



Indian Doctors Association

Greater Houston

April 2021 Edition

President's Message

This is yet another exciting month for the medical community and for IDA. We are proud of our members in their decision to raise public awareness and promote trust in medical science within our community regarding COVID-19 vaccines. Especially in our home communities, there is significant skepticism amongst the general population. The pandemic has threatened the welfare of healthcare workers who risk everything in their line of service. Let us continue to work together to do our part to end this devastating virus, which has affected so many of our patients, community members, and loved ones. You can help us beat this virus by getting vaccinated and encouraging others to sign up for the vaccine.

IDA continues to broaden its footprint through mentoring and providing professional guidance to children, students, and young professionals in training. We are very proud of Rhea Sudhakaran and Ritu Sudhakaran, who have made a great impact on our community with their meal planning and nutrition guide for Indian cuisine. We recently celebrated National Doctors' Day, on March 30th - the 179th anniversary of Dr. Crawford Long utilizing general anesthesia for the first time in a surgical case. IDA proudly continues to deliver and

promote quality patient care and patient safety across the Houston community.

Advancing inclusivity and belonging for people from all backgrounds and ethnicities are key to the promotion of strong health care and the safety of our communities. We stand with our Asian American and Pacific Islander colleagues and friends in the global effort to treat our fellow people with dignity and equity. We look forward to making great strides in the month of April and in the years to come.



IDA's Covid-19 Awareness Campaign

<https://www.facebook.com/idahouston15>

<https://www.instagram.com/houstonindian/>

<https://www.linkedin.com/in/indian-doctor-s-association-houston-0506a21a/>

*Jignesh Shah, MD
President*

"Friends of IDA"



"We are proud of the Indo-American doctors and healthcare workers for their service to the community during the current pandemic. Their work truly embodies the motto of 'Service before Self. Indian Doctors Association - Houston is an important partner for the Consulate to deepen the India – US partnership in Healthcare and Medical Research in a range of areas including strengthening the linkages between institutions in both the countries and promoting joint collaborations in the field of research and medical education."

Mr. Aseem R. Mahajan
Consul General of India, Houston

Happy Doctors' Day to all of our amazing members!

Covid 19 vaccination

"It is incredible that after less than a year of the pandemic starting that we have two effective vaccines available. I am very thankful for the incredible scientists that were able to bring these vaccines to the public so quickly, and that we're already vaccinating about 1 million people everyday in the United States. I am optimistic for 2021. I am very fortunate to have personally received both doses of the vaccine with minimal side effects."

Dr. Krishna Sarapaneni
IDA Member
Nephrology
Cleveland Clinic
Port Clinton, Ohio, TX
Office: 408-965-2568

"Reassurances about vaccine is understandable but we got to trust the science. I received both the doses and the only side effect experienced was a sore arm for 24-36 hours."

We can end this pandemic!"

Dr. Sahil Parikh
IDA Member
Family Medicine
Kelsey-Sehfeld, Cypress Clinic
Office: 713-442-4080

"My wife and I have received both doses of the Pfizer COVID-19 vaccine. We had no issues after receiving it. The only side effect was a sore arm. We highly recommend vaccination for your own protection against serious illness and for the protection of those around you. Believe in science and help make this pandemic a thing of the past."

Dr. Kishor Patel MD, FACP, FIDSA
IDA Member
Infectious Diseases, Internal Medicine
Office: 713-441-1880

"2020 has been a year of crippling fear due to the pandemic. Taking the vaccine is a step in the right direction, towards normalcy. I encourage everyone to take the shot as soon as available. Let's put Covid in our past!"

Dr. Vijay Bhargava
IDA Member
Orthopedic, Sports, Shoulder Braces
Staple Lake and Houston, TX
Office: 713-288-6845

Covid 19 vaccination

"I believe the Covid vaccine is an amazing accomplishment and a gift from god to get us such an effective vaccine so quickly. So many doctors and scientists worked so hard to make the vaccine and I am eternally grateful that soon I will be able to keep my parents and my niece and nephew for the first time in a year."

Dr. Anay Rajender Patel
IDA Member
Orthopedic Surgery
Footwear orthopedic group
7401 S. Loop W.
Houston, TX 77029
713-766-5381

Covid 19 vaccination

"I received the first dose at 8 months pregnancy & my second right before I had my baby. We are lucky that a vaccine was able to be created so quickly by such brilliant scientists. As a medical provider I feel grateful to have had the opportunity to receive the vaccine in the first rounds and received it happily for the protection of my patients, my friends, and my family. Trust the science so we can put this pandemic in our past."

Rukmini (Vinaya) Rednam
IDA Member
Plastic Surgery
My Houston Surgeons
8385 Pinecroft Ave 300 Woodlands, TX 77380
8230 Katy Freeway Suite 600 Houston, TX 77055
Office: 713-791-9706

Covid 19 vaccination

"I got my first shot of COVID vaccine on Dec 16 and second shot on Jan 6. Don't let your shot at the shot go waste! Let's end this pandemic together!"

Dr. Ruchi Gaba
IDA Member
Endocrinology, Diabetes and Metabolism
Thyroid and Parathyroid Center
Baylor College of Medicine
Office: 713-798-4736

Covid 19 vaccination

"Got both doses of the Moderna Covid vaccine in Temple, TX. Let's all get vaccinated!"

Dr. Vasdev Bhagia
IDA Member
Pediatrics
P: 832-858-0943

Covid 19 vaccination

Received 2nd covid vaccine booster on Jan 20, 2021.

No major issues!

Rajat Bhatt MD
IDA Member
Plastic Surgery
My Houston Surgeons
8385 Pinecroft Ave 300 Woodlands, TX 77380
8230 Katy Freeway Suite 600 Houston, TX 77055
Office: 713-791-9706

"I had mixed feelings especially after my wife contracted Covid within 5 days of the 1st dose. I had mild symptoms after receiving the vaccine but now feel confident!"

Dr. Rishi Bhatia
IDA Member
Orthopedic Surgery
Staple Lake and Houston, TX
Office: 713-288-6845

Covid 19 vaccination

"I have treated a lot of covid patients and felt helpless when many died of this dreadful disease. The vaccine is the only way out of this pandemic and I strongly recommend it."

Dr. Vikas Jogi
IDA Member
Clearlake Infectious Diseases
600 N. Mohayeshi rd suite 600, Webster, TX 77598
Office: 281-724-9336

Covid 19 vaccination

"Covid-19 Vaccine is safe and effective. It is the best defense against covid-19 that we have currently."

Dr. Arpan R. Doshi
IDA Member
Pediatric Cardiology
Children's Cardiology Associates,
920 Frestwood Dr, Suite 630,
Houston TX 77024
Office: 713-463-5668

"I feel very fortunate to receive this vaccine early in the rollout. This is a true testament to rigorous work of all the scientists. The entire post-vaccine experience was no different than my annual influenza vaccine, mild soreness and fatigue for a couple days. Trust science over skepticism and let's end this pandemic together."

Dr. Rishi Bhatia
IDA Member
Orthopedic Surgery, Hand Surgery
Foot & Ankle Surgery
Houston Hand & Foot Orthopedics
Pearland Surgery Center
15015 Katy Dr, Suite 2000,
Houston, TX 77047
Office: 281-455-4437

Covid 19 vaccination

"I received my first dose on 12/21/2020 & second dose on 1/11/21. I believe all those individuals listed by the CDC to get a vaccine, should get it. It is absolutely crucial to fight and end the COVID 19 pandemic!"

Dr. Rupak Kulkarni
IDA Member
Abdominal Transplant and
Hepatobiliary surgery,
Transplantations Surgery
UTMSI, Galveston Texas
Office: 409-722-612

Covid 19 vaccination

"Got my vaccine at Baylor CHI St. Luke's on 12-19-20. So far has been uneventful after the 1st dose."

Dr. Ashok Tripathy
IDA Member
Family Practice
The Center for Family Medicine, Wellness and Aesthetics
Office: 713-554-4400

Covid 19 vaccination

"I highly recommend the community to get this vaccine, to control the spread of this pandemic."

Dr. Rishi Bhatia
IDA Member
Orthopedic Surgery, Hand Surgery
Foot & Ankle Surgery
Houston Hand & Foot Orthopedics
Pearland Surgery Center
15015 Katy Dr, Suite 2000,
Houston, TX 77047
Office: 281-455-4437

IDA's Annual Gala

July 31st, 2021



April 30th is the last day to purchase individual tickets and tables.
[Click here to reserve your seat.](#)

Westin COVID19 Safety Protocols

WORK SAFE BEST PRACTICES

At Westin Houston Medical Center, the health and well being of our guests and associates is our highest priority! We have and will continue to implement significant cleaning and disinfecting procedures throughout the hotel. In addition to our existing, deep cleaning practices, we are leading the way for Westin and Marriott in using innovative and enhanced cleaning and disinfecting procedures.

Here's what we're doing to protect your health and peace-of-mind so you can focus on getting down to business.

- Masks will be available for attendees and guests
- Gloves and hand sanitizing stations will be available throughout the hotel
- New front desk design allows for social distancing measures and plexiglass shields for protection
- Indoor/outdoor spaces will be used as much as possible
- Larger aisle ways and one-way only aisles in the trade show and appointment areas help manage traffic
- Public Space Seating/Event Classroom Setups will allow for 6' space between chairs
- F&B will be offered in a no-contact way (i.e. pre-packaged food, no self-serve buffets)
- Large group sessions will be limited to the capacity guidelines provided by the Reopening Texas Plan

Get in touch:
1709 DRYDEN ROAD, HOUSTON, TX 77030
713.732.2424 | HARRIS@THEWESTINHOUSTON.COM
SALES@THEWESTINHOUSTON.COM

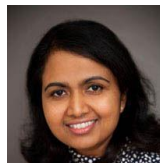
THE WESTIN
HOUSTON
MEDICAL CENTER

In order to maintain a safe gala, IDA requests that all attendees be vaccinated prior to this year's gala.

Covid-19 Vaccine Scheduler & Resources:

<https://findvaccinenow.com/>
<https://vaccinefinder.org/search/>

MEMBERS CORNER



Annual Member
Bindu Sudhakaran, MD

Hello all, I am Dr. Bindu Sudhakaran, a board-certified internist working at MHMG Spring. I attended medical school at Calicut Medical College, Kerala, India, and completed my residency in Internal Medicine at Emory University School of Medicine, Atlanta. I have been practicing in Houston since 1998.

Like most internists, I focus on preventive healthcare as well as general internal medicine for adults with a special interest in diabetes and preventive cardiology. I enjoy spending time with patients and listening to their concerns. I am a proud mother of twin girls and love spending time with my family. In my free time, I enjoy baking, cooking, reading, and traveling. I am one of the volunteer bakers for "Bundle of Joy", an organization created by our kids. We bake and deliver birthday cakes for foster kids.

Bindu Sudhakaran

Memorial Hermann Medical Group Spring
Primary Care (located in the CCC)
7474 N. Grand Pkwy W., Suite 400, Spring, TX 77379
(832) 717-7825 | (832) 717-7826 Fax

Dr. Sudhakaran's Blog on Nutrition Indian Cuisine

Like many members of the Indian community, several of our family members and friends have diabetes. I saw their

frustrations about not being able to control their blood sugar even though they were trying to eat “healthy”. They felt like they could not enjoy any of their favorite foods since they were diagnosed with diabetes. Even as a physician, I struggled to provide them with more specific information. I was discussing this at home one day when my daughters suggested that they could help me find some resources and see how they could help me make a simple information booklet for patients with diabetes on Indian meal plans.

This is where the journey started two years ago. My twin daughters, who were sophomores at UT studying Nutrition and Neuroscience, took it upon themselves during their summer vacation to find more information regarding an Indian diet for diabetes. They found multiple great resources online, and one of them was written by our own AAPI members. I never knew that there was so much information already available online.

I also tried to educate myself through a Novo Nordisk program in which a dietitian would come and train the physicians. I learned more about the carb content in food and how to count carbs. After collecting multiple sources, we were able to create a simple booklet on the Indian diabetic diet to be given to patients. I reviewed this with CDE to make sure that what we created was accurate before I could give it to my patients. She suggested adding pictures of the food and their portion sizes, so we cooked a variety of Indian foods, took pictures of each one, and added it to the handout.

After six months, we were ready with the booklet which was then presented to the Diabetic and Nutrition Council of Memorial Hermann to be approved for patient use. The Memorial Hermann Nutrition and Marketing department made the final edits, and then,

this product was officially completed. I hope this resource will help our community to keep their diabetes under control while still able to enjoy the food they love.

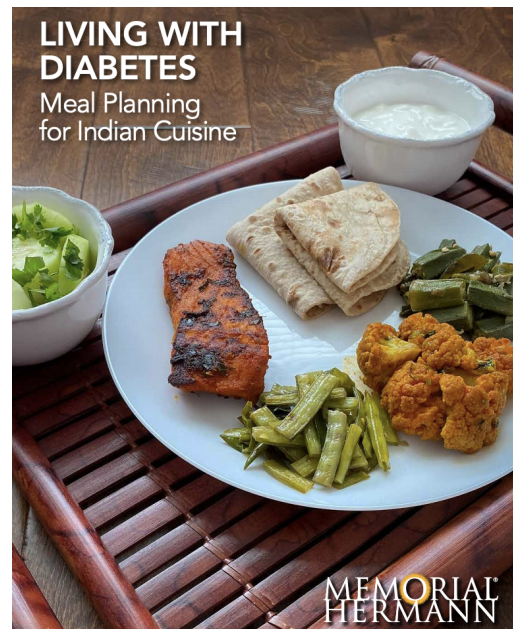


Rhea Sudhakaran
Junior at the University of Texas at Austin
Majoring in Honors in Advanced Nutritional Sciences
Minor in Health Communication



Ritu Sudhakaran
Junior at the University of Texas at Austin
Majoring in Neuroscience
Minor in Food & Society

Diabetes Diet: Indian Cuisine



[Click here for the full plan.](#)

MEMORIAL
HERMANN

Happy Holi!



Holi is a popular ancient Hindu festival, known as the "Festival of Love, Colors, and Spring", celebrates the triumph of good over evil and the divine love of Radha and Krishna.

India Ministry of Culture: Sun Temple



Dedicated to Surya or the Sun God and designed like his chariot, the massive and magnificent Sun Temple at Konark (kona meaning angle and ark referring to the sun) is one of the finest examples of ancient Indian architectural heritage. A UNESCO World Heritage Site, the breathtakingly splendid temple was once described by Nobel Laureate Rabindranath Tagore as the place where the language of stone surpasses the language of man. Situated around 30 km from Puri, the temple, seemingly rising from the depths of the sea, is just 2 km away from the Bay of Bengal coastline. Built-in the 13th century by Ganga king Narasimhadeva I, the temple with stunning sculptural

details, marks the most evolved period in the Kalinga architecture. It is said that the temple was designed in such a way that the rising sun's first rays would illuminate the deul (sanctuary) and the presiding deity. The temple stands on a base of a total of 24 intricately carved wheels, 12 on each side. Four of the 24 wheels can be used as sundials to tell the time!

For more information, [click here](#).

IDA Social Media

FOLLOW US



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Indian
Doctors
Association
Houston



@idahoustontx



@houstonindian



@doctors_india

Members and events are highlighted on our social media channels.

IDA Speakers Bureau

Please update your membership profile on idahouston.org if you would be interested in becoming a motivational speaker for IDA at our future events.

IDA Physician Specialty Awareness Videos



<https://www.facebook.com/idahouston15>
<https://www.instagram.com/houstonindian/>
<https://www.linkedin.com/in/indian-doctor-s-association-houston-0506a21a/>



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