



Indian Medical Association of New England

Quarter 1: Newsletter

January - March 2015

From the desk of the President...

I am deeply honored to be elected as the 37th President of IMANE, one of the oldest Indian medical organizations. I thank my fellow members for giving me this opportunity to lead our organization and I intend to give it my very Best.

Every President contributes to the organization through their unique strengths. We have had pioneer visionaries who have dreamed a shining path and foot soldiers who have advanced the missions and visions. I see one of my roles to preserve & perpetuate the goals envisioned and gains made so far.

I would like to personally thank and congratulate Dr. Sajani Shah Kapasi for her excellent achievements in this past year and tremendous contributions towards the community through community health fairs. I hope to continue to build on her efforts.

I will also continue to support medical education through informative CME meetings and promote professional solidarity in the pursuit of excellence in patient care and research. I look forward to continuing our commitment and full support to IMANE's charitable & community service projects including free health clinics, medical screenings and health expos. I would also like to elaborate on networking and socializing activities like summer picnics in a more entertaining way with the goal of bringing members closer and attracting new membership. I would like to revive forums and societies like Women's Forum and Past Presidents' Society. I plan to further elaborate on cultural activities involving IMANE members and their families during our events and also make annual Gala more enjoyable.

In spite of the great job done by IMANE leaders, our organization is facing a challenge today due to dwindling memberships & diminishing funds like many other organizations. So, we have much work ahead this year in order to find suitable solutions to these challenges. I hope to utilize my strengths of community outreach, networking & creative thinking to launch new projects & bring forth new ideas in order to fight the above two challenges. I will try to raise funds through pledge drives, silent auctions or fundraisers. I plan to make our events more attractive and membership more beneficial in order to get new members and keep the current ones bonded together.

Aspirations of IMANE cannot be fulfilled by one person. I urge the involvement of our medical and non medical well wishers in building a strong organizational fortress. I encourage the participation of every member to contribute in any way they can with their special skills. Together we can take our organization to greater heights.

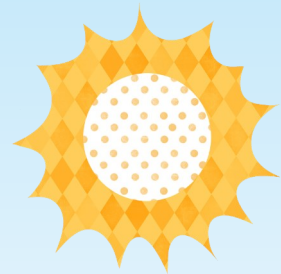
I am fortunate to have an enthusiastic and committed team of executive committee members. Teamwork is the key to final success. With blessings & guidance from our senior members and enthusiasm and innovative ideas from our younger members, I am looking forward to having a great year with my 'Awesome team of 2015' !

Thank You,

Seema Arora, MD



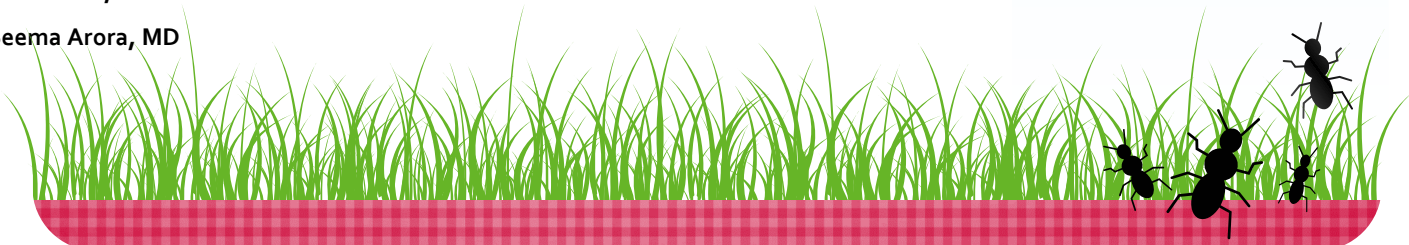
**Dr. Seema Arora
President, IMANE**



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www.imanemd.org



**IMANE
Executive Committee and
Board of Trustees 2015**

President

Seema Arora, MD

Past President

Sajani Shah, MD

President –Elect

Sapna Aggarwal, MD

Secretary

Sameer Kapasi, MD, MA

Treasurer

Subha Thiagarajan, MD

Members at Large:

Smita Patel, MD

Paul Mathew, MD, FAHS

Devila Shah, MD

Tapasya Srivastava, MD

Rajiv Nanda, MD

Board of Trustees:

Geeta Trivedi, MD

Salil Midha, MD, FACC

Tejaswini Shah, MD

Vikas Desai, MD

Pramod C. Shah, MD

Nominating Chair:

C. Mohani Malhotra, MD

AAPI Representative:

Suresh Reddy, MD

From the desk of the Chair of the BOT:

It is a great pleasure to write about the accomplishments of IMANE. It is indeed in honor to have been associated with this wonderful organization of Indian Physicians of New England. I have seen ups and downs over the past several years and always found IMANE to come up on top. Each president as brought IMANE to new heights in their own unique ways.



I am very impressed with young energetic dedicated IMANE executive committee growth. They are getting involved with more and more non-profit local organizations by supporting their fund raising events. IMANE is also heavily engage in community services by providing health screening at various Health Fairs at India day at the Hatch Shell and Temple as well at the Health Expo. IMANE is also supporting free health clinics in Worcester, Waltham, and Chelmsford.

I congratulate the President and the Executive Committee Group for keeping IMANE financially viable and stable through their extreme hard work and keeping the costs down and negotiating a better contract and raising funds at CME & Annual Meetings and also by putting an extra effort in collecting annual dues.

Best wishes to IMANE for keep going up and up.
Geeta Rajendra Trivedi, MD



Message from our Pioneering Past President:

Health care providers are going through challenges from the affordable act and the requirement for compliance for Meaningful use and the rest from CMS etc. The state regulatory bodies, insurance industry, hospital privileges, legal reform and other necessary activities are playing great transformational change in our art of healing the hurt. Indian American health care providers should join IMANE and increase the value added by virtue of larger member pool. Members should work together and with professional organization strength in numbers and joining organizations would make significant impact for what the health care providers do look after patients with access, cost, safety and quality.

Thank you, Dinesh Patel, MD

Executive Committee & Board of Trustees, 2015:

**Some members not present*

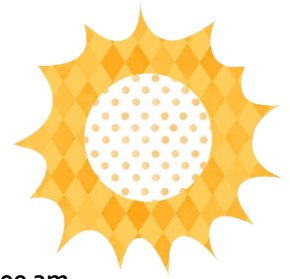


Sub-Committees: Chairs and Co-Chairs:

Community service: Dr. Subha Thiagarajan & Dr. Smita Patel **Scientific:** Dr. Sapna Aggarwal & Dr. Paul Mathew **Membership:** Dr. Tapasya Srivastava & Dr. Devila Shah **Website:** Dr. Sameer Kapasi & Dr. Rajiv Nanda **Bylaws:** Dr. Suresh Reddy & Dr. Sahdev Passey

IMANE Calendar of Events

Spring -Summer 2015



March

13th

Childhood Obesity Awareness campaign 7:00 am - 10:00 am

Lynnfield High School in collaboration with AAPI as part of their 'Be Fit, Be Cool' program. For details, visit www.aapiusa.org / www.imanemd.org

19th

Childhood Obesity Awareness campaign 11:15 am - 1:15 pm
Lynnfield Middle School An IMANE initiative on the above guidelines.

April

19th

INE multimedia Health and Wellness expo A non-profit company
Burlington Marriott, Burlington, MA 9:00 am-5:00 pm
IMANE will be providing Free Health Screenings, "Ask the Doctor" Segment, Bone Marrow Drive, Membership drive, and some IMANE physicians will be speakers/moderators in various panels from 12pm-3pm. www.inemultimedia.org

May

9th

Updates on Risk/Pain Management 7:30 am - 2:15 pm
Spring CME Meeting at Mass Medical Society Headquarters, Waltham, MA. Excellent speakers, continental breakfast, Indian veg/non veg lunch, 5 CME's (2 for risk management). All inclusive. Registration now open. Details on our website :www.imanemd.org

June

17th-21st

Annual AAPI Convention-Orlando, FL.
Details on AAPI website
www.aapiusa.org

July

11th or 12th

Summer Cruise/Picnic
Details to follow

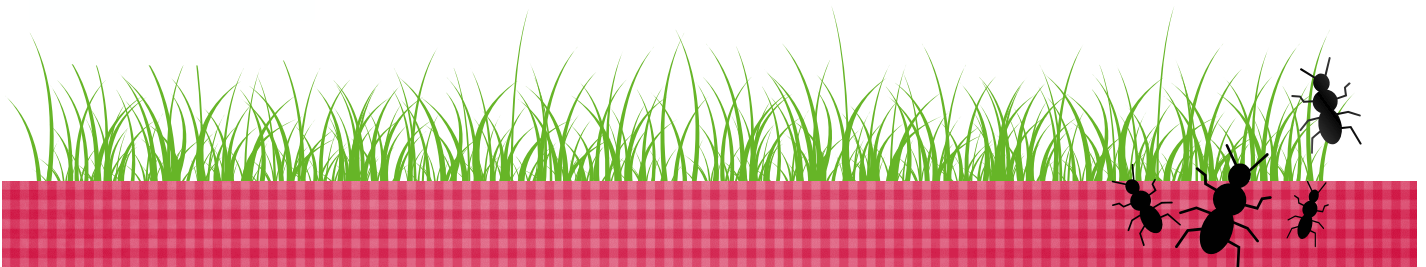
23rd-30th

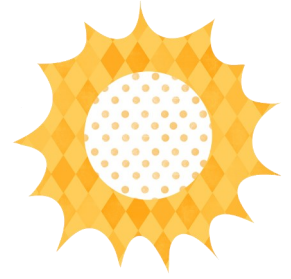
AAPI CME cruise to Danube River
Details at AAPI website as above.

Aug

tbd

IAGB India Day, Hatch Shell, Boston. Details to follow
IMANE will provide Free Health screenings, 'Ask The Doctor' at our booth.





IMANE Calendar of Events - Fall 2015

September
tbd

Past Presidents' Society meeting
Details to follow.

October
4th

Making Strides Against Breast Cancer 8:00 am-10:00 am
Breast Cancer Walk in collaboration with American Cancer Society
Hatch shell, Boston, MA.

9th

Women's Forum 2:00 pm - 4:00 pm
Burlington Public Library, Burlington, MA.

November
21st

Save-the-date! 37th Annual Gala

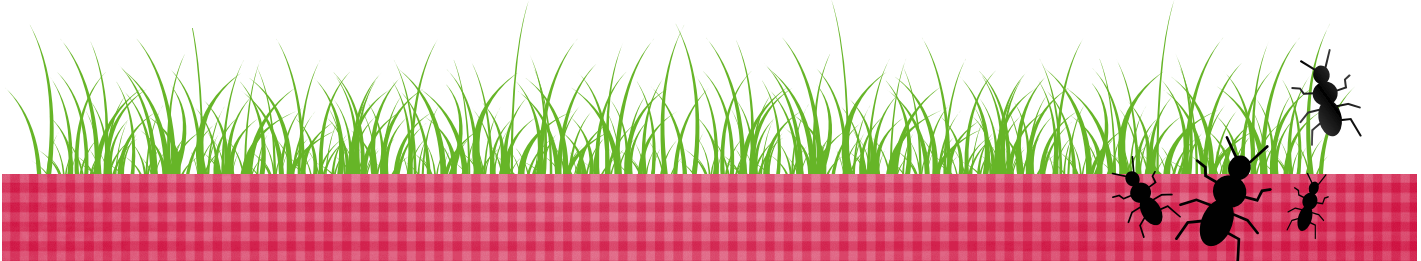
37th Annual Gala 6:00 pm - 11:00 pm
General Body Meeting 5:00 pm - 6:00 pm
At Burlington Marriott, Burlington, MA.

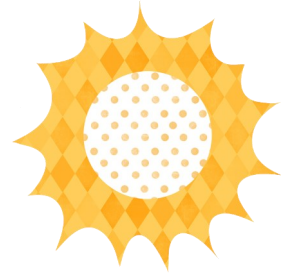
*Details of upcoming events will be posted on IMANE Website
www.imanemd.org
To follow IMANE on Facebook visit www.imane.org and select the
facebook button at the top of the home page.*



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*- Seema Arora, MD
President, IMANE*





Recent Events:

#1. "BE FIT, BE COOL"... Campaign

Our first event of this year - "**Be Fit, Be Cool- Obesity Awareness**" campaign on **March 13th**, in collaboration with **AAPI** (American Association of physicians of India) succeeded after continued efforts from last year.

As a part of this program, **Lynnfield High School** students and staff were educated about childhood/ adolescent obesity, which is a big epidemic today, and it's prevention by adopting healthy life style, eating right and exercising.

Then students were made to exercise at various exercise stations in the gym, following which healthy fruits were distributed.

Finally, \$1000 check, from AAPI, was presented to the Assistant Principal of the school towards gym equipment.

The program was organized by Dr. Seema Arora (President, IMANE) Dr. Sajani Shah Kapasi (Past President), Dr. Suresh Reddy (AAPI Regional Director), and Dr. Bharti Khurana and (AAPI Patron Member). President-elect of IMANE, Dr. Sapna Aggarwal helped at the event.



Recent Events (Continued)

#2. "CHILDHOOD OBESITY AWARENESS"... Campaign

At Lynnfield Middle School on March 19th, was an IMANE initiative based on the above guidelines. 750 students, from grades 5-8, visited our booth during their school health fair day to get educated about childhood obesity prevention. Children were given educational handouts and giveaway gifts and an iPad mini was raffled.

The event was organized by Dr. Seema Arora and Dr. Suresh Reddy, (who also donated the iPad and giveaways). Dr. Manorama Mathur, Dr. Sapna Aggarwal and volunteer Subah helped at the event. Dr. Sameer Kapasi helped behind the scenes.



UPCOMING EVENTS

Free Health Screenings by IMANE at 'South Asian Health & Wellness Expo
hosted by INE multimedia, a non profit company
Sunday, April 19th 9am-5pm—Burlington Marriott

IMANE will be providing:

- ◆ Free Health Screenings: 12-3pm
- ◆ Ask the Doctor' segment :12-3pm
- ◆ Bone Marrow Drive :12-3pm
- ◆ Membership drive: 12-3pm

Some IMANE physicians are speakers/moderators in various panels:

- ◆ Dr. Paul Mathew :Speaker, Neurology
- ◆ Dr. Subha Thiagarajan: Speaker, Psychiatry
- ◆ Dr. Seema Arora: Moderator, Anti Aging panel
- ◆ Dr. Dinesh Patel: Moderator, Orthopedic panel
- ◆ Dr. Tapasya Srivastava: Moderator, Asthma panel
- ◆ Dr. Sapna Aggarwal: Moderator, Nutrition panel
- ◆ Dr. Smita Patel : Moderator, Psychiatry panel

For more information and to pre-register for free visit www.inemultimedia.org

Dr. Manju Sheth, Chair

BourneWood Health Systems

jointly provides with the

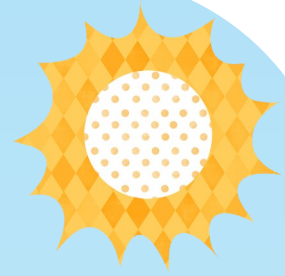
Indian Medical Association of New England

UPDATES IN RISK/PAIN MANAGEMENT

Spring CME Meeting

Saturday, May 9, 2015

Massachusetts Medical Society, 860 Winter Street, Waltham, MA



Program Description:

Accredited through BourneWood Health Systems for 5 category 1 CME credits out of which 2 are for mandatory risk management and 3 for pain medicine. Excellent speakers and topics!

Continental breakfast and Indian veg/non veg lunch is included-network with your friends and colleagues & mingle with Indian community while learning-what could be better!

Program Schedule:

7:30 a.m. Registration, Exhibitors and Continental Breakfast

8:15 a.m. Welcome and Introductions

- ◆ Seema Arora, MD, IMANE President

Course Directors:

- ◆ Sapna Aggarwal, MD, CME Chair
- ◆ Paul G. Mathew, MD, FAHS, CME Co-Chair

8:30 a.m. Finding the Meaning in Meaningful Use

- ◆ Brian Herrick, MD, Chief Medical Information Officer, Cambridge Health Alliance

9:30 a.m. A Behind the Scenes View Of A High Profile Medical Negligence Case

- ◆ Paul R. Greenberg, Esq., Preti Flaherty, PC

10:30 a.m. Break and Exhibitors

11:00 a.m. Headache Medicine: An Atraumatic Crash Course

- ◆ Paul G. Matthew, MD, FAHS, Director of Continuing Medical Education, John. R. Graham Headache Center, Brigham & Women's Hospital, Harvard Medical School, Department of Neurology

12:00 p.m. Break and Lunch Pick-up

12:15 p.m. Conservative & Interventional Management of Acute Low Back Pain

- ◆ Suresh Reddy, MD, Chief, Interventional Neuroradiology, Beth Israel Deaconess Medical Center, Harvard Medical School, Department of Radiology,
- ◆ Sameer Kapasi, MD, MA, Interventional Physiatrist and Spine Specialist, Boston Spine Group, Newton, MA

1:15 p.m. Methadone Misunderstood and Underused

- ◆ Lewis Hays, MD, MPH, Medical Director, All Care Hospice

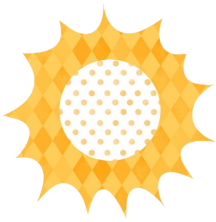
2:15 p.m. Closing Remarks

- ◆ Seema Arora, MD, IMANE President

Ticket Prices: IMANE / MMS Members \$75 / Residents \$20 / Nonmembers \$100 / Medical Students Free

Online Registration & Membership Available at : www.imanemd.org





Current News / Membership Achievements:

Dr. Vivek Murthy (37 years old) has made history as the youngest appointed US Surgeon General and the first of Indian descent. The Senate voted 51-43 to confirm Murthy as America's top doctor after the position was vacant for over a year. President Obama said "Dr. Murthy will bring his lifetime of experience promoting public health to bear on priorities ranging from stopping new diseases to helping our kids grow up healthy and strong," For his part, Dr. Murthy says he will focus on combating obesity, curbing smoking and fighting chronic diseases.

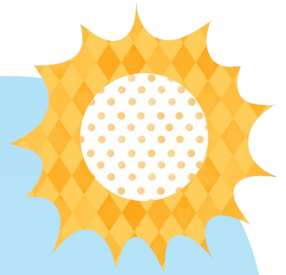


In a touching tribute, IAGB honored five women who have had over 45 years of service. They serve as role models in both their personal and professional lives. **Dr. Anbukilli Chetty**, the first female from her community to become a doctor is an active researcher at the Tufts Medical School. **Neena Gulhati** established the first classical dance school in New England. **Dr. Chander Kapasi** has served as the President of IAGB. She is a practicing Physician and past President of IMANE. **Prof. Soraiyya** Hussein was the principal of a college in India. **Rani Nautiyal**, the only great grandmother in the list has a great many accomplishments to her credit.



Lexington, MA, the only town in the United States where six Indian Americans ran for an office in one election for town meeting members and all of them won. Here is the list: **Syed Ali Rizvi**, **Saatvik Ahluwalia**, **Ravish Kumar**, **Sanjay Padaki**, **Pamela Joshi**, **Narain Bhatia**. Besides this **Dr. Dinesh Patel** is a town meeting member who will continue the office.





AAPI Events:

Global Healthcare Summit (GHS) 2015

Mumbai, India: January 5th, 2015: The ground breaking 9th annual Global Healthcare Summit (GHS) 2015 organized by the American Association of Physicians of Indian Origin (AAPI) concluded January 4th, 2015 with the pledge by Bollywood Superstar Amitabh Bachchan committing to be the Ambassador of AAPI's campaigns to create awareness on Head Injury, Trauma, and Hepatitis In India. In this three day conference, the first day was marked by top political leaders addressing the international delegates; the second day was marked by top notch medical curriculum which extended to the third day.

There was a concurrent forum devoted to Healthcare and Hospital CEOs where over fifty of the top echelon in the health industry had a brain storming session. Research and Poster Presentations and ECFMG/Visa seminar was held at the KEM Hospital, Parel Mumbai

At this conference, IMANE was represented by four past Presidents (Dr. Chander Kapasi, Dr. Onaly Kapasi, Dr. Ammani Dasari & Dr. Venkat Ravi), current President (Dr. Seema Arora) and AAPI Regional Director (Dr. Suresh Reddy).



AAPI News:

Dr. Suresh Reddy, who is AAPI regional director from North East region and has also served on IMANE Executive committee for two years, is now running for AAPI treasurer.

"Every member of AAPI is strong as a solo force. I wish to align all the 'Solo' forces so we become an 'Enormous' force, showcase 'Unity in Diversity', the theme which India is proud to boast of" said Dr. Reddy "My Vision and Goals for AAPI are to make AAPI a purely professional / academic society, to form a bridge between AAPI Senior Leadership and the Young Physicians & to form a bridge between physician organizations of ethnic groups including African American and Hispanic Organizations."

Dr. Reddy is a very hardworking, dedicated and focused individual who has sincerely served IMANE and AAPI for past many years. He is an excellent candidate for this position. Please support him. Ballots have been mailed to all AAPI member's houses and voting is on, **last date for submission being April 3rd.**

REDDY FOR AAPI TREASURER 2015
Suresh Reddy MD
Interventional Neuroradiologist
Beth Israel Deaconess Hospital
Harvard Medical School
Boston, MA. 02445
Cell : 508 435 4343
Email: redद्याapi@gmail.com

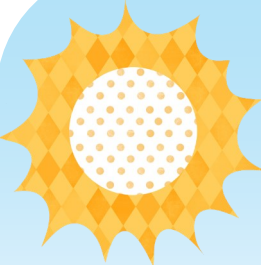
- CME Chair AAPI 11-12
- IT Chair, AAPI 12-13
- Regional Director AAPI 13-14
- Regional Director AAPI 14-15

REDDY FOR AAPI TREASURER 2015

- President : AP (Erstwhile) Telugu Med Graduates
- President Elect : Osmania Medical Alumni
- Chair, Mentorship Committee, AARI
- EC and AAPI Rep, IMANE

Logos: AAPI, APMC, AARI, IMANE, Indian Medical Assoc. of New England

Special Thanks:

- 
- ◆ To Dr. Raj Goyal & Prem Goyal Family Foundation for donating \$15,000 towards "Lifetime Achievement Award" to be divided and used over the next three years. Appreciate their thoughtfulness.
 - ◆ To all sponsors, advertisers and media supporters of IMANE. Looking forward to your continued support.

"Please consider helping your organization by making generous donation and getting new members."

*Thank you ~ Seema Arora, MD
President, IMANE*