



A I P N O

Pulse

Issue No. 2

July 2014

President's *Perspective*

Ranjit Tamaskar, MD



On behalf of the Executive Committee of AIPNO, 2014 I would like to wish you a very happy and safe summer.

As the president of AIPNO, I am happy to report that this year the endowment fundraising dinner 'Chiraag' on April 12th, 2014, was well attended and AIPNO was able to continue in its role as a charitable organization very successfully. The major beneficiary of this event the Kidney Foundation of Ohio received a donation of \$21000. The secondary beneficiaries Shiksha Daan (FICA project for under privileged kid education) and Dyslexia Association, Ohio branch each received \$3000. Generous donations from our members and friends made it possible. Thank you and congratulations Dr. Yalavarthy, Chair, Endowment committee and entire team for this mammoth success.

Dr. Arun Gupta and sports committee organized a golf outing which many members enjoyed, and we may likely have another golf outing this summer.

There will be picnic on August 24th in North Chagrin Reservation of the Metroparks. Drs. Yalavarthy, Parmar and Mude are taking the lead to organize this picnic. Please bring your friends, kids and grandchildren. We will have a blast before school starts. Additional details will follow via email and website.

September 19th is the date for Karaoke to be held at Bamboo Garden. Dr. Parag Kanvinde is helping with the event.

AIPNO has the distinct honor to host AAPI, Governing body meeting at the Cleveland Convention Center along with our annual dinner and 2nd research showcase. We appreciate any residents and healthcare professionals who donate their efforts and time and encourage all to participate. We will have several committees to help us organize this event. Please call Dr. Mukunda, Dr. Yalavarthy, Binnie or myself, if you would like to volunteer your time to help us organize a great evening on November 1st.

Several goals were set for the organization. We are on our way to achieve all of them. Key Bank is providing special loan rates for life members. Please call or email if you want to receive more information. AIPNO has started online registrations for various events and now our updated website provides more information about our organization. Recruitment of new members is slow but growing steadily, spread the word about joining the organization.

I would like to thank you for your support to AIPNO. Together we can continue to achieve new heights.

Please feel free to email me at sukaalu@yahoo.com should you have any question, comment or suggestion.

Thank you,

Sincerely,

Ranjit Tamaskar, MD

Officers of AIPNO:**Executive Committee for 2014**

President: Dr. Ranjit Tamaskar
Past President: Dr. Beejadi Mukunda
President elect: Dr. Umesh Yalavarthy
Secretary: Dr. Satnam Sandhu
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Dr. Mangesh Kanvinde
Dr. Vinit Makkar
Dr. Prateek Mendiratta
Dr. Jagadish Mude
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Chiraag 2014

The Association of Indian Physicians of Northern Ohio (AIPNO) had their 23rd annual fund raising event, Chiraag held on April 12, 2014. AIPNO targets its fund-raising efforts to support local charities that are in need and will benefit greatly from the contributions. Past beneficiaries have included The Free Clinic, The Cleveland Sight Center, Templum House, Project Act, Providence House, Boys Hope, Alzheimer's Association and the HELP Foundation. The Kidney Foundation of Ohio was chosen as this year's major beneficiary.

Guests in attendance at Chiraag 2014 were approximately 350. Dignitaries included: Mayor Frank Jackson, Ohio Supreme Court Chief Justice Maureen O'Connor, Dr. Ravi Jahagirdar, President – elect, AAPI (American Association of Physicians of Indian origin) and health care leaders from Cleveland Clinic, University Hospitals and Lake Health. Dr. Kris Ramprasad, President, Ohio State Medical Board was the guest speaker.

University Hospitals and Centers for Dialysis Care were major sponsors of Chiraag 2014. Dr. Tamaskar, President of AIPNO addressed the gathering. He outlined the efforts of AIPNO in the community and the goal for 2014 to increase AIPNO membership. Dr. Kris Ramprasad discussed the role of medical board during the key note address.

During the event, AIPNO donated \$21000 to The Kidney Foundation of Ohio. Shiksha Daan and International Dyslexia Association - Cleveland Chapter each received \$3000. Entertaining an enthusiastic audience, was a dance performance composed by Dr. Umapathy and musician Sree Krishna Pasumarthy.

AIPNO CONTACT INFORMATION**www.aipno.org**

216.228.1168—Binnie Eiger, Executive Assistant

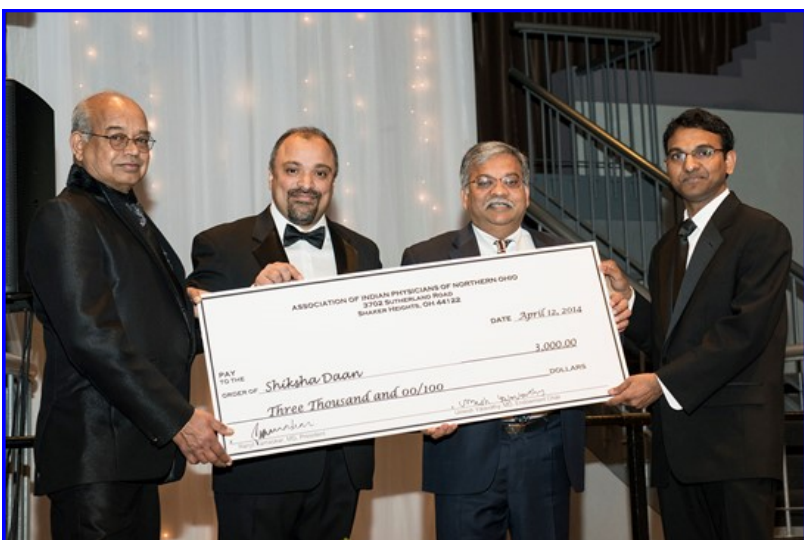
admin@aipno.org

CHIRAAG BENEFICIARY PRESENTATIONS:



Left to right: Kelly Dowling, Vice President of the Kidney Foundation & Deb Damas, Chairman of the Board of the Kidney Foundation; Dr. Kris Ramprasad, President, State Medical Board of OH; Dr. Eric Bieber, President, Accountable Care Organization, University Hospitals; Diane Wish, President & CEO of Centers for Dialysis Care; Dr. Ranjit Tamaskar, President of AIPNO and Dr. Umesh Yalavarthy, President-Elect of AIPNO.

Left to right: Dr. Ravi Jahagirdar, president - elect AAPI. Dr. Ranjit Tamaskar, President of AIPNO, Mary Jo O'Neill, President of the Board of Directors for NOBIDA, Nicole Smyk, Executive Director/NOBIDA; Dr. Umesh Yalavarthy, President Elect of AIPNO>



Left to right: Dr. L.C. Rao, Chairman of the Board of Trustees for AIPNO, Dr. Ranjit Tamaskar, President of AIPNO, Sanjay Garg of Shiksha Daan, and Dr. Umesh Yalavarthy, President-Elect of AIPNO.

AIPNO Signature of Solon Golf Outing held on June 8, 2014



The Association of Indian Physicians of Northern Ohio held the first of their 2 summer golf outings at Signature of Solon Country Club. The outing was orchestrated by Dr. Arun Gupta & Dr. H.P. Sundaresh and generously sponsored by “Kindred Health Care”. Kindred supplied the golfers with complimentary gift bags containing golf balls, golf hat, Tee-shirt & cup. Twenty-five physicians and AIPNO friends braved the rainy cool day to enjoy the competition. Awards were given to Men’s and Women’s Divisions First & Second Place. Men’s First Place went to Dinesh Bafna, Alok Bhaiji and Sudhur Gosain. Second Place went to Arun Gupta, H.P. Sundaresh, Robert Hoch

ad Raj Chatterjee. Women’s First Place went to Taru Patel, Gita Gidwani and Shaila Sundaresh. Second Place for Women went to Geeta Gupta and Neeraj Julka. Also awards were given for closest to the pin: Men: Raj Chatterjee and Dinesh Bafna; Women: Geeta Gupta and Neeraj Julka.

The golfers and families were entertained following the Golf Outing with dinner, drinks & raffle prizes at Saffron Patch Restaurant in Shaker Heights. The 80+ attendees enjoyed the evening of camaraderie & fun. Dr. Ranjit Tamaskar, President, provided information on AIPNO’s upcoming events for the rest of the year.



Raj Chatterjee, Dr. Robert Hoch, Dr. H.P. Sundaresh & Dr. Arun Gupta

AIPNO Medical Yatra 2014- Resident Report

The AIPNO medical yatra 2014 was a medical mission from physicians mainly from the US, traveling to India to provide medical care to underprivileged sections of the society. The yatra was organized in three phases in three geographic regions in India- Dharampur region, Gandevi region (both in the state of Gujrat) and the Warora region of Maharashtra state. Medical camps were conducted with the help of local not-for-profit organizations in each of these areas in multiple sites. The purpose of these camps was to provide free medical checkups and medicines to patients who do not have proper access to healthcare.

Dharampur camp:

Dharampur is a town in southern Gujrat, inhabited by mainly tribal population and is considered as an underdeveloped rural area in the state. The medical camp in this area was conducted with the logistic support of Action Research in Community Health & Development (ARCH)i which is a local non-profit organization among others. The camp sites were local primary and secondary schools where arrangements were made for the medical checkups. Classrooms were converted into exam-rooms, make shift pharmacy was set up in each individual exam room. The physicians were given a list of medications available in the camp. Patients were triaged by interns and medical students from a local medical school who entered chief complaints and blood pressure and pulse recordings on a “case paper” given to each patient.

The patient population in this area was very diverse. The level of education and basic hygiene was poor in this area. There were some communication issues that some of the physicians faced as the language of the tribals in this area was not Gujrati, which is the state language, but was a language that many can call a hybrid between Marathi and Gujrati.

I was able to communicate with the patients in Marathi and required some help for patients who spoke only Gujrati. The average daily patient load was around 150 patients for me in the Dharampur camp. I saw all of these patients independently. As the number of patients was large, most physicians took a “problem-based” approach to patient encounters. The main health issues that persisted in this area were different than that of the other regions. Basic hygiene related conditions, lice and scabies infestations, parasite infestations, iodine deficiency goiters, nutrient deficiency states and anemia, skin infections and infectious gastroenteritis were rampant in this area. The physical activity level of these patients was high as most of them were manual laborers. These patients did have some non-communicable diseases like HTN and DM, but the major issues in this locality were simply treatable infections, anemia and iodine

deficiency, mostly due to lack of education and proper resources. Follow up of the patients that were diagnosed with serious conditions was scheduled at the local Rajchandra trust hospital and ARCH, although the patient compliance to these follow up visits remains questionable.

Continued:



Figure 1 – Goitres (verbal consent was obtained from patients for use of these and subsequent pictures)



Figure 2- Fungal skin infections



Figure 3- Medicines and my exam table at Dharampur camp site

Continued:

Gandevi Camp:

Among all the three camps that I participated in, Gandevi was the best organized camp. It was conducted with the support of Rotary club of Gandevi. The patient care part of the camp was divided into a 6 day schedule. The first 3 days were allocated for screening of general population and was more or less the primary care camp. The patients who had diabetes or other endocrine disorders, cardiovascular issues and oncological problems were asked to follow up on subsequent 3 days of the specialty camps where they would be seen again by appropriate specialist. The main set-up of the camp sites was fairly similar to the Dharampur camp, as they were also conducted mainly in schools. In addition, there was a facility to order simple labs for the patients as a separate phlebotomy and lab collection counter was set up at the locations. This enabled us to order labs for patients in the screening camps and see patients along with lab results during the subsequent specialty camps, which made medical decision making much better.

The average patient load increased to about 200-250 per day in the first 3 days. The patient population was slightly different here as this was not a tribal area. I felt that the prevalence of Hypertension and Diabetes was much higher in this group, a lot of them never diagnosed. I came across patients that presented with the typical “text book” triad of polyuria, polydipsia and polyphagia, that is rarely in USA these days due to better screening. I was able to clinically diagnose patients with diabetes.

In the later part of the camp, I was involved with the cardiology specialty clinic with Dr. Wiseman. Although, we saw patients separately in the same exam room, I had the opportunity to ask questions and opinions regarding patient care issues with Dr. Wiseman, who is an excellent physician and teacher. I encountered a lot of patients with coronary artery disease and metabolic syndrome during this time that presented for follow up. I was initially not very comfortable in treating some of the congenital heart disease cases that presented, but was able to discuss them with Dr. Wiseman and hence gain valuable clinical knowledge in the process. We referred these patients for follow up care including CABGs, Valve surgeries, stress testing, angiographies at local cardiology hospital with cost of the follow up care covered by the organizers.



Figure 4- CROK of pt. with congenital heart disease



Figure 5- EKG of same pt. with congenital heart disease

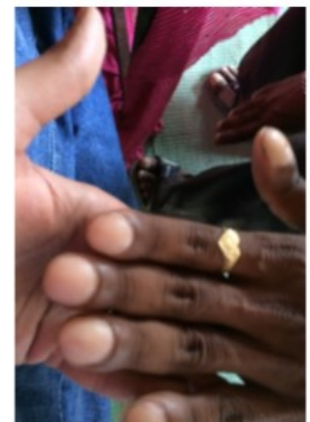


Figure 6- Clubbing in Congenital Heart Disease

Continued:

Besides the patient care, Gandevi camp included health education and training. I was able to tour with the specialists to local medical colleges who gave talks on their respective topics. Of note were the talks on Diabetes by Dr. Mehta and Dr. Reddy of the Cleveland Clinic, Heart failure and EKG tutorial by Dr. Wiseman, radiation oncology basics by Dr. Varia and on psycho-oncology by Dr. Indu Varia. It was a good opportunity to listen to these informative talks and interact with the resident and attending doctors from these local medical colleges.



Figure 7- Dr. Mehta's talk on Diabetes

Warora camp:

Warora is a town in eastern Vidharbha region of the Maharashtra state. The camps here were organized with the support of Yuvashakti, a local political outfit. Marathi is the language mostly spoken in this area, so, being proficient in this language, I was able to communicate effectively with my patients. The patient population was a mix of rural and tribal population. The patient load was more than the previous camps and I was seeing around 250-300 patients per day. The team of doctors was different in these camps as many physicians of the previous camps left and new doctors joined us. The commonly seen conditions were similar in these camps and included musculoskeletal problems, arthritis, HTN, DM, skin infections, infectious gastroenteritis, and anemia. I saw few rare cases of Leprosy and Filariasis.



Figure 8- Filariasis

Summary:

Participating in these camps as a resident was a great experience for me. It was a unique opportunity to see a vast variety of patient population in a totally different clinical setting. Although, the patient encounter time was very limited, the sheer diversity of the cases that I saw was definitely a great clinical learning experience for me. I learnt how important patient education plays when I came across these patients. For example: many times when I was treating patients with HTN and Diabetes, they lacked the basic understanding that these were not “curable” conditions and that they needed to take medications for the rest of their lives for managing their disease. The main purpose of these camps according to me is screening patients for undiagnosed conditions and educating them for need of follow up and treatment. Medical camps cannot solve long standing need of proper and affordable health care to people nor is it possible to treat most of chronic medical conditions in one patient encounter. The main benefit is screening, diagnosis and patient education for follow up medical care and lifestyle modifications.

During my visit, I also enjoyed site seeing and touring the most interior parts of rural India. I made a lot of new friends and connections that will make it an experience to remember and cherish for a lifetime and I hope to be able to join this mission in the future.

Continued

Miscellaneous Pictures:



Figure 10- eczematous and scaling rash



Figure 11- Tinea



Figure 13- Prosthetic limb unit in Dharampur



Figure 12- Congenital AV Fistula



Figure 14- Mobile cancer screening in Gandevi



Figure 15- Patients needing crowd control in my exam room

¹ <http://www.friendsofarch.org/arch.html>



The Association of Indian Physicians of Northern Ohio

Invites you to:



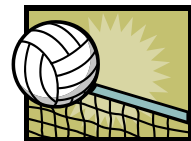
A Family Picnic!

When: August 24, 2014, Time: 1:00 to 4:00 pm

Where: North Chagrin Reservation, Old River Farm

Cleveland Metroparks

What: Food, Fun, Games & Relaxation!



Who: AIPNO Members, spouses, offspring and friends!

Email, call, fax or mail the following information to:

AIPNO—phone: 216.228.1168 > Fax: 216.848.0088

3702 Sutherland Road, Shaker Heights, OH 44122

admin@aipno.org

We would like to attend: Names _____

No. of party _____

Contact: phone _____ **email** _____

I would like to organize an activity _____ **(Y/N)**

For input on planning please contact any of the following:

Dr. Umesh Yalavarthy

Dr. Harbhajan Parmar

Dr. Jagdish Mude

216.513.4964

216.337.0116

440.225.9098