



Indian Doctors Association

Greater Houston

January 2020 Edition

President's Message

Connect, Inspire, & Community is the key facet of the Indian Doctors Association. We focused on **Giving Back** and fostering compassion to our community during the Holiday Season

On December 5th, Karya Kares & IDA united to provide over 200 free lunch bags and school book bags to the **Communities** of Greater Houston. Pictures and sandwiches with Santa Claus made it a memorable day for the families.



On December 7th, exclusive private brunch seminar with CEO & Managing Partner of

Nitya Capital, Swapnil Agrawal was held at Maggiano's Little Italy on Post Oak Blvd. With over 65 guests in attendance, valuable insight was shared on evaluating real estate investments, gains & losses on Schedule K1, and tax benefits. An engaging Q&A session with Nitya Capital Management followed by delicious brunch **Connected** our members.



Houston Food Bank was recently forced to throw away about \$2.7 million worth of food after an ammonia leak which contaminated the refrigerated area. On December 21st, "The gift of time" Food Drive with Pearland High School inspired our youth to help those in need during significant tragedies to our community. With over 100 **Inspired** volunteers, we were able to pack and sort on average 17,425 lbs. of food and product, helping provide access to 42,000 meals on December 21st. Go IDA Team!



*Jignesh Shah, MD
President*

Indian Doctors Association-Houston Endowed Scholarships

Endowed Scholarships are a form of gift to a college or university used to fund scholarships. The perpetuity gained is used for the benefit of students. Funds distributed from the endowments are used for scholarship support for students. From IDA's 2019 Fundraising Campaign, we are proud to announce two endowments made to the School Of Medicine.

The University of Texas Medical Branch at Galveston - \$25,000 Endowment

The Indian Doctors Association of Houston (IDA) has established an endowed scholarship at the University of Texas Medical Branch at Galveston (UTMB) to recognize outstanding students who are part of the university's South Asian Medical Student Association. The scholarship is the association's first award created at an academic health science center. Dr. Charles P. Mouton, executive vice president, provost, and dean of the UTMB School of Medicine, thanked the IDA for its commitment to the school's educational mission. "The medical students who earn the Indian Doctors Association of Houston scholarship will become skilled physicians dedicated to making new health care innovations," he said. "We are very grateful to the association for providing crucial financial assistance to tomorrow's leaders in patient-centered clinical care."

The University of Houston College of Medicine - \$25,000 Endowment

The annual distributed income from this endowment will be used to provide scholarship funding in the College of Medicine. The annual distributed income

will be spent on student scholarship(s) based on students who are of Indian descent and/or who are members of an active student South Asian organization at the University of Houston. This is IDA's first endowment for the University of Houston School of Medicine. IDA would like to give special thanks to Stephen J Spann, MD, MBA., Vice President for Medical Affairs & Founding Dean of the College of Medicine.



IDA Membership Exclusive Benefit

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To: Members of the Indian Doctors
Association- Greater Houston

The University of Houston College of Medicine has the mission to improve the health and healthcare of the Greater Houston area, and other areas of Texas that face physician shortages, by educating a diverse group of physicians who will provide compassionate, high-value care with a focus on primary care.

One of the ways in which we plan to meet this mission is to place medical students with experienced Primary Care Physicians in the Greater Houston area in our Longitudinal Primary Care (LPC) Course. In LPC, each student will spend one half-day per week in the office of a Family Physician, General Internist or General Pediatrician. The goal of this program is both to improve the student's clinical skills and to provide exposure and mentorship in the field of Primary Care practice by experienced practicing physicians.

In order to meet this goal, The UH College of Medicine is recruiting Primary Care Physicians who would be willing to work with students on their LPC course. The attending preceptor would be responsible for the supervision of the student, would provide evaluation and feedback, and would serve as a professional role model/mentor. Students would start by shadowing/observing the physician but would then have required patient care experiences to perform which, in general, would require that the student sees one or two patients in a half-day.

Physicians who participate in this will be appointed as Voluntary Faculty of the UH College of Medicine. This will provide, among other things, access to the University of Houston on-line library, including free access to Up To Date. Family Physicians who are certified by the ABFM may use this experience to meet their Part IV Maintenance of Certification requirements. The UH College of Medicine will also provide faculty development and CME

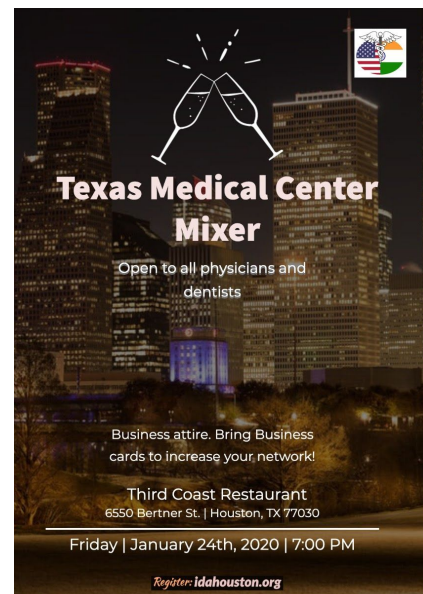
activities throughout the year. We will look for other opportunities to work with our Volunteer Faculty in ways that would be of benefit to the Faculty and would be open to suggestions from you on ideas that you may have.

If you are interested in participating or getting more information, please contact:

Donald A. Briscoe, M.D. *Director of Longitudinal Primary Care Clerkship Clinical Associate Professor*
dabriscoe@UH.edu 713-743-7782

HAVE YOU REGISTERED?

January 24th: Texas Medical Center Networking Mixer



MEMBERS CORNER

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Hello, I am Shubha Shetty. I am board certified in American Board of Family Medicine and I have my private practice; Riverstone Family Medicine in Missouri City, Texas. Prior to starting my private practice, I was an Assistant Professor in Family and Community Medicine Department at Baylor College of Medicine for 9 years. I have privileges at the Sugar Land locations of Methodist hospital, St. Luke's and Kindred hospital. I am a part of the MHMD Preferred Physician.

I was born and raised in Mangalore, Karnataka and pursued my medical degree in India. I completed my residency program in Family Medicine at Methodist Hospital, Baytown, Texas in 2009.

I am married to Prem Shetty, Ph.D. and have two boys Arnav and Vihaan. I love to travel and in my free time, I enjoy outdoor activities, such as walking and watching Bollywood movies.

I am one of the board members at Fort Bend Medical Society and also a member of the Texas Medical Board. I participate and network with South Asian Women Physician of North America (SWAPNA). I am eagerly looking forward to actively participating and networking with my fellow colleagues at the Indian Doctors Association.

UPCOMING EVENTS!

2nd Annual CME Conference

February 8th, 2020

IDA 2nd Annual CME Conference at The Houstonian Hotel & Spa is set on February 8th, 2020. 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 the vendor booths and enter for your chance to win Raffle prizes.

Registration will close January 26th.
Limited seats available, register now!



The poster for the 2nd Annual IDA CME Conference features a header with the IDA logo and the event title. Below the title, it lists the Program Chair & Moderator, Jignesh Shah, MD, and the Welcome & Opening Remarks by Arvind Bhimaraj, MD, MPH, Interim Chief, Division of Heart Failure at Houston Methodist Hospital. The main body of the poster is divided into three columns, each representing a session. Session One, 'Evolution of Medicine', includes topics like 'Innovations & Artificial Intelligence' and 'Business of Medicine'. Session Two, 'Hot Topics', covers 'Exercise and the Heart', 'Plastic Surgery: The Modern Fountain of Youth', and 'Advanced Treatment Techniques in Cancer Care'. Session Three, 'Learning From the Experts: Hands on Work-Shops', includes 'Beyond Doctoring: Be a Healer', 'Meditation for Optimizing sleep and Other Nightly Pleasures', and 'Radiation Oncology'. The footer contains registration information, including the website (idahouston.org), dates (Feb 8th 2020 | 9am-4pm), location (The Houstonian 111 | North Post Oak Lane | Houston, TX 77024), and accreditation details from the ACCME.

**2nd Annual
IDA CME Conference**

Program Chair & Moderator:
Jignesh Shah, MD
President of Indian Doctors Association

Welcome & Opening Remarks
Arvind Bhimaraj, MD, MPH
Interim Chief, Division of Heart Failure
Houston Methodist Hospital

Session One: Evolution of Medicine	Session Two: Hot Topics	Session Three: Learning From the Experts: Hands on Work-Shops
"Innovations & Artificial Intelligence" Divya Reddy Senior Corporate Counsel Houston Methodist Hospital	"Exercise and the Heart" Rajan Kadakia, MD Managing Partner and Founder Southeast Cardiovascular Associates	"Beyond Doctoring: Be a Healer" Ragini Myrjala, MD PediSTAT Urgent Care
"Business of Medicine" Kyle Price Key Note Speaker Sr. Vice President and CEO Memorial Hermann Southeast and Pearland Hospital. Heart and vascular service line	"Plastic Surgery: The Modern Fountain of Youth" Kriti Mohan, MD Plastic Surgery Claravino Total Beauty	"Meditation for Optimizing sleep and Other Nightly Pleasures" Radheshyam Miryala, MD Community Health 1st ER
	"Advanced Treatment Techniques in Cancer Care" Snehal Desai, MD Radiation Oncology Kelsey-Seybold Cancer Center	

Register: idahouston.org
IDA Members: Free, Limited Seats
Non-IDA Members: \$100
Lunch Included - business attire

Feb 8th 2020 | 9am-4pm | The Houstonian 111
| North Post Oak Lane | Houston, TX 77024

This program has been approved for AMA PBA Category 1 Credits™. The Annenberg Center for Health Sciences at Eisenhower is accredited by the ACCME to provide Continuing Medical Education for physicians. A maximum of 2.0 contact hours may be earned for successful completion of this activity.

Conference Speakers



Jignesh Shah, MD
Program Chair & Moderator
President, Indian Doctors Association



Arvind Bhimaraj, MD, MPH
Welcome & Opening Remarks
Interim Chief, Division of Heart Failure
Houston Methodist Hospital



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 Pearlman 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.



Rajan Kadakia, MD
Interventional Cardiologist
Session 2: "Exercise and the Heart"

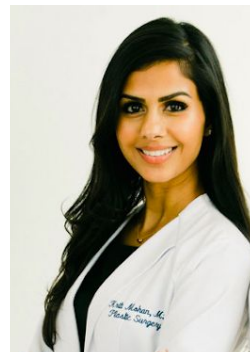
Rajan is the Founder and Managing Partner Southeast Cardiovascular Associates. Besides his accolades in medicine, he has accomplished innumerable athletic events, including IRONMAN, Marathons, MS 150, and many more. His passion as a cardiologist and triathlete makes his understanding of the importance 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.



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.



Radheshyam Miryala, MD
Emergency Medicine
Session 3: “Meditation for Optimizing Sleep and 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.

Mark Your Calendar!

IDA Gala

May 2nd, 2020



