

JENNEFFER PULAPAKA, DPM

DELAND FOOT AND LEG CENTER

Medical Director

844 N Stone Street, STE #208

DeLand, FL 32720

386-738-3733 Ext 109

FELLOWSHIP:

- Trauma, Reconstruction, and Limb Deformity Fellowship
Russian Ilizarov Scientific Center for Restorative Traumatology and Orthopaedics Kurgan,
Russia Spring 2005

CERTIFICATION:

- Certified Physician American Board of Lifestyle Medicine
- Certified Wound Specialist – Physician (CWSP)
- Certified American Board of Multiple Specialties in Podiatry in Prevention and Treatment of Diabetic Foot Wounds
- American Board of Wound Healing - Physician Certification in Wound Care
- Fellow American College of Clinical Wound Specialists
- Women's Business Enterprise National Council (WBENC)- Women Owned
- American Board of Podiatric Surgery: Forefoot, Rearfoot and Reconstruction (until 2020)

HOSPITAL AFFILIATIONS:

- Florida Hospital Deland, Deland, FL
- Florida Hospital Fish Memorial, Orange City, FL

MEDICAL SOCIETIES:

- American Board of Wound Management CWSP
- American Board of Multiple Specialties in Podiatry
- Physician Diplomate American Board of Lifestyle Medicine
- Podiatric Population Health Committee of the American Podiatric Medical Association.
- Associate American College of Foot and Ankle & Surgeons (retd 2020)
- American Board of Podiatric Surgeons (retd 2020)

TRAINING:

- Culinary Coaching – Institute of Lifestyle Medicine
- Plant-Based Nutrition Certificate, Completed (March, 2019), T. Colin Campbell Center for Nutrition Studies and eCornell

RESIDENCY, MEDICAL SCHOOL, UNDERGRUATE TRAINING

PODIATRIC MEDICAL & SURGICAL RESIDENCY (PM&S-36)

- Mercy Hospital and Barry University, Miami, FL July 2002
- June 2005 PGY-1, PGY-2, PGY-3

MEDICAL SCHOOL:

- School of Podiatric Medicine 1998-2002 Barry
University, Miami, FL
Podiatric Medical Degree May, 2002

UNDERGRADUATE TRAINING:

- University of South Florida, Tampa, FL B.S. - Biology, May 1998
- Florida State University, Tallahassee, FL B.S. - Chemistry, May 1995

BOARDS

- Board of Director- Podiatry, Association for Advancement Wound Care (AAWC) 2022-2024
- Podiatric Population Health Committee of the American Podiatric Medical Association 2022-2024
- Communications Committee for the Association for Advancement Wound Care (AAWC) since 2019
- Florida Impact Board of Directors since 2019
- PONSIST Global Healthcare Society Advisory Board Member since 2019
- WVHA Citizens Advisory Committee 2017-2021

PRESENTATIONS, PUBLICATIONS and RESEARCH:

Health and Medicine

- The Heart Healthy Plant-Based Cookbook: Over 100 Recipes for Lowering Blood Pressure, Reversing Heart Disease & Cardiac Recovery. Hari Pulapaka and Jenneffer Pulapaka, Hatherleigh Press, September 2024
- APMA Online Learning Center: Culinary Coaching and Podiatry Care, June 6, 2024.
- 2024 SAM – Science and Management Symposium: Medial Artery Calcification: Untangling the Silent Threat in Lower Extremities. | February 2024
- 2023 SAM – Science and Management Symposium SUMMER SESSION: #1 Culinary Coaching – Seasonal, Cultural, & Savory | June 2023
- 2023 SAM – Science and Management Symposium: #1 Addressing your gout, hypertensive, ESRD, and diabetic patients. #2 It's a life choice, the health effects, and dietary risks in your patients. | February 2023
- Foods to Eat to Reduce Plantar Fasciitis Pain, According to a Doctor | The Beet | October 2022
- Ethics Around the Duties of a Patient and the Intersection with the Web Technology of Dr. Google. AAWC Journal Club: August 24, 2022
- APMA National Conference, Orlando, July 2022: Increased Health Risks of Obesity
- ACCWSTTM Round Table Discussion – 4 Case Presentations. April 2022
- 2022 SAM – Science and Management Symposium: #1 – How Sleep Impacts Wound Healing, #2- The Importance of Exercise & Nutrition with Your PVD, #3- How to Do Small Group Exams in Podiatric Lifestyle Medicine: DM, PVD, & Arthritis, #4- Food as Medicine Coaching for PVD Patients. January 2022
- "The Benefits of Exercise in Treatment of Wounds" - AAWC Journal Club October 13, 2021
- ACCWSTTM Advancing the Standards of Wound Care Annual Symposium 2021 - The Principle of Offloading Diabetic Foot Ulcerations. Sept 2021
- "Wine, Winks, & Wounds" for AAWC- Wine and Wound Care Wednesday April 21, 2021.
- FPMA Summer Conference: #1- Wound Care and 6 Pillars of Lifestyle Medicine, #2 – Wound Care and WFPB Nutrition, #3 – The Rewards of Lifestyle Medicine in Your Office Teams and Personal Life. June 2021
- "How to incorporate Lifestyle Medicine in your treatment plan." at ACCWS Annual Symposium on Wound Care - Sept 2020
- A Lifestyle Medicine Approach to Wound Care: tackling nutrition and chronic disease states in wound care patients — AAWC Journal Club April 2020
- "Wine Pairing, Healthy Living, and Travels Abroad" - Nov 2020
- "Healthcare Fallouts from Food Insecurity" 2019 Sunshine Summit to End Hunger
- "Lifestyle Podiatric Medical Practice" October 2019 Volusia Academy of Nutrition and Dietetics.
- Podcast: Podiatry Doc Talk – Quick and ingenious tips & chats, so you can be stronger and healthy. 2016-Present
- WICCD- "Breaking the mold without changing yourself - is it possible?" February 2018
- WICCD- "A clash of women's views on the polarized topic of women's reproductive rights." September 2017
- Stetson University: What is the Nutrition in Local Food System – February 2017
- Stetson University: Local Food System's Health and Nutrition Lecture – November 2016
- Correlations between Nutrition, Wine and Health Lecture MIND Institute – January 2017
- Stetson University: Local Food System's Health and Nutrition Lecture – October 2016
- DeLand Library Foot Care Basics, Nutrition and Wound Care Lecture - October 2016
- Farm to Table International Nutritional Components Found within the Topics of Green, Local and Sustainable Food Source. New Orleans, LA – August 2016
- DeLand Library Foot Care Basics Lecture - January 2016
- Farm to Table International Local Food Systems Group Forum - August 2015
- Life as a Podiatric Surgeon – open discussions. Stetson University from 2009
- General Podiatric Complications - DeLand Rotary Bi-Annual Lecture from 2006
- Advancement in External Fixation -Florida Hospital DeLand for CEU credits. January 2008.
- Florida Hospital Diabetic Foot Care Lectures for CEU credits. 2005- present.
- Florida Podiatric Medical Association – Orlando, FL. Workshop: *The Use of External Fixation/ Frames*. January 2005.
- American College of Foot and Ankle Surgeons: Resident's Forum – awarded First Place. A Case Study on the Surgical Approach of an Extensive Non-ossifying Fibroma. January 2005.
- Midwest Podiatry Conference - Chicago. *The Use of Ilizarov Ring Fixator in Two Patients with Charcot-Marie-Tooth Disease*. Manuscript accepted for presentation. March 2004.
- American College of Foot and Ankle Surgeons: Resident's Forum. A Case Study on the Reconstructive Techniques in Femoral Condylar Lesions. January 2004.
- Mercy Hospital – Grand Rounds. *Circulatory Evaluation of Lower Extremity in Patients with Ulceration*. October 2003.
- American College of Foot and Ankle Surgeons: Resident's Forum - awarded Second Place. A Case Study on a Crushing Hallux Injury. January 2003.
- Florida Podiatric Medical Association – Boca Raton, FL. Workshop: *The Use of the Koby ISOguard in Neuroma and Plantar Fasciotomy Surgeries*. July 2003.

- Florida Podiatric Medical Association – Boca Raton, FL. Workshop: *MBA Implants by KMI*. July 2003.
- *Diabetes & You: How to Assess and Care for Your Diabetic Feet*. Ft. Lauderdale Wellness Expo, Ft. Lauderdale, FL. July 2002
- *Type II Diabetic Assessment and Management of Patients and Proper Assessment of a "Foot at Risk"*. LEAPP Seminar: Amputation Prevention, Miami, FL. (November 2000).
- Author, submitted for publication. *Upper Body Trauma and Bilateral Lower Extremity Critical Limb Ischemia in a 15-year-old Girl*. Trauma.
- Co-author, submitted for publication. *The Use of an External Ring Fixator in the Reconstruction of Charcot Joint Disease in the Foot and Ankle*. Ostomy Wound Management.
- Co-author, submitted for publication. *A 20-year Follow-up Study into the Outcome of Patients after Surgical Correction for Tarsal Tunnel Syndrome*.
- Co-author (July 1998). *Comparison of Ordinary and Generalized Least Squares Straight Line Calibrations for GC/MS, HPLC, GC, and Enzymatic Assay*, American Academy of Forensic Science.
- Co-author, Chapter submission. *Neuropathy in the Lower Extremity*. University of Amsterdam.
- Author. *The Use of Circular Ring Fixation in Charcot Reconstruction Patients*. May 2004 – 2010 research.

PREVIOUS AFFILIATIONS:

- Miami Children's Hospital (Pediatric Orthopedics, Birth Defects, and Cerebral Palsy) Miami, FL August 2004-October 2004
- Yucatan Crippled Children's Project (Pediatric and Adult Limb Deformity) Merida, Mexico 2004-2005
- Jackson Memorial Hospital (Vascular Surgery and Urgent Care) Miami, FL 2002-2003
- Diabetic Research Institute, Miami, FL Spring 2003
- Sports Medicine – Dr. James Losito (Surgery and Clinic) Barry University Foot and Ankle Clinic, Miami, FL 2003-2005

PREVIOUS SPORTS AFFILIATIONS:

- Miami Heat
- Miami Dolphins
- Barry University
- University of Miami
- Florida Atlantic University

TEACHING EXPERIENCE:

- Stetson University – Externship rotation in Podiatric Medicine. 2011- Present
- Florida Technical College – Externship rotation for medical assistants. 2006 - 2020
- Barry University School of Podiatric Medicine - Guest Lecturer on Podiatric Clinical Skills, Biomechanics Lab, Foot and Ankle Surgery, and Athletic Training/Sports Medicine 2003-2005.
- External Fixation workshops. 2004 – 2005.
- Barry University School of Podiatric Medicine – Cadaver Surgical Lab. 2003-2005.

PHILANTHROPY:

In the food industry, I co-owned an internationally acclaimed restaurant where we had a strong environmental and social conscience that practiced responsible usage of energy & resources, while recycling and pushing food waste boundaries. Additionally, we prided ourselves in being able to "give back" as often as possible, donating nearly a half million dollars in charitable fundraising. This continues today with our recent donation of over \$55K to the World Central Kitchen.

Current Projects:

- SOKTEK™ - CEO/Founder, specialized Wound Indicator Sock for employees with uniform requirements
- By Women, Wine Director/Pairing Master, Société Mondiale du Vin, Sommelier- WSET-2nd Level
- Women's Right Advocate: by Women Marketplace, Women Inspiring Change and Community Development
- Food advocate: Rx Fresh Fruits & Veggies Program, Seafood Watch- Blue Ribbon Task Force
- Equestrian activities
- Certified WOB

"My goal has been to study, travel, drink, and eat with others to inspire change".