

Helene Cook, DPM

1255 Liberty Street • Redding, CA 96001 • 530-246-2467

PROFESSIONAL EXPERIENCE

2022 – Present **Northern California Reconstructive Foot & Ankle Fellow** | Shasta Orthopaedics & Sports Medicine Inc.
2021 – 2022 **Chief Resident** | 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 – 2014 **Office Assistant** | Premier Pediatrics, Beverly Hills, CA
2012 – 2013 **Executive Board Panhellenic Delegate** | UCLA: Alpha Delta Pi, Alpha Chi Chapter

EDUCATION

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

- PMSR/RRA three-year residency
- Program Director: John S. Steinberg, DPM
- 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); GPA: 3.97/4.0
- 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; Cumulative GPA: 3.67/4.0

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: Lawrence Rubin, DPM (Rearfoot reconstruction and arthroscopy);
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, MIS)
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

RESEARCH

PUBLICATIONS & MANUSCRIPTS

- 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**, Popovsky D, Delijani K, Kennedy C, Elmarsafi T, Attinger C, Steinberg J. Early Clinical, Functional, and Mortality Outcomes for Heel Ulcers Treated with Vertical Contour Calcanectomy. (*Accepted to The Journal of Foot and Ankle Surgery, in the press*)
- 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. (*Submitted to Foot & Ankle Specialist*) 2020 **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 (*Submitted to The Journal of Foot and Ankle Surgery*)
- 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*)
- 2020 Cates NK, Tenley J, **Cook HR**, Atves J, Steinberg JS, Evans KK, Attinger CE. Radiographic Progression of Foot Deformity in Charcot Neuroarthropathy in Patients With and With Achilles Tendon Lengthenings (*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

- 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 ACEAS 2021. Virtual.*
- 2021 “Conversion to Total Joint Implant After Unsatisfactory Results With 1st MTPJ Fusion.” *Poster Presentation ACEAS 2021. Virtual.*
- 2021 “Extensor Digitorum Brevis Tendon Transfer for Hammertoe Correction with Multiplanar Deformity” *Poster Presentation ACEAS 2021. Virtual.*
- 2021 “Risk Factors Associated with Major Lower Extremity Amputation after Vertical Contour Calcanectomy” *Poster Presentation ACEAS 2021. Virtual.*
- 2021 “Systematic Review of Radiographic Predictors of Ulcerations in Charcot.” *Submitted to APMA 2021 for Poster Presentation.*
- 2021 “Radiographic Evaluation of Medial Cortices Lines to Determine Osseous and Soft Tissue Contribution in a Hallux Abductovalgus Deformity.” *Submitted to APMA 2021 for Poster Presentation.*
- 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

2019 – 2023 Advanced Trauma Life Support (ATLS) Certified
2019 – 2021 Maryland Board of Podiatric Medical Examiners License to Practice as a Resident
2019 – 2021 Virginia Board of Medicine License to Practice as a Resident
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

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 Series
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

2021 Diabetic Limb Salvage Conference 2021 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

COMMUNITY SERVICE

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