructive ankle surgery to podopediatrics, whether you want to work in a private practice or a hospital, it truly is up to you. Flexibility and creativity are there to make this happen.

SRIYA

What was the most valuable lesson learned by shadowing a DPM prior to your enrollment?

Podiatry is still a relatively new and smaller field. Use that to your advantage and allow its small network to support and strengthen your passion.

Christen Canada

Current student at SCPM
Class of 2021
Hometown: Decatur, GA
Undergraduate: Alabama AM University
Major: Biology

Why did you choose to study Podiatric Medicine?

I chose podiatric medicine because I want to make an impact in an underserved community. The number of people with diabetes in the United States is rapidly rising, especially among minority populations. As an African-American woman with several family members suffering from diabetes I felt that it was my duty to help improve the quality of life of individuals with foot ailments especially those caused by diabetes.



Caroline Tippett

Current student at NYCPM
Class of 2019
Hometown: Wilson, NC
Undergraduate: University of North Carolina,
Wilmington
Major: Biology

What has been the most rewarding experience you've had being a podiatric medical student?

Every time I see a patient walk out better than when he/she came in. One time, I noticed a pre-ulcerative lesion underneath an elderly patient's toenail. It wasn't a big deal, but the patient was so grateful that it didn't turn into something worse and kept thanking me and smiling. It is amazing the difference that medical professionals can make in people's lives, and how even the small things count.



Christina Ma

Current student at CSPM
Class of 2020
Hometown: Fresno, CA
Undergraduate: University of
California, Davis
Major: Neurology, Physiology,
and Behavior

**Why did you choose to study
podiatric medicine?**

I chose to study podiatric
medicine because of its scope.

Before entering Podiatry, I
worked as a registered nurse
for three years. I had the
difficult decision of whether I
should continue to become a
nurse practitioner route or
switch gears into medicine.

During that particular time, my
grandfather began to have
serious circulation issues and
ended up needing an
amputation.

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CHRISTINA

He refused the amputation due to cultural and religious issues. Even with my previous nursing knowledge, I felt very helpless. All I could do was respect his choice and manage his pain during his dressing changes. At that moment, I realized that although becoming a nurse practitioner would allow me to help with the plan of care, I had more treatment options as well as deeper pathological understanding if I was a Podiatrist. If my end goal is to make sure that families would not feel as helpless as I did with grandfather, I knew I needed to pursue the field of Podiatric Medicine. I could not be any happier with my decision to join podiatry and would do it again in a heartbeat.

What advice would you give to someone considering a career in podiatric medicine?

I would advise anyone who is considering a career in podiatric medicine to attend a Legislative Leadership Conference. The reason I advise that is because you really want to get an understanding of what is going in the field of Podiatry. Choosing any field is a life-long decision, and I wanted to know what I was getting myself. What I found were passionate individuals who genuinely loved what they did. They believed in podiatry so much,

that they were fighting for current podiatrist, as well as the future Podiatrists across the country. It gave me a greater understanding and appreciation for the podiatric field, and how supportive they are of one another.

What was the most valuable lesson learned by shadowing a DPM prior to your enrollment?

The most important lesson I learned from the DPM I shadowed was to not lose sight of my end goal. He often said that Podiatric Medicine was not a sprint, but a marathon. I have taken this and used it often during my own schooling. When I have a difficult semester, or things seem very strenuous, I remind myself why I entered Podiatry in first place and it brings me back on track.



Dong Yu

Current student at TUSPM
Class of 2019
Hometown: Mill Creek, WA
Undergraduate: Peking
University Health Science
Center (China)
Major: Medicine

**Why did you choose to study
podiatric medicine?**

I was a medical student back in China, my dream was become an orthopedic surgeon. But as a foreign graduate, it's impossible for me to get into an orthopedic residency in the U.S. While I was working in the hospital as an Anesthesia assistant, I knew podiatry for the first time. There were a group of well-known podiatrist in that group. I worked with them in the OR,
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gradually realized that this specialty is exactly what I was dreaming about. As a podiatrist, you have lots of potentials that you can do, Surgery, wound care, dermatology, orthotics, etc. After I talked to them in details about what's podiatry and what a podiatrist can do, I made my decision that I definitely want to be a podiatrist in the future.

What advice would you give to someone considering a career in podiatric medicine?

If you are considering podiatry, I'm sure you have thought about other type of medical school too. No matter which one you choose finally, always ask some questions to yourself before you make your decision. Do I really like this? What's the advantage of this? What's the disadvantage? What if I don't get it, what should I do next? If I get it, can I handle it? If it's really hard to handle, will I be ok to improve myself to survive no matter how hard it could be? What I will be after I'm done with it and will I be happy then? Etc. Always ask lots of questions first, when you can answer all of them, then make your decision without doubt and go for it. Prepare for the worst and do your best.

What was the most valuable lesson learned by shadowing a DPM?

There is one day that I will never forget! After a physical exam and x-ray, the doctor decided for conservative treatment and told the patient about the possibility of surgery in the future. I asked the doctor "why?" She said, "Surgery should be your last option when you treat your patient; always think about possible conservative treatment first. Once you operate on someone, you can never reverse it, it will be a permanent change to the patient forever."

DISCOVER

Parneet

Can you see yourself in a white coat now?

You can begin your own journey to podiatric medicine by deciding to shadow a DPM near where you live or go to school.

Visit www.DPMNetwork.org to connect with DPMs who have already agreed to allow you to visit them in their facilities to see careers in podiatric medicine in action.

Attend an event!

The AACPM hosts student recruitment events around the US designed to introduce you to multiple aspects of podiatric medicine. To find one of our events, or to locate an event on one of the nine US Colleges of Podiatric Medicine click on:

<http://www.aacpm.org/becoming-a-podiatric-physician/events/> to learn more and to register.

