

# Sara Putnam, DPM

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## Board Qualified, American Board of Foot and Ankle Surgery

## Board Certified, American Board of Podiatric Medicine

Experienced and compassionate Podiatrist seeking to contribute to a team of healthcare professionals with patient-centered care at the forefront. Adept at performing comprehensive assessments, creating personalized treatment plans, and at both surgical and non-surgical interventions. Trained in both hospital-based high-call-volume hospital settings as well as nearly 3 years of experience in private practice.

## Contact

87 Great Woods Rd, Saugus, MA 01906  
[Sputnam33@gmail.com](mailto:Sputnam33@gmail.com)  
413-896-5111

## Active Licenses

Massachusetts Podiatrist  
Massachusetts DEA  
NH Podiatrist  
NH DEA

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## Skills

- Patient assessment and clinical exam
- Diabetic Foot Care
- Sports Medicine
- Trauma
- Preventative Medicine
- Wound Care
- Shockwave Therapy (EPAT)
- Laser treatment for warts
- Skin biopsies
- Surgical and nonsurgical management of general podiatric medicine including bunions, hammertoes, arthritic conditions, plantar fasciitis, nail disorders, fractures, and more
- Coding and Billing
- Maintaining meticulous clinical records
- Adept with EPIC
- Communication
- Team and interprofessional approaches to healthcare

## Education

### **DR. WILLIAM M. SCHOLL COLLEGE OF PODIATRIC MEDICINE**

Chicago, IL

### **GETTYSBURG COLLEGE**

Gettysburg, PA

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## Residency

### **ADVOCATE ILLINOIS MASONIC MEDICAL CENTER AND STROGER COOK COUNTY**

JUNE 2019- JULY 2022

Chicago, IL

## Experience

### **PODIATRIST FOOT HEALTH CENTER OF MERRIMACK VALLEY**

September 2022 - Present

For nearly 3 years, I have worked as part of a private practice team specializing in both conservative and surgical treatments of all podiatric problems including sports injuries, bunions, tendonitis, and heel pain. I have made customized care plans for each patient and utilized specialized treatment options such as MLS laser therapy, Laser Fungal Nail therapy, EPAT, and Laser plantar wart therapy. In this role, I took call at Lawrence General Hospital and Winchester Hospital and was additionally on staff at Lowell General and Holy Family Hospital .

## Awards

I have been recognized numerous times for an outstanding commitment to giving back to my community. I served on the board for the free Interprofessional Community Clinic (ICC) in medical school and remained involved during residency. Within this clinic, I helped coordinate care for patients working in interdisciplinary teams with physical therapists, podiatrists, social workers, nurse practitioners, physical assistants and MD general practitioners. I also currently serve on a scholarship committee aimed at lowering barriers to education at Holyoke Community College, as well as mentor and coach students at Winchester High School.

## Hobbies and Interests

Sports and Outdoor Recreation are special passions of mine and contribute to my interest in Sports Medicine and ensuring that my patients can return to the activities they enjoy after an injury. I play Ultimate Frisbee on both Women's and Co-ed teams traveling around the country and have qualified for several National Championships. I also waterski, hike and enjoy spending time with my family and dogs.

## Publications

**COVID-19's Impact on Podiatry in Chicago's Largest Public Hospital**, JAPMA Article in Press, May 28, 2020

<https://japmaonline.org/view/journals/apms/113/2/20-106.xml>

The above piece was written and published online in May of 2020 as an early account of COVID-19's impact on the podiatry community at the largest public hospital in Chicago. Although much has changed since its writing, the impact of COVID-19 and the strain that it placed on our healthcare system continues to be felt today. The piece details how COVID-19 disproportionately affected underprivileged populations such as those served by John H. Stroger, Jr. Hospital and how we can strive to better serve our patients.

## References

**JYOTHI AMIN, DPM**

COLLEAGUE AT FOOT HEALTH CENTER OF MERRIMACK VALLEY

August 2022 – Present

Email: [Jyothi.Amin26@gmail.com](mailto:Jyothi.Amin26@gmail.com)

Phone: 508-277-0321

**MARTIN YORATH, DPM**

FORMER RESIDENCY DIRECTOR AT ADVOCATE ILLINOIS MASONIC MEDICAL CENTER

FORMER PROFESSOR AT DR. WILLIAM M. SCHOLL COLLEGE OF PODIATRIC MEDICINE

August 2015 - June 2022

Email: [Martin.Yorath@rosalindfranklin.edu](mailto:Martin.Yorath@rosalindfranklin.edu)

Phone: 773-771-0751

**JENNIFER SUFFERN, DPM**

ATTENDING PHYSICIAN, JOHN H STROGER JR. HOSPITAL OF COOK COUNTY

June 2019 – June 2022

Email: [JenJoyce@yahoo.com](mailto:JenJoyce@yahoo.com)

Phone: 312-282-1505