



American Association for  
Women Podiatrists, Inc.

Serving Women Podiatrists Nationwide



[www.AmericanWomenPodiatrists.com](http://www.AmericanWomenPodiatrists.com)

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## President's Report

Sheryl Strich, DPM

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As many of you know, I am currently in a Pilates instructor certification program.

This has been a very interesting endeavor. Most of the women in my classes have been dancing the majority of their lives, and are just out of high school.

They are the same age as my youngest son, and they all have very flat abs. I am the oldest, biggest person

in the program. At 5'9", I tower over all of these petite ballerinas. And the closest I come to flat abs is dreaming about them.

This program has made me realize the benefit of the "sisterhood". In a program of women, it has been very heartening for me to see the way the students work together to try to help each other out. No one laughs at my gawkiness, but, rather,

they give me unsolicited tips on how to improve.

American Association for Women Podiatrists is a national community for women podiatrists that allows us to reach out and help each other. We offer camaraderie in a world where we are truly a minority. The total number of members in the APMA is 11,644, of that (cont. p. 2)

## Preparing for the Boards: The New AAWP Blog

Abigail Mahoney, DPM

Welcome to the AAWP Board Preparation Blog!

Our goal is to help you get started on the pathway to Board Certification. At this time, we are going to focus on the ABPS and ABPOPPM boards.

You can find the blog at:

[aawpboardreview.blogspot.com](http://aawpboardreview.blogspot.com).

You will need to be an AAWP member and will need an invitation. Please email me at

[abigailbrannon@yahoo.com](mailto:abigailbrannon@yahoo.com) for an invitation.

Here are some important dates:

- November 1, 2009-Cases (for Board Certification) can be submitted through the ABPM website.
- November 4, 2009-Examination materials are

available at the **ABPOPPM** website.

- January 29, 2009-Initial application due for **ABPS** for Board Certification
- January 10, 2009-Completed application for **ABPOPPM** is due

### AAWP BLOG!

[aawpboardreview.blogspot.com](http://aawpboardreview.blogspot.com)



*"Please get in touch with a former classmate and ask her to join AAWP."*

### President's Report (continued)

2113 are women. AAWP is just under 250 members-the smallest membership of an APMA affiliate.

We may be small. But we are moving ahead to continue to help our members and our student members. Students at Ohio, California and Temple are required to do one month clerkships with

private practitioners. An e-mail blast was sent out asking you to participate in a mentor type program that lets an AAWP student spend her clerkship with you. I really hope that you will open your offices to these deserving students. They really want to see how women podiatrists do it all.

It would be great if we

could increase our numbers. Please get in touch with a former classmate and ask her to join AAWP.

-Sheryl Strich, DPM

### OCPM AAWP Chapter News

Amanda L. Allen

The Ohio College of Podiatric Medicine chapter of AAWP provides foot care at the Free Clinic in Cleveland on a monthly basis. This past summer, we raised over \$100 for the Free Clinic by hosting a flag football tournament. In September, the OCPM chapter of AAWP volunteered at the Susan B. Komen Race for a Cure. We had volunteers stationed at the Yoplait Yogurt tent while others

assisted at the Registration tent. We had a blast at this annual event in downtown Cleveland and were thrilled to be given this opportunity to help with such a great cause. October was Breast Cancer Awareness month, so we had students show their support by wearing pink for the day. Recently, we held a Chili Cook-off for all

students. We tasted some awesome chili and played cornhole. Our AAWP board is currently working with OPMSA officers to organize and plan the 18th Annual OPMSA/AAWP Clinical Symposium. This event will be on January 9, 2010 at the Skyline Hotel and Conference Center in Independence, OH. We are excited to have a great line-up of speakers, vendors, and raffle prizes for the event. All of our raffle proceeds this year will be donated to the Battered Women's Shelter. We are looking forward to this upcoming event.

### TUSPM Visit by AAWP Board Member

On October 26, 2009 I had the opportunity to visit and speak with the student chapter of AAWP at Temple University School of Podiatric Medicine. After discussing the general goals of AAWP,

we spoke about what our members can do to add to the development of our student doctors. At TUSPM, the fourth year students must complete a clerkship rotation, and have historically found it difficult to identify willing

podiatrists for this. Joudy-Ann Dinnall, Secretary of their student chapter, had a great idea to combine our hope to mentor students with this student requirement. After my visit, contacts were made with the other student

## CPMS Des Moines

Alexis Lund and Laura Heath

The Des Moines University student chapter of the AAWP has immersed itself in a conglomeration of activities this year. By seeking to provide information and support to fellow students and residents of the community, the club has been active both on and off campus. To "kick" off the school year, the club hosted a Self-Defense Seminar in which students, staff, family and

friends learned and practiced self-defense techniques. The seminar was taught by DMU alum Dr. Roger Drown.

In October former AAWP president Dr. Kathleen Satterfield joined us to discuss "The 2 Degrees of Podiatry" and the importance of networking. Dr. Linda Bratkiewicz also joined Dr. Satterfield discussing the opening of a new residency program through IOWA Health

Systems. Most recently club members participated in the school's annual Senior Health Fair by assisting clinicians with screenings and educating the public about senior foot issues.

As the year progresses, more events are planned including a Holiday party and Juvenile Diabetes Walk in April.



## CSPM Samuel Merritt University

Annie Nguyentat

The AAWP CSPM Chapter held its annual dinner on October 15<sup>th</sup>, 2009 at Samuel Merritt University. This dinner event celebrated women in podiatry and welcomed all CSPM students and faculty. Guest Speaker Dr. Carolyn McAloon, DPM educated everyone on the AAWP national chapter and energetically shared her experiences as a woman in podiatric medicine.

The dinner turned out beautifully and could not have happened without the support from the APMSA's Corporate Advisory Board.



## SCPM

Christine Lange

Over the summer, our chapter had a group of volunteers working 5 shifts at the 2 day AVON Breast Cancer Walk in Chicago. This fall we had volunteers at our all school RFUMS campus breast cancer walk. WE have recently elected new officers to our club for the upcoming year.

## Barry University

Danielle Green

This year, the ladies of AAWP have been working very hard. We have been collecting shoes for our "Soles for Souls" shoe drive. We collect shoes each semester and at the end of the semester the shoes will be donated to a local charity.

In the month of October, we gave our time to a local church. At the church we mentored young teens, educating them on our profession, talking about self esteem issues and gave them "mini -pedicures". It was a great success. We also

passed out candy to local kids for Halloween.

In the month of November, we donated our time to the women' sand children's shelter at the Miami rescue mission where we educated the ladies on proper foot



**AAWP OFFICERS**  
2009-2010

President:

**Sheryl Strich, DPM**

Vice President:

**Serrina Yozsa, DPM**

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Secretary:

**Abigail Mahoney,  
DPM**

Immediate past  
president:

**Kathleen Satterfield,  
DPM**



**Barry University (continued)**

care, perform full foot examinations, and gave them pedicures. Each woman was given brochures and a little gift bag. The gift bag contained lotions, polishes and brochures about proper foot care. In the month of December, we adopted a group of girls from at an adoption

agency and we are currently collecting gifts from their wish list. As President, I take my job very seriously. I love this organization and my local chapter at Barry University. We have so much more planned for next semester! I can't wait. I hope this helps, if you have any questions

please contact me.

**TUSPM Visit (continued)**

chapter presidents, and we found that the Ohio School of Podiatric Medicine has a similar rotation requirement for fourth year students. So with this, AAWP is starting a new program to help make this connection. If you are interested in having a student shadow

in your office, please email me at [eschwartz@americanwom-enpodiatrists.com](mailto:eschwartz@americanwom-enpodiatrists.com)

**We are on the web!**  
**See us at:**

**[www.aawpinc.com](http://www.aawpinc.com)**

**AAWP Blog (continued)**

Don't let another year go by. If you are not ready to submit your cases this year then this is the year to prepare for 2011!

Advice:

- Go to ABPS or ABPOPPM, print out all applicable materials and read them!
- Check and make sure you have paid all appropriate dues/fees. It is easy to lose track of this. Failure to pay these dues may mean you reapplying and additional fees may be added!
- For the ABPS you need to keep track of your cases through the PLS (Podiatry Logging System) at <http://www.podiatricsurgery.net/>
- The PLS is an extension of the Podiatric Residency Resource. This requires you to log in all of your cases after residency.
- Read up on this now. The PLS requires the name of the procedure as it appears on the operative report, patient's age, gender, and facility. Seems easy...but it is also easy to procrastinate!
- Also, the ABPS has guidelines on when radiographs need to be taken following a case.

**Just get started! Even if you are still in residency or you are out of residency and have been putting this off....start now!**