# **GAPIO TIMES**

Global Association of Physicians of Indian Origin

GAPIO

Association of Physicians of

Indian Origin

Global

Improving Health

Worldwide ....

### ISSUE 60 September 2024

Improving Health Worldwide



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Wishing you a Diwali filled with light, health, and prosperity.

#### 10 Indian Doctors Making Global Impact in 2024

In 2024, ten distinguished doctors from India are making significant contributions to global healthcare, setting new standards in excellence and compassion. These medical professionals are leading advancements in various fields, including critical care, aesthetics, stem cell research, and diabetes management.

Their commitment to innovation, patient care, and accessible healthcare has a profound impact on countless lives.

They represent the dedication and expertise that makes India proud on the world stage, embodying the essence of transformative healthcare solutions for a brighter future.

- Dr. Shivani Mayekar Rao A celebrity dentist and founder of Mayekar's Oral Care Centres, Dr. Shivani serves clients from diverse backgrounds, including underprivileged communities.
- Dr. Deepak Namjoshi Founder of CritiCare Asia Hospitals, Dr. Namjoshi specializes in pulmonary and critical care with over 100 research publications.
- Dr. Pallavi Dolas A pioneer in holistic aesthetics, Dr. Dolas is the founder of The Skin Aura Clinic and advocates for accessible healthcare.
- Dr. Vishal Gabale (Dr. VG) A specialist physician transforming medical learning through social media and educational platforms.
- Dr. Rashmi Desai Founder of Luxe Skin and Smile Clinic, providing patient-centered advanced aesthetic and dental care.
- Dr. Rahul Bhargava Known for his work in stem cell transplants, Dr. Bhargava is dedicated to creating a thalassemia-free India.
- Dr. Pooja Prashad An obesity consultant and founder of Greek Studio, focusing on non-surgical body sculpting.
- Dr. Anand Founder of Genetics Skin and Aesthetic Clinic, known for innovative skincare solutions.
- Dr. Abhishek Kumar A diabetologist at Bhardwaj Hospital, Dr. Kumar specializes in diabetes management and medical education.
- Dr. Sandeep Jain A trauma surgeon at Sharda Care, recognized for his contributions to emergency medicine and trauma training.



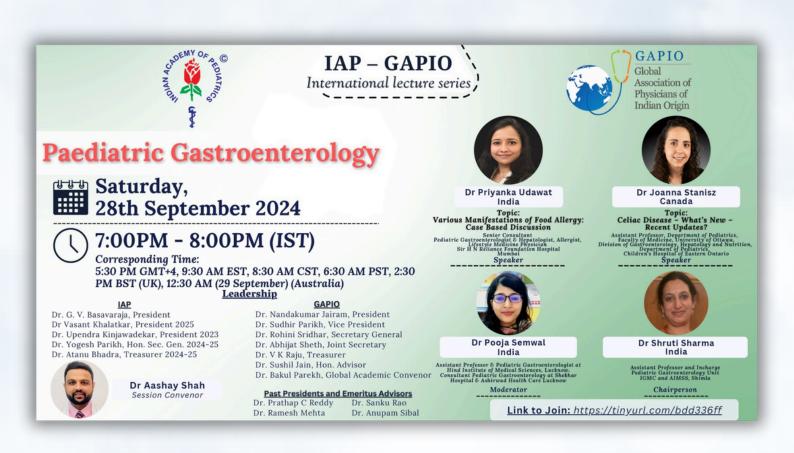
#### **IAP-GAPIO** International Lecture Series: Paediatric Gastroenterology

On 28th September 2024, GAPIO and IAP hosted an exclusive session as part of their International Lecture Series on Paediatric Gastroenterology, bringing together experts to discuss significant advancements in child healthcare.

- Dr. Priyanka Udawat (India) presented a Case-Based Discussion on Various Manifestations of Food Allergy, providing valuable insights into identifying and managing complex food allergies in pediatric patients.
- Dr. Joanna Stanisz (Canada) shared Recent Updates on Celiac Disease, covering new advancements in diagnosis, treatment, and ongoing research impacting children's health.

The session was moderated by Dr. Pooja Semwal (India), who guided discussions and facilitated engagement with attendees, ensuring a dynamic and informative experience for all.

This session was a vital opportunity for pediatricians, gastroenterologists, and healthcare professionals focused on child health, as it provided critical updates and case insights to enhance pediatric gastroenterology practices.



#### **GAPIO Surgery Update Lecture Series: Exploring Innovations in Robotic Surgery**

On 7th September 2024, GAPIO hosted an insightful session as part of its Surgery Update Lecture Series, spotlighting the latest advancements in robotic surgery. Renowned surgeons shared their expertise, focusing on the benefits and challenges of robotic techniques in gastrointestinal and bariatric procedures.

- Dr. Arun Prasad, Clinical Lead and GI & Bariatric Surgeon at Indraprastha Apollo Hospitals, New Delhi, presented on "Justifying the Cost and Time of Robotic Bariatric Surgery." He discussed the value and outcomes of robotic assistance in bariatric surgery, emphasizing its impact on patient recovery and surgical precision.
- Dr. Subhash Khanna, Chief of Minimal Access, GI & Robotic Surgery at Swagat Super Speciality Surgical Institute, Guwahati, explored "Robotic Surgery for Benign GI Disorders." His session highlighted the advantages of robotic interventions in managing benign gastrointestinal conditions with minimally invasive techniques.

The event featured an interactive Q&A session with Dr. Arun Prasad and Dr. Govind Nandakumar, providing attendees the opportunity to engage directly with experts on robotic surgery's clinical and practical aspects.

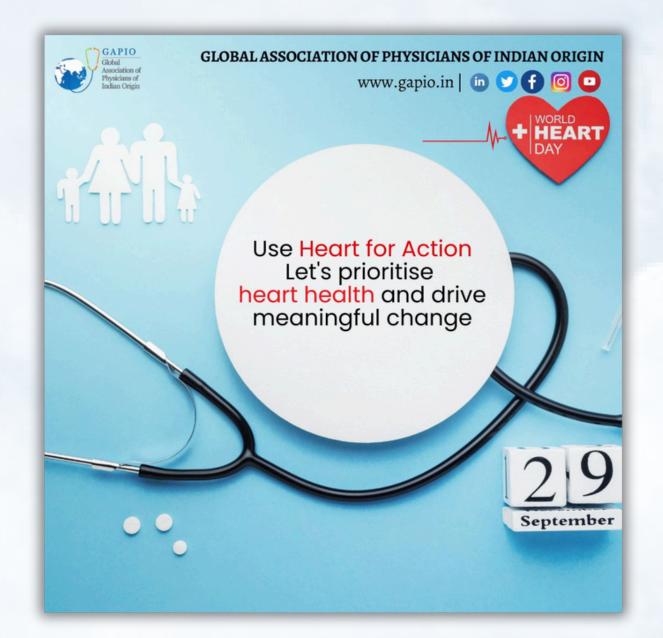
This session offered valuable insights into surgical innovations, equipping healthcare professionals with the knowledge to enhance patient outcomes through advanced robotic procedures.

Global Assoc in collaboration with As 7:00 9:30 AM EST, 8:30 AM CST	O – ARIS Inte Lecture Ser iation of Physicians of In ssociation of Robotic and Surgery Upo PM IST on Saturday, 7th ; 6:30 AM PST, 2:30 PM BST (U ittps://us02web.zoom.	ies dian Origin (GAP d Innovative Surg date September 2024 JK), 11:30 PM (Austra	IO) leons (ARIS) alia)
Justifying the Cost and Time of Robotic Bariatric Surgery	Dr. Arun Prasad Clinical Lead, GI & Bariatric Surgeon Academic Advisor and Adjunct Professor Indraprastha Apollo Hospitals, New Delhi Specialising in Laparoscopy, VATS Thoracoscopy, Endoscopic and Robotic Surgery		20 Minutes
Robotic Surgery for Benign GI Disorders	<b>Dr. Subhash Khanna</b> Chief of Department of Minimal Access, GI and Robotic Surgery, Swagat Super Speciality Surgical Institute Guwahati		20 Minutes
Question & Answer	Dr. Arun Prasad Dr. Govind Nandakumar		10 Minutes
MODERATOR Dr Govind Nandakumar Chief - Gastrointestinal, HPB & Colorectal Surgery Manipal Hospitals - Bangalore Faculty of Surgery at Weill Cornell Medical College, New York			
GAPIO Le Past Presidents and Emerius Advisors Dr Prathap C Reddy Dr Sarku Rao Dr Ramesh Mehta Dr Anupam Sibal	eadership Current Leadership Dr Nandakumar Jairam, President Dr Sudhir Parikh, Vice President Dr Rohini Sridhar, Secretary General Dr Abhijat Seth, Joint Secretary Dr V K Raju, Treasurer Dr Sushil Jain, Honorary Advisor	ARIS Leadership Current Leadership Dr. Subhash Khanna, Presi Dr. Vivek Bindal, Secretary Dr. Somasekhar SP, Treasu Dr. Avanish Saklani, Vice P Dr. Avanish Saklani, Vice P	rer resident (West) ident (North)

## World Heart Day 2024: GAPIO Champions "Use Heart for Action" to Promote Cardiovascular Health

On World Heart Day 2024, GAPIO joined the global community in support of the theme "Use Heart for Action." As healthcare professionals, we are dedicated to leading by example, advocating for heart health, and implementing impactful initiatives to promote cardiovascular wellness.

By inspiring behavioral changes and influencing health policies, we can work towards a future where cardiovascular diseases are reduced, and heart health is a priority for all. Let's unite to make a difference, one heartbeat at a time.



### World Contraception Day 2024: GAPIO Reaffirms Commitment to Informed Reproductive Health Choices

On World Contraception Day 2024, GAPIO emphasized the importance of empowering individuals with the knowledge and resources to make informed decisions about their reproductive health. Healthcare professionals play a crucial role in educating patients on the wide range of contraceptive options and their benefits.

By promoting comprehensive sexual and reproductive health services, we can work towards reducing unintended pregnancies, preventing sexually transmitted infections, and advancing gender equality.

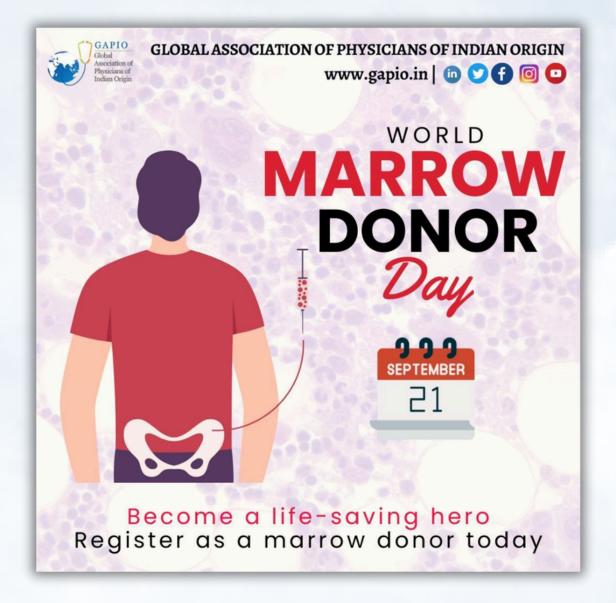


### World Marrow Donor Day 2024: GAPIO Celebrates the Life-Saving Gift of Blood Stem Cell Donation

On World Marrow Donor Day 2024, GAPIO joined the global community in celebrating the life-saving impact of blood stem cell donors. These donors provide a second chance at life for patients in need, embodying the true spirit of generosity and hope.

GAPIO encouraged everyone to consider registering as donors to help ensure that every patient finds a potential match. By raising awareness and supporting donor registration, we can increase the chances of life-saving transplants for those in need.

This day is dedicated to honoring the selflessness of donors worldwide.



### World First Aid Day 2024: GAPIO Encourages Life-Saving Skills for Everyone

On World First Aid Day 2024, GAPIO highlighted the importance of turning a single moment into a life-saving opportunity. Learning basic first aid skills—such as helping someone who is choking, bleeding, or burned—can make all the difference in an emergency.

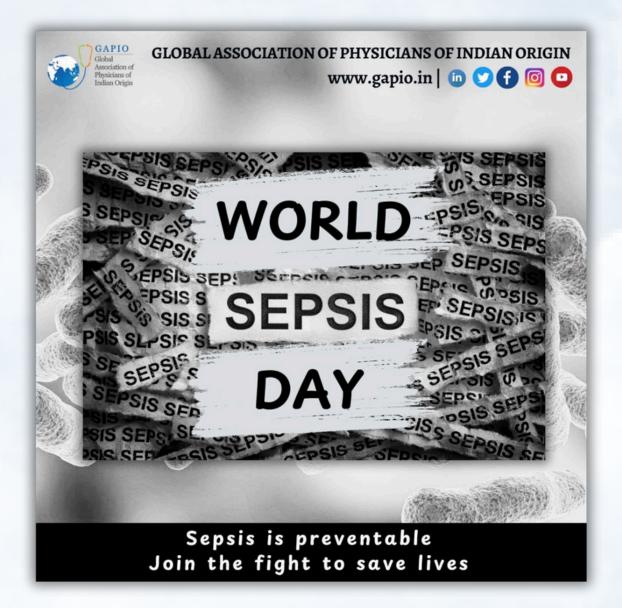
GAPIO encouraged everyone to take a moment to empower themselves and those around them by learning first aid. By sharing these essential skills with family, schools, and workplaces, we can build a community of first aid champions ready to step in when it matters most.



#### World Sepsis Day 2024: GAPIO Stands Together to Raise Awareness on Sepsis

On this World Sepsis Day, GAPIO united with healthcare professionals, patients, and communities to raise awareness about sepsis—a life-threatening condition impacting millions globally. Early detection and timely intervention are key to preventing severe outcomes and saving lives.

GAPIO emphasized the critical role that knowledge and vigilance play in combating sepsis. By spreading awareness, we can empower individuals and healthcare teams to recognize sepsis symptoms early and take action before it escalates.



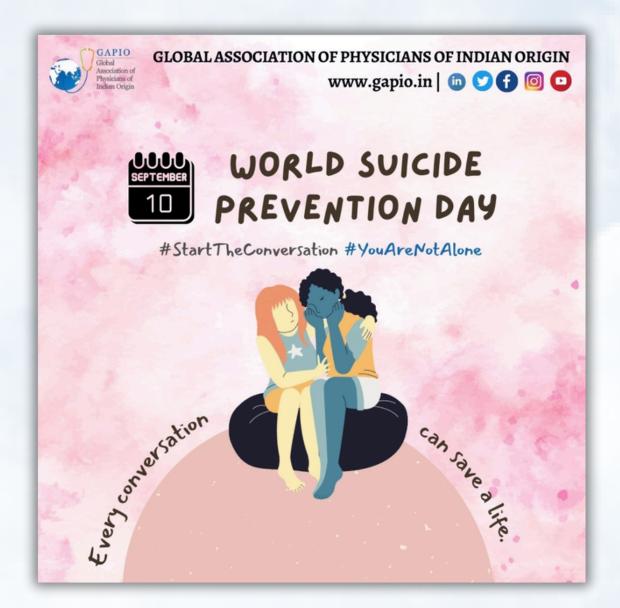
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### SOCIAL MEDIA COVERAGE

## World Suicide Prevention Day 2024: GAPIO Advocates for Changing the Narrative on Suicide

On World Suicide Prevention Day (10th September 2024), GAPIO joined the global initiative to "Change the Narrative on Suicide." With over 700,000 lives lost each year, it's crucial to address mental health openly and break the stigma surrounding suicide.

GAPIO encouraged healthcare professionals and communities to prioritize mental health and foster supportive environments. By raising awareness and promoting open conversations, we can help those in need feel seen, heard, and supported.

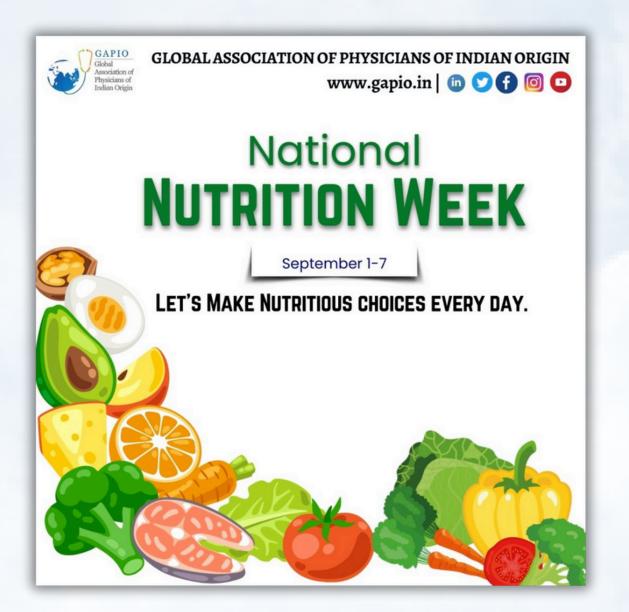


### National Nutrition Week 2024: GAPIO Celebrated Nutritious Diets for a Healthier Tomorrow

On National Nutrition Week 2024, GAPIO promoted the theme: "Nutritious Diets for Everyone."

The initiative underscored the importance of balanced diets as a foundation for healthier, happier lives.

GAPIO encouraged small, impactful changes—like increasing fiber intake, reducing sugar and fat, and staying hydrated—that can make a significant difference in overall well-being. By focusing on better nutrition, GAPIO reinforced its commitment to a healthier future for all.



### HEALTH TIPS/FACTS

### **Protecting Physician Practices from Cyberattacks: Key Insights**

With healthcare remaining a prime target for cyberattacks, protecting patient data is critical for physician-owned practices. A holistic risk analysis approach can help mitigate these risks effectively. Here's how practices can enhance cybersecurity:

- Proactively Manage Risks
  - Identify and address potential vulnerabilities to reduce the likelihood of data breaches and financial losses.
- Prioritize Data Security and Privacy
  - Adhere to HIPAA-required standards and establish technical, physical, and administrative safeguards to protect electronic patient health information (ePHI).
- Allocate Resources Effectively
  - Use comprehensive risk analysis to focus resources on high-risk areas, ensuring efficient use of cybersecurity investments.
- Foster a Culture of Security Awareness
  - Implement role-specific employee training, including phishing simulations, to help staff recognize and respond to security threats.
- Engage Stakeholders and Vendors
  - Incorporate key stakeholders and third-party vendors in risk management processes to safeguard patient data across the ecosystem.

With these proactive steps, physician-owned practices can strengthen their security posture, improve patient trust, and ensure continuity of care even in the face of cyber threats.

**Source**:https://www.medicaleconomics.com/view/holistic-risk-analysis-is-key-to-protecting-your-practice-from-cyberattacks

### HEALTH TIPS/FACTS

### **Empowering Physicians to Prioritize Well-being**

n today's demanding healthcare environment, prioritizing mental and physical health is crucial for physicians to provide optimal patient care. The American Medical Association (AMA) is leading initiatives to support physician well-being by removing stigma and promoting a culture of self-care. Here are some key insights and actions:

#### • Normalize Mental Health Discussions

- Recognize the importance of addressing mental health openly, similar to other high-stakes professions.
- Encourage healthcare institutions to support physicians in taking mental health days without fear of stigma.
- Reduce Administrative Burdens
  - Minimize non-clinical tasks that contribute to physician burnout.
  - Provide real-world solutions to help physicians rediscover the joy in practicing medicine.
- Update Licensing and Credentialing Practices
  - Advocate for changes in licensing applications to prevent penalizing physicians for seeking mental health support.
  - Encourage hospitals and health systems to remove stigmatizing language related to mental health from credentialing forms.
- Promote a Culture of Wellness
  - Shift the mindset within healthcare to prioritize physicians' health and well-being as integral to high-quality patient care.
  - Support initiatives like the AMA Joy in Medicine<sup>™</sup> Health System Recognition Program to acknowledge institutions dedicated to reducing burnout.

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By fostering a supportive culture and implementing these changes, healthcare organizations can empower physicians to prioritize their health, ultimately benefiting both providers and patients.

Source:https://www.ama-assn.org/practice-management/physician-health/empowering-physicians-put-their-health-first

SEPTEMBER 2024

### **GAPIO Honors' List September 2024**



**Dr. Ashok Rai**, Past National Vice President, IAP and IMA and Past National Chairperson, IAP Pediatric Infectious Diseases Chapter has delivered Prestigious Dr MKC Nair and Dr Dileep Mukherjee Oration of IAP Growth, Development and Behavioral academy on 14th September during National conference of Growth, Development and Behavioral Pediatrics chapter of IAP in Amritsar.

**Dr (Prof.) Jugal Kishor Sharma**, Medical Director, Central Delhi Diabetes Centre, New Delhi and Visiting Consultant, Sir Ganga Ram Hospital, New Delhi & BLK- MAX Superspeciality Hospital, New Delhi has been elected as the Fellow with Distinction of RCPE. He is the 1st Indian to be elected and receive this honor.

• Dr Jugal is appointed as Organising Secretary for the 52nd Annual Conference RSSDI 2024, New Delhi.

**Dr Jyoti Goel**, Cosmetic Physician at Lucknow has been invited as resource person at Dr S.R. Rajasthan Ayurvedic University Jodhpur jointly with National Service Scheme on occasion of "National Nutrition Week" on 25th September 2024. Topic of her session was "Let's Have a Trip to Healthy Diet with us".

**Dr. Kandamaran Krishnamurthy**, Consultant Pediatric- Intensive Care Unit from Queen Elizabeth Hospital, Barbados, has given a talk on recognition of Pediatric sepsis at Caribbean sepsis and AMR Alliance webinar on Sept 13th 2024. Dr. Keerti Singh, Lecturer, Faculty of Medical Sciences, Cave Hill campus, Barbados, University of the West Indies, invited by the Medical Students Association (MSA) to speak to the incoming freshmen on September 6, 2024, about the BAMP and its mission.

### **GAPIO Honors' List September 2024**

**Dr. Keerti,** as MBBS phase 1 coordinator supervised the free health screenings done by the Medical Students Association of Faculty of Medical Sciences, UWI Cave Hill, a community outreach event organized on September 7 at the Brighton Farmers Market, Brighton Plantation, St. George, Barbados.

• Dr. Keerti, on invitation by the President of the Optimist Club of Barbados South on September 15, installed the new executive board members as the Lieutenant governor of Optimist International Caribbean District, Zone 10, during the afternoon tea and handover ceremony, at the St. David's Church Hall, Christ Church.

**Dr Milind Chitnis,** Associate Professor & Head- Department of Paediatric Surgery, Frere Hospital, Department of Health, Eastern Cape Government, East London, South Africa, has been nominated as a Moderator for the Fellowship in Paediatric Surgery examination in South Africa for 18 months starting January 2025.

Dr Nipun Choudhry, Director, Impact Paramedical and Health Institute, has been appointed as editor in chief of Sarvodaya International Journal of Medicine(SIJM), official medical journal of Sarvodaya hospitals group published every quarter by Wolter Kluver.

**Dr. Om Ganda**, Senior Physician, and Medical Director, Lipid Clinic, Investigator, Clinical Research, Senior Faculty, Global Education and Care; Joslin Diabetes Center, Associate Professor of Medicine, Harvard Medical School has been invited by the American Diabetes Association (ADA) to deliver multiple lectures on the "Recent Progress in the management of Cardiovascular Complications of Diabetes" in Kolkata, Jaipur, and Lucknow during the week of Sept 17-22. Each event was attended by more than 300 physicians in each city.

**Dr. (Prof.) P. N. Renjen,** Senior Consultant Neurologist (Stroke), Delhi has been felicitated with 'Icon of IMA-SDB' award on the occasion of "Doctor's Day Celebration" by South Delhi Branch of Indian Medical Association on 28th July 2024.

**Dr. Popuri Sai Krishnan**, Medical Consultant at Visakhapatnam, has completed his Associate Fellow of Industrial Health from ESIC Medical College Hospital Bihta on 30th of September 2024.

**Dr. Premkumar Balachandran**, Senior consultant and clinical lead at Chennai have been invited to deliver a faculty lecture in Harvard medical school in the "MINT - minimal invasive and novel therapeutics conference" in Sep 8 to 10 2024.

• Dr Premkumar has been invited as faculty and delivered a lecture in Hernia society of india conference HSI con Sep 27th in Indore.

**Dr Rajul Rastogi**, Professor, Department of Radiodiagnosis, Teerthanker Mahaveer Medical College & Research Center, Moradabad, UP was a Guest Faculty for deliberation and hands-on training in Cadaveric Airway Workshop'2024 for Role of Imaging in Evaluation of the Upper Airway conducted under the aegis of All India Difficult Airway Association and TMU, Moradabad, Uttar Pradesh.

- Dr Rajul has delivered a Guest Lectures on Role of Ultrasound Elastography and Fat Quantification in Hepatic Imaging. In this, he discussed the role of ultrasound lastography in the detection of chronic liver disease in early stages helping in early diagnosis, treatment and prevention of its complications especially liver cancer. In other part of the talk, he described the role of new technique known as ultrasound derived fat fraction in detecting the amount of fat in the liver which helps in detecting the early fatty liver disease helping in early treatment to prevent non-alcoholic fatty liver disease (NASH/NAHLFD) which may progress to chronic liver disease.
- Dr Rajul has delivered a Guest lecture titled "Intraabdominal Cysts and Calcifications in relation to Fetal GIT" in a Fetal Radiology webinar conducted under the aegis of Indian Radiological & Imaging Association and Indian College of Radiology and Imaging.
- Dr Rajul published the following article in a SCOPUS indexed Journal. Verma M, Rastogi Rajul, Khan F, Gupta S, Diwakar SK. Comparison of CT dose in pediatric and adult CT brain using MDCT. African Journal of Biomedical Research 2024; 27(3):1045-48.

## GAPIO Honors' List September 2024

Dr. Raju Vaishya, Senior Consultant, Orthopedic Surgeon at New Delhi has has received following honours:

- Listed in the Top 2% global Research's list of Stanford University for the 4th successive year in 2024, with 1st rank among eight listed Indian Orthopaedic Surgeons, and 54th rank among 1738 global Orthopaedic Surgeons.
- Delivered the prestigious Dr BB Ohri Oration. Indian Orthopaedic Research: Where do we stand today? MP Chapter IOACON. Bhopal 28th Sept 2024.
- Dr Raju has published the following papers:
- Patralekh M, Vaishya R, Vaish A. Impact of COVID-19 on Indian biomedical research: A bibliometric analysis using online data from 2017 to 2022. AWARI 2024; 5: 1-13. DOI: 10.47909/awari.65
- Migliorini F, Cocconi F, Schäfer L, Vaishya R, Kämmer D, Maffulli N. Bone-patellar tendon-bone, hamstring, and quadriceps tendon autografts for anterior cruciate ligament reconstruction in skeletally immature patients: a systematic review. Br Med Bull. 2024:ldae011. doi: 10.1093/bmb/ldae011
- Vaishya R, Gupta BM, Mamdapur GMN, Vaish A, Joshi P, Hamal PK. Mapping the Health and Medical Research Excellence in Nepal: A Study of High-Cited Papers. J Nepal Health Res Council 2024; 22(63): 213-225.
- Vaishya R, Gupta BM, Kappi MK, Mamdapur GMS, Ali KS, Vaish A. Scientometric Analysis of Global Research on Delayed and Nonunion of Fractures (2004-2023): Insights from the Web of Science Core Collections. Injury 2024; doi:10.1016/j.injury.2024.111882
- Puri B, Vaishya R, Vaish A. Antimicrobial Resistance: Current Challenges and Future Directions. Med J Armed Forces of India <u>2024; doi: 10.1016/j.mjafi.2024.07.006</u>
- Vaishya R, Vaish A. Mittal S. Limitations of the PROMOTE Trial and Future Directions for Methotrexate in Knee Osteoarthritis. Ann Int Med. 28th Aug 2024. <u>https://www.acpjournals.org/doi/10.7326/M24-0303?url ver=Z39.88-2003&rfr id=ori:rid:crossref.org&rfr dat=cr pub%20%200pubmed#supplementary-materials</u>
- Vaish A, Vaishya R. Advancing orthopedic care: A synthesis of innovation and research. J Arthrosc Surg Sports Med. 2024; 5 (2):63-64. doi: 10.25259/JASSM\_42\_2024
- Vaishya R. Diverse Spectrum of Medical Research in Apollo Medicine. Apollo Medicine 2024; DOI: 10.1177/09760016241281628
- Chowdhury PN, Vaish A, Vaishya R. Bilateral Knee Arthroplasty in Acromegalic Arthropathy: A Rare Case Report and Literature Review. Indian J Arthroplasty 2024; 1:1:37-42. doi:10.5005/ijoa-11025-0002

**Dr Sumul N Raval**, Board Certified Neurologist and Neuro-Oncologist and Founder and Director, DSZ Brain Tumor Center at Monmouth Medical Center (MMC) New Jersey, has published 2nd textbook titled "Controversies in the Pandemic," focusing about long-COVID and its neurological manifestations.

## GAPIO CONGRATULATES ALL THE ACHIEVERS FOR MAKING INDIA PROUD

**Global Association of Physicians of Indian Origin** 

Registered Office: Hospital Complex, Apollo Hospitals, Sarita Vihar, Mathura Road, New Delhi – 110076 Email: gapio.jm@gmail.com; Contact No. +91-7701910804, 011-71791747

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## MYSORE 18-19 JANUARY 2025

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CONFERENCE

### **BLOCK YOUR CALENDAR**

### 💡 Radisson Blu Plaza Hotel, Mysore

Scientific Sessions

GAPIO Awards

Mysore Tourism

Nutrition Workshop

Physiotherapy Workshop

▶ Gala Dinner

- ▶ Leading experts and delegates from 58 countries
- 35+ International and National Faculty ▶ 25+ Topics
- Credit Hours by KMC
- Complementary Registration for GAPIO Members

#### **Theme : Preventive Healthcare**

#### Addressing the Future of Global Health Challenges

#### Key Areas of Discussion

#### Medical

- Cardiac Sciences
- Endocrine and
- Metabolic Disease
- Orthopaedics
- Respiratory Medicine Gynaecology
- Gastroenterology
- Nephrology
- Neurology
- Infectious Disease
- Oncology

- Artificial Intelligence

#### Speciality Workshop

- Nutrition
- Leadership Mantras
- Physiotherapy
- Women in Medicine

### Local Organising Committee

Dr. Nandakumar Jairam President – GAPIO, Former Chairman of Medica Synergie Group of Hospitals, Advisor Shyamrad, President R.B.A.N.M's and Health Care Consultant

Dr Pradeep Rangappa Organizing Secretary Senior Consultant - Critical Care Manipal Hospitals - Bangalore

Dr Upendra Shenoy Consultant CTVS and Chief of Medical Services, Manipal Hospitals, Mysore

Vice President, Operations, Apollo BGS Hospitals, Mysore

- wr.oman Naik Medical Superintendent, Apollo BGS Hospitals, Mysore

 Dr Sushil Jain Honorary Advisor, GAPIO and Me Superintendent, Apollo Rajshree Hospital, Indore Medical

### GLOBAL ASSOCIATION OF PHYSICIANS OF INDIAN ORIGIN

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