

American Association of Physicians of Indian Origin

Northern California

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NEWSLETTER



From the President

Sam Oommen, MD
president@aapio.org

Looking Ahead...

The AAPIO (Northern California Chapter of AAPI) had a banner year under the leadership of Dr. Padma Srinivasan. Dr. Srinivasan and the outgoing executive committee deserve accolades for their hardwork, vision and commitment.

We are fortunate to have a group of talented and experienced physicians taking the reins as the officers of AAPIO this year.

Our focus will be on medical education (CME), community service and to host a variety of cultural and social events. CME meetings will continue to be held on the second Friday of each month from September 2005 through June 2006. Dr. Annu Navani is the chair of the CME Committee and she can be contacted at cme@aapio.org.

AAPIO will be participating in two health fairs in the next three months. We are coordinating these events with India Cultural Center on July 31st; and with Indo American Community Federation on October 16th. Please see our events calendar for further information.

The annual picnic is planned for Sunday, August 7th at the picturesque Del Valle Regional Park surrounded by the scenic wine country in Livermore. Please plan to spend the day with your entire family and enjoy fun-filled events at this site immersed in natural beauty.

I consider it an honor and privilege to serve as your president for the year 2005-06. You can reach me at president@aapio.org. Let us work together to make AAPIO a strong and vibrant organization which will keep the premise of contributing to the wellness of the communities we serve, and have lots of fun while making it happen.

AAPIO Achievements...

by Padma Srinivasan, MD

Immediate Past President, AAPIO

AAPIO reached a new zenith in 2004-2005 with the enthusiastic support of its members. Twenty-five events were held during the course of the year.

Our excellent programs for physicians and the community have been very well received. In addition to strengthening our core programs, AAPIO achieved a fresh vibrancy with programs to promote community interaction and health awareness. We also successfully collaborated with other major Bay area Indian organizations to serve our common community.

AAPIO conducted five comprehensive health fairs and three community health seminars last year. Two of the Health Fairs were held at India Community Center in Milpitas.

In February '05, the AAPIO seminar on "Prevention of Premature Heart Disease in Indians" was done in collaboration with TiE Institute and for many this was the first opportunity to hear about the excess heart disease burden among us and its prevention.

AAPIO's accredited monthly CME lectures were on a variety of important topics such as HIV/AIDS, Parkinson's disease, and Depression. The capacity attendance each time was a testimony to the high quality of our CME program.

Our semi annual meeting was held in Palo Alto for the

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**Northern California Chapter
of AAPI**

Non-profit Organization
(IRS Tax Exemption #94-3124000)

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DR. NARAS BHAT has been appointed Professor of Meditation at University of Natural Medicine, Seattle, WA since April '05.

DR. ANMOL S MAHAL, gastroenterologist in Fremont, has been elected president elect of California Medical Association. He will become president in 2006 and lead the 35,000 physician strong organization.

DR. MIHIR MEGHANI was elected to the World Association for Disaster and Emergency Medicine Board of Directors.

DR. HOSAHALLI PADMESH, Kaiser-Stockton was installed as the President of the San Joachin county Medical Society this year.

DR. INDER PERKASH, Professor of Urology at Stanford University, received a faculty award for "tremendous service, achievement and dedication". Dr. Perakash was included in the Republican Presidential Honor Roll for services to Congress and U.S.A. Last year, he received the Ronald Reagan Republican Congressional Gold Medal for his services on the Physicians Advisory Committee.

DR. RAM RAMACHANDRA was honored by the Indian Chamber of Commerce in November, 2004 with the Professional Achievement Award. He was also voted in by the Medical Staff of Kaiser Permanente with the Surgical Specialty Physician of the Year Award. Ram was also an examiner for the American Board of Surgery Oral examination.

DR. VIN SAWHNEY was President of the Alameda Contra Costa Medical Association for 2004. He is the first Indian physician to be the president in the organization's 123 years!

DR. RANJANA SHARMA has been appointed Chief of Staff at the Washington Hospital in Fremont. Her term started in July '05 and will be for two years.

DR. GANESAN SRIRAM, KP-Hayward, Fremont received the Specialty Physician of the year Award in December 2004.



AAPIO Achievements...

Continued from cover page

first time in October '04 and introduced the new feature of a non -medical topic of interest. This was delivered to great acclaim by David Dhillon, former 4-term mayor of El Centro, CA and grandson of pioneer immigrants from Punjab, who spoke on Early Indian Immigrants in California. During the meeting, a check for \$5,000 was presented to the Ashland Free Clinic by AAPIO Charitable Foundation.

In January '05 AAPIO held a fundraising luncheon to aid the victims of tsunami in their massive rebuilding efforts. The funds were disbursed to legitimate organizations with strong grassroots presence as follows - Bay Area Unites for India via America India Foundation \$7500

Internatinal Association for Human Values \$7500, Udhavum Karangal \$6000,

Indian Council for Child Welfare \$6000, Aim for Seva \$5000, and Rotarians of Pune \$4000.

The grand event of the year was the annual dinner meeting on May 7th at Marriott, Fremont with a record attendance. Dr. Dileep Bal, Chief of California Cancer Control Services humorously outlined his



tactics to outsmart and restrain the

Dr. Dileep Bal

tobacco companies. Dr Terrance Moran spoke of Diabetic Dyslipidemia and Dr. Vin Sawney emphasised the importance of joining AAPIO and other local medical societies. Prof. George Hart talked on the relevance of early Sanskrit and Tamil scriptures to modern day living. The unique entertainment



*Ramesh Srinivasan
Base Baritone*

for the evening was provided by Ramesh Srinivasan, base baritone, who sang three arias from operas.

AA PIO members and families had fun too - in the summer picnic at Lake Elizabeth and in the fabulous family retreat at Seascape resorts in Aptos in April '05.

Our last event was a lively reception for the visiting Indian Health Minister Dr. A. Ramdoss in June 2005.

AAPIO thanks Dr. Pawan Chadha for mentoring young physicians in application and qualifying processes.

I wish to thank the members of the executive committee, regional coordinators and AAPIO trustees for helping to make this a very successful year. Dr. Sam Oommen will lead the organization to greater heights.



— **Padma Srinivasan, MD**
AAPIO President 2004-05



Fun with music and dance at the retreat



Sunset at the Seascape Resort

AAPIO CME Meetings

AAPIO will be holding California Medical Association accredited CME programs (Category 1 CME) on the **2nd Friday each month at 7:00 pm** starting September 2005 through June 2006. This program is followed by a fine Indian dinner and is absolutely free of cost to AAPIO members.

Venue:

**Sarovar Restaurant, Milpitas, CA
(408) 942-1116**

**For more info, visit our website
www.aapio.org**

*Annu Navani, MD cme@aapio.org
Karim Hussain, MD treasurer@aapio.org*

Union Health Minister speaks to AAPIO

Union Health Minister urges AAPIO members to 'give back to their country'

The youngest ever minister of health and family welfare, Dr. A. Ramadoss on a whirlwind tour thru bay area addressed the invited AAPIO members on June 9, 2005, at a reception in his honour in Sarovar restaurant in Milpitas. Also, present was the Consul General, Mr.B.S. Prakash

Dr. Ramadoss expressed his views on a variety of issues ranging from rural health care in India to problems of HIV/AIDS to regulation of drugs and nursing home to stem cell research and outsourcing of health care to India.

He acknowledged the problem of high infant and maternal mortality rate in India and vowed to bring it down. He also promised to work on increasing the life expectancy rate in India to 75 years within 15 years.

Dr. Ramadoss shared his vision on India being the center of excellence for receiving health care in Asia and was optimistic about drawing patients from as far as Europe and U.S. He also discussed about propagating Indian system of medicine such as Ayurveda, Siddha, Unani and Homeopathy in other countries such as Brazil and Chile.

The visionary minister is enthusiastic and upbeat about stem cell research in India. One of the main purposes of his visit was to forge a stronger relationship between Indian scientist and their counterpart in U.S such as the faculty of UCSF , a pioneer in stem cell research.

The highlight of the evening was the Q&A session. Several members queried the health minister about rehabilitation, problems of sanitation and preventive medicine. He acknowledged the problems and told the members that his government was working hard on these issues and at the same time urged the AAPIO members to 'give back to their country'by offering their skills and contributing to the health care in India more effectively. AAPIO president, Dr. Padma Srinivasan requested the health minister to set up an organized system to facilitate this process.



Union Health Minister Dr. Ramadoss addressing AAPIO members. Dr. Padma Srinivasan and Consul General Hon. B. S. Prakash are also seen.

Overall, it was a very enlightening and thought provoking evening, the dynamic and charming minister left the members mesmerized with his knowledge and vision of health care in India.



*– Aditya Jain, MD
AAPIO Vice President*

Scholarships available through **AAPIO CHARITABLE FOUNDATION**

The AAPIO Charitable Foundation is proud to announce the annual scholarships for the year 2005. There will be four (4) scholarships awarded annually to deserving students who plan to pursue a career in Medicine or in an Allied Health specialty. There will be two scholarships worth \$1,500 each and two worth \$1,000 each. The awards will be presented at the AAPIO Semi-annual Meeting in October 2005.

The Scholarship Application Form along with eligibility requirements is available on the AAPIO website (www.aapio.org). Complete the application form and submit the form as required.

Continued Uncertainty for Estate Tax Requires Careful, Flexible Planning

By: Mark R. Evans, Northwestern Mutual Financial Network

When it first passed in 2001, the so-called estate tax “repeal” seemed to offer great tax relief for those impacted by estate taxes. But after taking a closer look and discovering the sunset provision (making the estate tax laws revert back to the 2001 levels) it was clear that this was an “unreal repeal” and only applied to those who die in the year 2010.

Now in his second term, President Bush is attempting to make this law permanent. But don't fall prey to the inclination to “wait until things settle down” to develop or update your estate plan. In the world of tax legislation, chances are, they won't.

Individuals conducting an estate plan should keep the following points in mind:

Although taxes are a constant in our lives, the manner in which they are imposed is anything but. In the past, Congress enacted major tax legislation every five years or so; now it is yearly.

To add to the complexity, the changes are full of phase-ins and sunsets. This should lead us to rethink the old adage – the only things that are certain are death and *a change in taxes*.

The extreme complexity, temporary nature, and other less obvious traps of the current estate tax law can cost you or your heirs dearly if you don't take appropriate steps to avoid them

Faced with an uncertain future, shifting timeframes and provisions, and a bill that currently expires just one year after its full implementation, is there anything you can do to minimize your risks and protect your heirs? Definitely, but you need to design (or possibly redesign) your plan with a great deal of flexibility – now! Consult with a trusted financial professional to review all of your estate planning documents to determine whether assumptions in place at the time of drafting are still applicable. Planning now will allow you to control the transfer of your assets based upon your values and objectives. Please contact me so that we can review your holdings so your heirs aren't caught in one of the current bill's expensive “traps.” To contact me, please call (916) 929-7200 or e-mail mark.evans@nmfn.com.

Mark R. Evans is a Financial Representative with Northwestern Mutual Financial Network the marketing name for the sales and distribution arm of The Northwestern Mutual Life Insurance Company (NM), Milwaukee, Wisconsin, its affiliates and subsidiaries. Mark R. Evans is an agent of NM based in Northern California. To contact Mark, please call (916) 929-7200, e-mail him at mark.evans@nmfn.com or visit his website at www.nmfn.com/markevans. This article is for educational and informational purposes only. It is not intended to be used for tax or legal advice.



AAPIO Physicians in Ugenya, Africa

Multitasking at its best, that is what it was all about - the fingers of the left hand on the patient's Radial pulse, the right hand bagging the mask on the face and the left foot priming the suction pump- brought back vivid memories of the Government hospital in the suburbs of Bangalore in 1970. The only difference, this was Ugenya, an impoverished province in Kenya and the year, 2004.

I was part of a team of eight doctors from Kaiser Permanente who went on a health mission to Kenya last fall.. The Ugenya province had borne the brunt of governmental neglect since the people do not belong to the ruling tribe. This was compounded by problems related to illiteracy, superstition, charlatans and abject poverty. The HIV/AIDS pandemic, Malaria, Typhoid, TB and other communicable diseases are taking a toll on the country's population.

The team of volunteer physicians, with a modest budget provided care for nearly 5000 patients in 11 days. This included surgeries to nearly 30 patients under the most primitive conditions with minimal facilities. The average life expectancy for a male is less than 40 years of age. Scores of children succumb to Malaria due to lack of medical care. The need is enormous and we had scarcely scratched the surface.

Despite their misery, it was very touching to note the warmth and kindness with which our team was treated. The

look of gratitude in their eyes made it all worth .In fact, we were so touched that we have formed a foundation called the Matibabu foundation (www.Matibabu.org). The team returns to Kenya this fall and is embarking on three major projects



The hysterectomy team in Ugenya

viz, the kids deworming project, the mosquito net project and the water purification project in addition to major abdominal and Gynecologic surgery.

After the challenging but gratifying two weeks in Ugenya, the safaris in the reserves of Kenya and Tanzania, though relaxing and enjoyable, seemed overindulgent.



The foundation can certainly use your help. Please feel free to access the web site or call me.

– **Ram Ramachandra, MD**
ram2837@yahoo.com

AAPIO Membership Application

New Membership Renewal Directory Corrections

Last Name: _____ First Name: _____ MI: _____

HOME Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Home Fax: _____

OFFICE Address: _____

City: _____ State: _____ Zip: _____

Office Phone: _____ Office Fax: _____

E-mail: _____

Medical School: _____

Specialty: _____

Name of the Spouse: _____

Is your spouse a physician? _____ If yes, please provide above information.

Comments/Suggestions: _____

- Life Membership – Individual\$500
- Life Membership – Physician Couple\$600
- Physician Spouse Life Membership (*if other is a life member*) \$100
- Annual Membership – New / Renewal \$50
- Housestaff Membership (*in training*) \$10
- Life Membership – *Allied Health Professional Only* \$350
- Allied Health Professional – New / Renewal \$35

■ CHECK ENCLOSED FOR THE AMOUNT OF **TOTAL** \$ _____

■ *Please mail your application with check (payable to AAPIO):*

KARIM HUSSAIN, MD
AAPIO TREASURER
2147 MOWRY AVE., #D-1
FREMONT, CA 94538
treasurer@aapio.org

Visit **AAPIO Website** for
Membership Application
and **Latest Calendar**
www.aapio.org

AAPIO Family Picnic

SUNDAY, AUGUST 7, 2005

10AM-5PM

DEL VALLE REGIONAL PARK

*Come for a great picnic!
Lots of great food, fun, and friends.*

Activities will include a boat tour*, swimming, watersports, cricket, soccer, frisbee, volleyball, and music!
(* Sorry. The boat tour is full.)

NOTE: Cell phones do not work in this park so for communication with the outside you will need to use the payphones in the park.

Visit **www.aapio.org** website
for more information

Special Benefit for Kaiser Providers:

The Permanente Medical Group (TPMG) may reimburse you for professional society dues. AAPI (national) and AAPIO (chapter) are both now approved by TPMG for reimbursement as professional medical organizations. You will need to provide a receipt of payment to your member benefits department. If you have any questions, please contact your physicians benefits department, or to Dr. Mihir Meghani at mihir.a.meghani@kp.org.



***American Association of
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First Class Mail