

Helene Cook, DPM



EDUCATION

Expected: 2022 – 2023 **Northern California Reconstructive Foot and Ankle Fellowship** | Redding, CA

- ACFAS Accredited Fellowship
- Fellowship Director: Jason D. Nowak, DPM, FACFAS
- Practice: Shasta Orthopaedics and Sports Medicine

2019 – 2022 **MedStar Washington Hospital Center** | Washington, DC

- PMSR/RRA Three-year Residency
- Program Director: John S. Steinberg, DPM, FACFAS
- Chief Resident 2021-2022

2015 – 2019 **Rosalind Franklin University of Medicine and Science** | Chicago, IL

- Dr. William M. Scholl College of Podiatric Medicine
- Doctor of Podiatric Medicine (DPM)
- Graduated with Pi Delta Honors

2011 – 2015 **University of California, Los Angeles (UCLA)** | Los Angeles, CA

- Bachelor of Science in Molecular, Cellular, Developmental Biology
- Minor: Biomedical Research
- Graduated with College Honors

RESIDENCY EXPERIENCE

7.5 months	Hospital based in-patient and out-patient podiatric surgery
7 months	Elective out-patient podiatric surgery
4.5 months	Plastic surgery & complex limb salvage at Georgetown University with Christopher Attinger, MD
10 weeks	Level I trauma center based Orthopedic Surgery and Trauma
6 weeks	Pediatric orthopedic surgery at Children's National Hospital with Laura Tosi, MD
6 weeks each	Additional Rotations: Jacob Wynes, DPM (Charcot reconstruction, external fixation, complex limb deformity); Gary Feldman, DPM (Sports medicine and podiatric surgery); Daniel Perez, DPM (Trauma), Noman Siddiqui, DPM (Limb deformity correction, minimally invasive surgery); Colin Mizuo, DPM (Trauma, sports medicine)
4 weeks	Level I trauma center based General Surgery and Trauma
2 week each	Internal Medicine, Surgical Intensive Care Unit, Endocrinology, Psychology
1 week each	Vascular Surgery, Anesthesia, Radiology, Pathology, Infectious Disease

RESEARCH

PUBLICATIONS & MANUSCRIPTS

- 2022 **Cook HR**, Messerly C, Strand G, Nowak J. The Ankle Joint: Management of Significant Bone Loss with Arthrodesis. *Clinics in Podiatric Medicine and Surgery*. (Ongoing)
- 2022 **Cook HR**, Messerly C, Strand G, Nowak J. Addressing Varus and Valgus Deformity of the Ankle: Algorithmic Approach to Total Ankle Arthroplasty and Case Series. (Ongoing)
- 2022 **Cook HR**, Cates NK, Sheckler R, Popovsky D, Delijani K, Fan KL, Steinberg JS, Attinger CE. Risk Factors and Surgical Outcomes in Patients with Positive Soft Tissue Cultures at Time of Closure. *Foot & Ankle Surgery: Techniques, Reports & Cases* 2022, 2(2) 100197
- 2022 **Cook HR**, Popovsky D, Delijani K, Kennedy C, Elmarsafi T, Attinger CE, Steinberg JS. Early Clinical, Functional, and Mortality Outcomes for Heel Ulcers Treated with a Vertical Contour Calcanectomy. *J Foot Ankle Surg.* 2022 Jan-Feb; 61 (2):117-122.
- 2022 **Cook HR**, Cates NK, Kennedy C, Tefera E, Popovsky D, Delijani K, Kim P, Attinger C, Steinberg J. Risk Factors Associated with Major Lower Extremity Amputation after Vertical Contour Calcanectomy (Accepted to *The Journal of Foot and Ankle Surgery, in the press*)
- 2022 **Cook HR**, McKeon K, Proal J, Garada F. Tendon Transfer via Self-made Nonproprietary External Button: Technique Paper and Case Study. (Ongoing)
- 2021 Cates NK, Tenley J, **Cook HR**, Kim PJ. A Systematic Review of Angular Deformities in Charcot Neuroarthropathy. *J Foot Ankle Surg.* 2021 Mar-Apr;60(2):368-373.
- 2021 **Cook HR**, Steinberg JS. The Utility of Percutaneous Flexor Tenotomies in a Clinical Setting. *Podiatry Management.* 2021 Nov-Dec 135-141

- 2020 Cates NK, **Cook HR**, Pandya M, Wynes J, LaPorta G. Radiographic Evaluation of Medial Cortical Lines to Determine the Soft Tissue Contribution in a Hallux Abductovalgus Deformity. (*Ongoing*)
- 2020 Cates NK, **Cook HR**, Fan KL, Evans KK, Attinger CE. Comparing Outcomes in Patients with Heel Ulcers who Underwent Vertical Contour Calcanectomy versus Below the Knee Amputation (*Ongoing*)
- 2019 Pandya M, Chen S, **Cook HR**, Rubin L. Conversion to Total Joint Implant After Unsatisfactory Results With 1st MTPJ Fusion. (*Ongoing*)
- 2019 Chen S, Mizuo C, Pandya M, **Cook HR**, Zarick, C. Extensor Digitorum Brevis Tendon Transfer for Hammertoe Correction with Multiplanar Deformity (*Ongoing*)
- 2016 Hargan Calvopina J, **Cook H**, Clark, A. Stage-specific demethylation in primordial germ cells safeguards against precocious differentiation. *Developmental Cell*. 2016 Oct 10;39(1):75-86.
- 2015 Hargan Calvopina J, **Cook H**, Vincent JJ, Nee K, Clark A. The Aorta Gonad Mesonephros organ culture recapitulates 5hmC reorganization and replication-dependent and independent loss of cytosine methylation from the mouse germline. *Stem Cells Dev*. 2015;24(13):1536-1545.

POSTERS & ORAL PRESENTATIONS

- 2022 Internal Medicine Grand Rounds, Oral Presentation. “Podiatry in Medicine” *MedStar Health 2022. Washington, DC.*
- 2022 “Risk Factors Associated with Major Lower Extremity Amputation after Vertical Contour Calcanectomy” *Oral Manuscript Presentation ACFAS 2022. Austin, TX.*
- 2022 “Systematic Review of Radiographic Predictors of Ulcerations in Charcot.” *Oral Manuscript Presentation ACFAS 2022. Austin, TX.*
- 2022 “Radiographic Evaluation of Hallux Abductovalgus Deformity.” *Oral Manuscript Presentation ACFAS 2022. Austin, TX.*
- 2022 “Total Ankle Replacement Algorithm for the Treatment of Varus and Valgus Deformity.” *Poster Presentation ACFAS 2022. Austin, TX.*
- 2022 “Peripheral Perfusion in Patients Heel Ulcerations that Underwent Below the Knee Amputations versus Vertical Contour Calcanectomy.” *Poster Presentation ACFAS 2022. Austin, TX.*
- 2022 “Risk Factors and Surgical Outcomes in Patients With Positive Soft Tissue Cultures at Time of Closure.” *Poster Presentation ACFAS 2022. Austin, TX.*
- 2022 “Reconstruction of a Large Pedal Defect Utilizing the Masquelet Technique: A Case Report and Literature Review.” *Poster Presentation ACFAS 2022. Austin, TX.*
- 2021 “The Vertical Contour Calcanectomy, an Alternative Approach to Surgical Heel Ulcers: Keys to Long Term Survivability” *Oral Manuscript Presentation Diabetic Limb Salvage Conference 2021. Virtual.*
- 2021 “Outcomes of the Vertical Contour Calcanectomy: A Novel Technique for Diabetic Heel Ulcerations.” *Oral Presentation Academic Surgical Congress Conference 2021. Virtual.*
- 2021 “Risk Factors Associated with Major Lower Extremity Amputation after Vertical Contour Calcanectomy” *Poster Presentation Diabetic Limb Salvage Conference 2021. Virtual.*
- 2021 “Comparing Outcomes in Patients with Heel Ulcers who Underwent Vertical Contour Calcanectomy versus Below the Knee Amputation” *Poster Presentation ACFAS 2021. Virtual.*
- 2021 “Conversion to Total Joint Implant After Unsatisfactory Results With 1st MTPJ Fusion.” *Poster Presentation ACFAS 2021. Virtual.*
- 2021 “Extensor Digitorum Brevis Tendon Transfer for Hammertoe Correction with Multiplanar Deformity” *Poster Presentation ACFAS 2021. Virtual.*
- 2021 “Risk Factors Associated with Major Lower Extremity Amputation after Vertical Contour Calcanectomy” *Poster Presentation ACFAS 2021. Virtual.*
- 2021 “Systematic Review of Radiographic Predictors of Ulcerations in Charcot.” *Poster Presentation APMA 2021. Denver, CO.*
- 2021 “Radiographic Evaluation of Medial Cortices Lines to Determine Osseous and Soft Tissue Contribution in a Hallux Abductovalgus Deformity.” *Poster Presentation APMA 2021 Denver, CO.*
- 2020 “The Vertical Contour Calcanectomy, an Alternative Approach to Surgical Heel Ulcers: Keys to Long Term Survivability.” *Poster accepted to 2020 Diabetic Limb Salvage Conference. Washington, DC; Cancelled*
- 2020 “The Vertical Contour Calcanectomy, an Alternative Approach to Surgical Heel Ulcers: A Retrospective Review.” *Poster accepted to 2020 Georgetown Symposium. Washington, DC; Cancelled*
- 2018 Grand Rounds Oral Case Presentation, “Perioperative Management of Immunosuppressive Medications”, *Foot and Ankle Surgical Residency Program, HealthPartners / Regions Hospital*
- 2017 Grand Rounds Oral Presentation, “Multiple Foot Fractures and Atrial Fibrillation Secondary to Trauma: A Complex Podiatric Case” *Scholl College of Podiatric Medicine, Rosalind Franklin University of Medicine and Science*
- 2017 “The Use of the Modified Low-Dye Taping Technique in a Case of Severe, Flexible Flatfoot.” *Poster Presentation at APMA 2017 Annual Scientific Meeting (The National). Nashville, TN.*
- 2015 “Understanding the Role of DNMT1 Imprinting Control Center Maintenance During Reprogramming in PGCs” *Poster Presentation at Undergraduate Research Week UCLA. Los Angeles, CA.*

LICENSES & CERTIFICATIONS

2022	ABFAS Foot Didactic/CBPS Board Qualified
2022	ABFAS RRA Didactic/CBPS Board Qualified
2021 – 2024	Drug Enforcement Administration Controlled Substance Certificate
2021 – 2023	California Board of Podiatric Medicine License
2019 – 2023	Advanced Trauma Life Support (ATLS) Certified
2019 – 2022	Maryland Board of Podiatric Medical Examiners License
2019 – 2022	Virginia Board of Medicine License
2019 – 2021	Basic Life Support (BLS) Certified
2019 – 2021	Advanced Cardiac Life Support (ACLS) Certified
2017, 2018, 2020	American Podiatric Medical Licensing Examination– Part I; Part II; CSPE; Part III

CONFERENCES & COURSES

2022	Enovis/DJO Pre-Fellows Course Dallas, TX
2022	Diabetic Limb Salvage Conference Virtual
2022	Stryker Foot & Ankle Total Ankle Arthroplasty Course Leesburg, VA
2022	Stryker Resident Course New Orleans, LA
2022	Current Concepts in Foot and Ankle Surgery Ohio Symposium Virtual
2022	ACFAS Annual Scientific Conference Austin, TX
2021	Baltimore Limb Deformity Course Baltimore, MD
2021	ACFAS Arthroscopy of the Foot and Ankle Surgical Skills Course Chicago, IL
2021	APMA The National Conference Denver, CO
2021	ACFAS Annual Scientific Conference Las Vegas, NV
2021	Stryker Foot & Ankle Arthroscopy Course Fairfax, VA
2021	Diabetic Limb Salvage Conference Virtual
2021	FASST: Diabetic Surgery Symposium Virtual
2021	Paragon 28 FOCUS on Podiatric Surgery Course Virtual
2021	Academic Surgical Congress Conference Virtual
2021	NYC Foundation for Podiatric Medicine Virtual
2020	Stryker's DPM Case Controversies Virtual Series
2020	TEACH Podiatry Resident Series Virtual Series
2020	AAFAO Advanced Course Dallas, TX (Cancelled)
2020	Diabetic Limb Salvage Conference Washington, DC (Cancelled)
2020	Georgetown Research Symposium Washington, DC (Cancelled)
2019	AAFAO Basic: Comprehensive Course of Internal Fixation Dallas, TX

HONORS & AWARDS

2022	MedStar Podiatric Surgery Department Resident Research Award
2022	ACFAS ASC Second Place Scientific Poster Award
2022	Mid-Atlantic ACFAS Research Scholarship
2021	Diabetic Limb Salvage Conference Top Oral Abstract Presentation
2019	Pi Delta National Honor Society
2019	Proficiency in Podiatric Surgery Award
2018	Foot and Ankle Specialists of the Mid-Atlantic, LLC Scholarship
2018	Distinguished Alumni Memorial Scholarship
2017	Alpha Delta Pi Foundation Mary Bull Mason Scholarship
2017	Blue Shield of California Foundation Scholarship
2017	Carl G. Bergmann, DPM '20 Memorial Endowed Scholarship
2017	Dr. and Mrs. Steven J Berlin/Podiatric Pathology Scholarship
2017	RFUMS Student Peer Tutor Spotlight of the Month – April
2016, 2017	Emerald Award for Volunteer Service, Scholl College
2016	Dr. Howard M Bers Scholarship Award
2015	Dr. William M. Scholl Foundation Scholarship Award
2014, 2015	National Panhellenic Conference Excellence Award
2014	Panhellenic Merit Scholarship
2014	UCLA Biomedical Research Scholarship
2014	Alpha Delta Pi Foundation Joan Butkovich Tooker Memorial Scholarship
2013, 2014	UCLA Dean's Honor List

PROFESSIONAL EXPERIENCE

2022 **Manuscript Reviewer** | Foot & Ankle Specialist
2021 – 2022 **Chief Resident** | MedStar Podiatric Surgery Residency Program, Washington DC
2020 – 2022 **Residency Interview Committee** | MedStar Podiatric Surgery Residency Program, Washington DC
2020 – 2021 **Student Committee Chair** | MedStar Podiatric Surgery Residency Program, Washington DC
2016 – 2018 **Academic Peer Tutor** | RFUMS Office of Student Life
Courses: General Anatomy, Lower Extremity Anatomy, Biomechanics, Microbiology/Immunology, Podiatric Board Part I, Pathology
2016 – 2018 **Secretary and Representative to the Faculty** | Illinois Podiatric Medical Student Association
2016 – 2018 **Treasurer & Representative to P2 Class** | RFUMS: American Association of Women Podiatrists
2016 – 2017 **Podiatric Medical Assistant to Dr. James Baird, DPM, PC** | Family Foot & Ankle Specialists, Barrington IL
2016 – 2017 **Vice President** | RFUMS: American College of Foot & Ankle Orthopedics & Medicine
2016 – 2017 **Scholl College Student Ambassador** | RFUMS: Office of Admissions
2015 – 2018 **Event Coordinator** | RFUMS Midwinter Seminar Planning Committee
2015 – 2017 **Panel and Committee Member** | RFUMS: Interprofessional Community Clinic
2014 – 2015 **Panhellenic President** | UCLA: National Panhellenic Council
2014 – 2015 **Executive Board Social Chair** | UCLA: Mortar Board Honors Society, Agathai Chapter
2013 – 2014 **Office Assistant** | Premier Pediatrics, Beverly Hills, CA
2012 – 2013 **Executive Board Panhellenic Delegate** | UCLA: Alpha Delta Pi, Alpha Chi Chapter

COMMUNITY SERVICE

2021 **Resident Physician Volunteer** | Podiatric Screening Clinic at Harriet Tubman Women’s Shelter
2015 – 2019 **Medical Student Volunteer** | Chicago Marathon, Special Olympics, Walk for Arthritis, Body in Balance Health Screening
2016 – 2017 **Volunteer Tutor for Math, ACT Prep** | RFUMS: Step Up Tutoring at North Chicago High School
2015 – 2016 **Medical Student Volunteer** | RFUMS: Interprofessional Community Clinic
2014 – 2015 **Undergraduate Volunteer** | UCLA: Happy Feet – Student Run Podiatric Clinic
2014 – 2015 **Student Volunteer** | University Podiatric Group at UCLA Medical Center
2012 – 2014 **Dancer Participant** | UCLA: Pediatric AIDS Coalition Dance Marathon