



**Colleen Lowe,**  
DPM  
Third Year  
Resident

Dr. Colleen Lowe graduated with a Bachelor of Science degree from University of Wisconsin-Platteville in 2013 and was a collegiate athlete. She graduated from Des Moines University with her doctorate in podiatry. She is originally from Monroe, Wisconsin.

"I spent my time shadowing physicians in different specialties but felt each one lacked some area of medicine that I wanted to pursue. I was looking for something surgical that also included sports medicine, wound care, and dermatology. While volunteering in a wound center, I met a podiatrist who explained to me how inclusive this specialty is. After spending a few days working in clinic and in

surgery with him, I knew this was the profession for me. During my fourth year at Des Moines University, I spent a month as an extern at MercyOne Waterloo Medical Center. Within that time, I witnessed the excellent training each resident received and how passionate the attendings were to teach and educate. I am excited to be a part of such an amazing program where I know I will receive the knowledge and surgical skills to prepare me for my future endeavors."

Dr. Lowe resides in Waterloo and enjoys spending time with her fiancé Tony and playing fetch with her dog. She also enjoys bodybuilding, going to movies and trying new places to eat.



**Michael Owens,**  
DPM  
Third Year  
Resident

Dr. Michael Owens graduated from Des Moines University College of Podiatric Medicine and Surgery. He completed his undergraduate degree in Biology at University of Northern Iowa. He is originally from Elk Run Heights, Iowa.

"I always wanted to pursue a career in medicine. I followed a podiatrist at a young age and was left amazed at the mixture of medicine and surgery. I enjoy the fact many patients are satisfied after one visit with a podiatrist. I felt passionate enough to make this my life's goal. As I progressed, I was able to make similar connections at MercyOne Waterloo

Medical Center. Their humbleness and kindness are the two most significant attributes I wish to emulate in my own career. I am confident MercyOne will provide me with the necessary education to ensure that I am able to provide the best quality of care for my future patients."

Dr. Owens resides in Elk Run Heights. While not working, he enjoys spending time with friends and family, traveling, baking and playing the guitar.



**Aaron Lalezarian,**  
DPM  
Second Year  
Resident

Dr. Aaron Lalezarian graduated from Dr. William M. Scholl College of Podiatric Medicine in North Chicago. He completed his undergraduate studies at University of California, Los Angeles in Neuroscience and obtained his Master of Science in Biomedical Sciences at Rosalind Franklin University of Medicine and Science. He was born and raised in Southern California.

"From an early age, I knew I wanted to pursue a career in medicine and become a surgeon. Throughout my medical education, I became fascinated with the breadth and complexity of podiatry in both the clinical and surgical setting. I recognized the rewarding contributions podiatrists can make in patient's lives and I loved every second of it.

During my one-month student podiatry externship at MercyOne Waterloo Medical Center, I loved the incredibly supportive atmosphere, the variety and complexity of surgeries, and the personalized inter-professional care each patient received. Every resident and attending physician was very kind and always willing to teach. I am grateful to have been given this phenomenal opportunity to pursue my residency in podiatric medicine and surgery at MercyOne. I know this program will provide the clinical knowledge and surgical technique to help me become an outstanding podiatrist for my patients and community."

Dr. Lalezarian lives in Waterloo. Outside of his work, he enjoys spending time with family and friends. His hobbies include training for triathlons, traveling and participating in any outdoor or water activities.



**Stephen Meyer,**  
DPM  
Second Year  
Resident

Dr. Stephen Meyer graduated from Des Moines University College of Podiatric Medicine and Surgery. Prior to that, he attended the University of Iowa where he completed his bachelor's degree in health and human physiology. He is originally from Oelwein, Iowa.

"I knew from an early age that I wanted to pursue a hands-on career helping people. I have experienced various jobs in medicine and have had opportunities to shadow doctors with different specialties. Upon being introduced to podiatry, I knew I was in the right place. Podiatry allows me to do the hands-on work focusing on surgery, clinic, wound care and sports medicine. In addition, I have found a lot of joy connecting with the teams I have been part of and

the patients I have served. MercyOne Waterloo Medical Center allows me to continue to build my skills to ensure the best possible care for my future patients and I am excited for my journey as a resident physician here."

Dr. Meyer resides in Waterloo with his wife. When he isn't at work, he enjoys spending time with his family and friends, taking care of his dogs, fishing, biking and watching football.



**Maliha  
Arzumand,  
DPM**

First Year  
Resident

Dr. Maliha Arzumand graduated from New York College of Podiatric Medicine. Prior to that, she attended Long Island University where she completed her BS and BA in Biology and Psychology. She is originally from Bangladesh and came to the USA right after high school.

"I pursued podiatry medicine due to its diverse aggregation of surgery, medicine, and trauma." She has a special interest in minimally invasive surgeries and sports medicine.

Dr. Arzumand resides in Waterloo. In her free time, she enjoys trying out new cuisines, traveling, hiking, baking and working out.



**Ryan  
Bauermeister,  
DPM**

First Year  
Resident

Dr. Ryan Bauermeister graduated from Des Moines University College of Podiatric Medicine and Surgery. Prior to that, he attended Northwestern College where he completed his Bachelor of Arts in Kinesiology. He is originally from Spencer, Iowa.

"I chose to study podiatry after experiencing foot and ankle injuries as a runner. After working with patients in the university clinic, I knew I was at home." He is interested in arthroscopic surgery, total ankle replacements, and pediatric foot care.

Dr. Bauermeister resides in Waterloo with his wife and his son. In his free time, he enjoys running and riding bikes with his wife and son, fishing, cooking, and spending time with family.