President’s Message

I am really humbled and blessed to be representing the Houston Indian Doctor Association Greater Houston as your incoming President for 2021-2022.

Thanks to all the sacrifices, time spent and tireless effort that each and every past president, their teams and their families made to make Houston IDA what it is today, the largest doctor organization in the greater Houston area.

My journey to IDA started in 2004 when I moved to Houston from Boston after I finished my Interventional cardiology fellowship. I had a strong desire to be a part of an Indian physician organization. I was able to connect, network and build relationships with other physicians of Indian origin.

I will do my best to make IDA empowered in such a way that we can address multiple issues in the future and make it more sustainable. My vision is to engage more health care providers to use IDA as a platform. Being a part of this amazing organization should be memorable and enjoyable for all physicians, dentists, fellows, residents and medical students.

The need for younger physicians of Indian origin is changing and I am excited and hopeful to be able to identify, involve, build and mentor the future leaders of IDA to carry the torch forward and feel assured that the future of IDA will be in great hands.

IDA doesn’t belong to any single individual, and it shouldn’t be confined or defined by any individual, as it is all of ours and it belongs to all of us. It isn't owned by any one, it belongs to everyone. We all should take pride in this organization. I welcome you to join, work, advise and implement your ideas. The board members, office bearers and I will always be there to support.

IDA’s Covid-19 Awareness Campaign
https://www.facebook.com/idahouston15
https://www.instagram.com/houstonindian/
https://www.linkedin.com/in/indian-doctor-association-houston-0506a21a/

Physician Resources

Atasu Nayak, MD
President
IDA has changed significantly over the past years, as we grew from an organization focused on networking to also integrating community and family into everything we do.

This is also an important time to highlight each and every one of your efforts over the past years. You have risked your lives in the hospital to care for patients, donated your time and money to help combat COVID-19, both here in Houston and globally.

As part of IDA’s transformation over the past few years, we wanted to create as many IDA membership benefits as possible. Here are some of the ways we have strengthened our membership and community:

- Private workshops within the Greater Houston community with keynote speakers in the healthcare industry
- Networking events for hospital systems, physicians, IDA members, and business companies to enable collaboration and economic growth
- Monthly newsletter updates for our community
- Annual CME-credit conference featuring sessions from leaders in patient care, and healthcare administration
- Collaboration with UH Medicine and McGovern Medical School to serve as volunteer faculty through the Longitudinal Primary Care Clerkship Program

While this is just a snapshot of what we have brought on, we continue to work hard to expand our community and partnerships. After all, the synergy of one person is no match for the synergy of many. Here are some of the initiatives and strategic partnerships that we hope will expand our reach on social media and connect our community:

- Development of disease-specific educational videos
- Launch of IDA YouTube Channel
- Formation of IDA Speakers Bureau
- Membership Profiles to highlight every physician and healthcare practitioner in IDA

Apart from direct patient care, we responded with educational and social media resources to inform the community, webinars to update practitioners on the latest research and standards of care, and partnerships with nonprofits helping to maintain care equity. We donated N-95 masks and digital thermometers to our first responders at the Houston Fire Department. Recognized our younger physicians in training for their hard work in caring for COVID-19 patients by donating meals to residents. Collaborated with the Harris County Medical Society to launch a vaccination campaign: “Get the Facts, Get the Vaccine”. Even today, we continue to reinforce the importance of vaccination as a critical tool to put the pandemic in the rear-view mirror.

I just want to take a moment to recognize all the members who have made my time as IDA President as enjoyable as possible over the last 2 years. I am constantly wowed by each and every one of you and thankful for your friendship and commitment to IDA. I would like to recognize our talented governing board and the work they do to
strengthen our association across multiple levels. It has been my absolute honor and privilege to serve as your IDA president. I am proud of all that we have accomplished together and the people whose lives we have touched, not just here in Houston but across the world. Thank you so much for letting me serve and I look forward to seeing how this community continues to thrive.

Jignesh Shah, MD
Past-President

Dr. Sahai currently serves as Professor and Division Chief, General Medicine, at the University of Texas Medical Branch at Galveston. Prior to moving to UTMB in February 2020, he was on the faculty of the University of Texas MD Anderson Cancer Center. His undergraduate education was at Tulane University, followed by medical school at the University of Texas Medical Branch at Galveston. He completed residency in Internal Medicine & Pediatrics at the University of Texas Medical School at Houston. He is board certified in Internal Medicine and Pediatrics. He has also completed a board certification in Medical Quality. He has also completed a graduate certificate in Health Care Management from Rice University School of Business, and in the fall of 2019 attended the Leadership Development for Physicians in Academic Health Centers course at the Harvard T.H. Chan School of Public Health. He is a Fellow of the American College of Physicians and a Senior Fellow of the Society of Hospital Medicine.

Since joining UTMB, he has been instrumental in leading the COVID-19 pandemic response and developing an academic medicine division. Prior to joining UTMB, he served as the Chief of the Section of Consultative Medicine in the Department of General Internal Medicine at MD Anderson. He also was part of the leadership team of the Perioperative
Evaluation & Management (POEM) Center at MD Anderson. Prior to the creation of POEM, he was the Medical Director of the Internal Medicine Preoperative Assessment Center (IMPAC) from 2004 to 2018. Dr. Sahai developed the first formal perioperative medicine program at the comprehensive cancer center in the United States. In the fall of 2018, the IMPAC Center merged with the Anesthesia Assessment Center to form the POEM Center. Additionally, he previously served as the Medical Director of the Clinical Decision Unit for patients placed in Observation status in the hospital and the Medical Director of the Internal Medicine Center – Main at MD Anderson. He is on the Board of Governors for the Society of Perioperative Assessment and Quality Improvement (SPAQI). He is active in the Society of Hospital Medicine, Society of General Internal Medicine, and the American College of Physicians. He is on the national board of the South Asian Medical Student Association (SAMSA). Dr. Sahai is an advocate for patients being a partner in their healthcare and is recognized internationally as an expert in the perioperative care of the cancer patient. He can be found on twitter: @drsunilksahai

He is heartened to see IDA taking a lead in representing all physicians and medical students of Indian origin, whether they be first generation American born, “First in the Family” physicians, or International Medical Graduates. With the rise of Anti-asian sentiment in the United States, it is crucial that we be seen as leaders in our communities and profession.

Sunil K. Sahai, MD, FAAP, FACP, SFHM

Edna S. & William C. Levin Professorship in Internal Medicine
Professor & Division Chief – General Medicine
Department of Internal Medicine

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“Friends of IDA”

“Friends of IDA”

“The past year has undoubtedly been one of the toughest for the medical community. Despite the challenges, IDA continued its impactful work of providing scholarships for future physicians, raising awareness of COVID-19 disease and vaccines and assembling a remarkable COVID-19 relief initiative for India. Thank you, IDA, for connecting and inspiring us to do whatever we can to help our local and global communities. As Martin Luther King said, “we make a living by what we get, but we make a life by what we give.” I am so proud of the IDA community.”

Deepti Mishra, MD
Vice President and Chief Medical Officer
Memorial Hermann Medical Group
Ajith Nair MD is a cardiologist with a focus on heart failure, cardiac transplantation, mechanical circulatory support and pulmonary arterial hypertension. He has served in leadership roles at Baylor College of Medicine (BCM) and previously at Icahn School of Medicine at Mount Sinai (NY, NY), which have included the Director of the Baylor St Luke’s Medical Center Heart Failure Clinic (BCM), Assistant Program Director for the Advanced Heart Failure fellowship program (BCM, Mt Sinai), Director of the Pulmonary Hypertension Program (Mt Sinai, BCM), and Medical Director of the Coronary Care Unit (Mt Sinai). He is dedicated to the education of his peers, fellows and residents, and he has contributed academically to the field of advanced heart failure with over 40 peer-reviewed publications, multiple book chapters and presentations at national and international conferences. He is a fellow of the American College of Cardiology, American Heart Association and Heart Failure Society of America. He is the site principal investigator for 5 multicenter clinical trials. In his free time he enjoys spending time with his two boys, traveling, cooking and jogging. He has completed two full marathons and several half-marathons.

IDA’s COVID-19 India Task Force Update!

Dr Sangeeta Saikia
Cardiologist
Chair of IDA Covid Task Force

IDA’s Covid Task Force Video reflects the efforts made by a handful of people who had undergone the harrowing experience of being frontline health care workers here in Houston, followed by a helplessness of having loved ones suffer from Covid in India and not being able to be there to care for them. In the catastrophe that is the Covid pandemic, what we did was a drop in the ocean. But for the hundreds of healthcare workers that we were able to provide PPE to, the patients that we supplied with oxygen, concentrators and ventilators, it was everything. Our operation was unique because we received requests directly from physicians and hospitals, mostly from small towns. We used every possible resource to ensure that we were able to meet those requests. From Assam to Gujrat, Haryana to Karnataka, we have spoken to each hospital and clinic where PPE has been delivered, we know where each concentrator and ventilator is, and how it is being used. Whether it is the Commissioner of Customs, or the FedEx truck driver who transported PPE from Delhi to Guwahati, they are on our Whatsapp. And the feedback – the gratitude and goodwill that we have
received from India has been truly overwhelming, and humbling.

As India prepares for the third wave of covid-19 infection, we are determined to continue our efforts to provide support and relief where needed. IDA could not have accomplished this without the tremendous support of our members, local hospital systems and our friends across the Houston community. We hope that all of you continue to support us in our future endeavors.

**TIMELINE:**

**May 1:** COVID19 Task Force formed
**May 1:** Gofundme Page went live
**May 4:** Procured 100 sterilized auto CPAP machines
**May 5:** Procured 40 - 10L oxygen concentrators
**May 6:** Procured 50 - 5L oxygen concentrators
**May 7:** Procured 7 FDA Approved ventilators
**May 13:** Procured 32,000 pounds of Personal Protective Equipment (PPE) and Ventilators valued at 1.1 million dollars. Isolation gowns, KN95 Masks, Face Shields, Coveralls, Shoe Coverings will continue to provide protection to health care providers in more than 15 high-risk regions in India.
**May 27:** Educational Videos and Telemedicine to India’s First Responders and Physicians
**May 8th – May 31, 2021:** Distribution of Concentrators, Ventilators, and PPE to high risk regions in South, North, East, and West India.
**June 3rd:** Procured 20 jumbo oxygen cylinders
**June 1st - July 2021:** Distribution and procurement of additional 10 & 5 liter oxygen concentrators, Ventilators, Cylinders, and PPE.

**August 1st – Present:** Redistribution of oxygen concentrators to at need areas and tele-health support

We will have more updates soon, but until then, please continue to share IDA’s [gofundme page](#) to help send more supplies! All monetary contributions will be strictly used by India Covid Disaster Relief. We will continually update you on the progress and impact of your contribution. Please don’t hesitate to contact our Task Force with any questions regarding our efforts.

*For questions, please reach out to anyone in IDA’s Covid – 19 India Task Force:*

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Cell: 832-370-9009

Dr. Paresh D. Patel
p.pate11@yahoo.com
Cell: 713-252-1334

Dr. Swati Joglekar
swatijog04@gmail.com
Cell: 281-386-6101
Donate to IDA’s gofundme page. All monetary contributions will be used to secure oxygen equipment and supplies which will be shipped directly to India. [https://gofund.me/5d0e8c5a](https://gofund.me/5d0e8c5a)
IDA Administrative Team
IDA would not be successful without many of the people working hard behind the scenes to make the machine run smoothly. This team has worked tremendously hard over the last few years to rebrand and strengthen this association. Their countless hours have not been unrecognized.

IDA Administrator
Puja Shah
UTMB Transplant Program Update

As the first academic health center in Texas and among the oldest in the nation, the University of Texas Medical Branch has helped define health care for generations. Today, as a home of continued educational, research, and clinical excellence, UTMB remains committed to ensuring better health and a better life for the people of Texas and beyond.

In 2007, building on more than 50 years of transplant excellence, UTMB established the Texas Transplant Center, a comprehensive multidisciplinary organ transplant resource. Offering services in liver, kidney, pancreas, and heart transplantation, The Texas Transplant Center strives to enhance the University’s regional and national reputation and provide excellent tertiary care services to our patients and referring physicians.

The robust history of transplantation at UTMB began in 1967 with one of the first kidney transplant programs in Texas, followed by pancreas in 1988, both which continue to experience growth and have highly favorable outcomes for our patients. The liver transplant program at UTMB was initially opened in 2007 and, over the years, has garnered outcomes exceeding national benchmarks for patient- and graft-survival.

Our abdominal transplant program offers patients with end stage organ disease the full spectrum of management options guided by an experienced transplant team.

The Texas Transplant Center currently operates satellite clinics across Texas, established to improve access to our services and meet our patients close to their homes and local providers. Our clinics, in addition to Galveston and League City, are located in Beaumont, Victoria, and McAllen. To learn more about the Texas Transplant Center at UTMB please visit: https://www.utmbhealth.com/services/transplant/home

39th Annual IDA Gala Update

Evening of Touching Stories
“Connect, Inspire, Community”
July 31, 2021

Ajay Kumar served as the Master of Ceremony for the 2021 IDA Gala. Serene Kaggal performed beautiful renditions of the national USA and Indian Anthems.

The musical performance during rooftop cocktail hour by the BANDARA QUARTET.
Throughout the evening, everyone embraced IDA’s rebranding and mission of “Connect, Inspire, & Community.” Every guest heard its power in action followed with a video of IDA’s Accomplishments 

Dr. Jignesh Shah Welcomed Keynote Speaker, Ms. Jeanna Bamberg, CEO of HCA Houston Healthcare Southeast. He emphasized her impeccable leadership, passion for patient care quality, and involvement in community service reflecting the mutual collaboration of organizations. Ms. Bamberg reflected on the theme of “Connecting, Inspiring and Giving Back to our Community,” and how it resonates with some of her own experiences from nearly 25 years of working with HCA Healthcare. She shared stories that showcase how HCA’s scale impacts individual patient care, and our communities.

AATMA Performing Arts is an International Arts, an internationally acclaimed award-winning dance company that traveled from New York to perform. This dance company performed a delicate balance in infusing Indian Classical and folk dance with western disciplines 

Immediate Past President 2018-2019, Dr. Swati Joglekar was recognized and introduced Dr Jignesh Shah. Dr Jignesh Shah spoke on IDA’s Guiding Principles: Connect, Inspire, and Community. He highlighted IDA’s events over the past few years and strategic vision.

Taseer Badar, a philanthropist and Chairman and CEO of ZT Corporate and Entities recognized Mario DePavia & Riya Patel, IDA scholarship recipients.

Dr. Stephen Spann, founding Dean of the College of Medicine and Vice President for Medical Affairs at the University of Houston; Dr. Sheela Lahoti, Assistant Dean of Admissions & Students Affairs at McGovern Medical School, UT Health; Dr Gulshan Sharma, Vice President, Chief Medical & Clinical Innovation Officer, Sealy & Smith Distinguished Chair in Internal Medicine at UTMB, spoke on the three IDA prestigious Medical School awarded endowments. Mehul Mittal, Shivani Lotika, & Malay Shah were awarded College bound IDA scholarships by the Deans.

Dr. Arvind Bhimaraj, Interim Chief of Division of Heart Failure at Houston Methodist Hospital and Secretary of IDA awarded his personal family scholarship to Elizabeth Ogolo’s Mother
Dr. Ashima Chauhan, Vice President, introduced the IDA task force members, who have spearheaded Covid Relief’s tremendous efforts. She mentioned how the IDA board came together to form a Task Force dedicated to raising money, forming key partnerships, and building the necessary infrastructure to send key medical equipment to areas of great need in India.

Dr Sangeeta Saikia, Cardiologist and Chair of Covid Task Force highlighted the importance of IDA bringing communities together, working and uniting resources for those in need during devastating times.

Incoming President 2021-2022, Dr. Atasu Nayak, interventional cardiologist at Kelsey Seybold clinic, spoke about the upcoming year for IDA.

Evening was capped with a delicious meal from Dawaat Caterers.

Meet Honorable Judge Juli A Mathew

Honorable Juli A. Mathew Judge of Fort Bend County Court at Law 3.

www.judgejulimathew.com

“It was wonderful to see the amazing community service and outreach that IDA is doing in the Houston area. As the first Indian-American woman elected to the bench in the United States and the first Asian American Judge in Fort Bend County, it is especially important to me that our community supports and encourages young Indians, who wish to pave their own way. At the 39th Annual Gala, watching the scholarship recipients be presented with their awards emphasized the importance of the work that the IDA is doing to support the youth and future professionals.

I preside over a general jurisdiction court which handles civil, criminal, juvenile, mental health and probate matters. I also started a specialty court, the Juvenile Intervention and Mental Health Court which helps the children in the criminal justice system become successful members of society. I was recently elected the Administrative Judge of the County Courts in Fort Bend County. It has been my
privilege being on the bench and serving my community as a Judge and public servant.”

The Honorable Judge Juli A. Mathew was elected to County Court at Law 3, in 2018 after having been Associate Municipal Judge in Arcola, TX and a practicing attorney for 15 years with experience in mass tort, civil litigation, probate, and criminal matters in Fort Bend and surrounding counties including Harris, Montgomery, Galveston and Brazoria. Judge Mathew was voted the Administrative Judge for the County Courts by her peers and also heads the first Juvenile Intervention and Mental Health Court.

Judge Mathew, a Fort Bend resident of almost two decades, is a proud immigrant from Kerala, India, is bilingual in Malayalam and English, and is the first Asian American woman to be elected in Fort Bend County and the first Indian American Women elected to the bench in the United States.

Judge Mathew grew up in Philadelphia and attended Penn State University before attending Delaware Law School for her Juris Doctorate. A few of her academic achievements include:

- Alpha Class member of the Asian American service sorority Alpha Kappa Delta Phi
- Studied abroad at University of Leiden, The Netherlands about the Dutch Criminal Justice System
- President, Student Government Association at Penn State Abington
- Citation for Leadership from Pennsylvania House of Representatives
- Environmental Law Clinic & Trial Advocacy Program at Delaware Law School

In addition to her service to the community through various capacities, Judge Mathew is a wife and mother of three beautiful daughters. She is committed to serving every Fort Bend resident with understanding, fairness, and justice.

Office Address
Fort Bend County Justice Center
1422 Eugene Heimann Circle, Courtroom 2D
Richmond, TX. 77469

Mailing Address
County Court at Law No.3
301 Jackson Street, Room 101
Richmond, TX. 77469

Honorable Judge Juli A Mathew, Dr Jignesh Shah, and Ms Dharmi Shah strengthening and uniting the Indo-American relationship for the Greater Houston community.

IDA Donation to IDCC

The Indian Doctors Charity Clinic is a non-profit 501(c)(3) organization established in March 1999. The clinic is open to representatives of all groups and races. Saturday, from 9 AM to 1 PM. The charity clinic’s main purpose is to serve the greater Houston community who are in need of medical services that they may not afford. Medical Care is provided completely free of charge regardless of race, religion, ancestry. The clinic is run mainly by volunteer doctors and allied professionals from the Indian community in Houston.

The 2020 Annual IDCC Gala’s successful fundraising campaign, IDA Board made a contribution of $10,000 to the clinic to continue its great work in supporting the Greater Houston Community.
75th Anniversary of India’s Independence

Counsel General Mr Aseem R. Mahajan, with Dr Jignesh Shah and Ms Dharmi Shah Celebrating 75th Anniversary of India’s Independence.

Bike Around the Bay

October 23 and 24, 2021

IDA has partnered with Galveston Bay Foundation for a new wellness initiative. Scheduled for October 23 and 24, the Cyclic AMP Team will be riding around Galveston Bay in the 15th annual Bike Around the Bay cycling event. The 2021 Bike Around the Bay, is a one-of-a-kind opportunity to see and experience Galveston Bay on a bike, all while supporting a great local cause: the preservation of Galveston Bay for years to come. Don’t miss out on this chance to help support a great cause and further your wellness journey.

Bike Around the Bay Interest Details:

Dr. Jignesh Shah
Director, Medical Staff Affairs, Memorial Hermann SouthEast and Pearland Hospitals
Jignesh.Shah@memorialhermann.org

Dr Jerry Thurman
Medical Director Hospitalist, Memorial Hermann SouthEast and Pearland Hospitals
Jerry.Thurman@memorialhermann.org

http://support.galvbay.org/site/TR/Events/General/1311605468;jsessionid=00000000.app30119b?pg=team&fr_id=1230&team_id=4793&NONCE_TOKEN=5B21A85F72679F25296A5A18D65E831D

Team: Cyclic Amp
Password: MH2021
India Ministry of Culture: Ratanmahal Sloth Bear Sanctuary

Located around 130 km from Vadodara, Ratanmahal Sloth Bear Sanctuary is home to the maximum number of sloth bears found in the state of Gujarat. It is an absolutely thrilling experience to witness these cute creatures in their habitat. Some other species you can spot in this sanctuary are leopards, hyenas, jungle cats, langurs, striped hyenas, four-horned antelopes, porcupines, palm and Indian civets and mongoose. The sanctuary also invites birdwatchers for its avifauna species like Loten's sunbird, green barbet, crested serpent eagle, grey junglefowl, common babbler, hoopoe, lesser golden-backed woodpecker, Alexandrine parakeet and many more. About 55 sq km of the sanctuary's land is dedicated to reserve forests for 11 villages housing tribal communities. A major area is also under the possession of the irrigation department. The forested area once used to belong to the ex-ruler of Devgadh Baria

For more information, click here.

Surgeon Needed- Vein Disease Clinic
Houston, TX 77098

OPEN POSITION: Vein Disease Clinic

SCHEDULE: Full-Time or Part-Time; No Nights, Weekends, or On-Call

OFFICE HOURS: 9:00am to 5:00pm

COMPENSATION: $270-330K Annual Base Salary plus substantial productivity bonus with total comp 600k+
Includes: Malpractice Insurance, generous vacation, Health Benefits, CME Allowance, Competitive Salary + RVU Modeling

COMPANY PROFILE: Rapidly growing private practice providing a wide range of services in the area of vein treatment. The office has the security of being part of a mid-sized national business, with the day-to-day comfort of working in a private practice setting. The organization’s offerings include but are not limited to, sclerotherapy, radiofrequency ablation, and laser ablation, seeing patients for such conditions as spider veins, varicose veins, and venous insufficiency. They are currently hiring due to growth in their Houston operation.

POSITION DESCRIPTION: The new physician will see an average of 15 to 20 patients per day.

Typical duties consist of, but aren’t limited to: interventional venous medicine, procedure-based appointments, consultations
The practice sees patients for: spider veins, varicose veins, venous insufficiency, leg cramps, leg swelling, leg heaviness, restless leg syndrome

Their service offerings include: sclerotherapy, radiofrequency ablation, laser ablation, VenaSeal, ClariVein

The provider will have clinical assistants and sonographers to room and prep patients. The practice uses the NextTech EHR.

**Requirements:** Texas Medical license, DEA, Board Certification or Eligibility, relevant field (typically vascular surgery, cardiology, interventional radiology. Other fields with interventional vascular experience considered)

**For more info contact:**
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drjung@premieresurgicalarts.com

**IDA Speakers Bureau**
Please update your membership profile on [idahouston.org](http://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/

**Contact:** idahoustontx@gmail.com

Website: [www.idahouston.org](http://www.idahouston.org)
Phone: 662.786.0313

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