

THE OHFAMA JOURNAL



THE OHIO FOOT AND ANKLE MEDICAL ASSOCIATION + WWW.OHFAMA.ORG

VOLUME 64 | NUMBER 3 | FALL 2022



Charting the Future of Your Association

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A WORD FROM THE PRESIDENT

Sarah Abshier, DPM



Sarah Abshier, DPM

It has been a whirlwind year!

I have learned a great deal in my tenure as president. First off, our state association is very blessed to have Mike Mathy and Luci Ridolfo working to navigate this post-COVID environment.

I was impressed when visiting our academies with the passion our members share for our profession. Watching the residents participate in the meetings, share novel ideas, and bring issues to light tells me that that same passion will continue.

We traveled to Kent State University of Podiatric Medicine on October 10 on a mission to educate legislators and policymakers about the college and podiatry. It was a great opportunity to strengthen our relationship with KSUCPM and advocate for our profession.

The highlight of my tenure had to be a visit to KSUCPM where we addressed the students and had the opportunity to talk with them one-on-one. I could hear their excitement about podiatry and desire to become advocates. It reminded me that we are here to help pave the way for the next generation of podiatrists. We should aim to leave the profession better than we found it.

Thank you for allowing me to serve as your president.

Dr. Sarah Abshier



Midwest Academy President John Stevenson, DPM (second from right) welcomes newest Midwest Academy member Jonathan White, DPM (left), 2022 OHFAMA President Sarah Abshier and OHFAMA Executive Director Mike Mathy (right) to the July 28th meeting.



2022

November 10-11, 2022
GXMO - Didactic Course
Virtual Meeting

November 12, 2022
GXMO - Clinical Course
Virtual Meeting

November 18, 2022
Budget and Finance Meeting
Embassy Suites - Columbus Airport
2:00 PM – 3:00 PM

November 18, 2022
Board of Trustees Meeting
Embassy Suites-Columbus Airport
3:00 PM – 5:30 PM

November 19, 2022
2022 Wound Care Seminar
Embassy Suites-Columbus Airport
7:00 AM – 2:00 PM

November 19, 2022
OHFAMA Annual Business Meeting
Embassy Suites-Columbus Airport
2:30 PM – 5:00 PM

2023

Monday, January 30, 2023
Executive Committee Meeting
Virtual Meeting – 7:00 PM

Saturday, February 25, 2023
2023 Current Concepts in Foot and Ankle Surgery Symposium
Embassy Suites - Columbus Airport

March 3-5, 2023
No-Nonsense Seminar
Virtual Meeting

Saturday, April 22
The Annual Foot and Ankle Seminar
Virtual Meeting

May 18-19, 2023
The Annual Foot and Ankle Scientific Seminar
Columbus Hilton at Easton

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EXECUTIVE DIRECTOR'S REPORT

Mike Mathy, CAE, OHFAMA Executive Director | Luci Ridolfo, CAE, OFAMF Executive Director

Charting the Future of Your Association

Twenty members of the OHFAMA leadership team and staff met for a strategic planning retreat at Nationwide Hotel and Conference Center on August 11-12.

The group first reviewed progress on the 2015 and 2018 strategic plans adopted by the Board of Trustees to celebrate accomplishments and determine if any objectives should be carried over to the new plan.

Fueled by fresh input from two membership surveys sent out over the summer, OHFAMA leaders established new strategic priorities and charted a new course to focus efforts to protect, promote, and advance podiatry in Ohio. The four strategic priorities and associated goals include:

The Board of Trustees will work with staff to ensure OHFAMA's human, financial, and volunteer resources are aligned to advance the strategic priorities over the next 3-5 years.

Thank you to all the members who responded with your thoughts and ideas through the membership and continuing education survey.

A special thank you to the leaders who participated in the strategic planning retreat. Your review of the survey results and thoughtful input and ideas will help ensure OHFAMA continues to fulfill its mission to advance podiatry for years to come.



Public Outreach

- Increase recognition of foot and ankle medicine and surgery in Ohio

Education

- Provide quality educational opportunities that promote high professional competency and ethics



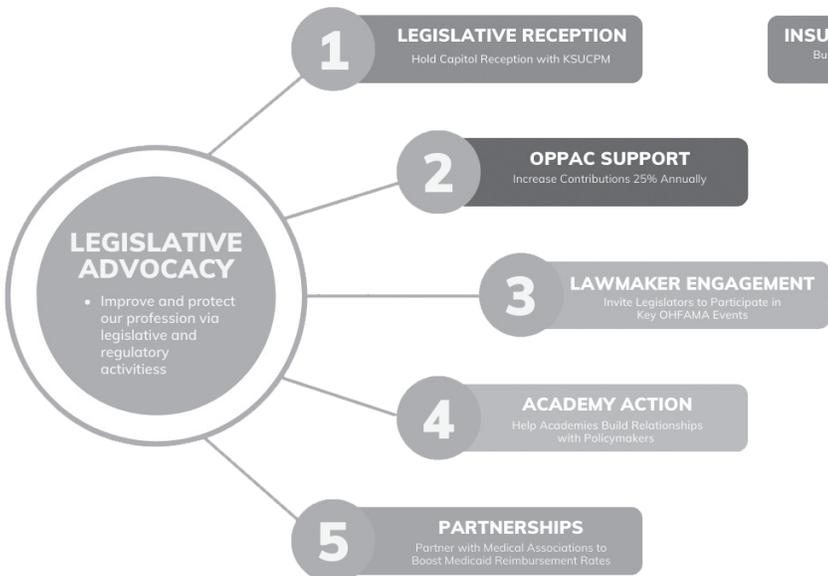
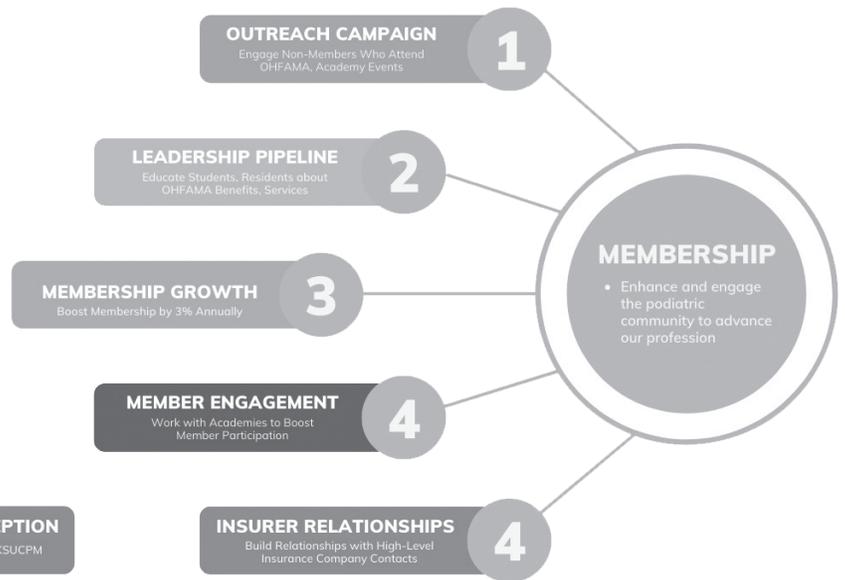
Strategic Planning Retreat Participants

President Dr. Sarah Abshier
 1st Vice President Dr. Adam Thomas
 2nd Vice President Dr. Thomas Arnold
 Secretary Treasurer Dr. Thomas McCabe
 Immediate Past President Dr. Kelly Whaley
 Eastern Academy Trustee Dr. Bruce Blank
 Northeast Academy Trustee Dr. Stephen Smik
 Northeast Academy Trustee Dr. Michael Bodman
 Northwest Academy Trustee Dr. John Clarke
 Midwest Academy Trustee Dr. Marc Greenberg
 Mideast Academy Trustee Dr. Karen Kellogg

Central Academy Trustee Dr. Anastasia Koss
 North Central Academy Trustee Dr. Martin Lesnak
 Southern Academy Trustee Dr. Amy Masowick
 Young Physician Representative Dr. Kristin Shaw
 OPMSA Representative Student Doctor Sydney Rudy
 APMA Delegate Dr. Richard Kunig
 APMA Delegate Dr. Mark Gould
 OFAMF Board of Directors Dr. Richard Schilling
 OFAMF Board of Directors Dr. Elizabeth Hewitt
 OHFAMA Executive Director Mr. Michael Mathy
 OFAMF Executive Director Ms. Luci Ridolfo

Membership

- Enhance and engage the podiatric community



Legislative Advocacy

- Improve and protect our profession via legislative and regulatory activities

Members Invited to Attend Annual Business Meeting

All OHFAMA members are invited to participate in the Annual Business Meeting, which begins with a networking reception at 2:00 p.m. followed by the meeting at 2:30 p.m.

Make plans today to attend the meeting to network with colleagues from around the state, learn about issues impacting podiatry, and vote on issues that will shape the future of your association.

Key presentations include our legislative update, insurance reimbursement discussion, and the latest updates from the State Medical Board of Ohio.

Visit the OHFAMA website to view the meeting agenda and register for the event.



Dr. Karen Kellogg (left), Dr. Windy Cole, and Dr. Thom Arnold at the 2021 Wound Care Seminar and Annual Business Meeting

Schedule of Events

Saturday, November 19

Wound Care Seminar

- 6:30 AM Registration Opens
- 7:00 AM Program Begins
- 9:30 AM Exhibitor and Networking Break
- 10:00 AM Program Resumes
- 12:00 PM Lunch
- 12:30 PM Program Resumes
- 2:00 PM Program Ends

OHFAMA Annual Business Meeting

- 12:00 PM Registration Opens
- 2:00 PM Networking Reception Begins
- 2:30 PM Annual Business Meeting Begins
- 5:00 PM Annual Business Meeting Ends

Members to Vote on Proposed Changes to OHFAMA Bylaws

OHFAMA members will consider a proposal at the Annual Business Meeting to change the composition of the Board of Trustees.

Proposition B-22 would modify the association's bylaws to provide each Academy with one trustee on the Board of Trustees and create two-at large trustee positions to be voted on by members at the Annual Business Meeting.

Under the current bylaws, each Academy is represented by one Trustee per 99 members. At present, two Academies – Central and Northeast – are represented by two Trustees while all other Academies have one Trustee.

The OHFAMA Board of Trustees endorsed Proposition B-22 to enhance the organization's ability to ensure all constituencies, perspectives, skill sets, and leadership characteristics are represented on the Board of Trustees.

Please visit the OHFAMA website to review Proposition B-22 and an accompanying issue briefing examining the benefits and disadvantages of the proposal.

Members will also consider Proposition A-22, a change of the OHFAMA bylaws that establishes emergency procedures for the appointment of Alternate Delegates to the APMA House of Delegates

MEMBERSHIP NEWS AND NOTES

Academies Elect 2023 Officers

The Midwest Academy and Central Academy elected its 2023 officers and trustees at its October meeting.

Midwest Academy

President: John Stevenson, DPM
 Vice President: Jerry Perelman, DPM
 Treasurer: Lisa Nicely, DPM
 Secretary: Marc Greenberg, DPM
 Trustee: Marc Greenberg, DPM
 Alt. Trustee: Jerry Perelman, DPM

Central Academy

President: Kartick Patel, DPM
 Secretary: Ross Groeschl, DPM
 Treasurer: Anthony Cozzolino, DPM

Congratulations to these officers and thank you for your service

Northwest Academy Holds Holy Toledo Seminar

Over 20 Northwest Academy members attend the 2022 Holy Toledo Seminar on September 30 at Brandywine Country Club in Maumee.

The seminar featured presentations on COVID-19, Cardiology, Critical Limb Ischemia, Wound Care, Neoplasms, Neuropathy, and case presentations from St. Vincent Mercy Medical Center Podiatric Residents.

The event, which was free for Northwest Academy members, concluded with a nine-hole golf outing.



Thank you to our 2022 OPPAC Contributors:

as of 10/17/22

Please consider financial support of our state legislative efforts by contributing to the Ohio Podiatric Political Action Committee (OPPAC).

Central Academy

Sarah Abshier, DPM
 Eric Anderson, DPM
 Nicklaus Bechtol, DPM
 Macaira Dymont, DPM
 Roderick Fuller, DPM
 Timothy Holmes, DPM
 Anastasia Koss, DPM
 Donnaly Moeller, DPM
 Carly Robbins, DPM
 Richard Schilling, DPM
 Mark Stanos, DPM
 Adam Thomas, DPM
 Jennifer Trinidad, DPM
 Christopher Walker, DPM

Eastern Academy

Bruce Blank, DPM
 John Chiaro, DPM
 Mitchell Dalvin, DPM

Mideast Academy

Thomas Arnold, DPM
 Richard Hofacker, DPM
 Karen Kellogg, DPM
 Richard Kunig, DPM
 Renee Mackey, DPM
 Leslie Niehaus, DPM
 Kenneth Nixon, DPM
 Eric Paul, DPM
 Lee Sayner, DPM
 Rodney Scott, DPM

Midwest Academy

Darrell Ballinger, DPM
 Philip Cain, DPM
 Marc Greenberg, DPM
 Richard Jennings, DPM
 Donald LeMelle, DPM
 Elizabeth Nicely, DPM
 Gerald Perelman, DPM
 John Phillips, DPM
 Eric Plumley, DPM
 Jennalee Rauh, DPM
 John Stevenson, DPM
 Kevin Sunshein, DPM
 Susan Yu, DPM

North Central Academy

Christopher Bohach, DPM
 Eugene Kubitz, DPM
 Martin, Lesnak, DPM
 Elizabeth Wakefield, DPM

Northeast Academy

Allen Boike, DPM
 Jerry Lamendola, DPM
 Neal Marks, DPM
 Debra Thornton, DPM
 Kelly Whaley, DPM

Northwest Academy

John Carroll, DPM

John Clarke, DPM
 Charles Marlowe, DPM
 Thomas McCabe, DPM
 Corey Russell, DPM
 Pamela Sheridan, DPM

Southern Academy

Brian Ash, DPM
 Renee Ash, DPM
 Ruth Ann Cooper, DPM
 Todd Loftus, DPM
 Amy Masowick, DPM

***Include your name today!**

Your colleagues are giving back to podiatry;
Are YOU?

Won't you consider assisting OPPAC by making your personal donation today?

Important tax information:

OPPAC contributions may not be deducted as business or personal deductions for income tax purposes.

2nd Annual Wound Care Seminar to be Held November 19

The second annual Wound Care Seminar will take place Saturday, November 19 at the Embassy Suites Columbus (Airport).

The seminar, which offers 6 hours of Ohio Category 1 CME credits, will feature lectures on the hottest topics in Wound Care from leading experts in the field.

Registration for the Wound Care Seminar is now open.

6:30 AM

Registration

Wound Care - Approaches and Techniques to Consider

- 7:00 AM - 7:45 AM Back to Basics: Wound Dressings; and A Percutaneous Approach to Office Wound Care Procedure
— Dr. Richard Schilling
- 7:45 AM - 8:30 AM Offloading 2022 and Beyond: What We Know, Where We're Going
— Dr. Anthony Tickner
- 8:30 AM - 9:15 AM Don't Forget About the Split Thickness Skin Graft; and Biomechanically Intelligent Foot Amputations
— Dr. Robert Fridman
- 9:15 AM - 9:30 AM Panel Discussion and Questions Moderator
— Dr. Richard Schilling
- 9:30 AM - 10:00 AM Break – Visit Exhibit Hall

Wound Care - From Diagnosis to Healing

- 10:00 AM - 10:45 AM Wounds that Kill; and The Importance of the Periwound
— Dr. Tracey Vlahovic
- 10:45 AM - 11:15 AM Below Ankle Interventions in CLI
— Dr. Krishna Mannava
- 11:15 AM - 11:45 AM Review of Complex Limb Salvage Casework
— Dr. Simon Tabchi
- 11:45 AM - 12:00 PM Panel Discussion and Questions Moderator
— Dr. Richard Schilling
- 12:00 PM - 12:30 PM Lunch – Visit Exhibit Hall

Wound Care - Documentation and Advancements

- 12:30 PM - 1:15 PM Coding and Documentation
Ulcer Classification and Documentation
Skin Substitutes and Advanced Wound Care Coding
— Dr. Sarah Abshier
- 1:15 PM - 1:45 PM The Utility of AI in Wound Care
— Dr. Windy Cole
- 1:45 PM - 2:00 PM Panel Discussion, Cases and Questions Moderator
— Dr. Richard Schilling



2022 Seminar Chair Richard Schilling, DPM, (right) at the inaugural Wound Care seminar in 2021.

Registration Fee Schedule

| | |
|--|-------|
| OHFAMA Member | \$100 |
| APMA Member - Non-Ohio | \$125 |
| Non-Member Podiatric Physician | \$200 |
| Life Member, Resident or Student | \$35 |
| Assistant, Staff or Non-Podiatric Physician | \$75 |



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WOUND CARE SEMINAR ONE DAY CME EVENT | ANNUAL BUSINESS MEETING TO FOLLOW

Wound Care Seminar

Hosted by the Ohio Foot and Ankle Medical Foundation

Saturday November 19, 2022 | 7:00 AM - 2:00 PM

Embassy Suites - Columbus Airport

Annual Business Meeting | 2:30 PM - 5:00 PM

Register today: www.ohfama.org

— Esteemed Faculty —

Richard Schilling, DPM – Chairman ■ Sarah Abshier, DPM ■ Windy Cole, DPM ■ Robert Fridman, DPM
Krishna Mannava, MD ■ Simon Tabchi, DPM ■ Anthony Tickner, DPM ■ Tracey Vlahovic, DPM

REGISTRATION FORM

Welcome to the **WOUND CARE SEMINAR AND/OR OHFAMA ANNUAL BUSINESS MEETING.**

This seminar has been approved for 6 CME Category I Hours and registrants may attend the seminar, the annual business meeting or both. Please register accordingly.

Embassy Suites Columbus – Airport
2886 Airport Drive | Columbus, Ohio 43219

Wound Care Seminar

Saturday, November 19, 2022 | 7:00 AM – 2:00 PM

OHFAMA Annual Business Meeting

Saturday, November 19, 2022 | 2:30 PM – 5:00 PM

Full Name _____

Preferred First Name _____

Company/Clinic Name _____

Address _____

City _____ State _____ ZIP _____

Business Phone _____

Fax _____

E-mail _____

Please mail or fax form with payment to:

OFAMF

**1960 Bethel Road, Suite 140
Columbus, OH 43220**

Phone: 614.457.6269; Fax: 614.457.3375;

or, E-mail: lridolfo@ohfama.org

Wound Care Seminar

Please mark one (add \$25 late fee after November 14, 2022)

- OHFAMA/WVPMA Member: \$100
 Non Member: \$200
 APMA Member Out of State: \$125
 Student/Resident/Life Member \$25
 Non Podiatrist, Assistant/Staff: \$75

2022 OHFAMA Annual Business Meeting

Please mark one (no registration fee)

- Yes, I am attending the Annual Business Meeting
 No, I am NOT attending the Annual Business Meeting

Payment Methods (please mark one)

- Check payable to **Ohio Foot and Ankle Medical Foundation***

*PREFERRED PAYMENT METHOD

- American Express Discover Card
 Master Card VISA

Amount Authorized \$ _____

Account Number _____

Expiration Date _____ Security Code _____

Name (as printed on Credit Card) _____

Billing Address (of Credit Card) _____

Signature _____

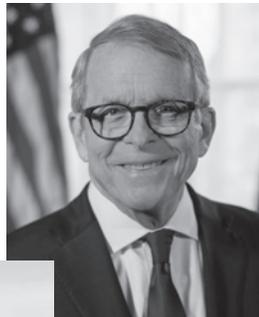
Date _____

2022 Election Preview

With important elections right around the corner, both nationally and in Ohio, OHFAMA would like to provide our members with a brief “election preview.” Early voting is now underway for the upcoming November 8 election, and the following is a listing of candidates up for election in Ohio and a brief notation on important races in the Buckeye State.

Governor

Incumbent Republican Governor Mike DeWine is seeking a second term against Democratic challenger and former Dayton Mayor Nan Whaley. DeWine has consistently maintained a double-digit lead in almost every poll taken on this race and is touting his economic development activities as the main reason he should be re-elected. Whaley maintains that DeWine is out of the mainstream on critical issues such as abortion and gun safety and maintains that DeWine is hypocritical on Ohio’s success, as Whaley claims much of it is due to federal money that DeWine opposes but is still easily spending. DeWine is a large favorite in this race.



Governor
Mike DeWine



Mayor
Nan Whaley

Ohio Statewide Offices

TREASURER—(R) Robert Sprague (inc) vs (D) Scott Schertzer

SECRETARY OF STATE—(R) Frank LaRose (inc) vs (D) Chelsea Clark vs (I) Terpeshore Maras

ATTORNEY GENERAL—(R) Dave Yost (inc) vs (D) Jeff Crossman

AUDITOR—(R) Keith Faber vs (D) Taylor Sappington

Republicans hold all four of these statewide offices and based on recent polls and fundraising disparities between the two parties and these candidates, it strongly appears that all four of these incumbent Republicans will be re-elected to new four-year terms.

Ohio Supreme Court

CHIEF JUSTICE—(R) Sharon Kennedy vs (D) Jennifer Brunner

ASSOCIATE JUSTICE—(R) Pat DeWine (inc) vs (D) Marilyn Zayas

ASSOCIATE JUSTICE—(R) Pat Fisher (inc) vs (D) Terri Jamison

The Ohio Supreme Court could be the best opportunity for Ohio Democrats to make a big splash regarding statewide elected seats. Republicans currently hold a 4-3 advantage on the Court, but Republican Chief Justice Maureen O’Connor must retire due to age limitations for justices in the Ohio Constitution.

Two current Justices on the Court, Sharon Kennedy and Jennifer Brunner, will face off to become the new Chief Justice. Two sitting Associate Justices, Pat DeWine (the Governor’s son) and Pat Fisher will face two Democratic challengers. DeWine will face Democratic First District Court of Appeals Judge Marilyn Zayas while Fisher will face Ohio Tenth District Court of Appeals Judge Terri Jamison.

Many of Capitol Square are closely watching the Supreme court races, as for the first time, judges will appear on the ballot for voters with the listing of their party affiliations. Democrats have made great strides on the Court in recent elections, and it will be very interesting to watch if they can finally retake control of the Court.

US Senate

In one of the highest profile US Senate races in the country, sitting Democratic Congressman Tim Ryan is facing off against former author and venture capitalist JD Vance. Vance won a hotly contested Republican primary with the last-minute endorsement of former President Donald Trump. Ryan and Vance are running to replace retiring Republican Senator Rob Portman.



Congressman
Tim Ryan

This race has been nasty from the start and millions of dollars of “dark money group” spending has been flowing through political ads throughout Ohio’s



JD Vance

TV and radio airways. Ryan and Vance also faced off in a televised debate on October 10 to try to define both themselves and their opponent for Ohio voters.

Recent reports have indicated that national Democrats have not

focused their fundraising efforts on Ohio even though most polls have Ryan and Vance within a few points of each other and most experts feel this race could be close. Many say Ryan needs voters in his home Congressional district to turn out and vote for him (that have voted for Trump and Republicans the last few times) as well as the substantial number of new women and college-age voters to heavily turn out to give him a chance to defeat Vance.

This race appears to be close but based on the shift in Ohio voters in recent elections, it appears Vance may be a slight favorite here, but a Ryan win would not be a shocking upset.

US House

In the recent census, Ohio lost one Congressional seat, taking our state to 15 seats. Republicans currently have a 12-4 advantage in Ohio's delegation. Due to the chaotic redistricting process, many of Ohio's Congressional delegation are getting different and new territories added to their respective districts. However, the focus in Ohio is on three main seats:

1st District—(R) Steve Chabot (inc) vs (D) Greg Landsman

9th District—(D) Marcy Kaptur (inc) vs JR Majewski

13th District—(D) Emilia Sykes vs (R) Madison Gesiotto

It seems like every election, Republican Steve Chabot is on the "watch list" for a possible Democratic pick-up seat. This time Chabot faces Cincinnati City Councilman Greg Landsman in another closely watched race. In the 9th District, Republicans redrew long-time Democratic incumbent Marcy Kaptur's district to include more conservative areas in attempt to win that seat. In the Republican primary, Trump supporter JR Majewski upset a sitting member of the Ohio Senate and the Ohio House to win the Republican nomination. As the campaign progressed, it was revealed that Majewski was at the January 6 riot at the US Capitol and had misrepresented his military service record. A recent report stated that House Republicans withdrew \$800,000 in spending that was targeted to support Majewski. In the 13th district, Tim Ryan's old seat, former Democratic Ohio Leader Emilia Sykes faces off against Madison Gesiotto, a former Miss USA, lawyer and activist. Sykes is very well-known in this area, but former President Trump has endorsed Gesiotto and national Republicans are planning to spend significant money in the final weeks of this campaign.

Ohio House

Republicans currently hold a 64-35 seat advantage in the Ohio House and control of this chamber will remain in their hands. With all 99 seats up for election, can House Democrats pick up a few seats or will Republicans even add to their large caucus total? Republicans have a huge fundraising advantage but the chaos from former Larry Householder remains in the different factions of that caucus. Current House Speaker Bob Cupp is term-limited and there appears to be

four contenders to success Cupp in leading that caucus. There very well could be some surprises in seats in certain areas of the state due to the redistricting process and late August 2 primary.

Ohio Senate

Republicans also have a large 25-8 advantage in the Ohio Senate and that large advantage will continue after November 8. Current Senate President Matt Huffman will continue his leadership of this chamber through 2023-2024, so unlike their House colleagues, Republicans in the Senate have a very stable leadership environment. Senate Democratic Leader Kenny Yuko is term limited and expected to be succeeded in this leadership role by Senator Nickie Antonio of Lakewood.

There are two races in the Senate that appear to be getting the most attention:

3rd District—(D) Tina Maharath (inc) vs (R) Michelle Reynolds

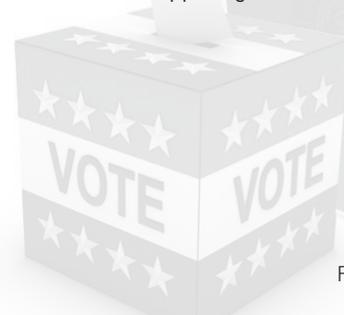
27th District—(R) Kristina Roegner (inc) vs (D) Patricia Goetz

Democrat Maharath was an unexpected winner of her Senate election in 2018 and Republicans have targeted this seat (just east of Columbus) since that time. She is facing Republican Michelle Reynolds, a former member of Governor DeWine's office of Faith Based Initiatives. Many feel that Reynolds is the favorite here and the huge disparity in fundraising between the two caucuses could be a huge factor in the outcome of this race. In the 27th district, redrawn lines of this Cleveland-area Senate district have given Democrats some hope of knocking off Republican incumbent Kristina Roegner. Dr. Patricia Goetz, a psychiatrist and resident of Hudson, is facing Roegner in a race that some Democrats think they can win due to the reconfigured district.

State Ballot Issues

Ohioans will have two ballot issues before them on November 8. State Issue 1 Will amend Article One of the Ohio Constitution to allow Ohio courts to use additional factors and criteria for the setting of bail conditions. State Issue 2 will amend various sections of the Ohio Constitution regarding the criteria needed to vote in elections (the so-called "non-citizens" voting issue that has appeared at local community levels as well as the right of 17-year-olds to vote in upcoming elections).

These ballot issues, due to the large interest in various statewide and national races, have drawn little attention but passionate responses from both supporters and those opposing each issue.



OHFAMA Seeks Aetna Claim Denials

OHFAMA continues to receive reports that Aetna Medicare Advantage plans are denying claims for routine nail and callus services.

The claims are typically associated with trimming and debriding of nails with cutting of corns and calluses. Claims for the treatment of ingrown toenails have also been denied by Aetna.

OHFAMA PIAC Representative Martin Lesnak, DPM, is partnering with APMA to share our concerns with Aetna about the erroneous denial of claims.

If you've had a recent Aetna claim denial related to nail or callus services, please email OHFAMA Executive Director Mike Mathy with a brief explanation of the denial(s) along with copies of redacted EOBs free of patient identifying information. We are particularly interested in claims that have gone through the appeals process and continue to be denied.

Thank you for your support. Your responses will help us demonstrate the claim denials are a widespread issue that impacts podiatrists throughout Ohio.

OHFAMA, KSUCPM Hold Legislative Outreach Event



Alycia Lewis, MS-III, gives a tour of KSUCPM to Chancellor Randy Gardner (right), Sen. Matt Dolan (second from right), Bruce Blank, DPM, and Rep. Phil Robinson (left)

OHFAMA partnered with the Kent State College of Podiatric Medicine to hold a legislative outreach event October 10 at the college.

The goal of the event was to highlight the importance of podiatric medicine to the wellbeing of Ohioans, showcase KSUCPM's campus to legislative leaders, and educate key policymakers about podiatric education, training, and scope of practice.

The event featured Ohio Department of Higher Education Chancellor Randy Gardner and Senator Matt Dolan and Representative Phil Robinson, who represent the college in the Ohio General Assembly.

The event featured presentations from Kent State University President Todd Diacon, KSUCPM Dean Allen Boike, DPM, and OHFAMA President Sarah Abshier, DPM.

Following a networking lunch, several leading KSUCPM students led a tour of the college and answered policymakers' questions about their education, training, and career aspirations.

OHFAMA representatives who attended the meeting were Karen Kellogg, DPM, Bruce Blank, DPM, Executive Director Mike Mathy, Associate Executive Director Luci Ridolfo, and lobbyists Dan Leite and Courtney Saunders.

Gould Recognized for Service on OHFAMA Board of Trustees

Mark Gould, DPM, was recognized at the August Board of Trustees meeting for his 22 years of service as Northeast Academy Trustee.

Dr. Gould, who served as OHFAMA president in 2008, previously was awarded the OHFAMA Service Award for his longtime contributions to the association. Dr. Gould continues to serve OHFAMA as an APMA Delegate.

Mark Gould, DPM, is presented a plaque by Kelly Whaley, DPM



MEMBERSHIP NEWS AND NOTES

Grossman Enshrined in KSUCPM Hall of Fame

Jordan Grossman, DPM, was enshrined into the Kent State College of Podiatric Medicine Hall of Fame in August.

Dr. Grossman serves as faculty for the Orthopaedic Residency Program at Akron General Medical Center and the Podiatric Surgical Residency Program at Kaiser Permanente/Cleveland Clinic.

Dr. Grossman earned his podiatric medical degree from the Ohio College of Podiatric Medicine in Cleveland in 1993. He is board certified in both foot surgery and reconstructive rearfoot and ankle surgery by the American Board of Podiatric Surgery.



Dr. Grossman celebrates his KSUCPM Hall of Fame induction with two of his children, Sydney and Samuel, and mother, Brenda

Butler Named to KSUCPM Faculty, Participates in APMA Emerging Leaders Program

Dr. Nick Butler was named Assistant Professor of Foot & Ankle Surgery and Biomechanics as Kent State College of Podiatric Medicine in July.

Dr. Butler is a 2015 KSUCPM graduate who completed his residency training at Kenny University Hospital in New Jersey in 2018. After completing his training, he joined as a teaching attending at Jefferson Health and worked in private practice with the Cornerstone Foot and Ankle group. During that time, he worked hand in hand with the podiatry residency program at Jefferson, mentoring 4th-year students, guiding residents, and improving the patient experience.

“In my time as a teaching attending, working with the residents and rotating students taught me much about how important leadership can be to the profession,” said Dr. Butler. “Working with future podiatrists showed me that it was time to pursue academic medicine so I could continue positively affecting emerging DPMs and increase diversity in the field of podiatry.”

Dr. Butler recently represented Ohio at the Young Physicians' Institute (YPI) in Chicago. The YPI is the first event of the APMA Emerging Leaders Program (ELP), a leadership-intensive program designed to support an exclusive group of young physicians with a vested interest in future leadership opportunities.

“I applied to participate in the ELP not only because it will benefit my professional acumen, but because it can push me to be the best version of myself for my students and become an ambassador for the podiatric community. Continuing to motivate and inspire future physicians and lead them to be industry leaders is what I love to do,” said Dr. Butler.



Dr. Nick Butler (center) attends the Young Physicians' Institute in Chicago with fellow KSUCPM alumni Dr. Shaz Ghorri (left) and Dr. Alton Johnson (right)

Student Doctor Nerestant Earns KSUCPM Award



Student Doctor
Jeff Nerestant

Student Doctor Jeff Nerestant earned the 2022 Young Leader Scholarship Award at the KSUCPM Hall of Fame & Alumni Awards Dinner in August. The scholarship recognizes a student who has made outstanding contributions to the college and their peers early on as a 1st year student.

Nerestant, a second-year medical student, serves as OPMSA president has spent hours tutoring his classmates in lab and started the student wellness initiative. He also serves as the OPMSA representative on the OHFAMA Board of Trustees.

MEMBERSHIP NEWS AND NOTES

Unsdorfer Earns Mideast Academy Lifetime Achievement Award

Gary Unsdorfer, DPM, who retired in spring after practicing 38 years, earned the Mideast Academy Lifetime Achievement Award this fall.

Dr. Unsdorfer completed his undergraduate study at Ohio State University in 1980, graduated from the Ohio College of Podiatric Medicine in 1984, and completed his residency in Podiatric Medicine and Surgery at Genesee and Wheelock Memorial Hospitals in Flint, Michigan in 1985. He is board certified in foot and ankle surgery by the American Board of Podiatric Surgery.

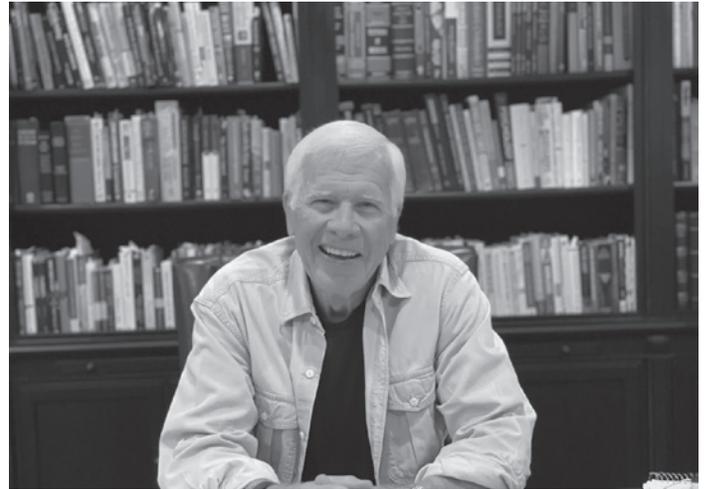
Dr. Unsdorfer joined OHFAMA in 1985 and began practicing in Talmage and Hudson. He then joined Agape Podiatry in Medina in 1987, where he worked as an associate for 14 years before purchasing the practice in 2001.



Dr. Gary Unsdorfer (left) receives the Mideast Academy Lifetime Achievement Award from Academy President Michael Boyer, DPM

Throughout his career, Dr. Unsdorfer has been involved with the Mideast Academy and OHFAMA. He earned the OHFAMA (then OPMA) Young Podiatrist of the Year award in 1992, served as state political action committee chair, and chaired the Reference Committee for several years in the 1990s. He also served as Mideast Academy president from 1992-93.

Dr. Unsdorfer celebrated 38 years of marriage to wife, Jane, in June. They have three adult sons.



Dr. Larry Zimmerman

Retired Podiatrist Pens First Novel

Dr. Larry Zimmerman of Mansfield has written his first novel, "Becca's Place."

Based in Ohio and New York, the book is an inspirational novel of love and tragedy involving Wat, a grad student raised on a farm; Dr. Becca Bloom, a childhood friend who loves him dearly; and Priscilla, a beautiful New York City socialite.

The novel has a Christian message about going through the struggles in life and draws on the real life experiences of young man Dr. Zimmerman knew in high school.

Dr. Zimmerman is a past opinion shaper for the Mansfield News Journal, has published in Podiatry Today and contributed to a monthly column for his church's online bulletin. He retired from practicing podiatric medicine and foot surgery in 2016.

"Becca's Place" is available through Barnes & Noble and Amazon.



Dr. Gina Tomsho (left), Student Doctor Drake Lohnes, Dr. Rich Hofacker, and Student Doctor Cassidi Long (right) volunteered at the finish line medical aid station at the Akron Marathon on September 24.

MEMBER SPOTLIGHT

Dr. Jacqueline Donovan



Dr. Jacqueline Donovan

It's been an adventurous year for Dr. Jacqueline Donovan. She was named an Assistant Professor in the Division of Foot & Ankle Surgery and Biomechanics at KSUCPM in April and participated in a six-day mission trip to San Miguel de Allende, Mexico in August.

She also celebrated the grand opening of her practice, Erie Foot and Ankle Center, and regularly entertains her over 9,000 TikTok followers with

informative, funny videos. OHFAMA Executive Director Mike Mathy caught up with Dr. Donovan to learn more about her practice and recap her busy year.

How did you become interested in a career in podiatry?

I didn't even know podiatry existed. Legitimately, I didn't even know it was a thing. All I knew was I wanted to go into medicine.

When I went to John Carroll University, Kent State held a career seminar. I met a podiatrist who was speaking at it and afterward I told him I was interested in podiatry. He told me to spend some time in his office and he ended up hiring me to be a medical assistant. I worked for him for two years, learned as much as I could, and saw a glimpse of what podiatry had to offer. Once I learned what all podiatry had to offer surgically and the extent of what we can do as a podiatrist I was hooked.

Who do you consider your role models and mentors in podiatry?

I have so many, and I continue to meet new people that inspire me in the field, but to name a few... Dr. Elizabeth Hewitt was very influential to me in residency and when I was first in practice. She would say "You can be a mom, you can be a wife, you can own your own business, you can be a board-certified boss – you can do it all."

One of the ways she influenced me when I was practicing in Columbus was getting me to move down to Grove City. I was working for another doctor at the time a mile down the road from her. She didn't view me as competition, rather she encouraged me to continue finding ways to grow and improve as a podiatrist.

As I developed multiple friendships with colleagues, I realized we could all be friends and push our profession forward as a team. We can all work together!

Dr. Christopher Hyer is a huge name in our community, and I was lucky that he became my residency director. He pushed me and our residency to another level academically.

Then of course there is Dr. Rick Weiner -- being Rick Weiner -- he gave me a lot of confidence. He's retired now, but he boosted my confidence when he was in the game. He's one of my favorite humans on the planet. He not only gave me confidence as a physician but as a person as well.

Education and Training

Undergraduate Education:

John Carroll University
University Heights, OH
Bachelor of Science in Biology | 2008

Medical School:

Kent State University College of Podiatric Medicine
Independence, OH
Doctor of Podiatric Medicine | 2012

Residency:

Grant Medical Center
Columbus, OH
2012 – 2015

Fellowship:

Grant Medical Center
Columbus, OH
2015 – 2016

Board Certifications:

ABFAS Board Certified
Foot Surgery | 2019
Rearfoot and Ankle Reconstruction | 2020

You completed your residency and fellowship training and spent several years working in private practice in Columbus. What motivated you to return to Cleveland, your hometown, to establish your own practice?

COVID and a child! I had my second kid and my husband and I decided to move to Cleveland to be closer to family. I wasn't really planning to open my own practice, but I had a couple jobs fall through at the last minute. So, I was like, I'll just do my own thing. And here I am!

Continued on Next Page

What advice do you have for podiatrists who are considering establishing their own practice?

I think you need to know what you don't know and bring in experts to help you. We're not business people, or at least I am not, we're not accountants, we're not lawyers. We're doctors. Focus on what you are good at and have others help with the rest.

Be surrounded by excellence. You want to be surrounded by people who are going to push you. You want to be around talented people. Be that little fish in a big pond so you always strive to be better.

I hired a business consultant initially. I surround myself with a team of people that advise me. If I'm not okay with something, I change it. I continue to perfect our systems and protocols and realize that as we grow change will continue to accompany our growth.

Don't be afraid to talk to people and ask for advice. I take every opportunity I can to learn and listen to people. That approach has really helped me network and build my practice.

Professional Experience

Kent State University College of Podiatric Medicine:

Assistant Professor
Division of Foot & Ankle Surgery and Biomechanics
Independence, OH
April 2022 – Present

Erie Foot and Ankle Center :

Private Practice | Owner
Beachwood, OH
October 2022 – Present

Foot and Ankle Specialists of Central Ohio

Private Practice
Columbus, OH
July 2019 – September 2020

Elite Foot and Ankle:

Private Practice
Powell, OH
July 2016 – July 2019

You invited several local businesses to participate in your grand opening this summer. What motivated you to do so?

I believe in supporting small businesses, especially woman-owned businesses. I know how hard it is to get started and grow your business. It's a struggle so I wanted an opportunity to showcase Cleveland woman owned businesses.

It's a constant battle every day between picking my kid up from school or finishing up with a patient who has maggots in their wound in my office. You have to make those types of decisions in the middle of the day every single day. I try to support other women in the same situation.

Your practice has also gained a reputation for outreach on social media. How has that benefited your practice?

Our TikTok account (@OhioFootDocs) is our biggest platform out of everything that we do on social media (with over 9,000 followers).

Our audience skews a bit younger than the patients we see in clinic. We receive comments from users of all ages, which is great, because anyone can need a podiatrist, no matter their age.

Our goal is to educate the community about podiatry. If we get patient referrals -- and we do -- that's great. But our goal is to educate people in a lighthearted way.

What advice do you have for OHFAMA members who want to jump into social media?

A lot of doctors are independent and think they can do the marketing on their own. I know I can't! That's why I hired someone to focus on it.

When we hired Annie Quisno (whose sister, Dr. Amanda Quisno, is a podiatrist in the Columbus area) as our social media manager, I basically told her: You tell us what to do and we will do it. We won't question anything that you do. We need help with it.

If you try to cut costs, and do things on your own, you're not going to grow.

How do you find balance with all that you have going on personally and professionally?

I'm a horrible person to ask because I cannot say no to anything. I say yes to every opportunity and figure out a way to make it happen.

There is no such thing as balance as a working mom. I do not think that word should be in our vocabulary. Every day something is going to win, whether it be work or your family. Find peace with that decision because every day it's going to be different and you cannot be hard on yourself. When I'm working long hours, I reassure myself that I want to be good example for both of my children, but especially my daughter. I want to show her that she can do anything she puts her mind to, specifically being a boss!

Dr. Donovan Completes First Mission Trip

Dr. Jacqueline Donovan and her partner, Dr. Michelle Hurlless, participated in a six-day mission trip to San Miguel de Allende, Mexico in August.

The trip provided care to over 600 patients through treatments at a small clinic over two days followed by 20 surgical procedures and post-operative care at a private hospital over three days.

Dr. Donovan noted in many parts of Mexico people do not have access to the same type or quality of podiatric medicine and surgery that we do in the United States.

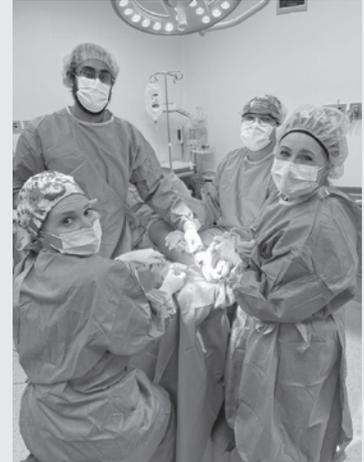
“We treated anything and everything from skin and nail issues to complex foot and ankle deformities,” said Dr. Donovan. “In each of these cases, if our mission were nonexistent, these patients would have a lifetime of pain and disability.”

The Texas Podiatric Medical Foundation began, sponsors, and organizes this mission each year and invites select attendings to embark on this mission. Dr. Hurlless, who completed her residency at the Hunt Regional Medical Center

in Texas, participated in this mission on three separate occasions and invited Dr. Donovan to take part in the trip.

“We were honored to be included in this group of outstanding attendings chosen for the mission. We feel it is our duty to give back to those who need it, and this is a wonderful way we can get

involved,” said Dr. Donovan. “This mission is life changing. The people of Mexico are often brought to tears with a thankful heart for the care they receive. Many of the physicians on the trip were emotional talking about how much the mission means to them.”



HAPPY 10th ANNIVERSARY



**Kent State University
College of Podiatric
Medicine celebrates the
10th anniversary of The
Podiatry Foundation!
Thank you for a decade of
service to our college and
profession!**

New OHFAMA Members

Welcome to the OHFAMA new members for the 2022-23 membership year.

Aaron Abraham, DPM

The Jewish Hospital—
Mercy Health
Cincinnati, OH

Lucas Adams, DPM

Mercy Health—St Vincent
Medical Center
Toledo, OH

Rachel Ascheman, DPM

University Hospital
Richmond Heights, OH

Raquisha Bailey-King, DPM

Southwest General
Middleburg Heights, OH

Natasha Beverage, DPM

Aultman Alliance
Community Hospital
Alliance, OH

Alexandra Black, DPM

Foot & Ankle Specialists
of Central Ohio
Newark, OH

Nicholas Butler, DPM

KSUCPM
Cleveland, OH

Alexa Bykowski, DPM

Grant Medical Center
Columbus, OH

Shannon Carmignani, DPM

University Hospitals
Richmond Heights, OH

Cheryl Chilton, DPM

The Centers
Cleveland, OH

Young-In Choi, DPM

University Hospitals
Richmond Heights, OH

Thomas Corrigan, DPM

Corrigan Podiatry Group
Westlake, OH

Ryan De Leon, DPM

Foot & Ankle Physicians of Ohio
Grove City, OH

Aarondeep Deol, DPM

Twinsburg Family Medicine and
Foot & Ankle Center
Twinsburg, OH

Stephen Drozda, DPM

University Hospitals
Richmond Heights, OH

Kara Goettl, DPM

The Jewish Hospital—
Mercy Health
Cincinnati, OH

Randi Heming, DPM

Podiatry Associates of Cincinnati
Cincinnati, OH

Nevin Joseph, DPM

Grant Medical Center
Columbus, OH

Sara Judickas, DPM

Grant Medical Center
Columbus, OH

Isaac Korb, DPM

The Ohio State University
Medical Center
Columbus, OH

Tyler Kubina, DPM

Aultman Alliance
Community Hospital
Alliance, OH

Michael Liette, DPM

University of Cincinnati Podiatric
Medicine & Surgery
Cincinnati, OH

Adena Mahadai, DPM

University of Cincinnati Podiatric
Medicine & Surgery
Cincinnati, OH

Samuel Mankanjuola, DPM

University Hospitals
Richmond Heights, OH

Suhail Masadeh, DPM

University of Cincinnati Podiatric
Medicine & Surgery
Cincinnati, OH

Rachel Mazzola, DPM

University Hospitals
Richmond Heights, OH

Rob McCord, DPM

Aultman Alliance
Community Hospital
Alliance, OH

Joshua Mormol, DPM

The Jewish Hospital—
Mercy Health
Cincinnati, OH

Richard Park, DPM

University Hospitals
Richmond Heights, OH

Neathie Patel, DPM

East Liverpool City Hospital
East Liverpool, OH

Charles Penvose, DPM

Step Lively Foot & Ankle Center
Columbus, OH

Alex Pilkinton, DPM

University of Cincinnati Podiatric
Medicine & Surgery
Cincinnati, OH

Alexandra Pixton, DPM

University Hospital
Richmond Heights, OH

Russell Platt, DPM

The Ohio State University
Medical Center
Columbus, OH

Brenna Reed, DPM

Columbus Podiatry & Surgery
Columbus, OH

Rachel Robinson, DPM

Foot and Ankle Associates
of Cleveland
Solon, OH

Meghan Roby, DPM

Ohio Health Grant Medical
Center Foot and Ankle Surgery
Columbus, OH

Mitchel Rogaliner, DPM

Mercy Health—St Vincent
Medical Center
Toledo, OH

Quinn Schroeder, DPM

Mercy Health—St Vincent
Medical Center
Toledo, OH

Kyle Smith, DPM

The Toledo Clinic
Toledo, OH

Asad Sohail, DPM

University Hospitals
Richmond Heights, OH

Taylor Staudt, DPM

Deanna J Chapman DPM, LLC
Dayton, OH

Jered Stowers, DPM

Westerville, OH

Romeo Vences-Leonard, DPM

University Hospitals
Richmond Heights, OH

Bryce Yamat, DPM

University of Cincinnati Podiatric
Medicine & Surgery
Cincinnati, OH

Chelsea Zahner, DPM

The Christ Hospital
Cincinnati, OH

Thinking of Starting a Retirement Plan? Now is the Time!

By: Peggy N. Slaughter, CFP®, CRPS®, AIF®, CPFA

The new year will be here before you know it. If you have been considering starting a new retirement plan, or making changes to the one you have, you may need to do it before January 1 for it to be effective in 2023.

SIMPLE IRA – Many small organizations like the low-cost simplicity of a SIMPLE IRA. While features are limited compared to a 401(k), the trade-off is almost no administration cost and very little oversight. To start a new SIMPLE IRA plan effective January 1, you must give a notice to all employees by November 1, letting them know they can make an election to contribute and the type of contribution the employer tends to make. Employer contribution options are 1) matching 100% on employee contributions up to 3% or 2) a 2% contribution to all eligible employees.

Change from SIMPLE IRA to 401(k) – Has your organization outgrown your SIMPLE IRA and you want to offer the increased features and

flexibility of a 401(k) Plan? You cannot sponsor a SIMPLE IRA and a 401(k) Plan in the same calendar year. So, if you want to shift to a 401(k), you must notify participants by November 1 that the SIMPLE IRA will be stopping at the end of December. The 401(k) doesn't have to start exactly on January 1 but SIMPLE IRA contributions must stop before then.

Another thought on moving from a SIMPLE IRA to a 401(k) – If a few participants are interested in rolling their SIMPLE IRA balance into the 401(k), it is possible to eliminate nearly all start-up and billed administrative fees utilizing the OSAP Members' 401(k) Retirement Plan Exchange. Just \$100,000 in first year assets (rollovers and contributions) will waive the start-up fee. At \$500,000, there are no billed administration fees.

Tax credits to start a new retirement plan – One of the biggest obstacles to starting a new profit sharing, 401(k) or defined benefit

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pension plan is the administration and start-up costs involved. Even a small plan can cost several thousand dollars to get started. Now there is a tax credit available to offset these fees. It's a complex formula but basically the minimum credit is \$500 and the maximum is \$5,000, depending on the number of employees eligible to participate. The credit can be claimed for each of the first 3 years of the plan.

If you would like to discuss starting a new retirement plan or options to change your current plan, feel free to give me a call. And remember, the OhFAMA Members' 401(k) Exchange Plan is a great

way to combine forces with your fellow members to reduce both costs and liabilities associated with sponsoring a retirement plan. Contact me at peggy.slaughter@salingsimms.com or call us at 614-841-1881 for more information. I look forward to hearing from you!

Peggy Slaughter is a retirement plan specialist at Saling Simms Associates and has been working with Associations for over 20 years.

Investment advisory services offered through Saling Simms Associates, 7965 North High Street, Suite 130, Columbus, Ohio, 43235, 614-841-1881.

EEOC Replaces “EEO is the Law” Poster with New “Know Your Rights” Poster

By: Dan Zinsmaster, Dinsmore & Shohl



Daniel S. Zinsmaster

On October 19, 2022, the Equal Employment Opportunity Commission (“EEOC”) released the *“Know Your Rights: Workplace Discrimination is Illegal”* poster, replacing the “EEO is the Law” poster. The “Know Your Rights” poster provides updated guidance on federal anti-discrimination laws to applicants, employees, and employers. Covered

employers are required to prominently display the “Know Your Rights” poster at their worksites.

Differences Between “EEO is the Law” Poster and New “Know Your Rights” Poster

Similar to the “EEO is the Law” poster, the “Know Your Rights” poster advises on discrimination based on the following:

- Race, color, sex (including pregnancy and related conditions, sexual orientation, or gender identity), national origin, religion,
- Age (40 and older),
- Equal pay,
- Disability,
- Genetic information (including family medical history or genetic tests or services), and
- Retaliation for filing a charge, reasonably opposing discrimination, or participating in a discrimination lawsuit, investigation, or proceeding.

However, the “Know Your Rights” poster differs in that it uses plain language and bullet points. The EEOC touts the poster as a “win-win” for employees and employers because it makes it easier to understand employees’ rights and employers’ obligations. Additionally, the “Know

Your Rights” poster includes the following additions and clarifications:

- Uses straightforward language and formatting;
- Notes that harassment is a prohibited form of discrimination;
- Clarifies that sex discrimination includes discrimination based on pregnancy and related conditions, sexual orientation, or gender identity;
- Adds a QR code for fast digital access to the how to file a charge webpage;
- Provides information about equal pay discrimination for federal contractors.

Currently, the poster is available in English and Spanish. Additional languages will be available at a later date.

What Employers Need to Know

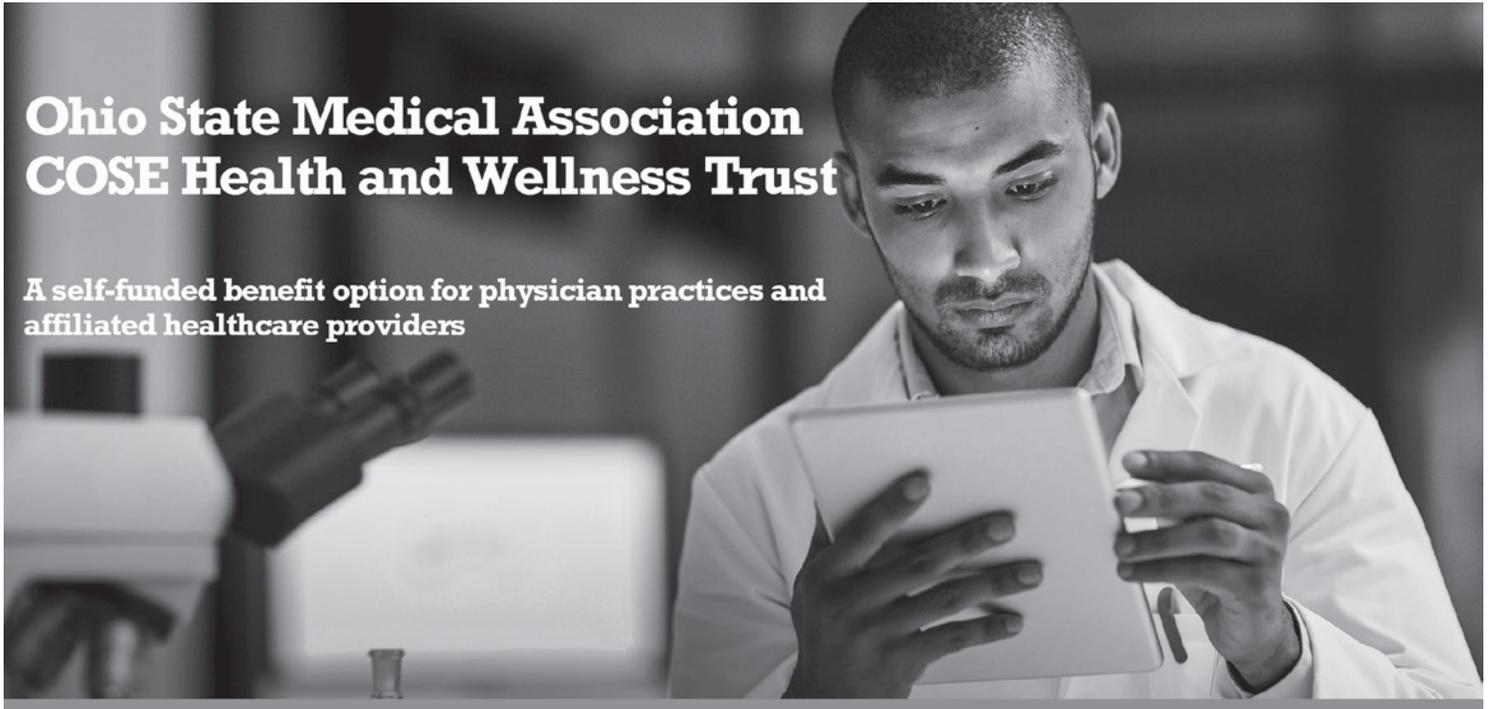
Covered employers (generally, employers with over 15 employees) must display the “Know Your Rights” poster in a conspicuous location at their worksites. Further, although not required, the EEOC urges employers to display the poster on the company’s website. Including the poster on a company website is encouraged so that remote employees may have access to the notice. A digital copy of the poster may be downloaded from the EEOC’s website free of charge.

The Americans with Disabilities Act also requires that employers display the poster in a location that is accessible to applicants and employees with disabilities that limit mobility.

As of this time, the EEOC has not provided a date in which employers must display the “Know Your Rights” poster. However, employers should replace their “EEO is the Law” poster with the “Know Your Rights” poster as soon as possible. Noncompliant employers can be subject to fines, and a potential rise in EEOC charges as a result of the “Know Your Rights” poster’s readability and access to EEOC guidance via the QR code is foreseeable.

Ohio State Medical Association COSE Health and Wellness Trust

A self-funded benefit option for physician practices and affiliated healthcare providers



For many small businesses, the current health insurance landscape provides limited choice and flexibility when it comes to offering you and your employees healthcare coverage. The COSE Health and Wellness Trust was created on the belief that being a small business doesn't mean you can't provide the benefits of a larger company, such as competitive rates and a broad variety of plan options.

To provide you with a more competitive set of solutions for your company and your employees, the OSMA and OHFAMA have partnered with Medical Mutual to offer the COSE Health and Wellness Trust, also known as the COSE multiple employer welfare arrangement (MEWA). This MEWA is designed as a self-funded benefit option for businesses with 50 or fewer employees.

What is a MEWA?

The COSE MEWA was developed by COSE to help small business employers and their employees manage the increasing cost of healthcare benefits.

- The COSE MEWA offers various plan options, including traditional copay plans and high deductible health plans with varying deductibles and coinsurance.
- By using factors such as medical history, gender, age and location to set your rates, the COSE MEWA may be less expensive for your group than similar plans offered under the Affordable Care Act (ACA).
- The COSE MEWA is not subject to some of the ACA-mandated benefits and taxes and fees, so these savings are passed along to you.
- The COSE MEWA maintains stop-loss coverage to provide plan sponsors with additional protection from large financial losses.

The COSE MEWA selected Medical Mutual to administer benefits for participating employers, which means all benefit options are tied to the same Customer Care team, local assistance and network of doctors and hospitals members have accessed for years.



Why ENFD Analysis Provides the Best Tool to Confirm Small Fiber Peripheral Neuropathy

One quick in-office procedure can provide a definitive diagnosis, allowing for effective treatment and symptom relief

By BakoDx

Have patients complained of burning pain, tingling, numbness, or a pins and needles feeling of the lower extremity?

This could be an indication of small fiber peripheral neuropathy¹ (SFPN), a condition that can be definitively confirmed with a quick, in-office punch biopsy procedure and epidermal nerve fiber density (ENFD) analysis.

“For the early detection of small fiber peripheral neuropathy, ENFD analysis is the best objective tool,” says Dr. Wayne L. Bakotic, ENFD Medical Director at BakoDx. “The ENFD diagnostic test allows for the confirmation of SFPN, the assessment of the degree and severity, and determination of effective treatment.”

This in-office procedure is a minimally invasive, 3mm punch biopsy of the distal leg (10cm proximal to the lateral malleolus). It typically takes about five minutes, with little to no post-procedure care. The ENFD test is reimbursable by most insurance companies.

During ENFD analysis, a specially trained pathologist calculates the density per unit area and quantifies the tiny myelinated A-delta and unmyelinated C fibers within the epidermis. This highly specific and sensitive testing method allows clinicians to definitively diagnose suspected SFPN.

Neuropathy is complex

While peripheral neuropathy affects about 20 million adults in the U.S.², it is often misdiagnosed with large fiber neuropathy due to its complex array of symptoms, both somatic and autonomic. Patients with SFPN will often have normal reflexes, muscle strength and electromyography (EMG) and nerve conduction velocity (NCV) test results.

SFPN usually affects the hands and/or feet in a stocking or glove-like pattern.³ A patient may present with symptoms that range from burning and tingling, to coolness and numbness. This form of neuropathy often occurs secondary to diseases such as diabetes mellitus or it may be an indication of other autoimmune disorders.

Other patient presentations may include:

- Restless leg syndrome
- Abnormalities in sweating (hyperhidrosis)
- Inability to sweat normally (anhidrosis)

But because these presentations are not always SFPN, identifying the precise form of neuropathy allows for the most effective treatment method.

ENFD test benefits

ENFD is a powerful tool that provides the most objective method of documenting and monitoring the progression of SFPN. Early ENFD testing may also reveal degenerative changes, so that patients are placed on preventative therapies prior to the onset of symptoms.

Once the diagnosis of SFPN is confirmed, there are several medical treatments that may provide relief, depending on the type of nerve damage. Therapy to treat the symptoms and underlying causes of the neuropathy could include diet/lifestyle modifications, supplements, or topical medications. However, because SFPN has many causes, no product works for everyone.

Studies show that dietary supplements, such as NeuRx-TF, containing Alpha-Lipoic Acid (600mg daily) and Benfotiamine (600mg daily) may be helpful in some cases to diminish symptoms of neuropathy and improve epidermal nerve health. Investigators also have noted a benefit to using combination therapy that includes L-methylfolate, methylcobalamin and pyridoxal 5'-phosphate .

ENFD retesting at future intervals, between six-to-12 months, may also help to assess the disease progression or regression and the therapy effectiveness over time. An accurate and definitive diagnosis of SFPN provides improved patient care and allows for appropriate neuropathy management.

“My patients have seen a drastic improvement in their quality of life through providing ENFD analysis and subsequent treatment,” said Lilly Khavari, DPM, a Texas-based physician-owner. “Your patients will love you for offering this test.”

For more information on how to perform an ENFD procedure, request your complimentary ENFD test kits and an in-service, visit bakodx.com/enfd.

Conditions associated with Small Fiber Peripheral Neuropathy

- Metabolic (diabetes mellitus, metabolic syndrome, hyperlipidemia)
- Inherited (Fabry’s disease, Tangier’s disease, familial amyloid polyneuropathy)
- Toxic (chemotherapy, alcoholism, solvent exposure)
- Autoimmune (Sjögren’s syndrome, vasculitis/polyarteritis nodosa)
- Amyloidosis (non-inherited forms of amyloidosis, e.g., lymphoma or plasma cell dyscrasias)
- Infectious (HIV, hepatitis C, Lyme disease)
- Idiopathic (For a relatively large percentage of cases, there is no identifiable cause of SFPN)

¹ Hovaguimian A, Gibbons CH. Diagnosis and treatment of pain in small-fiber neuropathy. *Curr Pain Headache Rep.* 2011 Jun;15(3):193-200. doi: 10.1007/s11916-011-0181-7. PMID: 21286866; PMCID: PMC3086960.

² Peripheral Neuropathy Fact Sheet | National Institute of Neurological Disorders and Stroke. <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Peripheral-Neuropathy-Fact-Sheet>. Published 2020. Accessed August 20, 2020.

³ Casemed.case.edu. 2020. PN. [online] Available at: <<http://casemed.case.edu/clerkships/neurology/NeurLrngObjectives/PN.htm>> [Accessed 20 August 2020].



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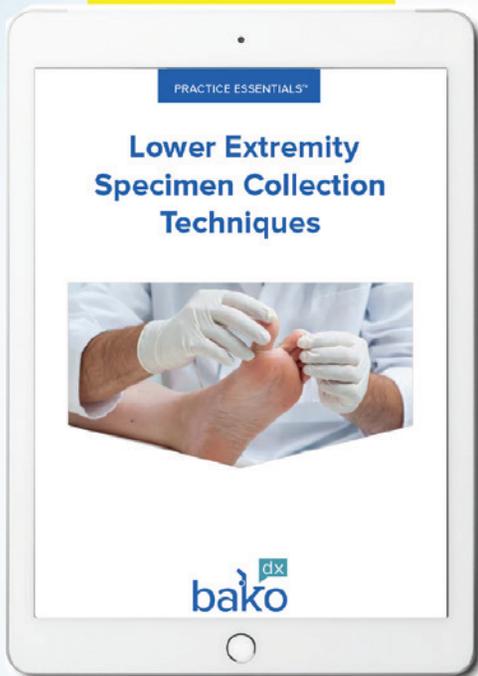
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