



Indian Doctors Association

Greater Houston

February 2021 Edition

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President's Message

During these unprecedented times, it is more important than ever to invest in our community and students. Student scholarship funds nationwide are at a low. Our goal is to help alleviate the financial burden of higher education for students. Our partnership with McGovern Medical School will help change this statistic. Beginning in the fall of 2022, an annual scholarship will be granted to an exemplary student at McGovern Medical School.

We look forward to seeing these students develop into compassionate, intelligent, high-performing leaders who will change lives in Houston and across the world.

Our collaboration with University of Texas Health and McGovern Medical School continues to help strengthen our association's membership and community of Indian Physicians in the Greater Houston area. We are committed to our vision of paying it forward and mission of "Connect, Inspire, Community."

**An Update from IDA's Partner:
UTHealth**

**Home sweet home: Helping build a
Habitat for Humanity home**

Written by: Simone Sonnier, UT Physicians



UTHealth and UT Physicians are proud to once again be the title sponsor for the annual Houston Habitat for Humanity home build, hosted by KPRC – TV Channel 2. After the difficult year experienced by health care workers across the globe, it was the perfect way to reconnect and give back to the community we serve.

"Having our organization sponsor an event like this and getting to volunteer for it is a very personal thing," said Erik B. Wilson, MD, professor of surgery at McGovern Medical School at UTHealth and surgeon with UT Physicians. "It's also just a lot of fun. I get to put my hands to work, but in a different way."

Building a home

Bundled up for the cold and wearing masks for protection, volunteers representing both UT Physicians and UTHealth arrived at the build site on Thursday, Jan. 14, with a mission in mind – to help build a home.

Due to safety precautions because of the COVID-19 pandemic, some things were a little different this year.

"We have implemented some precautions because of the virus to keep our volunteers and staff safe," said David Soto, community engagement and Veterans Build manager with Houston Habitat for Humanity. "All supplies, like gloves, hard hats, and eye protection, are sanitized and we have reduced the amount of people allowed on our sites."

Working in shifts, the crew spent nearly eight hours installing framework. The walls were constructed days prior by the KPRC-TV team at a separate location. At the end of a long and fulfilling day, the walls of someone's future home were proudly on display.

A surprise reveal
Besides UT Physicians/UTHealth employees, volunteers that day included a team from Houston Habitat for Humanity with one special person – the future homeowner. Unbeknownst to Alma Armendaris, she was participating in the construction of the house for herself and her two daughters.

For the past year, Armendaris has worked toward the goal of homeownership through her partnership with Houston Habitat for Humanity. To be considered a potential recipient of a Habitat home, an individual must meet certain requirements, including participating in 250 hours of "sweat equity" – building homes for others.

As a single mother, this opportunity means the world to Armendaris.

"Having a home for my daughters is what pushed me to do this. We've been living in a one-bedroom apartment for years," she said. "To say thank you to Houston Habitat and their community partners is not enough. This goal – owning a home – is a difficult one to achieve, but it's possible if you work for it."

Construction on the 2021 Houston Habitat for Humanity home will continue over the next several months. Stay tuned for updates along the way.

Physician Resources:
[UTHealth & McGovern Medical School](#)



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"



"The UTHealth Science Center at Houston's McGovern Medical School is thankful for the partnership with IDA Houston and the support of its invaluable community. We are particularly grateful for this group's tremendous additions to both patient care and medical education. We look forward to awarding a student with the scholarship IDA Houston so generously gifted and to advancing the next generation of healthcare leaders."

Margaret C. McNeese, M.D.
Vice Dean for Admissions and Student Affairs
Ransom Lummis Family Professor of Pediatrics
McGovern Medical School at UTHealth

Meet Dean Andrassy



“On behalf of the McGovern Medical School, we want to extend our deepest thanks to the members of the IDA Houston community. We are grateful for your commitment to supporting our future healthcare leaders and look forward to advancing our partnership.”

Dr. Andrassy graduated from the Virginia Military Institute and the Medical College of Virginia. He then completed a residency in general and vascular surgery at Wilford Hall U.S. Air Force Medical Center in San Antonio, Texas. He completed a fellowship in pediatric surgery at the University of Southern California and the Los Angeles Children’s Hospital, as well as an additional fellowship in surgical oncology. After completing his training, he was stationed at Keesler U.S. Air Force Medical Center and was Chief of General and Pediatric Surgery and the Director of the residency program. In 1983, he accepted a position as Associate Professor of Surgery and Chief of Pediatric Surgery at the University of Texas Medical School in San Antonio. In July 1985, he became the Chief of Pediatric Surgery and Professor of Surgery at the University of Texas Medical School in Houston and the M.D. Anderson Cancer Center. In August 1994, he became Chairman of the Department of Surgery at that institution and remained Chief of Pediatric Surgery at M.D. Anderson Cancer Center. In April 2003, Dr. Andrassy was appointed Associate Dean for Clinical Operations. In October 2003, he was appointed Executive Vice President for Clinical Affairs and then in May 2014, he was appointed Executive Vice Dean of Clinical Affairs. In June 2020, Dr. Andrassy was appointed Executive Dean, ad interim of McGovern Medical School.

Dr. Andrassy is a member of the American Pediatric Surgical Association, the Surgical Section of the American Academy of Pediatrics, the Society of University Surgeons, the American Surgical Society,

the Southern Surgical Society, the American College of Surgeons, and numerous other professional societies. Dr. Andrassy is on the Board of Governors for the American College of Surgeons and is also on the Committee on Diversity for the American College of Surgeons. He is past-President of the Texas Chapter of the American College of Surgeons and past Chairman of the Surgical Section of the American Academy of Pediatrics. He has previously served on the Board of Trustees for the National Childhood Cancer Foundation and the Board of the Norman Charitable Foundation. Dr. Andrassy has published over 350 manuscripts and chapters, has edited several books, and has published over 300 abstracts. He is on the Editorial Board of the Journal of Pediatric Surgery and has been a reviewer or board member of several other prestigious journals. Dr. Andrassy is board certified and recertified by the American Board of Surgery with special certification in Pediatric Surgery and has also been a Fellow of the American College of Nutrition and the American College of Physician Executives. His main outside interests include golf, reading, skiing, and water sports. He is married to a plastic surgeon, Dr. Mary Shinn, and has three daughters and five grandchildren. In addition, he has five dogs and three cats!

RICHARD J. ANDRASSY, M.D.

Executive Dean ad interim, McGovern Medical School

Executive Vice Dean of Clinical Affairs
Denton A. Cooley, M.D. Chair in Surgery
Jack H. Mayfield Distinguished University Chair

Professor and Chairman – Department of Surgery

Ruiz Distinguished Chair in Ophthalmology

Interim Chairman - Department of Ophthalmology and Visual Science
McGovern Medical School at UTHealth

Office of the President UTHealth



Office of the President
Giuseppe N. Colasurdo, MD
President
Alfred Williams Distinguished Chair

November 12, 2020

Jignesh Shah, MD
President
Indian Doctors Association- Houston
444 FM 1959
Houston, TX 77034

Dear Dr. Shah,

I am grateful to The Indian Doctors Association- Houston for establishing the Indian Doctors Association of Houston Scholarship at McGovern Medical School at UTHealth.

Gifts like yours help our students gain the education and clinical experience to become skillful doctors who will treat patients across Houston and beyond. Thank you all for helping to lay the foundation for the future of medicine.

Again, I am grateful for The Indian Doctors Association's commitment to UTHealth and our exceptional people. Together we are solving challenges, saving lives, and advancing the frontiers of health science.

Sincerely yours,

Giuseppe N. Colasurdo, MD

MEMBERS CORNER



*Annual Member
Vikas Jogi, MD*

Greetings and Happy New Year to all! Thank you for this opportunity to speak with you. I have been an Infectious Disease Doctor in private practice in the Clearlake area since 2013. I am an adjunct Assistant Professor of Internal Medicine and Infectious Diseases at Baylor College of Medicine and University of Texas Medical Branch (UTMB) Clearlake campus. I also serve as Chair of Infection Control and Antimicrobial Stewardship in HCA Clearlake and at PAM Rehabilitation Hospital. I grew up in the city of Srinagar in the Kashmir valley in India and needless to say I miss the mountains very much.

I attended medical school at Jammu University in India and after moving to the US, I completed residency in Internal

Medicine in Philadelphia at Temple University's program at Crozer Chester. Subsequently, I completed a Geriatric medicine fellowship at VCU in Richmond VA and an ID fellowship at Southern Illinois University in Springfield IL.

At Clearlake Infectious Diseases, we offer comprehensive ID services both within the hospital and through office consultations, including HIV and Hepatitis C treatment. We have our own infusion suite for antimicrobial infusions and work closely with our wound care center located in the same building. In short, we are committed to providing 360 degree care.

I live in Friendswood with my wife Monita (who has a humanities background and was in private equity in New York before moving to Texas). We have an 8 year old daughter Abha. My favorite activities outside of work are reading about military history and swimming. Also atypical given my Kashmiri Pandit roots, I occasionally hunt living in Texas.

I am very proud to be a part of the prominent and successful Indian Physician community in Houston and look forward to a long and rewarding association with all of you.

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IDA's Annual Gala

Due to COVID19, this year's gala, previously scheduled for April 10th has been rescheduled.

IDA Exclusive Membership

Covid 19 vaccination


I received both doses of the Pfizer Covid-19 Vaccination. The truth is, I was nervous about receiving the vaccine. I now only feel grateful to the brilliant scientists who developed this vaccine. Besides mild arm soreness, no other side effects! Let's put this pandemic behind us, highly recommend getting vaccinated.



January 6, 2021,
2nd Covid vaccine dose

December 16, 2020,
1st Covid vaccine dose

Jignesh Shah, MD
President, Indian Doctors Association



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Increasing the COVID-19 vaccination rate is crucial to help end the pandemic. Wearing masks and social distancing will help reduce exposure risk, however, it will be our continued trust in science that will end this pandemic.

IDA members have expanded their impact by sharing their COVID-19 vaccination experience. Their decision to get vaccinated shows their trust in medical science and will build confidence throughout our community.

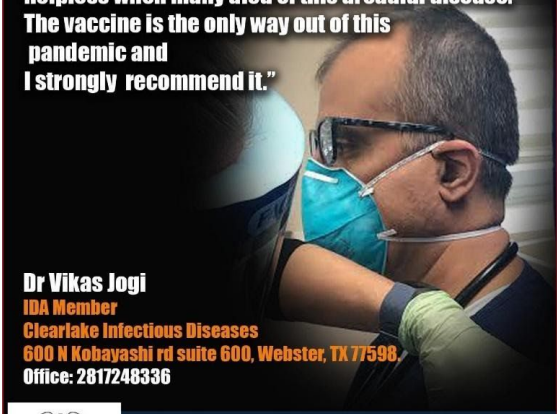
IDA's Social Media Platform, Newsletters, and Website will continue to bring public awareness and education by promoting the safety and efficacy of vaccination with your support.

Please aid in this campaign by emailing Jshahmd@gmail.com


1. Your Name
2. Practice Name & Location
3. Office Contact Number
4. Specialty
5. Picture of you receiving the COVID-19 Vaccine
6. Your personal feelings on the COVID-19 Vaccine

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."



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Vikas Jogi's Blog on COVID-19

Like all of you, I've been deeply impacted by this pandemic. This past year has been exceptionally hard as I lost my beloved mother to a sudden illness.

In March of last year, I was on a vacation in Lake Pichola, India with my family. One day, upon returning to the hotel, I found the entire staff grim faced, many wearing masks, and holding thermometers in their hands. A group of Italian tourists in the adjacent hotel had tested positive for Covid and subsequently been quarantined as the hotel shut down.

I knew it was time to return home. On my return to the United States, I did not find the sense of urgency which I had felt in the hotel and elsewhere. I feel we were not proactive against this pandemic for a very long time which has led to our current situation.

Almost all of us know someone, whether it be a patient, family member, friend, or colleague who has died of this illness.

Through the initial grasping in the dark for treatment and information, we learned a lot, but we are still unable to effectively treat this illness once it crosses a certain point. The surge after Thanksgiving has been particularly bad and the hospitals are still, as you know, struggling to optimize capacity.

Generally, I deal with three groups of patients who display symptoms. The first group is mildly symptomatic and not hypoxic. The second group has moderate to severe symptoms but can be managed in the hospital with oxygen and other conservative modalities. Third is the group of critically ill patients who wind up in the ICU. These patients are very difficult to oxygenate and usually end up dying. However, there are occasional surprises in that healthy outpatients also crash and die suddenly.

Once hospitalized, the patients are put on a cocktail regimen of convalescent plasma, dexamethasone, anticoagulation and oxygen therapy. The critically ill patients are started on high flow oxygen via Teleflex, BiPAP, and then intubation and the ventilators. Once on the ventilator, it is very hard to wean patients after prolonged use causing and a significant number of them die.

More and more information is available that the monoclonal antibodies from Eli Lilly and Regeneron seem to be effective in reducing symptoms and hospitalization in the high-risk patients who are not hospitalized. There is not much else you can do for these

people. Hydroxychloroquine did not live up to its early promise, and the existing data on Ivermectin is very weak. There is a new study on colchicine from Canada which seems promising.

The big ray of hope in this pandemic is of course the vaccines, a number of which will soon be widely available for the general population. The process has begun and many of you have already received the Moderna or the Pfizer-Biontech vaccines. Johnson and Johnson and Novavax are on the way.

We all struggle when deciding to send our kids back to school or not, but the consensus seems to be that the risk of transmission in schools is low.

This is a defining event of the beginning of the 21st-century with an impact perhaps greater than the great Spanish flu pandemic of 1918. The lessons we will learn from this pandemic will define public health policy for many generations to come. I am profoundly impressed by the courage, resolve, and selflessness exhibited by the nurses, respiratory therapists, and the physicians on the front lines of this pandemic. I'm struck by the fact that this virus targeted the very ill, frail elderly, and the morbidly obese. It's a strong message to us to work to improve the general health of the population.

I can only hope that this strange world in which we all mask and segregate from each other will one day end and we will go back to our normal lives.

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 Social Media



Members and events are highlighted on our social media channels.

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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