Editor's Note

Jana B. Goff, DPM
Editor

Greetings,

As summer begins to wind down and return to school starts again, August is a great time to reflect on the progress we've made as a profession while looking ahead to new opportunities for learning, growth, and connection.

We're honored to feature Dr. Brian Lepow in this month's spotlight, recognizing his outstanding contributions to patient care, education, and leadership. His commitment to advancing the profession as part of ABPM Board of Directors and mentoring the next generation of podiatric physicians exemplifies the values that strengthen our specialty.

Supporting future diplomates remains a priority for ABPM. In this issue, you'll find our Residency Resource Guide along with mentorship opportunities designed to help residents and early-career physicians navigate board certification, build meaningful professional relationships, and prepare for long-term success

You'll also read about the continued evolution of ABPM as we expand educational resources, enhance member engagement, and develop new initiatives that meet the changing needs of our profession. We remain committed to providing valuable programs that support lifelong learning and professional development.

We're also pleased to share highlights from our Sole Summer Reset, which encouraged wellness, resilience, and renewed focus throughout our community.

Thank you for your continued dedication to advancing podiatric medicine and for being an important part of the ABPM community. We hope this months newsletter informs, inspires and connects you with the many resources available through your board.

Warmly,
Jana B. Goff, DPM, DABPM, FACPM

ABPM BOARD OF DIRECTORS
DIPLOMATE SPOTLIGHT

Brian D. Lepow, DPM, DABPM, CAQ, FFPM RCPS (Glasg)

For Dr. Brian D. Lepow, podiatric medicine is about more than saving limbs, it is about restoring independence, improving quality of life, and advancing the standard of care for patients with diabetic foot disease.

After earning his Doctor of Podiatric Medicine degree from Barry University School of Podiatric Medicine, Dr. Lepow completed his residency at The Mount Sinai Hospital in New York, where he served as Chief Resident. He then completed a fellowship in Diabetic Limb Salvage and Reconstructive Surgery at the University of Arizona, dedicating his career to multidisciplinary limb preservation.

Today, Dr. Lepow serves as Chief of Podiatry and Director of Clinical Operations at HOPE Vascular & Podiatry in Houston, Texas, where he collaborates with vascular surgeons, wound care specialists, and multidisciplinary teams to care for patients with complex lower-extremity disease.

Career Highlights

- Chief of Podiatry and Director of Clinical Operations, HOPE Vascular & Podiatry
- Vice President and Board of Directors Member, American Board of Podiatric Medicine
- Founding Member and Treasurer, American Limb Preservation Society (ALPS)
- Faculty Member**,** Royal College of Physicians and Surgeons of Glasgow
- Named one of Houstonia Magazine's Top Doctors in Podiatric Medicine and Surgery on multiple occasions.

Dr. Lepow has authored numerous peer-reviewed publications and is an internationally recognized speaker on diabetic limb salvage, wound healing, vascular disease, and innovative technologies that improve patient outcomes. His research and educational efforts continue to influence the care of patients at risk for limb loss around the world.

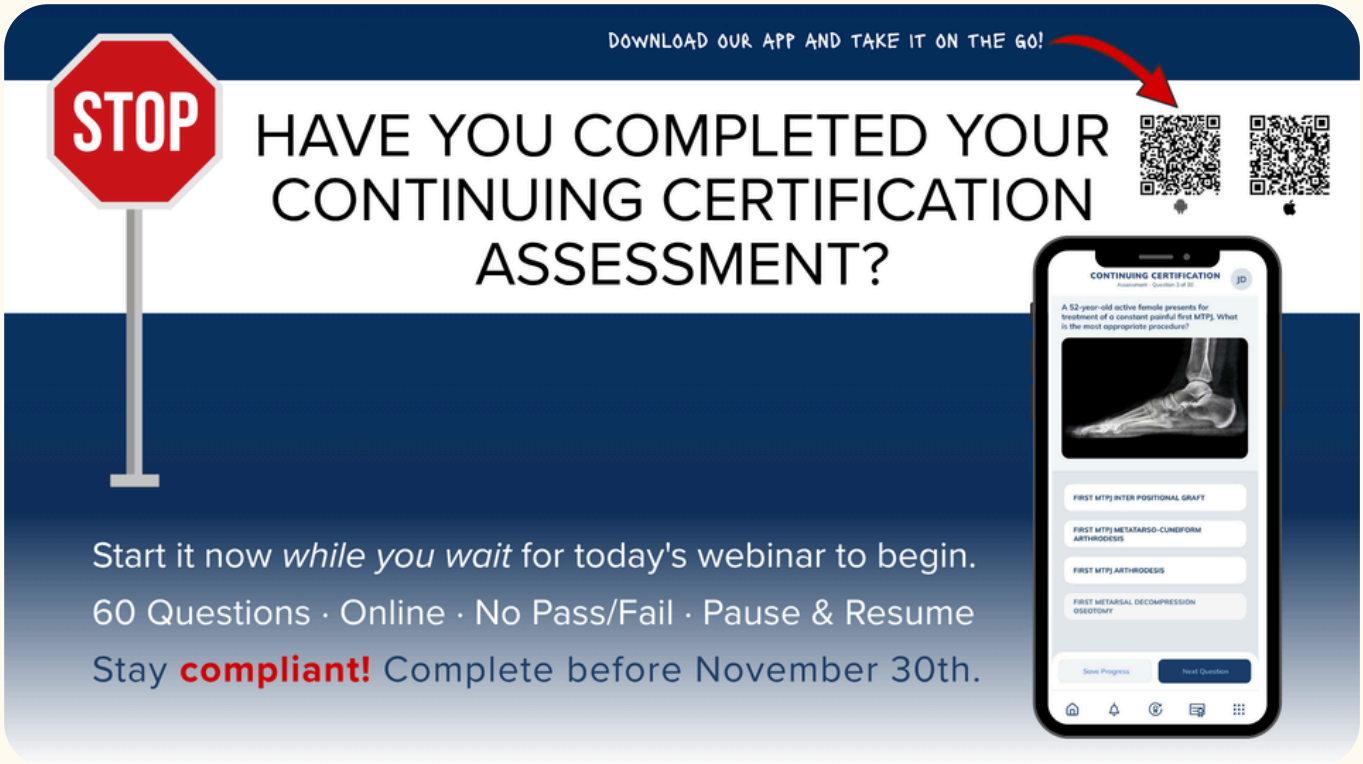
Within ABPM, Dr. Lepow has served as an exam writer, board of director, treasurer and vice president, helping to uphold the highest standards of board certification while supporting lifelong learning and professional excellence.

Whether mentoring residents, conducting research, treating patients, or serving the profession, Dr. Lepow exemplifies the mission of ABPM through his dedication to leadership, innovation, and compassionate patient care. His commitment to advancing limb preservation continues to inspire colleagues and improve the lives of countless patients.

Interviewed by Dr. Imaze Marian Davis DPM, DABPM, RCPS (Glasg)

SAVE THE DATE FOR OUR NEXT WEBINAR ON **OCTOBER 13TH!**

COMPLETE YOUR CONTINUING CERTIFICATION ASSESSMENT BY **NOVEMBER**!



AMERICAN BOARD OF PODIATRIC MEDICINE

A PROUD HISTORY OF EVOLUTION

It has been an honor and a privilege for me to be part of this evolution from the beginning. The seminal events in the evolution of ABPM are outlined below.

-David H. George, DPM, With Contributions from Willian E. Chagares, DPM

David George, DPM
Credentials and Communications Committee

• The American Board of Podiatric Orthopedics (ABPO) was incorporated in 1975.

• In 1978, the Board began certifying podiatric physicians in Podiatric Orthopedics. This is the year reflected on the ABPM seal and in the Board's historical materials.

• In 1982, Theodore Clarke, DPM, communicated with select individuals to form a committee to investigate the feasibility and necessary functions of establishing a certifying board in Podiatric Medicine.

• In 1983, the formal steps for incorporation of the "American Board of Podiatric Medicine" were completed, and the certificate of incorporation was issued on February 28 of that year.

• The American Podiatric Medical Association (APMA) did not immediately recognize a need for a board of "podiatric medicine," as it was believed that the profession already had the necessary certifying boards in the ABPO and the American Board of Podiatric Surgery (ABPS), as well as, beginning in 1975, a Podiatric Public Health certificate through the American Public Health Association (APHA).

• During the 1990s, terms such as "Primary Care Provider" and "Primary Medicine" became widely recognized in the health care community. Federal funding for podiatric residency programs in primary medicine became available, creating an important opportunity for the profession.

• As a result, the Council on Podiatric Medical Education (CPME) and its subcommittee, the Joint Committee on Recognition of Specialty Boards (JCRSB)**, conducted a two-year petition review of five different organizations seeking recognition as the entity to certify in Primary Podiatric Medicine.

• The American Board of Primary Podiatric Medicine (ABPPM) submitted its petition to CPME on November 11, 1991. The initial Board of Directors of ABPPM had 21 members.

• A new certifying board, the ABPOPPM, resulted from ABPO and ABPPM collaborating under a single petition. Those involved in this effort included several past APMA Presidents, including Drs. Theodore Clarke, Arthur Helfand, Simon Lane, and Donald Skwor, as well as podiatric medical college deans, professors, clinicians, and private practitioners.

• In 1992, CPME Chair William Todd announced to the APMA House of Delegates: "The Council (CPME), approved the recommendations of the JCRSB, that the American Board of Podiatric Orthopedics and Primary Podiatric Medicine (ABPOPPM), be recognized as the board to certify Podiatrists in Primary Podiatric medicine."
[Zych, D., 1992 APMA News, Oct.: 6]

AMERICAN BOARD OF PODIATRIC MEDICINE

A PROUD HISTORY OF EVOLUTION

-David H. George, DPM, With Contributions from Willian E. Chagares, DPM

David George, DPM
Credentials and Communications Committee

• In 2010, as part of ABPOPPM's continuing effort to meet the needs of its membership, an ad hoc committee was formed to investigate member preference for a name change. Following discussions and feedback from Diplomates, the possibility of a name change was put forth to the membership. It was supported by a large majority in a Diplomate survey, and an official vote of approval followed.

• On May 7, 2012, the JCRSB approved the proposed name change and allowed the corporation to conduct business as the American Board of Podiatric Medicine (ABPM).

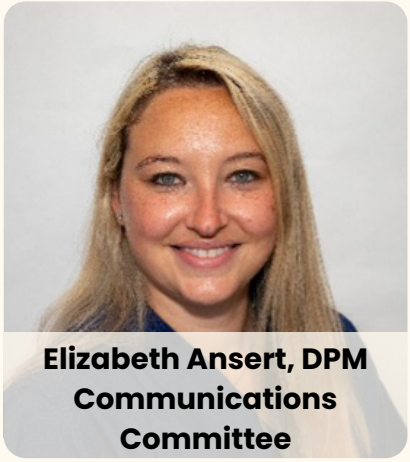
This name change was accomplished through a DBA (doing business as) mechanism that spared the Board the cost and complexity of reincorporation and drafting new corporate documents.

** In 2021–2022, CPME changed the name of its subcommittee from the Joint Committee on Recognition of Specialty Boards (JCRSB) to the current nomenclature, Specialty Board Recognition Committee (SBRC).

Note of interest – Prior to 2011, CPME-approved residency programs consisted of several labels and lengths of training. This caused confusion within podiatry, other medical specialties, and among hospital accrediting and privileging entities. Beginning in 2011, CPME approved a single, standardized, three-year residency program in Podiatric Medicine and Surgery.

LEAVE YOUR FEEDBACK BELOW!

PASS IT ON: THE LASTING IMPACT OF MENTORSHIP



Elizabeth Ansert, DPM
Communications Committee

Graduation from residency marks the end of formal training, but it also marks the beginning of a new phase of professional growth. As newly trained podiatric physicians transition into independent practice, they face decisions that extend far beyond clinical medicine. Career opportunities, employment contracts, practice management, board certification, work-life integration, and leadership development quickly become part of their daily lives. While residency provides an exceptional clinical foundation, the guidance of experienced mentors remains invaluable during these formative years.

Importantly, mentorship does not have to end when residency does. Many of the relationships and resources established during training continue to provide meaningful support well into early practice. Clinical educators, residency directors and faculty, residency program coordinators, board-preparation coaches, employers, and leaders within podiatric organizations all have the opportunity to remain trusted advisors as residents become colleagues. Maintaining these connections helps create a continuum of learning that extends beyond graduation.

For diplomates of the ABPM, mentorship is one of the most meaningful ways to strengthen the profession. By staying connected with recent graduates, diplomates help bridge the gap between residency and independent practice while fostering confidence, professionalism, and a commitment to lifelong learning. Mentorship after residency does not require a formal curriculum or a significant time commitment. Sometimes the greatest impact comes from sharing your own experiences, for example how you prepared for board certification, navigated your first employment contract, balanced the demands of practice, or overcame early career challenges. These conversations provide perspective that cannot be found in textbooks or lectures.

ABPM also offers valuable resources that mentors can incorporate into these discussions. Educational webinars, certification pathway information, examination preparation materials, continuing certification guidance, professional development opportunities, and the ABPM mobile app all serve as practical tools that mentors can offer.

As ABPM diplomates, we have a unique opportunity and responsibility to invest in the next generation of podiatric physicians. Whether through a brief conversation after a lecture, a phone call before a board examination, or ongoing career guidance over the years, every interaction has the potential to influence a colleague and professional journey.

The transition from residency is not simply the end of training; it is the beginning of lifelong professional development. By passing on our knowledge, sharing our experiences, and remaining engaged after graduation, we help ensure that the next generation of podiatric physicians is equipped not only to succeed, but also to become the mentors who will guide those who follow.

Elizabeth Ansert, DPM, DABPM

SOLE SUMMER RESET CHALLENGE RECAP

Kiana Trent, DPM
Communications Chair

Throughout the month of July, the American Board of Podiatric Medicine sponsored the Sole Summer Reset Challenge on social media, encouraging diplomates and friends to prioritize wellness, creativity, and self-care.

Week One: Movement, Physical Activity, and Connection- Participants were encouraged to share how they stay active and connected with others through movement and exercise.

Week Two: Refresh and Reset- The focus shifted to resetting and realigning, inspiring participants to reflect on ways they refresh their minds and bodies

Week Three: Creativity and Self-Expression- Participants showcased their creative talents by sharing artwork, music, writing, cooking, and other creative endeavors.

Week Four: Restoration- The final week emphasized restoration, encouraging participants to recharge and replenish their physical and emotional well-being.

We extend our sincere gratitude to all of our diplomates and friends who participated in the Sole Summer Reset Challenge.

Congratulations to our weekly winners, who each received a $25 Bombas gift card:

Week One: Dr. Sam Meyers, Week Two: Dr. Jana Goff, Week Three: Dr. Amber Fioritto and Week Four: Dr. Nadia Din

Congratulations to our grand prize winner, Dr. Sam Meyers, who received a pair of Bose QuietComfort Ultra headphones.

Thank you again to everyone who participated and made the Summer Soul Reset Challenge a success. We hope this month's activities inspired you to prioritize wellness, creativity, and restoration in your daily lives.

ON THE ROAD WITH ABPM

Upcoming Conferences

October

12th annual ASPS surgical conference

October 23- 24 2026

Aloft Lake Nona, Orlando, FL

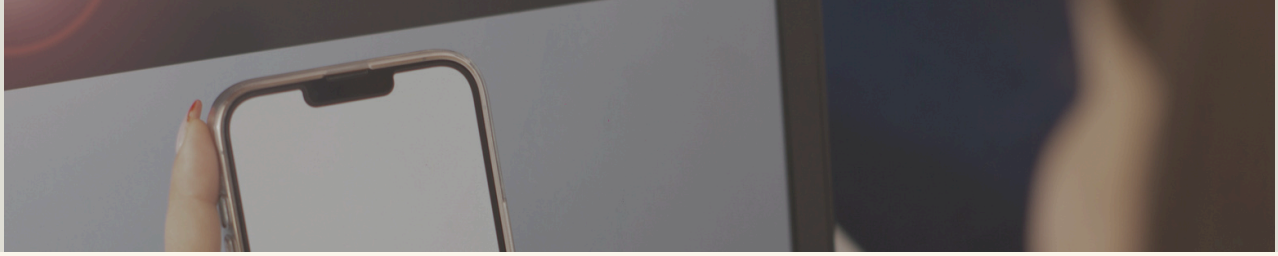
October

AAWP 2026 clinical conference

October 23-25, 2026

Sanibel Harbour Marriott

Fort Myers, FL



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