President’s Message

By Amol Saxena, DPM

In my last newsletter, I said I will discuss how one can get good mentors. This is important in all aspects in life, as well as a medical career. It may be someone who inspired you to pursue your career, a teacher, relative or some type of coach. While some people look for “successful” people to inspire and motivate them, keep in mind “success” is a variable term with different meaning to different people. What I look for is someone is knowledgeable and willing to help you. A mentor often will have the same values and perhaps even similar goals. They don’t have to even have the same degree. I also look for people who are willing to continuously improve themselves.

One of my mentors is John Grady, DPM, my teacher and residency director, and also one of my closest friends. He recently took and passed the AAPSM Fellowship exam. Now, he’s been in practice over 35 years, but he took on the challenge. How many DPMs would take the requirements and exam at this point in their career? That is a sign of how great a mentor and role model he can be – my mentor took an exam 27 years after I did!

Continuous learning is a sign of an individual who strives to improve patient care. That is a great mentor. Two “Cams” recently joined AAPSM. One is my long-time friend David Caminear, DPM from New Haven, CT, who wrote a statement below. The other is Campbell Wareham, a UK Podiatric Surgeon originally from New Zealand. He wishes to get more sports medicine knowledge as the UK does not have a sports medicine society. He took advantage of a “mini-Fellowship” with me, which we established a while back for AAPSM members. That is another way to get a mentor!

I am always willing to help and mentor, as the “next generation” is our future. You can meet many great potential mentors at the AAPSM meeting September 14-16, 2017 in Chicago. We have some amazing speakers which you have already began receiving e-blasts on. Please sign up asap to take advantage of early registration as many workshops will fill up. Visit our website for additional information on registration and hotel accommodations - www.aapsm.org.
Amol Saxena, DPM, John Grady, DPM, Ludger Gerdesmeyer, MD, PhD, David Caminear, DPM at the 2015 AAPSM Meeting at West Point. Dr. Gerdesmeyer is a world-renowned expert on ESWT and a featured speaker at the Fall AAPSM meeting in Chicago.

David Caminear, DPM has been in private practice for over 20 years and is a foot and ankle surgeon with Connecticut Orthopaedic Specialists, the largest orthopedic practice in Connecticut. He is Board Certified by the ABFAS in both Foot Surgery and Reconstructive Rearfoot and Ankle Surgery and is the Associate Chief of Podiatric Medicine & Surgery at Yale New Haven Hospital. He joined AAPSM based on influence from good friends Amol Saxena, DPM and Brian Fullem, DPM both of whom he worked with on the Storz Duolith FDA study. Dr. Caminear routinely treats high school and college athletes from the greater New Haven area.