

**Indian Doctors Association** 

Greater Houston

February 2020 Edition

President's Message

IDA hits 2020 with a great momentum of developing its vision on "Connect, Inspire, & Community."

IDA reinforced "STEM", a curriculum based on educating students in four specific disciplines \_\_\_\_ Science. Technology, Engineering and Mathematics. The STEM program teaches & encourages collaboration. creativity, and problem-solving. During the elementary school session on January 24th, children had to opportunity to experience real-life situations to help them learn. Different medical equipment and animated medical devices were provided to the children. 150 lunch bags with First Aid Safety Kits, hot & cold packs, and hand sanitizers were provided to all the students.



IDA partnered with Pearland High School to enhance high school students with leadership qualities. Pearland high school senior class officers worked with IDA leadership in developing an outreach program with the Houston Food Bank. Houston Food Bank recently was forced to throw away about \$2.7 million worth of food after an ammonia leak. Pearland Senior Class Officers assisted with formulating an action plan, designing "The gift of time" Food Drive T-shirts, recruited volunteers to pack and sort food and products at the food bank, and fundraising. IDA contributed \$1,000 to Pearland High School for successfully implementing the action plan prospective educational and for & mentoring programs. IDA will continue to build these programs throughout the Greater Houston Independent School District. These programs are designed to bring real life Doctors' experiences to the educational systems to enhance students with successes and challenges and to nurture our future leaders.



On January 24th, Texas Medical Center Mixer at the 3rd Coast Restaurant was a sold out event. Over 50 guests had the opportunity to mix and mingle while exchanging business cards. Evening was

capped off with a delicious dinner and surprise raffle prices.



Look forward to seeing you at any or all of our upcoming events. Please follow us on social media and our website for updated and past events.

Photograph credits courtesy to Danny Nguyen. Jignesh Shah, MD President

## **MEMBERS CORNER**

New Annual Member Srikanth Katragadda, MD

This is Srikanth Katragadda MD am one of the new internal medicine physicians who joined Kelsey Seybold clinic here in the Woodlands, Tx. I am glad to be writing this short note about myself as I join the Indian Doctor Association of Houston.

I was born and raised in Guntur, Andhra Pradesh, India. I obtained my medical degree from Guntur Medical College. After graduating from Medical school 2006, I moved to the US. I was involved in cardiovascular research at the VA Medical Center in Chicago for a year. It was a great experience for me that paved the way for further research, which always helped me throughout my career. I completed my Internal Medicine residency from Toledo, Ohio in 2011, where I was also a chief resident in my final year. Then we moved to Iowa where I practiced from 2011-2019 at McFarland Clinic in Ames Iowa.

We moved to Houston in July 2019. The diverse ethnicity, food and cultural scene in Houston remind us of our home in India and attracted us to be part of this great city. We currently live in the Woodlands. We see great opportunities or our kids as they grow up; not only in Houston but in Texas. We already got to meet some great people from India both physicians and non physicians at various interactions. I am very glad to join the Indian Doctors Association Houston.

I have attended some of the sessions organized by IDA Houston. I am impressed with how active this group is in not only networking with other providers as well as some of the charitable work being done in the society.

I also enjoy participating in research activities. I was part of clinical studies as a principal investigator with PMG research while working at McFarland clinic. I envision myself being involved in the activities of IDA more in the near future.

I was glad to find a great cricket league here in Houston for which I play for during my weekends. I Love spending time with my family, wife Saisree and 2 kids Sahsara and Sarayu who are 6 and 8 yrs old.

Thank you for giving the opportunity here to introduce myself to the IDA community.



## February is American Heart Month

Help spread awareness in our community!

South Asian Americans are more likely to die from heart disease than the general population. With high rates of abdominal fat deposition, type 2 diabetes and hypercholesterolemia, carbohydrate-heavy diet and poor exercise habits, the desi community is at high risk for cardiovascular events and mortality. We physicians can help spread awareness about this risk and what can be done to improve health outcomes. As а reproductive endocrinologist and PCOS specialist, I diagnose many young desi women with diabetes and an overall poor lifestyle - and so this February, with American Heart Month and the #GoRedforWomen campaign, I'll be promoting a heart-healthy lifestyle via Instagram (@rkudesia). I will be focusing on how young women can stay healthy throughout their reproductive years and avoid fertilitv and pregnancy complications, but am looking for other IDA docs to join in! If you are active on social media, or would like to have your voice shared. please email me at rashmi.kudesia@gmail.com so we can work together to get the word out! I am looking for short blurbs or videos to help convey in simple, patient-friendly language how your clinical experience has demonstrated the need for South Asians in the US to focus on heart health. #OurHearts matter!

## Update From 2019 IDA Scholarship Recipient

Christiana Okafor

Since receiving the Indian Doctors Association Scholarship, I graduated as a Valedictorian from the High School for Law and Justice in June 2019. After choosing to attend Bowdoin College (in Maine) on a full ride, I got accepted into the Geoffrey Canada Scholars Program, which is a college immersion program here on campus that allowed me to start college 6 weeks early last July. I am on Pre-Medical Track and I plan to Major in Integrative Biology and Anthropology/Sociology or Political Science. When not in the midst of studying for my courses including Chemistry, Calculus, and Cultural Anthropology. I serve as a First Year Representative for the Black Student Union, a Development Representative for the Bowdoin Student Government and the Diversity Inclusion committee here on Campus. I am also an Eco Representative for my dorm building, where I support, drive, and support sustainability practices on campus and abroad. Similarly, I serve as a college preparatory coordinator for Maine's Upward Bound Chapter here on campus, as well as working as an Annual Funds Ambassador for Alumni Outreach. This January, I returned to campus 2 weeks early on January 3 as Bowdoin Science Scholar to attend immersive labs and lectures to study practices that support success in STEM fields

Among this, next week, I will be attending a highly selective Exploratory Career Conference with Goldman Sacs in New York City, and in March, I will be participating in a week-long spring break trip on the Tijuana, MX/San Diego, CA border to learn about the socio economic issues affecting immigrants on both sides of the border.

I am forever grateful for the Indian Doctors Association Scholarship because it has allowed the burden of indirect costs such as travel, winter clothing, toiletries, books, lab equipment, etc. to be greatly decreased. Coming from a low-income, first generation background while being at a prestigious institution like Bowdoin comes with many challenges, and knowing that I can buy the supplies that I need to succeed is something that makes success more attainable. Thank you so much and I look forward to future contact with you all!"



# **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.

# **Scholarship Application**

The 2020 IDA Scholarship Application is now active on the IDA website. Submissions are February 28th, 2020.



Pictures from IDA's Elementary and High School Mentoring Program and IDA's TMC Networking Event can be found on the IDA website.







IDA 2nd Annual CME Conference at The Houstonian Hotel & Spa is set on February 8th, 2019. The conference will feature engaging sessions from accomplished speakers in the fields of medicine, healthcare administration, and wellness. There will also be opportunities to network with colleagues during breakfast, lunch, Q&A sessions, and an exciting trivia bowl. We will also have a presentation of 2019 Community Service Awards! Make sure you check out more than 25 vendor booths and enter for your chance to win Raffle prizes.

## CME Schedule

Time	Торіс	Speaker			
7:30am-8:3 0am	Registration, Networking, Breakfast				
8:30am-8:4 0am	Welcome and Opening Remarks	Arvind Bhimaraj, MD			
	Session 1: Evolution of Medicine				
Panel: Steve Spann, MD, Charles Mouton, MD, Paul Smith, Jerald Broussard					
8:40am-9:0 0am	Innovations & Artificial Intelligence	Divya Reddy			
Questions & Answers (20 minutes)					
9:20am-9:4 0am	Business Of Medicine	Kyle Price Keynote Speaker			
	Questions & Answers (20 minutes)				
Closing Remarks: Panelists and Speakers (20 minutes)					
	Break & Networking (20 minutes)				
2019 Community Service Award Presentation (10 Minutes)					
10:50am-1 1:00am	Trivia Punch Bowl	Richard Cunningham			
	Session 2: Hot Topics				
Panel: David Buck, MD, Ruth Bush, MD, David Briscoe, MD					
11:00am-1 1:20am	Exercise and the Heart	Rajan Kadakia, MD			
Questions & Answers (10 minutes)					
11:30am-1 1:50pm	Plastic Surgery: The Modern Fountain of Youth	Kriti Mohan, MD			

Questions & Answers (10 minutes)					
12:00pm-1 2:20pm	Advanced Treatment Techniques in Cancer Care	Snehal Desai, MD			
	Questions & Answers (10 minutes)				
Closing Remarks: Panelists and Speakers (20 minutes)					
Lunch & Vendor Booths (60 minutes)					
1:50pm-2:0 0pm	Trivia Punch Bowl	Rakesh Patel, MD			
S	Session 3: Learning from the experts: Hands on Work-Shops				
Panel: Shehzad Merwat, MD; Nilesh Patel, MD; Prashant Gajwani, MD; Neeta Shukla, MD					
2:00pm-2:2 0pm	Beyond Doctoring: Be a Healer	Ragini Miryala, MD			
Questions & Answers (5 minutes)					
2:25pm-3:2 5pm	Meditation for Optimizing sleep & Other Nightly Pleasures. Meditation Sound Bowls.	Radheshyam Miryala, MD Saumil Manek			
Questions & Answers (10 minutes)					
Closing Remarks: Panelists and Speakers (20 minutes)					

#### **Conference Speakers**

#### CME CONFERENCE SPEAKERS



#### CME CONFERENCE SPEAKERS





DIVYA REDDY Senior Corporate Counsel Session 1: "Innovations & Artificial Intelligence"

Divya is Senior Corporate Counsel for the Methodist Hospital System. She is responsible for directing and performing general corporate legal functions and serves as counsel for IT, Supply Chain, Revenue Cycle and for Houston Methodist's Center for Innovation. In her role as counsel for Houston Methodist, she also sits on the Medical Device/IT Security Committee, the Physician Peer Review Committee, the Corporate Business Practices Committee, and the Conflict of Interests Committee among others. Divya also provides legal counsel and guidance to internal clients on matters pertaining to contract disputes. policies and procedures, current healthcare legislation and legal implications of strategies and activities of system entities. Prior to joining Houston Methodist, Divya was in private practice where her primary area of expertise was medical malpractice defense of hospitals and physicians. Divya graduated Bachelor of Science in Political Sciences, Texas A&M University; Doctor of

Jurisprudence, University of Houston Law

Center.



KYLE PRICE Senior Vice President/Chief Executive Officer Keynote Speaker Session 1: "Business Of Medicine"

Kyle is the Sr. Vice President and CEO of Memorial Hermann Southeast and Pearland Hospitals and provides executive oversight for the Heart and Vascular service line across the System. Kyle has served in a variety of leadership roles for Memorial Hermann including director of imaging and oncology services, administrative director of ancillary services, and administrative director of service lines. Kyle played a key role as a member of the administrative and leadership team responsible for the development of Memorial Hermann Pearland Hospital. Kyle holds an associate degree in radiological sciences from South Arkansas College, a bachelor's and master's degree in business administration from LeTourneau University, and is a graduate of the Advisory Board Fellowship in

Washington, D.C.

## CONFERENCE SPEAKERS



CONFERENCE SPEAKERS





RAJAN KADAKIA, MD Interventional Cardiologist Session 2: "Exercise and the Heart"

Rajan is the Founder and Managing Partner Southeast Cardiovascular Associates. Besides his accolades in medicine. he has accomplished innumerable athletic events, including IRONMAN. Marathons. MS 150, and many more. His passion as a cardiologist and triathlete makes his understanding of the importance of cardiovascular benefits of exercise and diet. Rajan completed his undergraduate with Magna Cum Laude Honors in Bachelor of Arts at the University of Chicago: Doctorate of Medicine. Medical College of Virginia: Internal Medicine Residency, Baylor College of Medicine; served as Chief Fellow in Cardiovascular & Interventional

Fellowship, St Luke's Episcopal Hospital



SNEHAL DESAI, MD Radiation Oncologist Session 2: "Advanced Treatment Techniques in Cancer Care"

Snehal is an integral part of developing the division of Radiation & Oncology at Kelsey-Seybold Cancer Center. Desai has held positions of President, Board Member, Chair, Co-Chair, Medical Director, Assistant Professor, & Program Director of multiple national societies and divisions including Houston Chapter President of American Association of Physicians of Indian Origin Snehal was awarded Hindu Youth Leadership Award-Hindus of Greater Houston by Congresswoman Tulsi Gabbard. Snehal completed his undergraduate with Magna Cum Laude Honors in Bachelor of Science in Math and Chemistry at the University of Houston; Doctorate of Medicine, Baylor College of Medicine; Radiation Oncology Residency & Chief Resident, Baylor College of Medicine; & additional training and fellowship in High Dose Rate Brachytherapy & Elekta -

GammaKnife Training.

#### CME CONFERENCE SPEAKERS



CME CONFERENCE SPEAKERS





KRITI MOHAN, MD Plastic Surgeon Session 2: "Plastic Surgery: The Modern Fountain of Youth"

Kriti's benchmark experience in research, publications, abstracts, and presentations has earned her respect in the field. Mohan continues to innovate in the field of cosmetic surgery. She has received numerous awards and honors including Memorial Hermann Award towards International Service. Kriti completed her undergraduate at Boston College in Bachelor of Biology; summa cum laude in Cell Biology and Neuroscience, Rutgers University: Doctorate of Medicine, Baylor College of Medicine, Integrated Plastic Surgery Residency. Baylor College of Medicine.



RAGINI MIRYALA, MD Pediatrician Session 3: "Beyond Doctoring: Be a Healer"

Ragini's academic and leadership roles as Assistant Professor, Hospitalist, Site Director, Child Abuse & Health Consultant, Medical Director & Owner enforces her as an expert meditation trainer for the Heartfulness Institute and leading expert in the field. Miryala has conducted distinguished talks for numerous national societies. Ragini completed her Bachelor of Science in Biology from Trinity University in San Antonio: Doctorate of Medicine & Pediatric Residency. The University of Texas Medical Branch.

CME CONFERENCI





RADHESHYAM MIRYALA, MD Emergency Medicine Session 3: "Meditation for Optimizing Sleepand Other Night Time Pleasures"

Radheshyam is a medical director at Community Health 1st ER in Deer Park, a meditation trainer for the Heartfulness Institute, and founder of iHeart Nature, a natural wellness skin-care line. Radheshyam volunteers his time extensively for the Heartfulness Institute, a non-profit organization promoting the benefits of a heart-centered meditation practice. He has lectured on various wellness topics including meditation, spirituality, and yoga. Radheshyam graduated Magna Cum Laude with a Bachelor of Science in Chemical Engineering from the University of Houston: Doctorate in Medicine from the University of Texas Medical Branch at Galveston where he completed his residency and served as an Assistant Professor of Emergency Medicine for over 12 years. He later transitioned to private practice in freestanding emergency medicine. Radheshyam is passionate about the transformative power of incorporating meditation into our self-care routine.



	Masters in Public Health and, in addition, to being an accomplished physician and medical educator, has a law degree.
David Buck, M.D., M.P.H. Associate Dean for Community Health	David S. Buck, M.D., M.P.H., is an Associate Dean for Community Health at the University of Houston's College of Medicine, Clinical Professor at the UT McGovern Medical School and Professor (Adjunct) at the University of Texas School of Public Health – Houston: Management, Policy and Community Health Division and Rice University's Department of Sociology. He was a Professor at Baylor College of Medicine's Department of Family & Community Medicine for 21 years. He began working with the underserved developing medical and dental clinics for the indigent population in Houston in 1984 after working with Mother Teresa in Calcutta, India. In 1999, he founded Healthcare for the Homeless—Houston.
Donald A. Briscoe, MD FAAFP	Donald Briscoe, MD, is Director of the Longitudinal Primary Care Course for the University of Houston College of Medicine. Dr. Briscoe is a family physician who practices at the Lone Star Circle of Care Clinic on the UH Campus. Prior to joining the UH College of Medicine Faculty, he was both the Residency Director of the Houston Methodist Family Medicine Residency and the Chief Medical Officer of Vecino Health Centers. Dr. Briscoe earned a BA in Chemistry from the University of Virginia. Before attending medical school at the University of Virginia, he worked as a Peace Corps Volunteer in Togo, West Africa and a research assistant at George Washington University. He completed his Family Medicine residency at UPMC Shadyside Hospital in Pittsburgh, PA and his Faculty Development Fellowship at Eastern Virginia Medical School.
Shehzad Nawaz Merwat, MD	Dr Merwat is the current Medical Director, Transplant Hepatology at the University of Texas Medical Branch. Merwat completed his Fellowship, Gastroenterology and Hepatology at the University of Texas Medical Branch Galveston, Fellowship, Hepatology and Liver Transplantation, Baylor College of Medicine Houston, and Internal Medicine Residency, University of Texas Health Sciences Center.

Paul Smith, CFP® ChFC® MSFS	Paul is a graduate of Texas State University with a Bachelor's Degree in Psychology. He has also completed the extensive studies necessary to earn his reputation. Paul is actively involved in the community through his volunteer work and service on Community Action Board for the Helping Hand Home for Children.
Jerald Broussard	Managing Director & CEO of Growth Advisors Int'l, a strategy and business development firm with a focus on companies seeking to accelerate growth and/or establish a global footprint.

## **Trivia Bowl Moderators**

Richard Cunningham	Richard is a graduate of the University of Texas at Austin, with a Bachelor's Degree in Economics. He studied in Paris at the Sorbonne. Richard is actively involved in the community through his church, support groups, and the Leukemia Lymphoma Society as a survivor of CML. For more than 26 years, Richard has been helping physicians reach their goals with sincerity and integrity.
Rakesh Patel, DO	Dr. Rakesh Patel is a highly skilled board-certified endocrinologist. He has been practicing since 2003 after he started the practice and is the owner of EPC. Patel loves technology and created an EMR and is working on apps for better patient care and is very focused on reducing cost. He completed his residency and fellowship at the University of Texas Medical Branch



Arvind Bhimaraj, MD Interim Chief, Division of Heart Failure Houston Methodist Hospital



Nilesh Patel, MD Child Adolescent Psychiatrist Optum Behavior Health



Prashant Gajwani, MD Psychiatrist specializing in Mood Disorders including refractory depression Solace Psychiatry at Riverstone



Neeta Shukla, MD Anesthesiologist Memorial Hermann Hospital, Woodlands Certified Yoga Instructor

## **Event Menu**

## **Continental Breakfast**

Serve Time: 7:30 AM to 9:40 AM Fresh Breakfast Bakeries with Butter and Jam Assorted Fruit Yogurts Sliced Fresh Fruit Hard Boiled Eggs Fresh Chilled Orange Juice Assorted Soft Drinks Mineral Waters Coffee, Decaffeinated Coffee, and Hot Tea

## Mid-Morning Break

Assorted Snack Bars and Whole Fresh Fruits Savory Culinary Treat

## Custom Vegetarian Lunch Buffet

Serve Time: 12:20 PM to 1:20 PM Asian Mixed Salad Sweet Lettuces, Julienned Vegetables, Cashews, Mandarin Oranges Crispy Wonton, Miso Vinaigrette Fried Tofu and Roasted Sweet Potato Spicy Garlic Vinaigrette Grilled All Natural Chicken Spaghetti Squash, Tomato, Kale, Pepper Vegetarian Bread Pudding Spinach, Zucchini, Mushroom Byaldi Provencal Tomato, Eggplant, Yellow Squash, Caramelized Onion **Orzo Pasta** Escarole, Broccoli, Tomato a la Monachina, Pine Nut, Olive Oil Warm Vegetable Couscous Singapore Style Rice Noodles

#### Afternoon Refreshments

Serve Time: 2:00 PM to 4:00 PM Chocolate Chip Cookies, Lemon Cookies, and Snickerdoodle Cookies Vegetarian Quesadillas with House Salsa Houstonian Bar Mix Whole Fresh Fruit Flavored Iced Tea Assorted Soft Drinks Mineral Waters Coffee, Decaffeinated Coffee, and Hot Tea

## Venue Map and Parking Information



#### **Parking Prices:**

Short term self parking: Short term valet parking: Overnight self parking: Overnight valet parking: complimentary \$18.00 per car (tax included) \$16.00 per day + tax \$29.00 per day + tax (with in/out privileges)

# A Special Thanks to IDA's 2020 CME Sponsors



\*as of 1/31/2020



Members and events are highlighted on our social media channels.



## Contact: <u>idahoustontx@gmail.com</u> Website: <u>www.idahouston.org</u> Phone: 662.786.0313

IDA-Greater Houston cannot be held responsible for the content of this e-newsletter, nor can it be responsible for the consequences of the actions taken based on the information provided. We accept liability only if we have subsequently confirmed the information found in this e-newsletter in writing. Please make sure that you are the intended recipient of this e-newsletter. If you are not, please notice that disclosing, copying, distributing, or taking any action in reliance to the contents of this information is strictly prohibited.