



HERITAGE VALLEY

PODIATRIC SURGERY  
RESIDENCY PROGRAM

2022 - 2023

Podiatric Surgery Residency Program



### Alexandra Anain, DPM

**Podiatric Medical School:** Barry University, 2022

**Undergraduate Education:** Univeristy of Dayton, 2016

**Interests:** Sports Medicine, Wound Care, Ankle Replacements,  
All things feet

**Current Research:** ---

**Hobbies:** Reading, Hunting, Skiing, Baking

**In five years ...** Working with my dad at his practice.



### Jeffrey Gorenshtein, DPM

**Podiatric Medical School:** Des Moines University, 2021

**Undergraduate Education:** George Mason University, 2015

**Interests:** Getting people back on their feet and doing the activities they love  
through Total Ankle Replacements, Deformity Correction, Peripheral Nerve  
Surgery, and Orthoplastics

**Current Research:** Total Ankle Replacement and Sports Medicine

**Hobbies:** Rock Climbing, Yoga, Concerts, and Volunteering with the disabilities  
community

**In five years ...** Enjoying the start of practice, hopefully near the mountains.



### Chelsae Hughes, DPM

**Podiatric Medical School:** Scholl College of Podiatric Medicine, 2022

**Undergraduate Education:** The Ohio State University, 2018

**Interests:** Achilles tendon pathology, minimally invasive surgical techniques,  
flatfoot reconstruction

**Current Research:** ---

**Hobbies:** Exploring the outdoors with my dog, Going on the Peloton, Enjoying  
the ambiance at Mario's Dockside, Spending time with friends and family

**In five years ...** Living in the Pittsburgh area alongside my husband with a  
successful career in foot and ankle surgery.



## Emily Merriman, DPM

**Podiatric Medical School:** KSUCPM, 2021

**Undergraduate Education:** University of Dayton, 2016

**Interests:** Foort & ankle reconstruction, Lateral ankle instability, Trauma

**Current Research:** Incidence of OCD of the talus with clinical lateral ankle instability

**Hobbies:** Traveling, Riding roller coasters, Visiting national parks

**In five years ...** I hope to be practicing in the tri-state area of Ohio, West Virginia and Pennsylvania.



## Reema Naman, DPM

**Podiatric Medical School:** New York College of Podiatric Medicine

**Undergraduate Education:** Oakland University, Michigan

**Interests:** Travel, Photography, Drawing and Painting

**Current Research:** ---

**In five years ...** Hopefully I will like to be teaching at a podiatry school or residency program.



## Sara Palmer, DPM

**Podiatric Medical School:** Des Moines University, 2022

**Undergraduate Education:** University of Iowa, 2017

**Interests:** Diabetic foot infections, Lateral ankle instability, Calcaneal fractures, and Hallux abducto deformity

**Current Research:** Partnered on a pepr: Association of Positive Anterior Drawer and Talar Tilt Sign with the Incidence of Osteochondral Lesions of the Talus Found on MRI

**Hobbies:** Cycling, Peloton, Taking the dog for walks in different parks, Boating, Traveling in and out of the country

**In five years ...** I think I would like to be at a Private Practice or a multi-specialty group somewhere in the Midwest near my family.



## Ilham Syed, DPM

**Podiatric Medical School:** Des Moines University, 2021

**Undergraduate Education:** Trinity University, 2015

**Current Research:** COVID-19 and the Impact on Lower Limb Amputation

**Hobbies:** Reading, Traveling, Baking, Going to Target

**In five years ...** In a small group practice back in Texas