ABPM

November Highlights

Editors note

Dear Colleagues,

As we move into November, this season of gratitude offers a meaningful opportunity to reflect on the values that unite our podiatric community: service, care, and commitment to improving lives from the ground up.

This month, we are proud to highlight Sole Fit; their work reminds us that thoughtful, compassionate care extends far beyond the clinic. Upcoming important changes to the MOC (maintenance of certification) is outlined, with ABPM launching a new Continuing Certification Program.

We also pause to honor our veterans, whose service and sacrifice safeguard the freedoms that allow us to pursue our shared mission of healing. We are deeply grateful for the podiatric professionals who have served in the armed forces and continue to serve their communities with the same courage and integrity.

November is also Diabetes Awareness Month, an important time to reaffirm our role in prevention, education, and early intervention. As podiatric physicians, we know the profound impact of diabetic foot care and the power of our expertise to prevent complications and preserve quality of life.

As we approach the close of the year, we extend our heartfelt thanks to every member of the ABPM community. Your dedication, innovation, and compassion continue to advance our profession and improve the health of those we serve. May this season bring you moments of rest, reflection, and gratitude.

Warm regards,
Jana Goff, DPM

ABPM
DIPLOMATE SPOTLIGHT

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American Board of Podiatric Medicine
Certifying Today's Podiatrist

Dr. William Chagares

What inspired you to become a podiatrist?

Following undergraduate studies, my wish was to be a physician who specializes in one part of the body. A karate injury to my foot opened the door to the world of podiatry. After a few years in private practice, I decided to serve my country by delivering care to our nation's veterans in the Department of Veterans Affairs. I remained there for 30 years before retiring in 2018.

What role do you believe podiatrist play in the overall healthcare system?

Podiatry is a comparatively small profession in the world of allopathic medicine. We are diverse in the medical and surgical care we can provide patients (limited to our scope of practice) and wound care/limb salvage has become an important part of the services podiatrists provide. During my time with the Veterans Administration, increasingly more attention was required to address the diverse diabetic wound care needs of the veterans.

What do you find most rewarding about being a podiatrist?

The lion's share of my professional life at the VA, was definitely a yin/yang. The VA bureaucracy was difficult to navigate at first, but over time one learns how to get important things done. My time spent with the many veterans I met in a clinical setting, and the ability to apply my skills to assist in their health care was very rewarding for me.

What strategies do you use to avoid burnout?

I found the best way to manage burnout at work was to do one's best to find a balance of work and free time. This is very difficult to sustain and requires constant adjustments. Set your priorities (i.e. Family first) and stay on track. Exercise and diet through self-discipline is a key element.

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Please share any recent podiatric accolades.

Just a few months after my retirement from the VA in 2018, I became a Fellow of the Faculty of Podiatric Medicine at the Royal College of Physicians and Surgeons in Glasgow, Scotland. This achievement along with my Certification with the American Board of Podiatric Medicine is among my most cherished.

Podiatry is at a critical point in its existence as a profession. Those in leadership positions must have the courage to make a change. The status quo cannot and will not sustain us. A recent opportunity, which rings true for the APMA Vision 2015 Pathway to Parity project, is most timely. ACGME has invited podiatry leadership to participate in a Task Force to discuss the inclusion of podiatry residencies under their oversight along with MD and DO residencies. The ABPM BOD is in favor of podiatry representation in this task force. This is just one example of leadership that makes me so proud to be a Diplomate of ABPM.

“To improve is to change; to approach perfection is to change often. Progress is impossible without change, and those who cannot change their minds cannot change anything” - Aristotle

MOC ➡ CC

ABPM: Continuing Certification That Fits Your Journey

Excellence in podiatric medicine never stands still, and neither should your certification.

Beginning January 2026, the American Board of Podiatric Medicine (ABPM) is launching a new **Continuing Certification Program** designed to keep you current, confident, and certified without the stress of point tracking or high stakes exams.

WHAT'S CHANGING?

- **Goodbye Points and 10-Year Cycles:** No more tracking MOC points or submitting documentation.
- **Hello Continuous Learning**: Complete 60 annual assessment questions 30 in each of two key areas of podiatric medicine.
- **Flexible and Convenient:** Take the assessment anytime before November 30, pause and resume as needed.
- **Learn, Don't "Pass or Fail":** Missed questions trigger instant remediation with concise article summaries, full references, and an attestation step.
- **Stay Licensed, Stay Certified:** Maintain your state license and CME for licensure, but no more annual MOC reporting.

WHY IT MATTERS?

This streamlined process aligns ABPM with national medical standards utilized by ABMS certifying boards, reduces administrative burden, and focuses on what matters most: lifelong learning and better patient care.

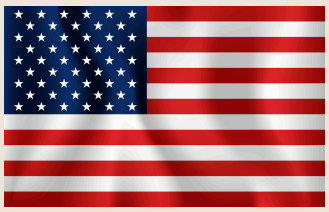
ABPM's Continuing Certification: Simpler. Smarter. Stronger.

Learn more at www.podiatryboard.org | info@podiatryboard.org

RECENT & UPCOMING

Veterans Day- We celebrate you on Veterans Day and always

The American Board of Podiatric Medicine proudly recognizes and honors the service and sacrifice of our nation's veterans. Many ABPM-certified podiatrists have themselves served in the Armed Forces, exemplifying the same dedication and commitment they bring to patient care. We extend our deepest gratitude to all veterans for their unwavering service to our country.



Annual meeting of Members

Dr. Kiana Trent, DPM

The American Board of Podiatric Medicine will hold its Annual Meeting of Members on **December 11, 2025,** during the 2025 Desert Foot Multidisciplinary Limb Salvage and Wound Care Conference.

Join us for the Annual Meeting of Members to learn more about the inner workings of the American Board of Podiatric Medicine, meet members of the Board, committee members and engage in meaningful discussion about the future of our profession.

ABPM exists to serve and represent you. This is your opportunity to ask questions, share feedback, and offer recommendations that help shape the direction of Podiatric medicine. We look forward to seeing you there.

RECENT & UPCOMING

Diabetes Awareness Month: The Podiatrist's Role in Early Detection and Limb Preservation

By Dr. Kamran D. Farahani, DPM, MPH

November marks **Diabetes Awareness Month**, a timely reminder of the profound and growing impact of diabetes on patients and the healthcare system. According to the CDC, more than 38 million Americans live with diabetes—and millions more remain undiagnosed. The feet are often the first to reveal the systemic toll of the disease, making podiatric physicians an essential line of defense in preventing devastating complications.

A Call to Action

This month and every month let us continue to champion awareness, early detection, and comprehensive management of the diabetic foot. The path to preventing amputation begins with each careful inspection, each pulse check, and each conversation that reinforces the importance of foot health in systemic wellness.

Collaborative Care and Education

Diabetic foot complications account for more hospitalizations than any other diabetic condition. Yet, with early intervention and patient education, up to 85% of amputations are preventable. By partnering with endocrinologists, vascular surgeons, wound care specialists, and primary care providers, podiatric physicians serve as both clinicians and educators—empowering patients with the knowledge and tools to preserve mobility and independence.

Technology and Regenerative Advancements

Advancements in regenerative medicine, biologic grafts, and laser therapies are expanding the scope of diabetic limb salvage. Integrating these modalities within evidence-based care protocols reflects the profession's commitment to innovation and better outcomes. The ABPM encourages members to remain engaged in continuing education and certification pathways that uphold the highest standards of diabetic foot care.

From Screening to Prevention

As podiatrists, we occupy a unique intersection of medicine and biomechanics. Routine foot examinations provide a vital opportunity to identify early neuropathic changes, vascular insufficiency, or subtle ulcerative precursors long before systemic complications emerge. A simple monofilament test, ABI screening, or detailed dermatologic assessment can often be life-saving interventions when performed consistently and documented appropriately.

A Season of Giving: Making a Difference for 140 Children

Katerina Grigoropoulos, DPM
Founder, Sole Fit
ABPM Executive Secretary

Earlier this week, Sole Fit partnered with Bako Diagnostics to provide 140 children at Mimosa Elementary School in Georgia with brand-new shoes and socks through Shoes That Fit. Seeing the excitement on each child's face reminded me why I founded Sole Fit - to unite the podiatric community in service and ensure every child can walk, learn, and play with confidence. November is a month of gratitude and giving, a time to reflect on how we can make a difference beyond the walls of our clinics. As podiatrists, we understand the power of mobility - and something as simple as a well-fitting pair of shoes can inspire focus, confidence, and participation in school and gym activities.

I hope this initiative encourages others in our profession to join the movement by donating or hosting a local shoe distribution event. Together, we can create lasting change, one step at a time. If you're interested in getting involved with Sole Fit or learning how to host your own event,

please reach out to **katerina.grigoropoulos@podiatryboard.org.**

Call for Speakers – ABPM Public Outreach Webinar Series

We're inviting presentations on topics related to rheumatology, infectious disease, pediatrics, or other areas of podiatric medicine that would interest our members and the broader medical community.

If you're passionate about education and want to share your expertise with a national audience, we'd love to hear from you!

Submit your topic ideas or speaker interest to:
Imaze Marian Davis, DPM– Imaze.davis@podiatryboard.org
Or **Kiana Trent, DPM** - Kiana.Trent@podiatryboard.org
Let's continue advancing podiatric medicine together.