



Indian Doctors Association

Greater Houston

April 2020 Edition

President's Message

In late February, IDA partnered with philanthropist Taseer Badar to continue giving back to our youth. Emphasis was placed on proper health, nutrition, exercise which are all critical to healthier living. All the children were provided sports bags, hand sanitizers, hot & cold packs, and first aid safety kits.



COVID-19 Update

The COVID-19 pandemic is having a dramatic impact on all of us. The pandemic has touched every aspect of our lives, especially our social and work lives. As the virus continues to expand in Texas, social distancing has become paramount to slow the spread. To help get the message out, IDA has released social-media graphics and physician videos on Facebook, Instagram, and LinkedIn pages. Please use the

following hashtags [#SlowTheSpread](#), [#COVID19](#), and [#StayHomeTexas](#) to spread that message even further.

To the physicians, health care professionals, first responders, and their families, please accept our sincerest Thank You from the IDA Board. I wish for your good health and safety. As a community, we will surpass this and become more resilient than ever.

COVID-19 Resources

Though not endorsed by IDA, please see the attached list of Physician References for COVID-19:

TMA:

[Telemedicine Vendor Options](#) from TMA for physicians seeking to implement a telehealth platform into their practice.
[Telehealth Billing Guide](#)

AMA:

E/M special coding and guidance:
<https://www.ama-assn.org/system/files/2020-03/covid-19-coding-advice.pdf>

Texas Medical Board:

[Physician Emergency Rule Guidance.](#)

Texas Health & Human Services:

Case Counts in Texas:
<https://txdshs.maps.arcgis.com/apps/opsdashboard/index.html#/ed483ecd702b4298ab01e8b9cafc8b83>

CDC:

[Preventing the Spread of COVID if Sick PPE Sequence](#)

Case Counts in the United States:
<https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html>

*Jignesh Shah, MD
President*

All Upcoming Events have been postponed due to COVID-19

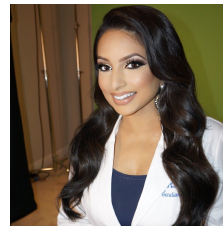
IDA Picnic (formerly scheduled
for April 5th): POSTPONED



IDA's Annual Gala New Date:
August 22nd



MEMBERS CORNER



*New Lifetime Member
Monica Patel, MD*

Dr. Monica Patel is a quadruple board-certified cardiologist who has spent her entire career serving the Houston community. As a first generation Indian American and native Houstonian, she is very involved in local and national philanthropic organizations and events. Dr. Patel has been a member of the Indian Doctor's Association since 2012 and, under the leadership of the current president Dr. Jignesh Shah, has witnessed its continuous growth with increased scholarships and social activities to connect all the doctors from the Houston area. This year she has upgraded to becoming a lifetime IDA member. After receiving her Bachelor of Science in Biology and Chemistry in 1999 at Houston Baptist University as an Endowed Academic Scholar, Monica attended medical school at University of Texas Medical Branch in Galveston in 2003. She completed her Internal Medicine residency and Cardiology Fellowship at the McGovern Medical School, formerly known as The University of Texas Health Science Center at Houston (UTHealth) Medical school. She is board certified in Internal Medicine, Cardiology, Echocardiography, and Nuclear Cardiology. Dr. Patel interacts with and treats patients daily in her role as a cardiologist at Memorial Hermann Hospital in the Texas Medical Center and Lyndon B. Johnson Hospital. She has pursued academic medicine since 2010 at the McGovern Medical school and is also the co-program

director of the cardiology fellowship and is heavily invested in the training process of future cardiologists. As an associate professor, her primary focus is in prevention of cardiovascular disease and in advanced cardiovascular imaging, including echocardiography, vascular imaging, nuclear imaging, and cardiac PET scans. In June 2012, she joined the PET center as a co-investigator of the CENTURY Health Study, which is aimed at the prevention or reversal of coronary heart disease by intense combined pharmacologic and lifestyle treatment. She has volunteered in medical mission trips in Guatemala where she provided basic care for underserved communities. She has received the Dean's Teaching Excellence Award three times and was on the Texas MD cover "Heart of Houston" in November 2015. She was invited for her first international lecture on cardiac PET scans "Role of coronary flow reserve and PET imaging in revascularization decision-making." in Taiwan in December 2019. Dr. Patel remains committed to lifelong learning and strives to use her platform to promote health and well-being for all.

include transcatheter aortic valve replacement (TAVR), transcatheter mitral valve repair with MitraClip, transcatheter mitral valve replacement (TMVR), tricuspid valve interventions, paravalvular leak closure, left atrial appendage closure with Watchman, ASD/PFO closure and percutaneous coronary interventions. I was born and raised in Mumbai, India where I went to Medical School at Seth G.S. Medical College & KEM Hospital. I trained in the United Kingdom at the University of Oxford (The Radcliffe Infirmary), University of Cambridge (Addenbrooke's Hospital) and University Hospital Lewisham, London, followed by transition to the United States. I completed residency in Internal Medicine (2008) followed by fellowship in Cardiovascular Medicine (2011) at the Cleveland Clinic where I did extensive research in coronary artery disease and percutaneous coronary interventions, stents, structural heart interventions, TAVR, MitraClip and ASD/PFO closure. This was followed by a 2-year Interventional Cardiology fellowship (2014) at the Cleveland Clinic which included a year of coronary interventions and a year of structural heart and advanced endovascular interventions. After training at the Cleveland Clinic, I joined Prairie Heart Institute, the largest single specialty group in Illinois, consisting of 75 cardiologists where I had the privilege to develop and grow their structural and valvular heart interventions program over the next 5 years. I developed the Mitral Program at Prairie to be the busiest program in the Midwest and had the opportunity to be the principal investigator for randomized trials for several new cardiac valvular interventions. I was recruited to Houston Methodist Hospital to lead and grow their renowned program in Structural

MEMBERS CORNER



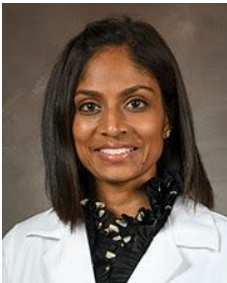
New Annual Member
Sachin Goel, MD

Hi, I am Sachin Goel MD, and I started working at Houston Methodist Hospital in the Texas Medical Center in January 2020. I am an Interventional Cardiologist with expertise in Structural Heart Interventions, which

Heart Interventions. My goal has always been to provide effective, state-of-the art, high quality care in an empathetic manner. The human dimension of Medicine and technical excellence are equally important to me in providing the best patient experience. I am married to Supriya Gupta MD, who is a family practitioner. We have 2 children – Shaunak (7) and Vaanya (4). During my free time, I like to travel, hone my amateur photography skills, and enjoy with family and friends. I look forward to meeting and interacting with new colleagues at the Indian Doctors Association.

<https://www.houstonmethodist.org/doctor/sa-chin-goel/>

MEMBERS CORNER



New Annual Member
**Lavanya Palavalli
Parsons, MD**

I am a Gynecologic Oncologist practicing for UTHHealth at Memorial Hermann.

I am passionate about women's health, and am motivated to care for women and help them through difficult and challenging moments in their lives. I enjoy performing philanthropic work to better our local and global community. I am honored to join IDA as a place to find a community to have professional growth, and networking with individuals with similar backgrounds and interests.

I grew up in Missouri where I attended college and medical school. I first made my

way down to Houston, where I did my Obstetrics & Gynecology residency at Baylor College of Medicine. After residency, I went to Dallas to complete my fellowship in Gynecologic Oncology at UT Southwestern. We returned back to Houston to settle down with my husband, two children, and puppy in 2018. I look forward to building meaningful, long-lasting personal and professional relationships through this wonderful organization.

COVID-19

**COVID-19 SOCIAL DISTANCING
AN ACTION PLAN FOR YOU**

NO to

- Parties
- Sleepovers
- Visits with friends and family
- Playing in the park or playground
- Playing in groups outside
- Socializing with friends at home

INSTEAD

- Maintain social distance of 2 meters or 6 feet between you and others
- Order essential groceries online and go through the drive-through or use take out services
- Call your friends and family and speak to them or video chat with them

Are you feeling ill?
Isolate yourself
CALL your doctor's office for instructions

Health care providers are transitioning, offering and implementing telemedicine services for office visits in order to provide the care you may need while maintaining social distancing

Together as a community and as a state we can help our country beat this virus and save lives



Indian Doctors Association
Greater Houston

www.idahouston.org



During this unprecedented time, IDA recognizes the sacrifices Doctors and Health Care Providers are making, and we deeply appreciate your dedication to saving lives

INTERNATIONAL DOCTOR'S DAY



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IDA Social Media

Visit the IDA Social Media Sites to see COVID-19 Updates from Dr. Nisha Shah and Dr. Rashmi Kudesia

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As an IDA member, if you are interested in creating an awareness video for our social media sites, email jshahmd@gmail.com
