



Indian Doctors Association

Greater Houston

June 2020 Edition

President's Message

As a Physician based Non-Profit Organization, IDA continues to mobilize its resources to our Houston community empowering the vision of "Giving Back." IDA's monetary contribution in May to the Houston Food Bank provided nutritious meals to those children and families affected by the pandemic.



Indian Doctors Association [received a formal letter of thanks](#) from Houston Food Bank's Chief Development Officer, Amy Ragan for their continued partnership.

COVID-19 Physician Resources Physician Referral Network:



Dr Rukmini (Vinaya)
Rednam, MD, FACS
Plastic Surgeon
Covid-19 & Surgeries
Office Number /
Telehealth: 713-791-0700



Padma Kumashi, MD
Infectious Disease
Covid-19 & Prevention /
Treatment
Office Number /
Telehealth: 281-587-8777



Ruchi Gaba, MD
Endocrinologist
Covid-19 &
Multi-Specialty Clinics /
Fatty Liver
Office Number /
Telehealth:
713-798-4736



Shehzad Merwat, MD
Gastroenterologist &
Transplant Hepatologist
Covid-19 & Meditation
Office Number /
Telehealth: 832-505-2350



Deena Gandhi, MD
General & Adolescent
Psychiatrist
Covid-19 & Mental
Health
Office Number/
Telehealth:
281-277-9137



Dr Rajesh Dalal, MD
Internist
Covid-19 & Primary
Care
Office Number /
Telehealth:
979-285-0007



Dr Shahid Ali
Gastroenterologist
Covid-19 & Endoscopy
Procedures

Office Number / Telehealth: 281-481-9400

Webinar Series Partnerships in Association with IACCGH

May 13th: Covid-19: What's Next

[Click here to view recording](#)

May 7th: Covid-19: Provisions of the CARES ACT

[Click here to view recording](#)

May 4th: Covid-19: BCG-Covid Association Findings & the BADAS Study

[Click here to view recording](#)

U.S. Department of Health & Human Services

[Mental Health & Coping](#)



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/>

We will continue to work with our members, partners, and local government to execute a continued response to the COVID-19 pandemic. To our physician members, Thank You for everything you do in assisting and protecting the health and safety of our community.

*Jignesh Shah, MD
President*

IDA's Annual Gala

Due to COVID19, this year's gala which was previously scheduled for August 22nd has been rescheduled to 2021.

COVID-19 Response



[Houston Food Bank](#)

MEMBERS CORNER



*New Lifetime Member
Divyang Ayar, MD*

Dr. Divyang Ayar is board certified in Vascular and Interventional Radiology as well as Diagnostic Radiology. He also has certification in Vascular Medicine. He attended medical school as well as residency at the University of Alabama in Birmingham, Alabama. He completed his fellowship at Vanderbilt University in Nashville, TN.

Dr. Ayar owns and operates Coastal Vascular Center in Pearland. He treats peripheral artery disease, venous insufficiency, as well as dialysis access management.

I have been in Houston since 2016, but never came across IDA until one of my friend's wife mentioned this organization to us. I checked out their web site and was

thoroughly impressed with the activities related to charity services and the scholarship program.

It is a great honor and privilege to become a member of IDA and very excited to help the Houston community with their Vascular needs and professional growth and networking with individuals with similar backgrounds and interests.

If I am not working, then I am discovering one of the wonders of the world. I also like to volunteer in hospitals in India. Let me not forget to mention, my loving and friendly wife, Pooja and two energetic boys, Krishna (14) and Yash (12). We all like to travel and explore new places.

I look forward to participating in many of the future IDA activities and getting to know everyone in the Houston area.

Coastal Vascular Center

8619 W. Broadway St, Suite 105, Pearland,
TX 77584

Tel 281-949-6020 Fax 281-949-6022

web: www.coastalvascular.net

email: office@coastalvascular.net

MEMBERS CORNER



New Annual Member
Ruchi Gaba, MD

Thank you for giving me the opportunity to introduce myself to all the members of IDA. I completed my medical school from University College of Medical Sciences (UCMS), New Delhi, India in 2008 and then

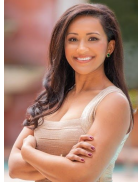
moved to Alabama to complete my Internal Medicine residency at University of Birmingham (UAB) in 2009. Thereafter I moved to Houston for my fellowship in Endocrinology, Diabetes and Metabolism at Baylor College of Medicine (BCM) in 2012. After finishing the same, I continued as faculty and have been at BCM for the last five years.

I practice general endocrinology but am passionate about providing care for patients with Endocrine Neoplasia especially thyroid cancer. I serve as the director of the Multidisciplinary Thyroid Specialty Program at Baylor where I co-manage complicated thyroid cancer patients in conjunction with surgery, ENT, radiology and nuclear medicine. I also treat a vast multitude of thyroid pathology including thyroid nodules/ FNA/ hypothyroidism/ hyperthyroidism/ pregnancy and thyroid disease. In addition, I run a first-of-its-kind multidisciplinary Fatty liver Clinic in the medical center in conjunction with Gastroenterology where I provide individualized comprehensive care for the metabolic aspects of fatty liver patients with poorly controlled diabetes, metabolic syndrome and lipid disorders. In terms of research, I serve as co-investigator in several phase three clinical trials investigating novel therapeutic options for management of patients with NASH (nonalcoholic steatohepatitis), pathophysiology of Ketosis Prone Diabetes and classification of Atypical diabetes.

In my spare time I love spending time with my husband Vinay and two kids Aarav and Ayana who are 4 and 2 years old. I have recently joined IDA to not only help enhance my professional growth but to also get an opportunity to do community work

while networking with my wonderful colleagues with similar backgrounds and goals. I am very excited to be a part of the prestigious Indian Doctors Association (IDA) and I look forward to meeting all of you soon.

MEMBERS CORNER



New Annual Member
Rukmini (Vinaya) Rednam, MD

I am a board-certified plastic surgeon in the Houston and the Woodlands, TX area. One of three partners in a large group plastic and reconstructive surgery practice, My Houston Surgeons, I love my work and enjoy working as part of our team. I have been in the Houston area for the last 5 years and moved here to be closer to my family. I have an older brother who is a pediatric oncologist at Texas Children's here in town and my parents recently moved to Houston as well! I am hoping to get my younger sister's family to move here as well so we can all be together.

I grew up in Missouri where I completed my undergraduate and medical school training at the University of Missouri-Columbia, then moved to the University of Kentucky where I finished my integrated plastic surgery training. I completed my training at the University of Florida where I did an additional fellowship in aesthetic surgery.

I specialize in all areas of Plastic Surgery including aesthetic surgery of the face, breast and body. My practice has a special focus on microvascular breast

reconstruction, and body contouring following weight loss.

I am a social person and love engaging with my community. Whether that is through lectures and education, activities, gatherings or just social get-togethers I am always excited to engage with others.

I currently live in the beautiful Woodlands area with my husband Ethan (surgical pathologist) and our daughter Zahra and two furry friends Annie and Billie. I enjoy spending time with my family and friends, cross-fitting, traveling, and generally being active!

I am honored to be a part of the IDA and look forward to building new relationships both personal and professional, expanding my community and meeting each and every one of you!

MEMBERS CORNER



New Annual Member
Padma Kumashi, MD

My name is Padma Kumashi and I am an internist and Infectious Disease specialist managing my own practice, which primarily serves North Houston and the Woodlands.

I grew up in Mumbai, where I attended medical school. I moved to the US in 1994, where I completed my residency in Hurley Medical School/Michigan State University. After residency, I worked as a hospitalist for 3 years before moving to Houston to complete my fellowship in the University of Texas/MD Anderson Cancer Center. I

established my practice in 2007, which has since become a fixture in the North Houston infectious diseases community.

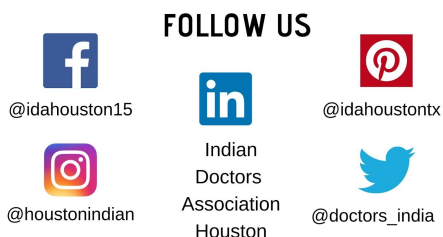
In my free time outside work, I am an avid painter. I live with my husband, two boys, and my 2 year old goldendoodle. I am honored to join IDA to find professional growth and network with fellow doctors, each with a variety of interests. I look forward to building lasting relationships through the IDA community for many years to come.



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.

“Friends of IDA” **A special thanks to IDA’s** **39th Annual Gala Underwriter**



ZT Corporate is honored to be partnering with a first-class organization such as IDA. We are proud to call them our friends and well-wishers.

-Taseer Badar, CEO



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