

Improving Health Worldwide



Four Indian-Americans receive Paul & Daisy Soros Fellowship of \$90,000



The Paul & Daisy Soros Fellowships for New Americans announced April 13, 2022, include four Indian-Americans. The merit-based graduate school program for immigrants and children of immigrants, announced the program's 2022 Fellows chosen from a pool of more than 1,800 applicants.

The chosen 30 Paul & Daisy Soros Fellows" were selected for their potential to make significant contributions to the United States," a press release from the organization said. They will each receive up to \$90,000 in funding to support their graduate studies.

The four Indian-American recipients are Hari Srinivasan, Sai Rajagopal, Syamantak Payra and Rishi Goel. Each of the candidates has an extraordinary life story. Srinivasan received the Fellowship to support work towards a PhD in neuroscience at Vanderbilt. Rajagopal's Fellowship will support his work toward a medical degree at Harvard University.

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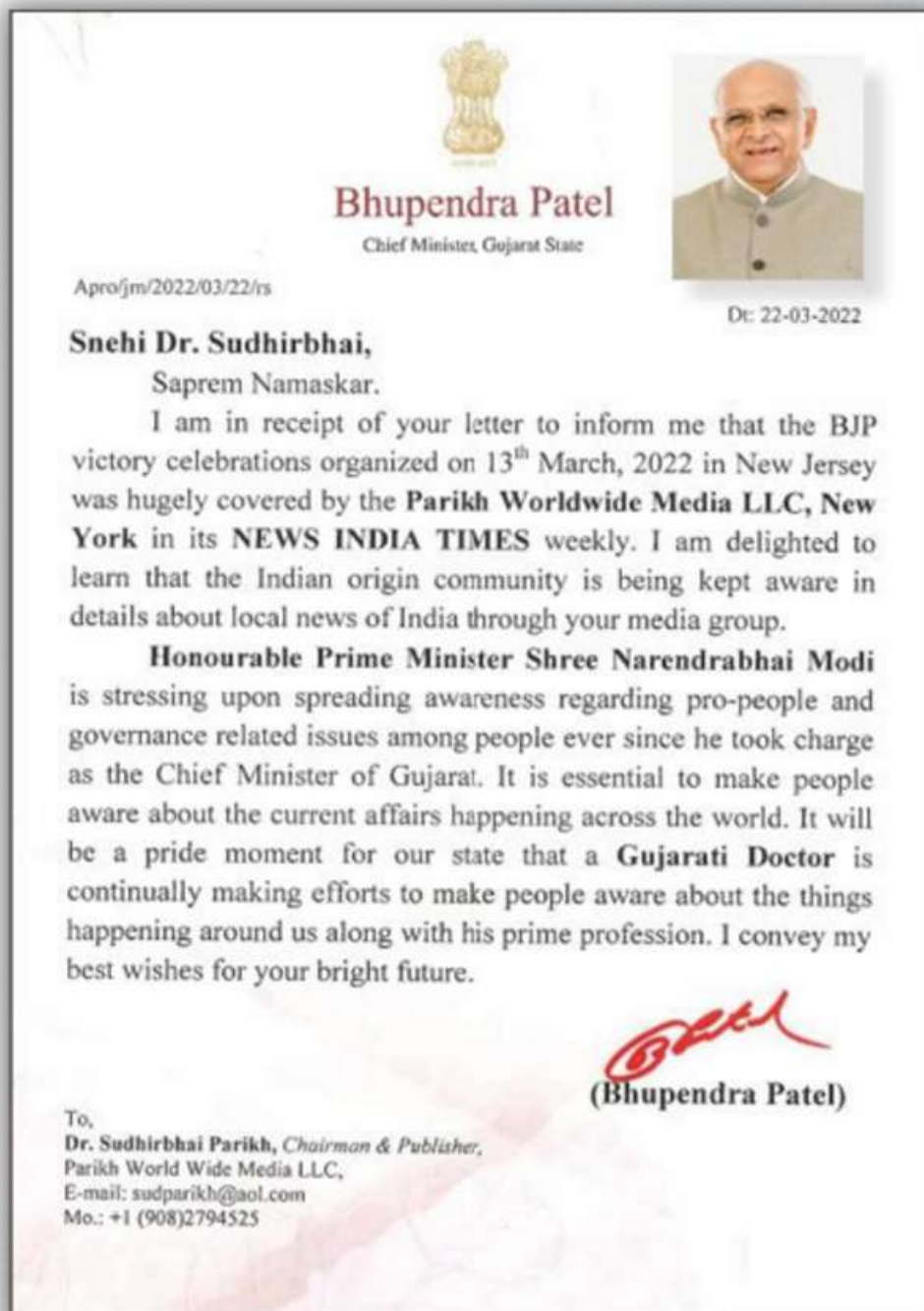
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Gujarat chief Minister praises Parikh World-wide media – Dr. Sudhir Parikh General Secretary of GAPIO

The Chief Minister of Gujarat, Bhupendra Patel, congratulated Parikh World-wide Media for the coverage of Bharatiya Janata Party victory celebrations held in New Jersey by the Indian community. He said that Prime Minister Narendra Modi has stressed upon spreading awareness about his administration's 'pro-people' policies around the world and complimented Padma Shri recipient Dr. Sudhir Parikh, chairman of PWM, for his efforts to spread awareness, saying, "It will be a pride moment for our state that a Gujarati Doctor is continually making efforts to make people aware about the things happening around us along with his prime profession."



GAPIO signed a MoU with NATHEALTH

Global Association of Physicians of Indian Origin (GAPIO) has signed a MoU with NATHEALTH at Annual Conference of NATHEALTH on 28th March 2022 at New Delhi. NATHEALTH was established in 2012, with an objective to bring together healthcare stakeholders in India and work along with policy makers to create an environment that will power the next wave of healthcare for all. NATHEALTH aims to help build a better and healthier future for both rural and urban India.

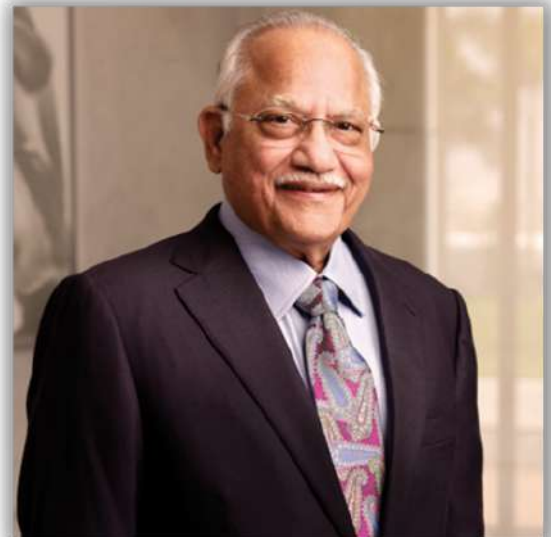
The best part of this event was that Dr Pratap C Reddy Chairman Apollo Hospitals Group is the founder of both the organizations and blessed the new collaboration for successful partnership with his presence.

The aim and objectives of signing the MoU:

- to work together for skilling and upskilling of healthcare resources and work towards their capacity building in undergraduates and postgraduates seats in medical colleges, nursing colleges and allied healthcare institutions
- to raise level of awareness for prevention, early diagnosis, and control of Non communicable diseases (NCDs) to reduce economic burden.
- to support the Government of India's futuristic digital mission and unlock opportunities for access to affordable Health Care using Digital Technology.
- to promote innovations in Healthcare Financing.
- to increase access to affordable healthcare particularly in remote areas through technology and telemedicine.
- to promote startups in healthcare particularly focusing on elderly care and geriatrics.
- to work together with NATHEALTH in other areas of national importance and interest.



Signing of MoU with NATHEALTH



Dr. Pratap C Reddy
Chairman
Apollo Hospitals and GAPIO

Free Medical Health Check-up Camp done by Dr Ashish Aneja

On the occasion of World health day A Free health check-up camp was organised by Dr Ashish Aneja in association with GAPIO. In this camp, Blood Glucose testing, Blood Pressure, Weight, BMI, Hb, Neuropathic testing were done free of cost for all employees, students and their relatives. Free consultation was also provided to all with free medicine distribution.

Dr Ashish Aneja told that we have to face a lot of difficulties in treating common metabolic disorders due to lack of awareness among patients. So in order to cope up with this situation regular follow up and life style modification and proper medication is necessary. Viral fever is on peak now a days so to avoid many communicable viral infections we have to be fit enough to avoid these infections and follow some simple steps like frequent hand wash , regular citrus fruits, salad intake and yoga . Dr Ashish Aneja told that due to sedentary life style Diabetes , Hypertension and Heart Failure is increasing day by day so regular walk of minimum 30 minutes is enough to prevent life style related disorders.

He also organised a Free Medical Health check-up and nutrition awareness camp for women association with GAPIO on 30th April 2022.



Dr. R.N. Srivastava awarded with Lifetime Achievement Award

Dr. R.N. Srivastava (Pediatric Nephrologist, Apollo Hospitals) was chosen for the 2022 Life Time Achievement Award on behalf of the IPNA (International Pediatric Nephrology Association) Honorary Members and Awards Committee and IPNA Executive Council.

He was recognised for representing IPNA's mission and goals and for his longstanding commitment to IPNA and ASPNA. He has also made contributions to pediatric nephrology on both a local and international level.



India's first association of robotic surgeons launched in Guwahati

ARIS – the Association of Robotic & Innovative Surgeons - India's Own First Robotic Surgeon's Association was launched in Guwahati on 30th April 2022. President Dr Subash Khanna and Assam Industry and Commerce Minister Hon'ble Chandra Mohan Patowary were present on the launch Ceremony. Dr. Arun Prasad, member of GAPIO and President of Obesity Surgery Society of India (OSSI) and President of International MGB[1] OAGB Club for Bariatric Surgery has become the Vice President of Association of the Robotic and Innovative Surgeons. He stated that Robotic surgery is the new future of surgery world over, recent advances in equipment and surgical techniques have made minimally invasive surgery popular and one of the most effective techniques in several fields of surgery. It has several advantages over standard surgical approaches, including Rapid recover, Lower rate of post-operative infection, Decreased pain, Better postoperative immune function, Cosmetic results. The association aims to train surgeons in Robotics. Many international associations have expressed interest for collaboration.

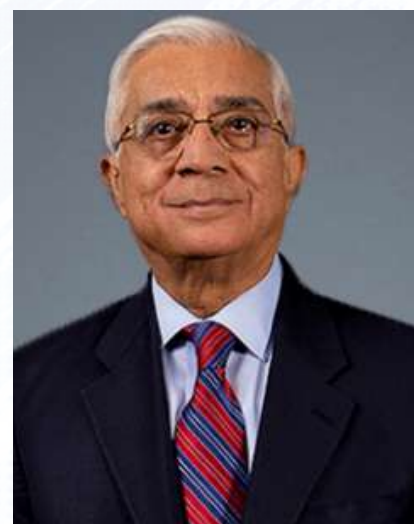


New Treatments for High Cholesterol

There is a new drug called Nexletol, and it is used for people with the highest risk. That is people with genetic or familial high cholesterol or those who have heart disease and further need to lower their cholesterol. It is called bempedoic acid. It works to lower the cholesterol your liver makes. Statins are different because they lower cholesterol in the blood by reducing the liver's ability to make cholesterol. This then allows the liver to accept more cholesterol from the blood, thereby driving down cholesterol levels. They can drive down low-density lipoprotein (LDL) through the HMG receptor. This is an enzyme that processes cholesterol in the body. Nexletol also acts similarly as statins by reducing the liver ability to make cholesterol and holds us cholesterol production in the liver as well.

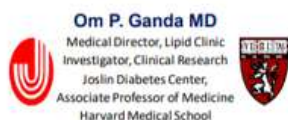
GAPIO requested Dr. Om Ganda, Senior Physician and Medical Director, Lipid Clinic, Clinical Investigator, Joslin Diabetes Center, Associate Professor of Medicine, Harvard Medical School USA for his comments.

He said that this drug may be a news for many of the doctors but not so for the doctors in the lipid fields. He is of the opinion that both drugs act similarly. Nexletol also works as statins by reducing the liver ability to make cholesterol.



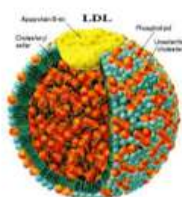
Dr. Om Ganda,
Medical Director,
Lipid Clinic, Clinical
Investigator, Joslin
Diabetes Center

Latest Advances in Lipid Management



GAPIO: Annual Meeting Feb 26-27, 2022

Lipoproteins in Human Circulation



Options for LDL-C reduction in high-risk subjects, when...

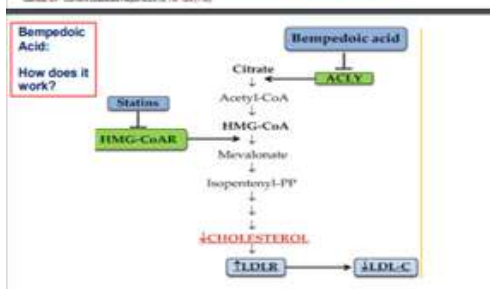
- Statin therapy inadequate (< 50% reduction, or LDL-C > 70 mg/dl)
- Statin Intolerance

Non-statin options to lower LDL-C

- Bile acid sequestrants (cholestyramine, colestipol, colesevelam)
- Nicotinic acid (niacin)
- Cholesterol absorption inhibitor (ezetimibe)*
- PCSK9 (Proprotein convertase subtilisin/kexin 9) inhibitors (evolocumab*, alirocumab)*
- Microsomal Transfer Protein (MTP) inhibitor (lomitapide)
- Examples of other drugs in development:
 - ATP citrate lyase inhibitor ETC 1002 (bempedoic acid)
 - Dialkyl ether dicarboxylic acid (gemfibrozil)
 - Angiotensin-like protein3 (ANGPTL3) inhibitors
 - THR-β agonist (MGL-3196), others

*Evidence-based options for ASCVD event reduction in combination with statins.

Ganda, OP. Current Diabetes Reports 2018; 138: 138-148.

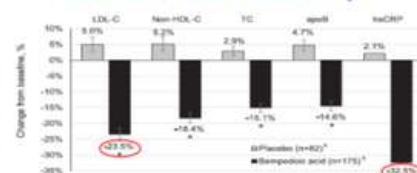


Bempedoic Acid: Effect on LDL-C at 12 weeks



Bempedoic Acid add-on to Ezetimibe or Placebo in Statin – Intolerant subjects

Phase 3, 12-week RCT, n=269; mean LDL-C at baseline, 127.6 mg/dl



Bellotti, J. et al. JAMA 2018; 320: 1377-1385

Additional Options for ASCVD Risk Reduction in Statin-treated Patients with ASCVD, or at very high risk



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Summary and Conclusions

Overwhelming evidence exists for statin therapy in secondary and primary prevention of ASCVD

Current guidelines further support high intensity statin therapy and specific targets in high risk people, such as DM with CVD or multiple RFs

When statin therapy is inadequate, ezetimibe followed by PCSKI should be considered, after cost-consideration.

There is a considerable residual risk from TG-rich particles. High dose EPA opens a new therapeutic paradigm, while the mechanisms are likely multifactorial.

The Role of Nutrition in Faster recovery

GAPIO conducted a session on "The Role of Nutrition in Faster Recovery" at 5:00 PM IST on Saturday, 2nd April 2022. This session was organised under 'GAPIO – Dietetics International Lecture Series'.

Dr. Rohini Sridhar, from India gave introduction & welcome speech. Dr. Kamal Mahawar (Consultant General/Bariatric Surgeon from UK) gave expert talk on "Challenges on Maintaining Nutrition Post Bariatric Surgery." Dr. Krishnan Sriram (Tele-Intensivist, from Chicago) sheds light on topic "Challenges on Achieving Nutrition in Critical care". Dr. Arun Prasad, Ms. Haritha Shyam, Ms. Champa Mazumdar all from India conducted Question & Answer session followed by vote of thanks. Dr. Anita Jatana, from India was the moderator for the session.

THE ROLE OF NUTRITION IN FASTER RECOVERY

02 APR 2022 Saturday
5:00 PM IST 7:30 AM EST
4:30 AM PST 12:30 PM BST (UK)
6:30 AM CST 10:30 PM (Australia)

Join: <https://bit.ly/3tq6z3M>

A 60-minute update to keep abreast of the latest developments

Topic	Speaker	Chairperson	Time
Introduction and welcome	Dr Rohini Sridhar, India		5 mins
"Challenges on Maintaining Nutrition Post Bariatric Surgery"	Dr Kamal Mahawar Consultant General/ Bariatric Surgeon South Tyneside and Sunderland, UK	Dr Arun Prasad, India	20 mins
"Challenges on Achieving Nutrition in Critical Care"	Dr Krishnan Sriram, "Tele-Intensivist", U.S. Veterans Affairs, Tele-Critical Care West, Hines/Chicago"	Ms Haritha Shyam, India	20 mins
Q & A		Dr Arun Prasad, Ms Haritha Shyam Ms Champa Mazumdar, India	15 mins
Vote of Thanks			

MODERATOR
Dr. Anita Jatana, India

GAPIO Executive Committee

Dr. Prashant C. Reddy, India Founder President	Dr. Sanjay Rao, USA Past President	Dr. Anil Singh, CANADA Member
Dr. Anupam Sibbal, India President	Dr. Ramakrishna, UK Past President	Dr. V.K. Ravi, USA Member
Dr. Nandakumar Jeyaram, India Vice President	Dr. N.K. Sengupta, India Member	Dr. Anil Aggarwal, AUSTRALIA Member
Dr. Sudhir Parikh, USA Secretary General	Dr. Gautam Pathak, UK Member	Dr. G. Subhaskar, INDIA Member
Dr. Rohini Sridhar, India Joint Secretary	Dr. Dina Sankar, USA Member	Dr. Ramakrishna Parthi, INDIA Member
Dr. Ashish Shrivastava, India Treasurer	Dr. Bhupinder Sandhu, UK Member	

Metaverse in Healthcare

GAPIO conducted a session on "The Role of Metaverse in Healthcare" in Online platform on 02 April 2022.

Prof. Thais Russomano, (CEO Innovaspace, from UK) gave the Introductory remark for this event. Dr. Anupam Sibbal, President GAPIO gave Welcome Address. Prof. Krishnan Ganapathy (Member, Board of Advisor, Innovaspace, from UK) gave expert talk on "The Metaverse & healthcare: Introduction", Prof. Shabbir Syed Abdul (Prof. of AI & Digital Health Graduate Inst., Taiwan) shed light on topic "Digital Twin care for Telemonitoring & long term care". Silviu Pirvu (Chief Technology officer, Innovaspace, from UK) talked on "Metaverse as gateway to space & extreme environments". Prof. Krishnan Ganapathy & Prof. Thais Russomano conducts discussion & Q & A round.

The Role of Metaverse in HealthCare

02 APR 2022 SATURDAY
6:30 PM IST 9:00 AM EST
6:00 AM PST 2:00 PM BST (UK)
12:00 AM (Australia)

Join us :
Link: <https://us02web.zoom.us/j/92407884492>

Topic	Speaker	Time
Introductory Remark	Prof Thais Russomano, CEO Innovaspace, UK	5 minutes
Welcome Address	Dr Anupam Sibbal, President GAPIO Group Medical Director, Apollo Hospitals Group	5 minutes
'The Metaverse and HealthCare: An Introduction'	Prof Krishnan Ganapathy Member, Board of Advisors, Innovaspace UK Non-Executive Fellow GAPIO Hon Distinguished Professor, The Tamil Nadu Dr MGR Medical University Director, Apollo Telemedicine Networking Foundation India	15 minutes
Digital Twin Care (DTCare) for Telemonitoring and Long-term care	Prof. Shabbir Syed Abdul Professor of Artificial Intelligence & Digital Health Graduate Institute of Biomedical Informatics Tapei Medical University, Taiwan	15 minutes
Metaverse as Gateway to Space & Extreme Environments	Silviu Pirvu Chief Technology Officer Various Deep Tech Companies, London Member, Board of Advisors, Innovaspace UK	15 minutes
Discussion and Q&A Session	Prof Krishnan Ganapathy Prof Thais Russomano	20 minutes

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Dr. Anupam Sibbal, India President	Dr. Ramakrishna, UK Past President	Dr. V.K. Ravi, USA Member
Dr. Nandakumar Jeyaram, India Vice President	Dr. N.K. Sengupta, India Member	Dr. Anil Aggarwal, AUSTRALIA Member
Dr. Sudhir Parikh, USA Secretary General	Dr. Gautam Pathak, UK Member	Dr. G. Subhaskar, INDIA Member
Dr. Rohini Sridhar, India Joint Secretary	Dr. Dina Sankar, USA Member	Dr. Ramakrishna Parthi, INDIA Member
Dr. Ashish Shrivastava, India Treasurer	Dr. Bhupinder Sandhu, UK Member	

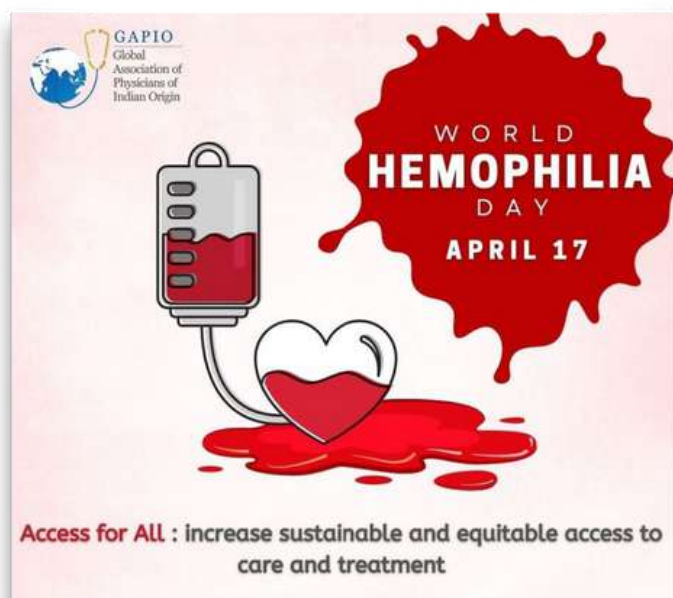
SOCIAL MEDIA COVERAGE

World Health Day

GAPIO celebrated World Health Day 2022, on 7th April 2022. An appeal was made to come together and build a healthier World which is recovering from the onslaught of COVID-19 pandemic.

With continuous pollution of the planet due to rapid industrialization, ever-growing number of vehicles, rapid urbanization/construction, with disturbed work and life balance, global warming, world population is already getting prone to number of diseases including diabetes, hypertension, cancer, asthma, heart diseases, cancer and others.

So, GAPIO appeals to all to come together and build a healthier planet!



World Hemophilia Day

On occasion of world Hemophilia GAPIO appealed all the physicians around the world to create awareness and spread a word, to come together and ensure every child and adult living with a bleeding disorder has access to care, treatment and support.

The following message was shared to create awareness among the masses:

Haemophilia is a rare, inherited disorder in which your blood does not clot normally because it lacks sufficient blood-clotting proteins (clotting factors).

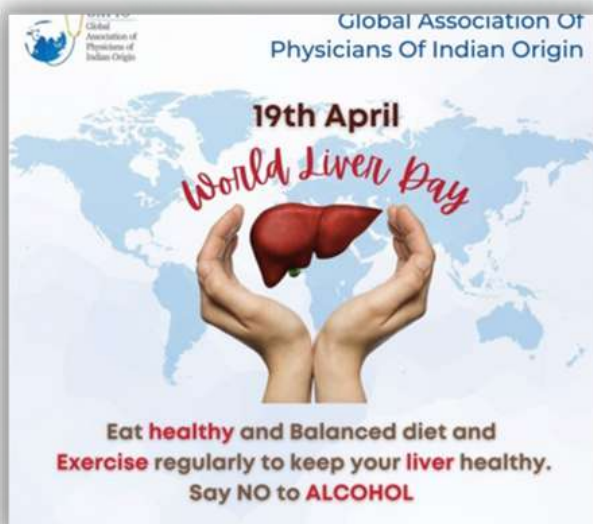
Many people in developing countries who have an inherited bleeding disorder, do not even know it.

Haemophilia is of two types

- Haemophilia A in which a blood clotting factor VIII is either very low or missing
- Haemophilia B in which a blood clotting factor IX is either very low or missing

GAPIO urges to spread the awareness of this rare disease.

SOCIAL MEDIA COVERAGE



World Liver Day

This "World Liver Day", GAPIO appealed all the doctors to create awareness and encourage early diagnosis before Liver is significantly damaged or there is threat to get major Liver damage.

The day was celebrated on social media by sharing an awareness message:

People can take care of their liver by following simple tips like:

- Eat healthy and balanced diet
- Take Low fat high fibre diet

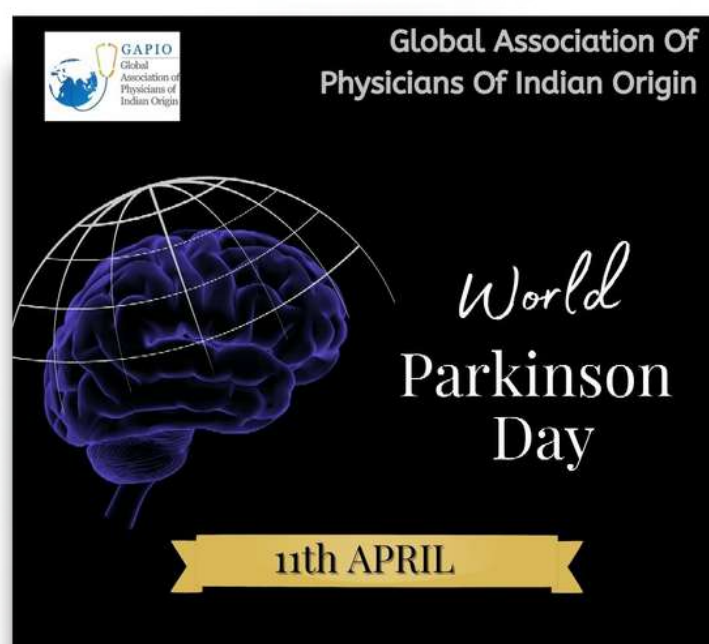
- Avoid oily and deep fried food
- Avoid Excessive and frequent use of Fast Food
- Avoid excessive use of Butter, Ghee, Oil and pure Ghee (Saturated Fats)
- Avoid , Smoking and Drugs
- Say NO to ALCOHOL
- Exercise Regularly for 45 minutes a day
- Take care while handling toxic chemicals like aerosol and cleaning products and insecticides that can damage liver
- Prevent hepatitis, Get vaccinated against all types of Hepatitis-A, B and C

World Parkinson's Day

GAPIO's vision for World Parkinson's Day was that every person with Parkinson's must be supported, every contribution must be valued, and together all the healthcare professionals need to find a cure.

To spread the awareness amongst people, we shared the symptoms of Parkinson to educate the masses

- Tremor, which can be present at rest
- Slowness of movement (bradykinesia)
- Stiffness or muscle rigidity
- Impairment of balance causing problems with walking.



GAPIO Honours' List APRIL 2022



Dr. Arun Prasad, President of Obesity Surgery Society of India (OSSI), 2018-20 and President of International MGB-OAGB Club for Bariatric Surgery has become the Vice President of Association of the Robotic and Innovative Surgeons.

Dr. Ashish Aneja, Internal Medicine consultant from Kurukshetra, India, has organized Free health check-up camp in association with GAPIO and Ayu Health Hospital, at Kurukshetra University on 07th April 2022. The facilities provided during the camp are free tests like BMD, Sugar, BP, Spirometry, ECG and Thyroid test and Free consultation.

Dr. Manisha Singhal, Senior Consultant Clinical Psychologist and Psychotherapist, a Choreographer, Martial Arts trainer and the only Lady trainer in India for Krav Maga (Israel's martial arts), Noida, has won the Gold Medal in the World Martial Art Championship held at Windhoek, Namibia in from 29th March to 2nd April 2022.

Dr. Mahesh Goenka, Consultant Medical Gastroenterology, Kolkata, has been nominated as Member Super Specialty Board of Medical Gastroenterology by National Board of Examination.

Dr. N Ramakrishnan, Director, Critical Care Services, Senior Consultant in Critical Care & Sleep Medicine, Chennai has published the following article:

Bharath Kumar TV, Nagarajan Ramakrishnan, Ebenezer R, Ashwin Kumar Mani, Meghena Mathew, Pratheema Ramachandran, Suresh Babu, Vignesh C with REMAP-CAP Investigators; Effect of Antiplatelet Therapy on Survival and Organ Support-Free Days in Critically Ill Patients with COVID-19- A Randomized Clinical Trial, published in JAMA, March 2022

Dr. P N Renjen, Consultant Neurology, Delhi, has been nominated as Member Super Specialty Board of Neurology by National Board of Examination:

Dr. Premkumar Balachandran, Consultant Minimal Access, Bariatric and Robotic Surgery, Chennai, has published the following paper:

Premkumar Balachandran, Senguttuvan Pandian, Swathika V.C., Subbiah T.S., Dakshay A. Chordia. Pseudoaneurysm of the Inferior Epigastric Artery Following Laparoscopic Extended Totally Extraperitoneal Repair for Inguinal Hernia. Cureus.

Dr. (Prof.) Raju Vaishya, Senior Consultant Orthopaedic Surgeon at New Delhi has been appointed as a Guest Editor of International Orthopaedics (SICOT) journal

Dr. Raju Vaishya, has also been nominated as Member Specialist Board in Orthopedics by National Board of Examination.

Dr. Raju Vaishya has also published the following articles:

1. Iyengar KP, Jain VK, Vaishya R. Medical doctors in India are on strike: a moral and national conundrum. Postgraduate Medical Journal 2022; 98: 313-314.
2. Mbogori M, Vaish A, Vaishya R, Haleem A, Javaid M. Poly-Ether-Ether-Ketone (PEEK) in Orthopaedic practice- A Current Concept Review. J Orthop Reports 2022; 10.1016/j.jorep.2022.03.013
3. Mishra AK, Vaishya R, Vaish A. Effect of Body Mass Index on the outcomes of primary Total Knee Arthroplasty up to one year- a prospective study. J Clin Orthop Trauma 2022; doi: 10.1016/j.jcot.2022.101829
4. Patel J, Vaish A, Vaishya R, Reappearance of a glomus tumor of the finger after nine years- a rare case report and literature review. J Orthop Reports 2022; doi:10.1016/j.jorep.2022.03.014
5. Haleem A, Javaid M, Suman R, Vaishya R. Exploring the capabilities of modern technologies for health care. Apollo Med 2022; 19 :37-40. doi: 10.4103/am.am_128_21
6. Vaishya R, Graichen H, Gopinathan P. The beginning of a new era in the field of Orthopaedic journals. J Orthop Reports 2022; doi: 10.1016/j.jorep.2022.03.021

Dr. Rohini Handa, Consultant Rheumatology, Delhi has been nominated as a Member, Super Specialty Board of Clinical Immunology and Rheumatology by National Board of Examination.

Dr. Sanjiv Jasuja, Consultant Nephrology, Delhi, has been nominated as Member Super Specialty Board of Nephrology by National Board of Examination.

Dr. Sanjiv Jasuja has also published the following paper:

Sanjiv Jasuja, Vivekanand Jha, Gaurav Sagar, Anupam Bahl, Shalini Verma, Neharita Jasuja, Jasmeet Kaur; Post vaccination analysis of anti-spike antibody responses in kidney transplant recipients with and without COVID-19 infection in a tertiary care center, India Clinical Kidney Journal, sfac057 <https://doi.org/10.1093/ckj/sfac057>

Dr. V Ramasubramanian, Consultant Infectious Diseases, Chennai, has been nominated as Members Fellowship Specialist Board in Infectious Disease by National Board of Examination.

GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

Global Association of Physicians of Indian Origin

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