



Indian Doctors Association

Greater Houston

February 2022 Edition

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## President's Message



Greetings to all of you...

In the month of February, we celebrate Love. Let's try to make sometime for ourselves and our loved one for this Heart Health month. I would also advise you to do regular exercise, modify your lifestyle to reduce stress and eat heart healthy food.

Join us for our First mixer of 2022 in Indian Summer, Sugarland. Let's enjoy great food and a healthy laugh with standup Comedian Zahid Dewji. Looking forward to seeing you all at the IDA New Year Mixer on February 25th, 2022.



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

Atasu Nayak, MD  
President

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## Heart Health



By: Dr. Jasmine Khan,  
Cardiologist

*February is American Heart Month. A time everyone can focus on their cardiovascular health. Heart disease is the leading cause of death in the United States. One in every four deaths is due to heart disease. One life lost to heart disease is one too many. We know that several medical conditions and lifestyle choices can increase the risk of heart disease such as high blood pressure, high cholesterol, smoking, diabetes, obesity, physical inactivity, unhealthy diet and excessive alcohol use. By living a healthy lifestyle and taking charge of medical conditions, people can reduce their risk of heart disease.*

*Coronary artery disease is the most common type of heart disease, which can lead to heart attack. In the United States, someone has a heart attack every 40 seconds. We can take initiative to prevent heart attacks by implementing strategies to improve blood pressure control, cholesterol management, decrease tobacco use, physical inactivity and focus on specific populations experiencing inequities, including pregnant and postpartum women with hypertension, people from racial/ ethnic minority groups, and people with behavioral health issues.*

*You must start somewhere. Start small. Live big. The good news is that you can improve your heart health by following the ABCS! Take Aspirin as directed by your doctor, control your Blood Pressure, manage your Cholesterol and don't Smoke! Prioritize heart health. As healthcare professionals, we are here to help.*

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## MEMBERS CORNER



*Annual Member*  
*Jasmine Khan, MD*

Embrace Your Heart. This is Happy Heart Month Proudly serving as a cardiologist in The Woodlands and Sugar Land, I bring years of training and experience to best suit the individual needs of my patients. I am passionate about my work and strive to provide the best care as a physician. I truly enjoy my work every day.

I completed internal medicine residency at Drexel University College of Medicine in Philadelphia. From there, I went on to do a fellowship in cardiovascular disease at The University of Texas Health Science Center in Houston. I am board certified in Internal Medicine, Cardiovascular Disease, Echocardiography, and Nuclear Cardiology. I also earned the Registered Physician in Vascular Interpretation (RPVI) certification.

There are two convenient locations for patients to see me.

The Woodlands Heart & Vascular Center  
128 Vision Park Blvd, Suite 145  
Shenandoah, TX 77384  
281-606-5355

Sugar Land Heart & Vascular Center  
132 Eldridge Rd, Suite A  
Sugar Land 77478  
281-616-3222

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## MEMBERS CORNER



*Lifetime Member*  
*Hannan Chaugle, MD*

My name is Hannan Chaugle, and I am a cardiothoracic and vascular surgeon currently working at HCA Houston Healthcare at Clear Lake. I am married to Shabnam and we are blessed with two children, Sadaf and Farhaan.

I completed my training in cardiothoracic and vascular surgery at Oregon Health Sciences University. Prior to immigrating to the US, I received extensive cardiac surgery training in the United Kingdom. I have also completed an endovascular mini-fellowship in Phoenix, AZ. After my training, I had a wonderful time working in the Pacific Northwest for 12 years before moving to the Houston area in 2018. I am currently the Medical Director of Cardiothoracic Surgery at HCA Clear Lake. One year after starting in this position, myself and my good friend Dr. Pranav Loyalka successfully implemented the TAVR program at our hospital.

I perform a wide spectrum of cardiac surgeries, including coronary artery bypass grafting, mitral valve repair & replacement, aortic valve replacement, endovascular repair for thoracic/ abdominal aortic aneurysms, and aortic surgery, which I particularly enjoy. In addition to spending time in the operating room, I am also involved in a number of clinical trials.

I am excited to join the IDA Houston family. I am impressed by the great work that the Houston chapter of IDA has been doing, and I look forward to being a productive member of this esteemed association. Through the IDA, I have had the pleasure of meeting and networking with many local Indian physicians.

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## India Ministry of Culture: Albert Hall Museum



*A magnificent building built in Indo-Saracenic architectural style, Albert Hall Museum (Central Museum) is located in Ram Nivas Garden. It draws its name from London's Victoria and Albert Museum. Its corridors are decorated with murals reflecting various civilisations. Currently, the museum houses a diverse range of wood crafts, stone and metal sculptures, metal objects, carpets, natural stones, arms and weapons and goods made out of ivory. The museum also displays art from the Kota, Bundi, Udaipur, Kishangarh and Jaipur schools of art. The building's foundation stone was laid during the visit of Prince of Wales, Albert Edward to Jaipur in 1876 and it was completed in 1887 by architect Samuel Swinton Jacob, the then director of Jaipur PWD.*

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

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## IDA Social Media



Members and events are highlighted on our social media channels.

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## 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.

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## IDA Physician Specialty Awareness Videos



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