



Indian Doctors Association

Greater Houston

October 2020 Edition

President's Message

Back to school during COVID-19 has required schools, colleges, and families to work even harder together. As the policies continue to modify, IDA continually supports the Greater Houston school districts on encouraging positive behavior and limiting the transmission of SARS-CoV-2.

Since the last 2 years, IDA has supported the Elementary School System with educational and mentoring programs. These programs are set to provide a positive school climate enhancing the engagement in learning and promoting our shared vision.



COVID-19 Physician Resources Webinar Series Partnerships in Association with IACCGH

September 2, 2020: [Power Dialogue with Congressman Kevin Brady](#)

September 15, 2020: [Estate Planning Mistakes, Solutions and Strategies](#)

American Academy of Pediatrics:
[COVID-19 Planning Considerations: Guidance for School Re-entry](#)

TMA:
[COVID-19 Pediatric Symptom Severity Chart and Parental Guide](#)

DSHS:
School Reported COVID-19 Cases in Texas Public Schools:
<https://dshs.texas.gov/coronavirus/schools/texas-education-agency/>

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/>

*Jignesh Shah, MD
President*

IDA's Annual Gala



Due to COVID19, this year's gala has been rescheduled to April 10th, 2021.

"Friends of IDA"



"HCA Houston Healthcare Pearland appreciates the opportunity to acknowledge the great work of the Indian Doctors Association-Houston. Organized to promote the health of the community, provide scholarships and mentorship programs to future healthcare providers and networking among its professionals, IDA-Houston accomplishes this and more every year through its vast membership. HCA Houston Healthcare Pearland is pleased to endorse this association and call many of its members friends"

David S. Wagner, FACHE
Chief Executive Officer
HCA Houston Healthcare Pearland

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**Indian Doctors Association
Greater Houston**

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www.idahouston.org

MEMBERS CORNER



*Annual Member
Sahil Parikh, MD*

Hi everyone! Thank you for the opportunity to introduce myself!

I am Sahil and I am a Family Med physician. I practice at Kelsey Seybold's Cypress clinic and round on our patients at St. Luke's Vintage Hospital. Just completed my first year in practice and couldn't have asked for a more happening start! I came in touch with IDA through Dr. Joglekar who was one of my attendings during my training.

I was born and brought up in Gujarat, India. Completed my MBBS from Government Medical College, Surat. Relocated to the US in 2014 and landed in the freezing but beautiful state of Michigan. Went through the usual process and matched at Houston Methodist Hospital for my residency. My wife, Tithi, and I drove down from the cold Michigan to the warm and humid Houston.

We were absolutely sure about moving back to Michigan once I complete my residency. Eventually, Houston grew on us and made us rethink our decision. The city had everything to offer while still giving us the opportunity to be close to our Indian roots. We decided to make Houston our home and this was one of the best decisions that we have made.

We currently live in Cypress. Our love is shared by our pup, Whiskey, who is a little furry ball of energy! I look forward to getting more involved with IDA and with the projects/events that it undertakes. Look forward to meeting everyone soon.

UTMB Residency Program

Lindsay Sonstein, MD



Lindsay Sonstein, MD
Associate Professor
Laura R. Schweppe Distinguished Professor
Program Director Internal Medicine Residency
Vice Chair Inpatient Affairs
Department of Internal Medicine

This gift has been so meaningful for our residency program. Anyone who remembers what it was like to be a resident knows how important food is! During the COVID pandemic our residents forfeited vacations and electives in order to be redeployed to manage patients on the COVID wards and COVID ICU. As a result this significantly impacted their personal wellness as well as the connectivity of our program. This gift allowed us to provide food and spur wellness within our program. Our residents were able to gather each day (safely!) and connect for a just a few minutes over lunch. Thank you to the IDA for your generous gift.

COVID will be a part of history and will impact everyone for generations to come. Younger physicians entering training will undoubtedly learn and grow at different rates than other interns starting their residency. The biggest surge in our area occurred the week of July 1, which was when new interns started. Many were immediately redeployed to COVID wards/ICU. These interns had to quickly adapt to a high risk working environment with high acuity of illness. They learned quickly what it means to serve your patients. This experience will shape them forever and they handled it very well! I'm so proud of all of the work they did!

COVID-19 IS HERE, BUT SO IS THE FLU.

ONE SHOT CAN HELP PREVENT FLU.

FIVE FLU FACTS:

1. Everyone 6 months or older needs a yearly flu shot - especially adults aged 65+, pregnant women, young children, and people with chronic medical conditions like diabetes, asthma, and heart disease.
2. Flu kills 21,000+ Texans died from flu-associated illness in the past two years. That's equal to the population of Katy!
3. The flu vaccine won't give you the flu. If you catch the flu after you've been vaccinated, it could be because you were exposed to the flu before you got vaccinated.
4. Flu shots keep Texas moving. The shot may not always prevent the flu, but it can lessen symptoms and shorten sick time. This means less missed work and school days.
5. You may have some side effects like aches, mild fever, and soreness where you get the shot. That's nothing compared to being hospitalized because of the flu!

Want more #FluFacts? Visit [texmed.org/BeWise](https://www.texasmedical.org/BeWise)

Now, more than ever, protect yourself and your loved ones.

#BeWiseImmunize [@texmed](https://www.facebook.com/texmed) [@texmed](https://www.instagram.com/texmed) [@texmed](https://www.youtube.com/texmed)

TEXAS MEDICAL ASSOCIATION
Be Wise - Immunize™
Physicians Caring for Texans

IDA Social Media

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Members and events are highlighted on our social media channels.

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.



Contact: idahoustontx@gmail.com

Website: www.idahouston.org

Phone: 662.786.0313

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