

Health Career Observer



The Official Newsletter of the WNY R-AHEC

March 2023

Podiatrist

Podiatrists diagnose illnesses, treat injuries, and perform surgery for people with foot, ankle, and lower leg problems. They perform exams, review x-rays and lab tests. They provide nonsurgical treatment for foot, ankle, and lower leg ailments and prescribe shoe inserts to improve a patient's mobility. They perform foot and ankle surgeries, such as removing bone spurs, repairing fractures, and correcting other foot and ankle problems. They advise and instruct about foot and ankle care and wellness, prescribe medications, and refer patients to other physicians or specialists.

Average Annual Pay: \$145,840



"I enjoy the ability to educate and empower my patients about the feet and how it pertains to one's overall health."

-Dr. Zerah Zane M Ali, DPM

How Do I Become a Podiatrist

**Projected Job
Market Growth:
2% by 2031**

Podiatrists must earn a Doctor of Podiatric Medicine (DPM) degree from an accredited college of podiatric medicine and complete a 3-year residency program. All states require podiatrists to be licensed. A DPM program takes four years to complete. Admission to podiatric medicine requires at least 3 years of undergraduate education. Typical undergraduate degrees in this field include healthcare, biology, and physical science. After earning a DPM podiatrists must apply to and complete podiatric medicine and surgery residency (PMSR) program. Residency programs last several years and allow podiatrists to gain experience providing medical and surgical care to patients. DPM's may complete additional training in areas such as podiatric wound care, diabetic foot care and limb preservation.

What Does a Podiatrist Do?



Perform exams & review medical history.



Review x-rays and medical laboratory tests.



Diagnose conditions.



Remove bone spurs, repair fractures and correct foot and ankle problems.



Prescribe special shoe inserts (orthotics).



Prescribe medications.



Counsel and educate patients.



Refer patients to other healthcare providers as necessary.



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A Professional Account

Dr. Zerah Zane M Ali, DPM a Board Certified Podiatrist from Wyoming County Community Health System shares his insight on the field of podiatry.

What is the most rewarding part of your job?

"I enjoy the ability to educate and empower my patients about the feet and how it pertains to one's overall health. I consider myself fortunate to have the knowledge and it brings me a humble joy to share this with my patients. By doing this, I develop wonderful relationships with my patients. I also love that my profession is one of the few that can provide pain relief after one visit."

What is the most challenging?

"...in my opinion, dealing with insurance companies. There are rules and regulations that change periodically. Since there are so many insurance companies out there, it becomes a challenge to keep up. Insurance companies are responsible for approving certain services I provide, diagnostic testing, and reimbursement for services. These are all vital when delivering care and also for livelihood."

What do you wish you knew back in school that you know now?

"You don't always have to know exactly what you want to do before you get to college. At a high school age, it's important to have a general direction of your future career(s). When you get to college your mind will expand to possibilities you never thought possible. This will happen when you get to a level of higher learning and maturity. So, breathe, reflect when you are taking your classes, and inspiration will come. If your path is a medical one, I have learned that you do not have to be strictly in all math and sciences degrees. You can get to medical school with another major in college/university. As long as you get the prerequisites to get into medical school, you can come from any faculty. In fact, admissions boards love a diverse crowd of applicants."

Anything else you want to share?

"It may seem overwhelming to get to your personal career end, but I have found it easier to break your goals into smaller pieces. Small bites are easier to digest, rather than trying to taking things on too quickly— you will end up choking. It's a marathon which will require stamina and endurance. Anything is possible if you keep at your dreams. Good luck to you all! "

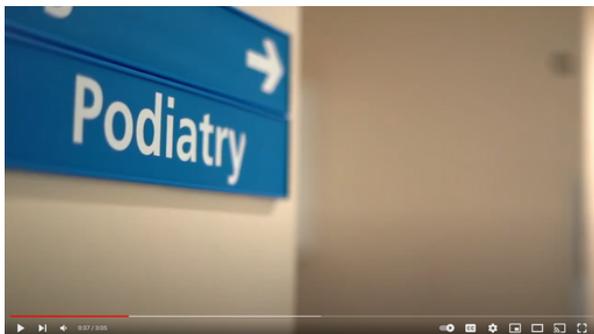


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<https://www.youtube.com/watch?v=1IVwCvSXCws&t=21s>



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For more information visit the US Bureau of Labor Statistics
www.bls.gov/ooh/healthcare/podiatrists.htm
or the American Podiatric Medical Association
<http://www.apma.org>