

Indian Doctors Association Greater Houston

August 2024 Edition



Dear IDA Family,

I hope you have stayed cool this summer. Before diving into our upcoming events and today's newsletter, I want to address the recent tragedy in Calcutta involving a trainee doctor. It's disheartening to see violence against women and physicians, and I urge you to join the conversation on necessary change in India. We recently held a peaceful vigil in partnership with the South Asian Women Physicians Association of North America to show solidarity.

On a brighter note, we are excited about our upcoming events in September and October and thrilled to launch the SEWA Int./IDA Health outreach program. Read the details in this newsletter.

WE NEED YOUR PARTICIPATION

We are excited to announce our “Fashion for Fundraising” event to support The Public Health Research Institute of India (PHRII), this amazing organization works to combat cervical cancer in India. Save the date for this and other events, and bring your friends to join IDA.

We need to enhance member engagement and would appreciate your help in guiding us and the board. As part of our member drive, we are offering a “Free Annual Membership” to trainees and medical students. We have also partnered with South Asian Medical Student Associations in Houston and held our first career counseling panel at the University of Houston. We are committed to supporting SAMSA members in reaching their career goals. If you're interested in mentoring medical students, please email us at idahoustontx@gmail.com.

In this newsletter you can expect:

Know Your Board
Members

Peaceful Vigil
Lunch and Learn Events

Free Membership for
Trainees and Medical
Students

IDA-SAMSA Career
Counseling Panel
Discussion

IDA/SEWA
Collaborative Health
Outreach Program

Bike Around Bay

Coog Docs 5K

New UH Dean

KNOW YOUR BOARD MEMBER

Dr. Vanita Bala



Dr. Vanitha Bala is a board certified gastroenterologist. She earned her medical degree from Mysore Medical College, India, and completed her Internal Medicine internship and residency at Wright State University, Ohio, where she served as a Chief Resident. She completed her Gastroenterology fellowship at the Virginia Commonwealth University School of Medicine at Richmond, Va. Dr. Bala has authored numerous peer-reviewed articles in eminent medical journals and presented many of her research work at various national and international scientific meetings. While she was a faculty at the Emory University School of Medicine in Atlanta, GA, she authored a chapter in the seminal book, "Comprehensive Hospital Medicine, An Evidence-Based Approach" for hospitalist all over the medical world.

Dr. Bala is in private practice at North Houston Gastroenterology Institute, based in The Woodlands, TX and is affiliated with Memorial Hermann and Houston Methodist. She also serves as a vice-chair at the Department of Internal Medicine at the Memorial Hermann The Woodlands medical center.

In her spare time, Dr. Bala loves spending quality time with her husband and their two wonderful children.

PEACEFUL VIGIL

“Let my country Awake”



“Where the mind is led forward by Thee into ever-widening thought and action; into that heaven of freedom, mu Father, LET MY COUNTRY AWAKE” were the words of solidarity rendered by Dr. Suparna Chibber at the vigil. Thanks to Drs. Bindu Akanti, Sangeeta Saikia, Suparna Chibber and many others who helped organize this vigil and for all those who attended it.



UPCOMING EVENTS



INDIAN DOCTORS ASSOCIATION OF
GREATER HOUSTON

IDA Houston **SUGARLAND IDA EVENT**

SEPTEMBER 21, 2024
11 AM - 2 PM
LUNCH INCLUDED

ADDRESS:
MAHESH'S KITCHEN, 16019 CITY
WALK, SUGAR LAND, TX 77479

LUNCH & LEARN
INNOVATIVE NON-SURGICAL TREATMENT OPTIONS
FOR
SEVERE COPD/EMPHYSEMA

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Sugarland IDA Event: September 21st

Topic: Innovative non-surgical treatment options for severe COPD/Emphysema

Speaker: Dr. Pushan Jani

Location: Mahesh Kitchen

16019 City Walk, Sugar Land, TX 77479

Time: 11:00 am to 2:00 PM

Register through Eventbrite:

<https://www.eventbrite.com/manage/events/1000481205217/details>

Central Houston IDA Event: October 5th

Topic: Amyloidosis: A disease that crosses every specialties path-Awareness with patient perspective

Speakers: Arvind Bhimaraj, Sheetal Shroff and Patient speaker

Location: Grotto Ristorante

4715 Westheimer Rd, Houston, TX 77027

Time: 11:00 am to 2:00 pm

Register through Eventbrite:

<https://www.eventbrite.com/e/central-houston-ida-event-tickets-1013262263707?aff=oddtcreator>



Indian Doctors Association of Houston presents

CENTRAL HOUSTON IDA EVENT

AMYLOIDOSIS:
A disease that crosses every specialties path-Awareness with patient perspective.

SATURDAY
October 5, 2024

GROTTO RISTORANTE
4715 WESTHEIMER RD,
HOUSTON, TX 77027

START AT
11:00 a.m. - 2:00 p.m.

Speakers:

Arvind Bhimaraj, MD
President of IDA

Sheetal Shroff, MD
Electrodiagnostic
Medicine, Neurology,
Neuromuscular
Medicine

Sean Riley
Patient Speaker

REGISTER NOW

Alnylam
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ASB AMYLOIDOSIS
SPEAKERS BUREAU

www.eventbrite.com

www.idahouston.org

Woodlands Event: November 16th

“Fashion for Fundraising” - In support of PHRII

Location: Crowne Plaza

Shenandoah - Woodlands Area

19333 David Memorial Drive

Shenandoah, Texas 77385

Time: 6:30 pm to 11:00 pm



**IDA Partners
with
Galveston Bay Foundation**
Oct 19 & 20 2024 Bike Around
the Bay
IDA is a Platinum sponsor for
this event

Team Captain
Dr. Jignesh Shah

Jersey Design with IDA Logo:
<https://via.primalcustom.com/collections/ts-9599>

Registration Information:

IDA Members: FREE (coupon code on request)

NON-IDA Member:

Bike Around the Bay Two-Day Rider: \$75.00

Bike Around the Bay One-Day Rider: \$75.00

Bike Around the Island Rider: \$40.00

Bike Around the Island

- Date: Saturday, October 19
- Distance: 20-mile or 43-mile out and back route on Galveston Island
- Note: Fully stocked breakpoints will be available every 10-15 miles.

Bike Around the Bay

Riders have the option of riding one day or two days. Two-day riders will make a complete loop around Galveston Bay with an overnight on Galveston Island.

- Saturday, October 19 Distance: 97.5 miles
- Sunday, October 20 Distance: 77 miles

To learn more about how you can support, join, or email us on idahoustontx@gmail.com or cyclicampteam@gmail.com



COOG DOCS 5K
A Color Run + Walk
For Children's Mental Health

YOU ARE INVITED!

Please join us Sunday, November 3 in the morning at the Tilman J. Fertitta Family College of Medicine for the inaugural Coog Docs 5K!



Learn more and register for the event by scanning this QR code!

 Division of Advancement and Alumni
UNIVERSITY OF HOUSTON

 Tilman J. Fertitta Family College of Medicine
UNIVERSITY OF HOUSTON

The following is a testimonial from the
SAMSA representative:

CALLING FOR VOLUNTEERS

**Sewa International Houston/IDA collaborative
Health outreach program**

IDA is proud to collaborate with SEWA international to create a Health outreach program under the IDA Health equity efforts (<https://www.idahouston.org/community-service>). We will be organizing once a month Health Outreach camps on a Saturday where we will provide health education on a specific health promotion topic and provide health screening in 3 communities identified by SEWA International. We need Physician and non-physician volunteers for the following roles:

1) Health content experts to deliver a health education talk at the monthly outreach camps.

Topics listed below:

- a. Heart Health: Prevention and Risk Factor Control: October 26th, 2024
- b. Diabetes: How to prevent, pick it up early and manage it well?
- c. Mental Health Wellness: A way to handle life.
- d. Brain Health: How to avoid strokes.
- e. Pediatric Health: What to know for parents to care for their kids.
- f. Women's Health Wellness: Maintain Your Health
- g. Eye Health Maintenance
- h. Substance Dependence
- i. Sleep Hygiene-For Better Days



2) Health Screening for basic check up after the health promotion talk during the health camps.

The following are potential dates:

- **Year 2024:** Oct 26th; Nov 23rd; and Dec 21st.
- **Year 2025:** Jan 25th; Feb 22nd; March 29th; April 26th; May 31st; and June 28th.

Please email us your latest CV to idahoustontx@gmail.com if you are interested and kindly include with the following information in the email body:

1. Full Name:
2. Specialty Board Certification
3. Hospital/Group Affiliation

**FREE MEMBERSHIP FOR
TRAINEES AND MEDICAL
STUDENTS**

As a part of membership drive to engage the future generations, the IDA board has approved a FREE Annual membership for medical students and trainees. If you know of any interested residents, fellows, super fellows, Phd students or medical students please ask them to email to idahoustontx@gmail.com with their particulars: Name; Training level; Institution.

**IDA-SAMSA CAREER
COUNSELING PANEL
DISCUSSION**

The South Asian Medical Students Association is a national organization that aims to unify medical students' efforts to address South Asian Health. With two Chapters in the Houston area, IDA has connected with both, University of Texas Health McGovern Medical School and UTMB health chapters. Four of the IDA board members with various backgrounds and specialties were present as a panel discussion on career guidance. Dr. Arvind Bhimaraj presided and moderated the lively discussion amongst other panel members: Dr. Apurva Pancholy, Dr. Jignesh Shah and Dr. Vanitha Bhagia. Please find the pictures of the event on the IDA website at this Link:
https://photos.google.com/album/AF1QipNcxyHE-nQy5Bnnk1O59YGvsFKn7HjB34_IgqDP



New UH Dean, Dr. Jonathan McCullers officially started on September 1, 2024. (Dr. Steve Spann has retired)

WORDS OF WISDOM

If you have a famous quote, you want featured in the “Words of Wisdom” section please email to idahoustontx@mail.com

If you are interested in contributing content to this newsletter, please email us at idahoustontx@gmail.com
Any ideas regarding activities of IDA are welcome as feedback.



BOARD OF DIRECTORS

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We want to hear from you



Contact: idahoustontx@gmail.com

Website: www.idahouston.org

Phone: 662.786.0313

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