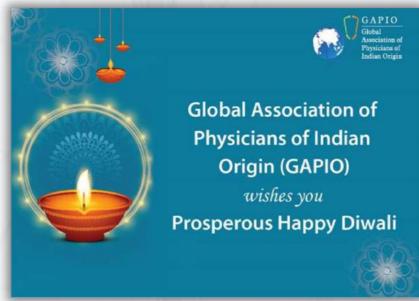
GAPIO TIMES

Global Association of Physicians of Indian Origin

ISSUE 37
SEPTEMBER 2022





Executive Committee of Global Association of Physicians of Indian Origin (GAPIO) wishes you and your family a very happy and prosperous Diwali.



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Indian-origin Professor Dr. Swathi Arur named 'Emerging Leader in Health and Medicine Scholar'

Dr. Swathi Arur, an Indian-origin Professor and Deputy Chair of Genetics at The University of Texas MD Anderson Cancer Center, has been selected as one of the 2022 Emerging Leaders in Health and Medicine Scholars by the National Academy of Medicine (NAM). She is the first MD Anderson faculty member to be appointed to this prestigious group since its creation in 2016.

Her passion for health improvement was evident since her undergraduate days at the University of Delhi in 1991-1994, where she started a non-governmental organization focused on providing better healthcare for children with HIV.

She earned her Ph.D. in Microbiology from the All India Institute of Medical Sciences in 2001 and continued her postgraduate work at the University of Connecticut, where she led efforts to integrate quantitative mass spectrometry with cell cultures in apoptosis research, one of the earliest instances of this cutting-edge proteomics technology.



Renowned Police Officer, author, philanthropist Kiran Bedi visits Parikh Worldwide

Recently at the UN's invitation to participate in the Chiefs of Police conference, Bedi took time during her three-month-long visit, to release her new book, 'Fearless Governance' at the Indian Consulate in New York on August 29, 2022. She was also a guest of Parikh Worldwide Media and ITV Gold in New Jersey on 30th August 2022, where she was invited by Padma Shri recipient Dr. Sudhir Parikh, Chairman of the media outlet. She met community members and staff and addressed the gathering as well as answered questions.

She was also interviewed on the ITV Gold program Face to Face, with host Nidhi Kathuria, during which she spoke about her life journey and her passions as well as her new book. She said the two things she enjoyed doing throughout life were engaging in sports and studying.





"Awareness" - key to fighting disease like diabetes: Dr. Smita Joshi on ITV Gold

Dr. Smita Joshi and members of her family have become the face of spreading awareness about diabetes, one of the major diseases affecting children in India, but also identified among the top chronic conditions diagnosed among Indian-Americans and South Asians in the United States.

"To fight against any disease, awareness is the only weapon we have. We saw that in the pandemic," Dr. Joshi said during her interview on ITV Gold held on Sept. 6, 2022. Diabetes is a major cause of blindness, heart attacks, and kidney-related problems, she added.

During her interview with Parikh Worldwide Media's ITV Gold television service (PWM-ITV), Dr. Joshi spoke enthusiastically about her extraordinary campaign and her efforts to bring Americans behind it.

Her campaign has received the endorsement of Dr. Sudhir Parikh, Padma Shri recipient and Chairman of PWM-ITV, who expressed full support for Dr. Joshi's campaign.

Dr. Joshi gave an inspiring account about four generations of her family being involved in medicine and serving India. Starting with her grandfather Dr. Vasdev Raval, followed by her father Dr. Anil Raval, then herself, and today, her own children. Dr. Joshi was born and brought up in Unjha Nagar, a small village in the District of Mehsana from where current Indian Prime Minister Narendra Modi hails.





Physicians hold free Health Fair in Chicago





The Indian American Medical Association, Illinois (iamaill.org), in collaboration with the American Association of Physicians of Indian Origin (AAPI), hosted its annual Community Health Fair in Chicago on Sunday, August 28, 2022. Continuing with the tradition of offering free medical services to the needy members of the local population, dozens of physicians and volunteers, mostly of Indian origin, worked to make the Fair a success.

Close to two dozen physicians from various specialties provided medical services at the day-long event that catered to the needs of more than one hundred registrants.

They offered vital signs measurement, Blood tests for total cholesterol, HDL, Sugar, and Noninvasive Hemoglobin, and consultation with primary care and various available specialists including an internist, pediatrician, pulmonologist and critical care, urologist, obstetrician and gynecologist, anesthesiologist and pathologist. Dr. Suresh Reddy reported about the same and also noted that "Having more specialists could have benefited several patients as there was a need for many more medical and surgical specialists like a general surgeon, gastroenterologist, and ophthalmologist."

The main organizers of the event were Dr. Suresh Reddy, president of IAMI-III., Dr. Meher Medavaram and Dr. Radhika Chimata, Treasurer and Secretary of IAMA, and the entire executive Committee members, including Dr. Piyush Vyas, Dr. Dilip Shah, Dr. Rajeev Kumar, Dr. Sukanya Reddy, Dr. Srilatha Gundala, Dr. Neetha Dhananjaya, Dr. Pooja Kinkhabwala. Dr. Reddy expressed deep appreciation and gratitude to all, particularly to the senior members of IAMA-III., Dr. Amit Vyas, Dr. Geeta Wadhwani, and several others who actively provided their services.

A Session on "Non-Alcoholic Fatty Liver Disease (NAFLD)"

GAPIO in collaboration with the Indian Society of Gastroenterology (ISG) organized a session on "Non-Alcoholic Fatty Liver Disease (NAFLD)" which was scheduled live at 8:00 PM IST Friday, 30th September 2022 on a digital platform.

Reputed well-known speaker Dr. Kaushal Madan, Director, Max Hospital, Delhi delivered a talk on "Aetiopathogenesis of NAFLD". Dr. Akash Roy, Consultant, Apollo Multispecialty Hospital, Kolkata delivered a talk on "Diagnosis Including non-invasive tests" and Prof. Ajay Duseja, PGIMER, Chandigarh delivered a talk on "Treatment: Overview".

Welcome & opening remarks were given by Dr. Govind Makharia, Secretary General, ISG, and by Dr. Anupam Sibal, President GAPIO.

Dr. Mahesh Goenka, President, ISG moderated the session. Dr. Sanku Rao, Past President of GAPIO was the Chairperson during the session.

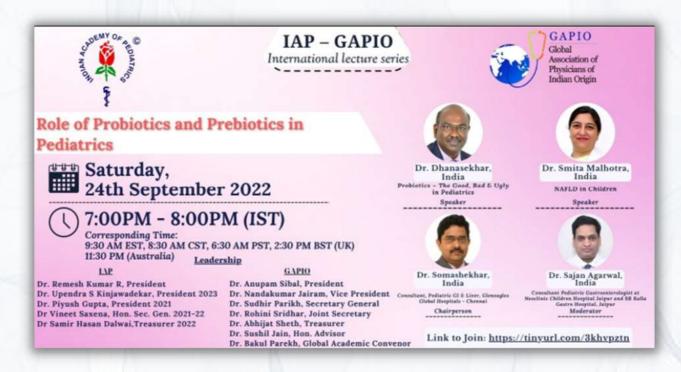
The session was followed by 10 minutes question and answer round. This was conducted by Dr. Mahesh K. Goenka, President ISG, and by Dr. Sanku Rao, Past President, of GAPIO.

Dr. Sushil Jain, Hon. Advisor, GAPIO gave the vote of thanks.



Session on "Role of Probiotics and Prebiotics in Pediatrics"

GAPIO in association with IAP under the International Lecture series, conducted a session on "Role of Probiotics and Prebiotics in Pediatrics", at 7:00 PM IST Saturday, 24th September 2022. Dr. Dhanasekhar delivered a talk on 'Probiotics - The Good, Bad and Ugly in Pediatrics'. Dr. Smita Malhotra was the speaker for 'NAFLD in children. Dr. Somashekhar was the Chairperson while Dr. Sajan Agrawal was the moderator for this session.



Session on "Medication without Harm"

GAPIO in collaboration with Global Nursing Community, organized the fourth session of 'GAPIO – Nursing International Lecture Series' from 2:00 to 5:30 PM IST on Monday, 19th September 2022 on a digital platform. The theme of the session was "Medication Without Harm".

The following renowned speakers covered interesting topics:

- 1. Dr. Viji George, Magnet Program Director & Clinical Excellence Program Manager Texas Health Resources, USA, shed light on the topic "Role of Evidence-Based Practice in Medication Safety"
- 2. Ms. Kavitha Nair, Director of Infusion Services Simmons Comprehensive Cancer Centre, UTSW Medical Centre, Dallas, Texas, USA, delivered a talk on the topic "Leveraging Technology for Medication Safety"
- 3. Maj. Sindhu, Onco Matron, Nursing Officer Incharge Military Nursing Service Command Hospital Air force Bengaluru, India, delivered a talk on "High-Risk Medications in High-Risk Situations (with special focus on Chemotherapeutics)".
- 4. Ms. Lalita Iyer Goel (Advance Level Nurse Practitioner) and Mr. Khalid Ismail (Clinical Pharmacist), Clinical Pharmacist, covered the topic "Prescribing Roles & Responsibilities of the Advanced Nurse Practitioner & Clinical Pharmacist".

Apart from the talk by the above-mentioned speakers, there was also a panel discussion on "Together Towards Medication Safety (A multidisciplinary approach) What's the Reality?" which was conducted by the following panelists:

- 1. Dr. Phalakshi Manjrekar, Director of Nursing, P.D. Hinduja Hospital & MRC -Mumbai.
- 2. Ms. Lavina Lall Head Quality, Process Excellence and Patient Experience Deputy Head General Administration Fortis Hospital Mumbai.
- 3. Dr. Sanjeev Sharma, Clinical Pharmacologist, Indraprastha Apollo Hospitals Delhi, India.
- 4. Dr. Sai Praveen Haranath, Senior Consultant Pulmonologist & Critical Care Specialist, Medical Director, Apollo eACCESS TeleICU Service, Apollo Hospitals-Hyderabad, Clinic Director - Apollo LAM Clinic, India.



Prof (Dr) Anupam Sibal, Group Medical Director, Apollo Hospitals Group, Sr. Consultant Pediatric Gastroenterologist and Hepatologist did the opening remarks. Ms. Sunita Domingo, GM Nursing, Apollo Hospital- Bengaluru, Ms. Juliet Joji Varghese, Director Nursing, Apollo Hospital - Chennai, Dr. Elizabeth Joseph, Regional Nursing Head, Wockhardt Hospital, Mumbai, Capt Madhukari Ray, Director Nursing - Eastern Region, Apollo Hospital, Maj Gen Elizabeth John, Former Additional Director General, Military Nursing Service was the moderators.

Dr. Agnes Therady, Senior Vice-President & Chief Nursing Officer, at Franciscan Health - Indiana USA was the Chairperson during this session.

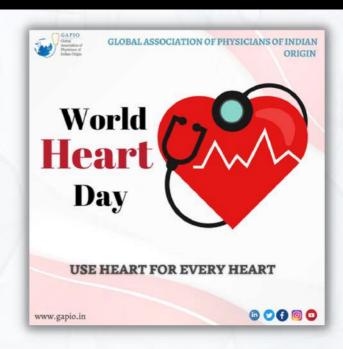
SOCIAL MEDIA COVERAGE

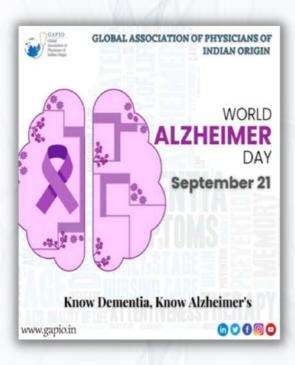
World Heart Day

The heart disease and stroke, is the world's leading cause of death claiming 18.6 million lives each year.

17.9 million people died from heart disease in 2022, representing 32% of all global deaths. The annual number of deaths in India due to this is projected to rise from 2.26 million to 4.77 million upto 2022.

To raise awareness about cardiovascular disease, its prevention and the impact it on people GAPIO shared a message on the its social media platform. We also appealed individuals, families, communities, and governments to participate in the activities to take charge of their heart health and that of others.





World Alzheimer Day

Alzheimer's disease is the most common cause of dementia. It causes problems with memory, thinking, and behavior. It is a progressive disease, which means that it will get worse over time.

The severity of the symptoms and the rate of progression vary from person to person.

In the early stages, a person with Alzheimer's disease may show their symptoms only in certain situations, such as when they are under stress at work or when they are out with friends.

In the later stages, the symptoms may be more noticeable and interfere with the person's everyday life and ability to function independently.

GAPIO appealed to spread the word and create awareness on this World Alzheimer's Day.

World Day of Deaf

This day recognizes the rights of deaf people all around the world and calls on different organizations to help uphold these rights. Over 5% of the world's population requires rehabilitation to address their 'disabling' hearing loss. 6.3% of the Indian population is suffering from Significant Auditory Impairment. Causes of hearing loss and deafness are-Genetic factors, Intrauterine infections, Low-birth weight, Chronic ear infections, Sudden sensorineural hearing loss, Impacted ear wax, Loud noise/loud sounds.

GAPIO shared a message on all its social media platform to create awareness amongst the masses.



SOCIAL MEDIA COVERAGE

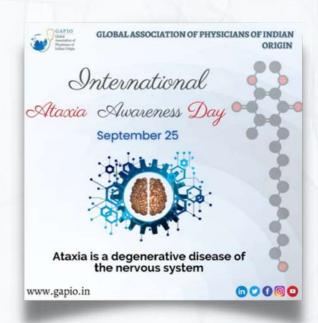
World Ataxia Day

World Ataxia Day is an international day of awareness and action for ataxia, a rare neurological condition that affects movement and coordination.

It affects people of all ages and from all walks of life. It is a progressive condition, meaning it gets worse over time, and there is currently no cure. However, early diagnosis and treatment can improve quality of life and help people with ataxia live longer, healthier lives.

On World Ataxia Day, GAPIO appealed to come together to show support for people living with ataxia and to call for greater awareness and understanding of this condition.

GAPIO also appealed to all the physicians to stand united in our commitment to finding a cure for ataxia.





World Environment Health Day

Every year, World Environment Health Day is celebrated on September 26 to highlight the importance of environmental health and the need to protect our planet. This year the theme was "Strengthening Environmental Health Systems for the Implementation of the Sustainable Development Goals".

Environmental health includes- Air quality, Water quality, Soil quality, Food safety, food security, Chemical Safety, Waste Management, and Radiation safety.

The Sustainable Development Goals are a global call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity.

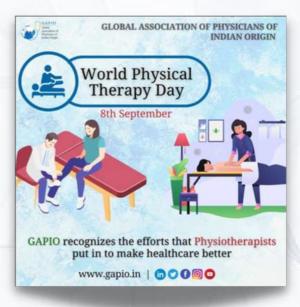
To achieve the SDGs, GAPIO appealed to ensure that all people have access to clean air, clean water, nutritious food, and a safe and healthy environment.

World Physical Therapy Day

Physical therapy is an integral part of the physical and mental health maintenance of people.

It helps people with physical limitations and ailments and is invaluable in increasing physical strength, coordination, and flexibility.

On account of World Physical Therapy Day. GAPIO recognized the efforts of all the Physiotherapists around the world for making healthcare better each day!



SOCIAL MEDIA COVERAGE

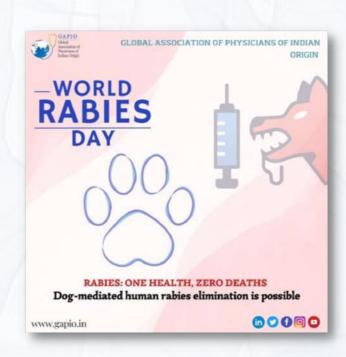
World Rabies Day

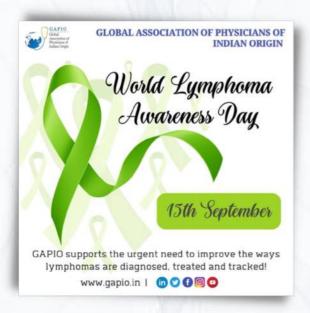
On account of World Rabies Day, GAPIO shared the below message on social media:

Rabies is a preventable viral disease that affects both humans and animals. The disease is transmitted through the saliva of infected animals, typically through a bite. Rabies is almost always fatal once symptoms develop, and it is estimated that rabies kills over 59,000 people each year, mostly in Africa and Asia.

There are many ways to help prevent the spread of rabies. For example, vaccinating both humans and animals is essential. It is also important to avoid contact with wild animals, as they are the most likely to be infected with rabies. If you are bitten by an animal, seek medical attention immediately. The sooner you receive treatment, the better your chances of surviving.

GAPIO also appealed to work together to help put an end to this disease once and for all.





World Lymphoma Day

GAPIO shared an awareness message on its social media platforms on account of World Lymphoma Day:

Lymphoma is a type of common cancer where the Lymphocytes (immune system cells) alter and overgrow. These cells are found in bone marrow, lymph nodes, spleen, thymus, and other organs.

We can't wait to take care of our health. Start indulging in healthy lifestyle changes like- Physical Activities to maintain proper weight, Eating healthy food, and Avoiding junk and processed food. Also refrain from foods high in salt, sugar, and red meat, Ensure the prevention of HIV.

We can't wait to detect and diagnose Lymphoma. If you notice symptoms like painless swelling of lymph nodes in your neck, armpits, or groin, persistent fatigue, night sweats, shortness of breath, or unexplained weight loss, then seek medical advice.

World Ozone Day

The ozone layer protects the Earth against most Ultra Violet Rays coming from the sun.

Ozone constitutes a very small part of our atmosphere, but its presence is nevertheless vital to human well-being.

This year the theme for World Ozone Day was 'Montreal Protocol@35: Global Cooperation Protecting Life on Earth.

GAPIO appealed to all to act in collaboration, forge partnerships and develop global cooperation to address climate challenges and protect life on earth for future generations.



SOCIAL MEDIA COVERAGE

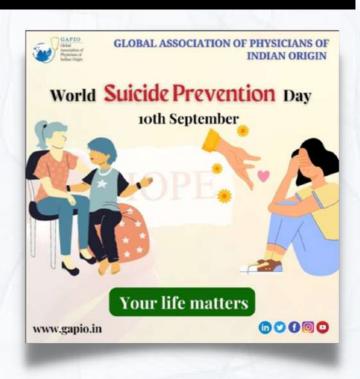
World Suicide Prevention Day

To support the prevention of suicide, GAPIO shared the below message on account of World Suicide Prevention Day:

Each year, an estimated 703,000 people take their own lives around the world. By raising awareness, reducing the stigma around suicide, and encouraging well-informed action, we can reduce instances of suicide.

You are not alone, It is Ok to be not okay, Reach out for help, There is hope, Don't give up.

GAPIO also appealed to support all those in need and create hope through action and be the light.





World First Aid Day

On account of World First Aid Day, GAPIO shared the below message:

Lifelong first aid is everyone's responsibility. To check an injured or ill person follow the steps recommended by Red Cross:

1 CHECK the scene for safety, form an initial impression, obtain consent, and use personal protective equipment (PPE)

- 2 If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding, or other life-threatening conditions using shout-tap-shout
- 3 A If the person does not respond, responds but is not fully awake, is not breathing or is only gasping, or has life-threatening bleeding or another obvious life-threatening condition, CALL the emergency
- 3 B If the person is responsive or responds to stimulation and is fully awake and does not appear to have a life-threatening condition: Interview the person (or bystanders, if necessary), and ask questions about signs and symptoms, allergies, and medications and medical conditions (SAM). Do a focused check based on what the person told you, how the person is acting and what you see.
- 4 After completing the CHECK step, call for help. Then, give CARE based on the condition found and your level of training

We all have the skills and knowledge to respond to a potential emergency. You must take time to learn more about first aid so that you are prepared when (not if) an emergency arises.

GAPIO appealed to encourage first aid training for all the community members.

Inviting Applications for grant of title of Honorary GAPIO Fellow

GAPIO thanks all its members for all their cooperation and support. In 2021, 35 reputed and renowned doctors working in national or international healthcare institutions, were conferred with the title of Honorary Fellow of GAPIO.

This year again, we would like to invite applications from reputed and renowned doctors of Indian origin working in national or international healthcare institutions for the grant of the title of Honorary GAPIO Fellow.

The honorary title will be granted in 3 categories:

- · GAPIO Fellow
- · GAPIO Distinguished Fellow
- · GAPIO Emeritus Fellow

One person can apply for only one title.

You are requested to kindly send a duly completed application form as below along with the CV and photograph latest by 10th November 2022 through email to Jitendra Malik (gapio@apollohospitalsdelhi.com).

Criteria

1. GAPIO Fellow

- · Applicant must have an attachment with a reputed and renowned national or international healthcare institution
- · Applicant must have Clinical / Professional / Teaching experience of a minimum of 20 years
- Applicant must have published at least 05 research papers as the first author in a peer-reviewed national or international print journal with an impact factor of more than 2
- · Applicant must have authored at least 2 chapters in Textbook
- · Applicant must have won a National or International award
- · Representation in National / International Organization / Committees / Bodies / Institutions
- · 15 or more lectures (non-sponsored)

2. GAPIO Distinguished Fellow

- · Applicant must have an attachment with a reputed and renowned national or international healthcare institution
- Applicant must have Clinical / Professional / Teaching experience of a minimum of 30 years
- Applicant must have published 10 research papers as the first author in a peer-reviewed national or international print journal with an impact factor of more than 2
- Applicant must have authored 5 chapters in Textbook
- · Applicant must have won a National or International award
- · Representation in National / International Organization / Committees / Bodies / Institutions
- 25 or more lectures (non-sponsored)
- Editorial position / oration / patent would add weightage

Application for grant of title of Honorary GAPIO Fellow

3. GAPIO Emeritus Fellow

- Age Minimum 70 years as on 30th September 2022
- · Applicant must have an attachment with a reputed and renowned national or international healthcare institution
- · Applicant must have Clinical / Professional/ Teaching experience of minimum 45 years
- Applicant must have published 25 research papers as first author in peer reviewed national or international print journal with an impact factor of more than 2
- · Applicant must have authored at least 10 chapters in Textbook
- · Applicant must have won two or more National or International award
- · Representation in National / International Organization / Committees / Bodies / Institutions
- 25 or more lectures (non-sponsored)
- Minimum one registered patent in his / her name
- Oration given if any (oration can substitute the criteria mention at point 5, 7, 8)

Certificate will be awarded to the successful applicants.

Expectations from Honorary Fellow of GAPIO

- GAPIO Fellow will be invited to deliver lectures in the area of his specialty during any academic session, midyear or annual conference organized by GAPIO or its partners /collaborators
- · Interested Fellow will be nominated to different sub committees.
- · Interested Fellow will be requested to connect with students, young doctors both from India and overseas to act as mentor
- Interested Fellow will be requested to help in creation / writing of position papers
- · Interested Fellow will be requested to engage in community service medical camps

We seek your cooperation and support for sharing this information with your friends and colleagues working in renowned healthcare institutions in India and overseas and request them to apply for grant of title of Honorary GAPIO Fellow.

GAPIO Honours' List September 2022



Dr. Akshat Pandey has been appointed as visiting faculty for Training Directorate of Rajasthan and UP police, center of police research, Pune.

Dr. Akshat has also done short assignments for injuries management for NEPA, Meghalaya and has been appointed as Advisor- Health MP police headquarters.

Dr. Ashok Sharma, Consultant, Internal Medicine at New Delhi has delivered talk on "Role of Fasting, Postprandial Sugar and HbA1C level in management of Diabetes" on 17th and 18th October 2022 during International Diabetes and Metabolism Orlando 2022, USA.

Dr. Ashok has been selected for the R Crit Authors Awards 2022 for his book "THE LAST RIDE."

Dr. N Ramakrishnan, Senior Consultant, Critical Care and Sleep Medicine, Chennai has published a review article: N Ramakrishnan; Suresh Ramasubban; Ashit Hegde; Deepak Govil, "Approach to Thromboprophylaxis for Prevention of Venous Thromboembolism in COVID-19: Global Updates and Clinical Insights from India" in MDPI, September 2022.

Dr. Pakhee Aggarwal, Senior Consultant, OBGY and Robotic Surgery, FMRI, Gurgaon and Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, has been awarded with the prestigious UICC (Union for International Cancer Control) Fellowship in "Robot-assisted Sentinel Node Mapping in Endometrial Cancer" to Sir Mortimer B. Davis-Jewish General Hospital, McGill University, Montreal, Canada.

Dr. Premkumar Balachandran, Senior Consultant Minimal Access, Bariatric and Robotic Surgeon at Chennai has been appointed as 'Course director - Basic laparoscopic skills course - Johnson and Johnson institute, Chennai'.

Dr. Premkumar has delivered lectures on Biomaterials - the old and the new, E tep hernia repair, 3rd Asia Pacific advanced course, Hernia live masterclass, National university hospital, Singapore on 12th and 13th September 2022. He has also presented a Poster on 'Initial experience with a novel robotic system, Hugo RAS - for robotic inguinal hernia repair. Balachandran Premkumar, T.S. Subbiah, Swathika.V.C, American hernia society AHS annual conference, 2022. Charlotte, USA. 15/9/22.

Dr. Surrinder H Singh, Former Professor and HOD Physiology, LHMC, has been awarded with 'DMA Swarn Kamal Award' during Elders Day celebrations at DMA house on 1st October 2022.

Dr. Uma Sharma has been appointed as Member of Organising Committee for "International Diabetes, metabolism and endocrinology conference" at Orlando USA.

She was also a key note speaker for the topic "Hbalc, fasting and Post prandial sugar level in management of diabetes".

Dr. Uma has been selected for the R Crit Authors Awards 2022 for the book "THE LAST RIDE."

Dr. Raju Vaishya, Senior Consultant, Orthopedic Surgeon at New Delhi, has published the following article: VISHWANATHAN K., KAMBHAMPATI SBS, VAISHYA, R. EQUIVALENT OUTCOMES OF ULTRA-CONGRUENT AND STANDARD CRUCIATE-RETAINING INSERTS IN TOTAL KNEE ARTHROPLASTY. KNEE SURG SPORTS TRAUMATOL ARTHROSC SEP 2022; 30, 3076-309. DOI: 10.1007/S00167-021-06833-Z

Dr. Raju has also given the following Presentations:

- 1. Choosing implants in Total Hip Arthroplasty. Apollo THR symposium. Sept 2022, New Delhi.
- 2. Why Research and Publish? Gwalior Orthopaedic Society. Sept 2022, Gwalior.
- 3. Interesting Arthroplasty case discussion. Gwalior Orthopaedic Society. Sept 2022, Gwalior.
- 4. Choosing implants in Total Hip Arthroplasty. Gwalior Orthopaedic Society. Sept 2022, Gwalior.



GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

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