

## KSUCPM Alumna Co-Authors 3rd Edition of *Women in White Coats*, Blazes a Trail for the Future of Women in Medicine

A career in podiatry, while both fulfilling and abundantly rewarding, is not without its challenges for its diverse range of practitioners. **Megan Oltmann, DPM, AACFAS**, a Class of 2013 graduate of Kent State University College of Podiatric Medicine (KSUCPM), can certainly attest to that as a woman in the field. Today, Megan and her husband Craig Frey, DPM, a Class of 2012 KSUCPM grad, are co-owners of Foot and Ankle Associates of Cleveland, Ohio, covering 2-3 hospitals

in rotation. It's there in the hospitals where Megan often encounters disproportionate bias from patients and staff, admitting that although she carries the same credentials as her male colleagues, she isn't always treated the same. It was her experiences with facing gender bias and an autoimmune disease of her own that drove her to co-author *The Chronicles of Women in White Coats 3*, a series which highlights both the personal and professional stories of women in various fields of medicine including Maternal Fetal, Emergency, Family, Podiatric Surgery, and Addiction Medicine. Megan's chap-



Dr. Megan Oltmann

ters give a staggering, yet honest reflection of her fight for respect in a position that she's already worked so hard for, "For nearly three years I have been standing up for myself, no longer staying silent, and making appropriate corrections when necessary. I still fear the backlash, comments, and potentially bad reviews, but I value my self-worth and mental health more." For a deeper look into Megan's story, visit <https://www.kent.edu/cpm/news/ksucpm-alumna-co-authors-3rd-edition-women-white-coats-blazes-trail-future-women-medicine> or click here.

Continued on page 141

## SupportSTP insoles with DAT

*CURREX offers a daily insole that supports the foot's natural movement.*

**C**URREX LLC showcases an all-day support insole that can be beneficial to most everyone regardless of their activity level. **SupportSTP** insoles keep the foot in its optimal biomechanical position and reduce excessive foot motion within the shoe. Unlike rigid support orthotics and insoles that only provide cushion, CURREX insoles were scientifically designed to not only provide support but to also help prevent and treat injuries, all while adding comfort to shoes.

Features and benefits of SupportSTP include:

- Dynamic Arch Technology (DAT) which engages the muscles of the foot and works in natural synergy with it. It's a flexible arch with the right amount of rigidity which creates extreme sensory stimulation and midfoot guidance on impact. Then, when released, it returns the stored energy



to the foot. This stimulation reduces stress on joints, ligaments, and tendons to help avoid injuries.

- Improved comfort through full, consistent underfoot contact resulting in a reduction of plantar pressure and a deeper, more secure heel cup.

- Arch support is combined with superior cushion-

ing for less fatigue and the low profile heel cup helps them fit virtually any shoe comfortably without sacrificing cushion.

SupportSTP, along with ten other activity-based insoles, are available at most run specialty retailers as well as on [currex.us/collections/all](https://currex.us/collections/all). Indicated for walkers, everyday use, and for people with minor foot issues.

For more information, visit [https://currex.us/?utm\\_source=podiatry\\_management&utm\\_medium=web&utm\\_campaign=2021\\_press\\_release](https://currex.us/?utm_source=podiatry_management&utm_medium=web&utm_campaign=2021_press_release) or click here.



## New Pediatric Orthotic Available

Allied OSI Labs has expanded its pediatric orthotic line, providing a new over-the-counter option for children.

The “All-Star” OTC Children’s Orthotic is ideal for developing feet that need support to improve alignment, balance, and stability. Children who will benefit from this device include those who are experiencing flat feet.

The “All-Star” can be used by physicians who may be considering a custom pediatric orthotic, but need to start with a prefabricated device,” said Allied OSI representative, Kathy DuBois.

Like all Allied OSI Labs prefabricated orthotics, they are designed with the same top-quality craftsmanship as the custom orthotics. The All-Star features a deep heel cup with a Corex shell. The orthotic provides high medial and lateral flanges to assist with alignment and provides extreme comfort with a 1/16” EVA top cover (blue and pink options).

## STS: Orthotic Casting Without Time-Consuming Plaster Mess

When Drs. Peter Graf and Richard Stess established the **STS Company** 30 years ago it was with the understanding that any casting products they designed and innovated would assist fellow podiatric physicians to become clinically efficient in providing more accurate negative casts for custom foot orthotics and AFO’s without the traditional time-consuming process and plaster mess. Additionally, the two podiatrists vowed to support podiatry students and residents by donating casting materials for their educational workshops and in particular to expand their understanding of proper biomechanical techniques. Since its inception, the STS Company continues to participate in state, national and international workshops to assist podiatrists and their assistants in achieving improved clinical outcomes. The STS mission, established 30 years ago, continues to drive the company’s founders to develop innovative products based on their years of clinical experience.

Visit [stssox.com](http://stssox.com) or click here.

The OTC orthotic comes in various sizes for children ages 9-12 months all the way to an average age of 6.5 years old.

The All-Star OTC is available for purchase at just \$49.95 a pair. *Allied OSI Labs practice consultants can be reached at 800.444.3632, by visiting <https://alliedosilabs.com/childrens-otc-orthotics/>, or clicking here.*

## Pilgrim Shoes is Expanding its Offerings for 2021

It was not an easy year for the whole world, but now that a vaccine is here and podiatrists are approach-

ing “normal patient capacity” in their practices, one question is: Are industry suppliers ready for 2021? **Pilgrim Shoes**—supplier of diabetic footwear brands “Hoopoe” and “Areni One”—reports that it is indeed ready for the challenge.

The firm has increased its offerings of diabetic footwear and invested in some new styles as well as beefing up its current inventory. Pilgrim is now offering custom-made orthotics made at their plant in Baltimore; they’ve invested in new equipment and materials to provide podiatry practices with a one-stop shopping solution for PDAC-reviewed diabetic shoes and custom-made diabetic orthotics.

“In China the characters used for the word “Crisis” can be translated as “Danger” and also as “Opportunity,” Pilgrim president Boris Borisov reminds us. “The COVID disaster gave us an opportunity to review what we do as a company and what we can offer to practitioners to make their lives easier. I want to say to podiatrists: your supply chain at Pilgrim Shoes is ready for 2021 as never before.”

Visit [pilgrimshoes.com](http://pilgrimshoes.com), call 888-493-2859, or click here.

Continued on page 142





**Functional, Efficient + Everything Within Reach**

The growing patient population is placing greater strain on the typical linear design of ambulatory care environments that have shared corridors and publicly exposed workstations. Hallways often are crowded with equipment, patients and caregivers; privacy issues can arise; and the overall patient experience is impacted.

The COVID-19 pandemic has served as a reminder that this traditional design can also threaten infection prevention efforts. For instance, crowded hallways make it difficult to social distance, movement throughout the facility increases potential for exposure, and open exam and wait-

ing rooms can be a focal point for transmission.

Patient-centered workflow designs allow podiatrists to better manage and limit patient interactions and movement throughout the facility and can reduce the potential for exposure or transmission. Examples include the continuous care model that centralizes and consolidates the patient visit as much as possible, the self-rooming

model that eliminates the waiting room, and the dual access model that provides separate, dedicated corridors for caregivers and patients.

*Learn more about Midmark’s patient-centered podiatry workflow: <https://fmlink.me/70S> or [click here](#).*

**Clinical Trials Shows Possible Benefits of Laser Therapy in COVID-19 Treatments**

Orthopedic surgeon and principal investigator Dr. Scott Sigman published results from a small-scale clinical pilot trial examining the use of **MLS® Laser Therapy** for COVID-19 pneumonia patients.

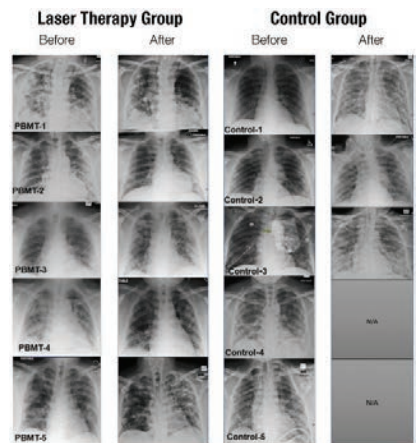
Ten patients were randomly selected to receive standard medical

care or standard medical care with adjunctive MLS Laser Therapy treatments. Patients in the laser therapy group showed rapid recovery and did not require ICU admission or mechanical ventilation. Five months following treatment, patients who had received MLS Laser Therapy treatments did not report long-term sequelae.

In comparison, 60% of patients in the control group were admitted to the ICU for mechanical ventilation. The control group had a 40% overall mortality rate. At a five-month follow-up, 40% of these patients reported long-term sequelae.

This preliminary trial demonstrates the potential benefits of adjunct MLS Laser Therapy treatments to decrease

*Continued on page 143*



**DynaFlange® Announces Partnership with Forward Motion Medical**

**D**ynaFlange® has announced their partnership with **Forward Motion Medical** in the manufacturing and distribution of all future DynaFlange® orthotics. DynaFlange® is a patented elastic energy insole capable of absorbing shock, managing foot motion, energy conservation, naturally propelling you forward and preparing your foot for the next step through its anatomically designed smart springs. Forward Motion has improved the material and strength of the original DynaFlange® by using a high impact resin polymer designed for repeated flexing and remaining intact with minimum fracturing of the product.



Dr. Jay Segel

“Forward Motion Medical had always liked the dynamic, responsive, “elastic energy” utility of the DynaFlange orthotic and with their expertise in material science,” says **Jay D. Segel, DPM**. “It made them the perfect partner to produce DynaFlange and build out the suite of related products which will include a performance line, low profile embodiment, rivetless prefab, forefoot model and the DynaFlange whole foot ‘Unthotic’ under development. Forward motion has a long history of quality, excellent customer service, focused research innovation and development and a deep commitment to podiatry.”

*Visit [fdmotion.com](http://fdmotion.com) or [click here](#).*



SPOTLIGHT ON NEUROGENX

Falls: The Neuropathy Connection & How Neurogenx Can Help

**F**all Prevention Week (September 20-24, 2021) is a nationwide effort to raise awareness that although falls remain the leading cause of injuries and death for older Americans, they are preventable. Physician diagnosis and treatment of the underlying conditions that result in falls can help break the cycle.

It's important to recognize that balance and coordination problems can result from neuropathy. Neuropathy often creates loss of sensation, numbness, tingling, burning and pain in the feet - all of which can lead to balance impairment, thereby increasing a person's risk of falling.

Treatment with the **Neurogenx NervePro** is clinically-proven effective to reduce or eliminate the chronic pain associated with neuropathy and other nerve conditions, promote re-growth of nerve fibers



and restore sensation—helping to improve balance and reduce the risk of falls. The proprietary Neurogenx electromedical technology is an FDA-cleared, non-surgical, non-narcotic, reimbursable treatment option that provides lasting relief from chronic, intractable pain and related neuropathy symptoms.

Find out more about the Neurogenx NervePro by calling 1-800-335-7624, emailing [info@neurogenx.com](mailto:info@neurogenx.com), visiting [www.neurogenx.com](http://www.neurogenx.com), or clicking here.

hospital stay and enhance the recovery process of patients with severe COVID-19 pneumonia symptoms.

Read the full clinical trial report titled "Evaluation of Adjunctive Photobiomodulation (PBMT) for COVID-19 Pneumonia via Clinical Status and Pulmonary Severity Indices in a Preliminary Trial" at [CELasers.com/covidpbmt](http://CELasers.com/covidpbmt) or click here.

**Free Education at ProLab Orthotics**

ProLab launches a new educational website at [ProLabOrthotics.com](http://ProLabOrthotics.com). ProLab Medical Consultants Dr. Larry Hupp

and Dr. Dianne Mitchell-Pray created evidence-based content in a variety of formats for the redesigned site. Practitioners can take a deep dive into foot pathology lectures, quickly retrieve definitions, or review recommendations for pathology-specific orthotic prescriptions. The educational content is conveniently located under the Resources tab on the website. ProLab welcomes all providers, residents, and students to take advantage of this free learning opportunity.

Education has been a foundation to ProLab's success for over thirty years. Both Dr. Hupp and Dr. Mitchell-Pray consult with clients on chal-

lenging cases and help them write the most effective orthotic prescriptions. They share their deep understanding of biomechanics with clients for improved patient outcomes. The Medical Consultants also ensure ProLab's orthotic design integrates the most current evidence by continually reviewing and evaluating quality studies.

ProLab generously shares its educational resources for the benefit of the entire podiatric community.

For more information on ProLab's products, services, and education, visit [ProLabOrthotics.com](http://ProLabOrthotics.com), call Client Services at (800) 477-6522, or click here.