



Indian Doctors Association
Greater Houston
December 2024 Edition



Dear IDA Family,

Happy New Year to all. Hope everyone had a great holiday season and took some time to relax and spend time with your families. It is with great pride I am drafting the last newsletter of my tenure as the President of Indian Doctors Association. I assure you it is not the end of my journey with IDA though. I will be transitioning into the Ex-President position on the board officers committee and continue the various activities that have been started this year. Our next President Dr. Sangeeta Saikia and I have worked closely to assure a smooth transition and continuity.

Please save the date for two events coming up detailed below: **Gold and Giving** event in *February* and our **annual educational CME** event in *March*. Read the details of these events in this newsletter. We are also continuing our monthly health outreach clinics as part of our IDA/SEWA international health outreach program. The article in this newsletter has dates listed for each month and I hope you all can review your availability and come volunteer in these clinics. We will also soon launch the medical student mentorship program and read the details to see if you will be interested.

Arvind Bhimaraj, MD MPH

LEARNING AND NETWORKING EVENTS

(LUNCH & LEARN [OR] DINNER & DISCUSSION)

IDA is excited to announce our regional events where our members can interact with each other while learning about advances in a broadly relevant topic (that is applicable to all specialties). **These brief talks are not industry sponsored talks but are given by our member expert in that field.**

**~NORTHWEST/WEST
HOUSTON LNE~**

NORTHWEST/WEST HOUSTON IDA EVENT

December 11, 2024



NORTHWEST HOUSTON **WEST HOUSTON**

IDA Houston

IDA EVENT

JOIN US FOR DINNER AND DISCUSSION AS WE WELCOME THE HOLIDAY SEASON TOGETHER!

Wednesday, December 11
5:30 - 10:00 p.m.

Lakes of Parkway Club House
14031 Barnhart Blvd.
Houston, TX 77077

Register through Eventbrite QR Code: 

| | | |
|--|---|---|
| Speaker: Ajith Nair, M.D. Anju Bhardwaj, M.D. | Topic: Machines for Heart Failure: Current and Future | LVAD Patient Speaker: Jonell Yarborough |
|--|---|---|

BRONZE SPONSOR smartvest **GOLD SPONSOR** Abbott **SILVER SPONSOR** Inspire

with her and see an individual's successful life with a mechanical heart was very gratifying.

We are grateful to our gold sponsor **Abbott**, bronze sponsor **Smartvest** and Silver sponsor **Inspire**.



We had a great beginning of the holiday season with the IDA event located in the West/NW Houston area.

We started with our guest speakers Drs. Ajith Nair and Anju Bharadwaj give a brief, broad perspective on current advancements in mechanical hearts and then had Ms. Joneil Yarborough share her story of struggling with heart failure followed by getting a left ventricular assist device (LVAD). She proudly showed off her mechanical heart gadgetry outside her body and claimed life to be great though she had no pulse (as the devices are continuous flow devices). The ability for the audience to engage

IDA-MEDICAL SCHOOL CAREER GUIDANCE PROGRAM

Indian Doctors Association has launched a mentorship program for medical students with a focus on career guidance and preparedness for the practice of medicine in the real world. While our intent is not to disrupt the medical student's mainstream institution-based mentorship, we want to create a supplemental guidance that can be practical knowledge for career and life.

We plan to create a database of Physicians interested in providing mentorship that the students can choose from. Once matched, you will be expected to meet the student at least once in two months to check in on their needs (a virtual meeting will be sufficient)

If interested, please email
idahoustontx@gmail with your CV.

INTRODUCING FREE MEMBERSHIP FOR TRAINEES

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.

WELCOME NEW BOARD MEMBER

Dr. Vidya Mathivanan



Lifetime member, IDA

Dr. Mathivanan is a dedicated physician with extensive experience in hospital medicine and healthcare leadership. She earned her medical degree from the prestigious Madras Medical College in Chennai, India and completed her residency in Internal medicine at the renowned Cleveland Clinica Fairview hospital in Cleveland, Ohio. She has been working as a hospitalist in the greater Houston area for more than 13 years. Currently Dr. Mathivanan is the director with CVS health where she leverages her clinical expertise and leadership skills to drive innovative healthcare solutions.

SAVE THE DATE

GOLD AND GIVING EVENT

Save the date: February 16th, 2025.

Location: Tanishq Jewelers,
2335 Post Oak Bld, Houston

ANNUAL EDUCATIONAL EVENT

Save the date: March 29th, 2025.

Location: Pinstripes, 3300 Kirby Dr.,
Houston

SEWA INTERNATIONAL
HOUSTON/IDA
COLLABORATIVE HEALTH
OUTREACH PROGRAM

An amazing beginning
And a call for volunteers!



IDA is proud to partner with SEWA international for the IDA/SEWA Health outreach program.



Please see below the dates listed for the monthly **Health Outreach camps** on **Saturdays from 10 am to 1 pm**. Please email us with your interest to help out. These are general health screening camps where further care can be guided by referring the patients to local resources. **We are also actively seeking volunteers who can help with Spanish translation in these clinics.**

Jan 25th: Need one more physician.
Current volunteers: Drs. Vinita Bhagia, Archana Sadhu (endocrinologists)

We need three physicians for the following dates: **Feb 22nd; March 29th; April 26th; May 31st; June 28th.**

Specialties needed: Pediatric health, Women's health, Eye health, sleep disorder.

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

1. Full Name
2. Specialty Board certification.
3. Hospital/Group affiliation.
4. Date you can volunteer.

We want to hear from you.

IDA Social Media



Members and events are highlighted on our social media channels.



Contact: idahoustontx@gmail.com

Website: www.idahouston.org

Phone: 662.786.0313

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