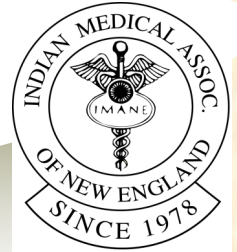


# Indian Medical Association of New England Newsletter



Quarter 4 Newsletter: October-December 2012

## MESSAGE FROM THE PRESIDENT

In this final newsletter of my term as the youngest President of the oldest Indian medical organization in the United States, I would like to take this time to reflect on the successes of this past year. We began the year with a mission to engage younger physicians and strengthen our alliances with existing medical organizations to embrace and revitalize IMANE's goal of physician advocacy. We have accomplished this in multiple ways this year!

We started off the year by introducing our young physicians to the American College of Physician's Council of Early Career Physicians at their January networking event. This was followed by a very successful Spring CME meeting on Health Care Quality and Improvement jointly sponsored with the Massachusetts Medical Society. We have continued our outreach to MMS as well as the Board of Registration in Medicine and I am pleased to announce that both **Dr. Aghababian**, President of MMS and **Dr. Stancel Riley**, executive director of BORIM will be attending our Annual Meeting on November 17, 2012 at the Taj Hotel in Boston. The theme of our 34th Annual Meeting is Leadership in Medicine with a special keynote address by **Dr. Sanjiv Chopra** of Harvard University. If you have not yet registered, please do so at [www.imanemd.org](http://www.imanemd.org)—and make note of our new website, another accomplishment this year!



Other groundbreaking collaborations this year included our summer panel on the Affordable Care Act with the South Asian Bar Association of Greater Boston and two other mainstream healthcare organizations which was widely attended and covered by India New England (ACA Panel). Besides our longstanding commitment to health fairs and our charity clinics, IMANE also undertook a collaboration with the Indian Circle of Caring and the Massachusetts Department of Public Health on tuberculosis education within the Indian community. Both ICC and DPH will also be at our Annual Meeting so attendees can learn more about this important IMANE initiative and how to become more involved.

Most importantly, this year has been about mentorship. Through the newsletter's member profiles, we have introduced key mentors in IMANE's membership community. We featured **Dr. Victor Saldanha** who has been an inspiration for me in the field of global health and polio eradication, followed by **Dr. Onaly Kapasi**, a mentor to many throughout his distinguished career with AAPI and IMANE, and in this newsletter, Dr. Jatin Roper, our YPS representative speaks with **Dr. Raj Goyal**, Mallinckrodt Professor of Medicine at Harvard Medical School and former Associate Chief of Research and Development with the VA Boston Healthcare System, an incredible mentor to many physicians working in research and academia, and someone that I have found to be a constant source of support throughout this year.

Our membership has continued to grow as a result of the above outreach efforts with an emphasis on research, academia and professional networking. I am confident IMANE will continue to grow in the years to come and wish all of you Happy Diwali and all the best for the coming year.

— Sucheta J. Doshi, MD MPH

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## **MMS AND OTHER ONGOING IMANE EVENTS**

**MMS International Medical Graduates Section presents:**

**IMGs: From Graduate Training to Green Cards, J-1 Waivers, Work Visas, and Immigration Options**

Thursday, November 8, 2012 : Dinner & Presentation

6:30 p.m. – 8:30 p.m.

Massachusetts Medical Society (FREE Parking)

860 Winter Street, Waltham, MA

**For details and to register, visit <http://www.massmed.org/IMG2012>**

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**Community Initiative for TB Education (CITE) - An IMANE -Massachusetts Department of Public Health, Division of TB Prevention and Control and the Indian Circle for Caring USA, Inc. (ICC) Collaborative Community Project.** CITE is an education and outreach initiative that aims to develop provider-focused educational interventions and community-focused educational tools and activities to encourage testing and treatment of TB infection within high-risk populations in order to prevent TB disease. CITE works to increase community members' knowledge about TB infection, TB disease, available TB services in the Commonwealth and the benefit of receiving TB testing and treatment. The partnership between CITE, IMANE and the ICC will enable us to develop meaningful community- and culturally – specific materials that address misconceptions and/or barriers to TB testing and treatment in the Indian community.

If you are interested in becoming involved with the IMANE-ICC-DPH initiative on Tuberculosis in the Indian Community in Massachusetts, please contact any of the following project contacts:

**CITE/MDPH: Kate Rose Bobseine, CDC Public Health Prevention Service Fellow,  
and Dr. John Bernardo, State TB Controller**

**ICC: Girish A. Mehta, Executive Director**

**IMANE: Sucheta Doshi, MD MPH; Apurv Gupta, MD MPH**

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Ongoing: Free Clinic/Waltham New Hope Health Center: Mondays, 6-8 pm

Free Clinic/Free Health Stop, Shrewsbury: Wednesdays, 6-8 pm

**For more information about the above events: email [IMANE@mms.org](mailto:IMANE@mms.org)**

**IMANE 34th ANNUAL MEETING: TAJ BOSTON, NOVEMBER 17, 2012**

***IMANE Presents:***

***34<sup>th</sup> Annual Meeting: Leadership in Medicine***  
**Saturday, November 17, 2012**

**5:30 p.m.**

**Taj Hotel**

**15 Arlington Street**

**Boston, Massachusetts**

**5:30 p.m.** Registration

**6:00 p.m.** General Body Meeting and Elections

**6:30 p.m.** Cocktail Reception and Exhibitors

**7:30 p.m.** Awards and Guest Speaker

**Review of the Year:** Sucheta Doshi, MD, MPH, *President, IMANE*

**“Leadership by Example: The 10 Key Principles of All Great Leaders”**

Sanjiv Chopra, MD, *Faculty Dean for Continuing Education, Professor of Medicine, Harvard Medical School*

**Presentation of Awards:** *IMANE Award for Distinguished Community Service*

**Concluding Remarks:** Manju Sheth, MD, *President-Elect, IMANE*

**9:00 to 11:00 p.m.** Dinner and Entertainment

**Dr. Richard Aghababian, President of Massachusetts Medical Society and Dr. Stancel Riley, Executive Director of the Board of Registration in Medicine will also address the audience!**

**DON'T HESITATE: REGISTER TODAY! ONLINE REGISTRATION: [WWW.IMANEMD.ORG](http://WWW.IMANEMD.ORG)**

**Registration Fees**

**LATE FEE\***

Members/Spouse \$80

\$90

Member Students, Residents, and Fellows \$55

\$60

Non-Members \$95

\$105

**Lower rate deadline: November 9, 2012**

All registrations must be received by November 9, 2012, to qualify for the lower rate. Non-members who join IMANE will receive member rates. If you have any questions or are interested in joining IMANE, please contact Kristen Verdeaux, chapter administrator, at (781) 434-7314 or [kverdeaux@mms.org](mailto:kverdeaux@mms.org).

*\*The late fee applies to any registrations received after November 9, 2012.*



## MEMBER PROFILE: Dr. Raj K. Goyal (as interviewed by Dr. Jatin Roper, YPS Representative)

*In this very special member profile, Dr. Jatin Roper, IMANE's YPS Representative, speaks with Dr. Raj K. Goyal, recipient of the 2004 IMANE Distinguished Physician Award, who has been a mentor to many physicians in various stages of their careers.*



**Raj K. Goyal, MD**

When Dr. Sucheta Doshi, IMANE President, asked me to write an article about Dr. Raj K. Goyal, I eagerly accepted. I of course knew of Dr. Goyal, though I had never met him. In the course of writing this article I hoped to gauge his impact as a leader in medical education, a pioneer in gastrointestinal research, and a trusted mentor to countless young students, researchers, and physicians. My friend and fellow IMANE board member Dr. Sameer Kapasi worked in Dr. Goyal's laboratory when he was in college. He described Dr. Goyal to me as a "rare combination of humility and academic excellence" who had a great impact on his decision to pursue a career in medicine. After reviewing his CV and a number of his most significant publications, I called Dr. Goyal to learn more about his life and work.

According to his CV and laboratory web site ([www.rajgoyal.com](http://www.rajgoyal.com)), Dr. Goyal was born and raised in Hisar, a city in the state of Haryana, India. He began his career with an M.B.B.S. from Amritsar Medical College, Panjab University in 1960, and an M.D. from Maulana Azad Medical College, University of Delhi, in 1965, where he conducted clinical research on peptic ulcer disease under the guidance of Professor H.K. Chuttani. Dr. Howard Spiro, the founding section Chief of Gastroenterology in the Department of Internal Medicine at Yale, noticed Dr. Goyal's research potential and invited him to New Haven for a research fellowship in gastroenterology. Although his visa status precluded participation on a National Institutes of Health (NIH) training grant, Dr. Goyal's research training was supported by Mr. Fredrick Rose, a grateful patient of Dr. Spiro who wished to fund studies on the pathogenesis of Schatzki rings. Dr. Goyal subsequently joined the faculty at Baylor College of Medicine in 1971 and the University of Texas Southwestern Medical School in 1973. In 1978, he became chair of the Division of Gastroenterology at the University of Texas in San Antonio. In 1981, he accepted a position as the Mallinckrodt Professor of Medicine at Harvard Medical School and Chief of Gastroenterology at the Beth Israel Hospital. In 1995, he was appointed Associate Chief of Research and Development at the VA Boston Healthcare System, where he has remained ever since as a staff member with an NIH-funded research laboratory that focuses on neuromuscular transmission in the gut.

Dr. Goyal's life-long work has significantly advanced our understanding of esophageal and gastric physiology and diseases, including Barrett's esophagus, enteric neurotransmission and esophageal and gastric motility. He is an author of hundreds of original publications in journals such as *Journal of Clinical Investigation* and *Gastroenterology*. His work includes the first evidence for the existence of muscarinic receptor subtypes. Dr. Goyal has served on numerous editorial boards of medical journals and was Editor-in-Chief of the esteemed journal *Gastroenterology* from 1986 to 1991. He was the Founder President of the American Motility Society and is the recipient of its Distinguished Achievement Award. Dr. Goyal's remarkable productivity as a researcher was recognized by the NIH with a MERIT award in 1986, which offers long-term laboratory support for only the top 5% of funded investigators. Along with Dr. Reza Shaker, Dr. Goyal edits a web-based, open access publication on pharyngeal and esophageal motility disorders called "GI Motility Online" (<http://www.nature.com/gimo/>).

Like many Indian professionals, Dr. Goyal chose to immigrate to the United States. I asked Dr. Goyal why he decided to leave his home and family for the United States. He said that, quite simply, he realized during medical school that he loved research, and felt that opportunities in academic medicine were greater at that time in the United States.

**“Do your thing, and it will happen,” —Dr. Raj K. Goyal**

I then asked him what is perhaps an obvious question: what is the secret to your singular success in research? To put it another way, how did you become the Chair of the Division of Gastroenterology at University of Texas Southwestern within five years of joining the faculty there? He paused and laughed, knowing of course that he could not give me a short, simple answer. But I persisted, and so he told me, “Jatin, I just did what I liked...and there was a bit of luck as well. Eventually, it just comes.”

Mentorship, I have always been told, is crucial to success in science. Dr. Goyal recalled many leaders in the field of gastroenterology who significantly impacted his career, including Mort Grossman, Marvin Sleisenger, Robert Donaldson, Robert Ockner, and John S. Fordtran. Dr. Fordtran is an esteemed former Chair of Internal Medicine at Baylor University Medical Center and well-known to gastroenterologists as an original author of the definitive textbook of our field, Sleisenger and Fordtran's *Gastrointestinal and Liver Disease*. From 1977 to 1981, Dr. Goyal was an Associate Editor of the journal *Gastroenterology* while Dr. Fordtran was Editor-in-Chief. I had the opportunity to hear Dr. Fordtran speak about “Factitious Disease” at a gastroenterology conference just before I interviewed Dr. Goyal. Dr. Fordtran, I saw, shares many of the qualities that Dr. Goyal and other successful mentors possess: humility, wit, intelligence, and patience.

Dr. Goyal reflected on his career in a tribute published in *Gastroenterology*: “During my medical training in India, my family hoped that I would one day take over the clinical practice of a hometown friend who was a very successful practitioner. When I told my father of my plans to pursue research, his disappointment was obvious and he wondered aloud why I would become a doctor if I only wanted to teach and do research. We were to return to India after my first two years of training in the U.S., but that did not happen. My initial application for membership in the AGA was denied, and my initial applications for NIH funding were triaged. My prospects then looked bleak. Now, it seems ironic that the NIH has funded my career in academic gastroenterology continuously for almost 40 years.”

As a medical resident contemplating a career in gastroenterology, I remember being pleasantly surprised to learn that an Indian-American was a former editor-in-chief of *Gastroenterology* and a Division Chair; in my short career I had only seen white American men and a handful of women at the highest echelons of academic medicine. (Ironically, at the time, the Editor-in-Chief of *Gastroenterology* was Dr. Anil K. Rustgi, who is Indian-American). Dr. Goyal told me that he did not have Indian-American mentors during his training in the U.S., but always felt accepted by the physicians and researchers he worked with. I have had a similar experience as a young Indian-American physician in the United States. And yet, it was inspiring for me to see someone of my background, from my country of birth, achieve what I aspire to reach someday.

As a gastroenterologist, I know from experience that disorders of gastrointestinal motility are among the most challenging conditions that we manage. Dr. Goyal's accomplishments have helped define the physiology of gastrointestinal motility in health and disease. Beyond his scientific success, Dr. Goyal has demonstrated leadership as a physician and educator, and has served as a mentor for many students, researchers, and physicians. He has inspired me, and many others, to dedicate my life to a career in academic medicine. He left me with a few words of advice: “do your thing, and it will happen.”



*Jatin Roper, MD is a second year attending in the Division of Gastroenterology and Hepatology at Tufts Medical Center*



## IMANE ACTIVITIES AND ACCOMPLISHMENTS

### IMANE members continue to be active in the advocacy and leadership scene:

#### Affordable Care Act Panel: July 18, 2012

IMANE members with South Asian Bar Association of Greater Boston, Providers for Progress and Boston Young Healthcare Professionals with Panel Speakers, Dr. Jay Bhatt, Renee Landers, Esq., Amy Lischko, PhD, and Regina Rockefeller, Esq.



#### Boston Medical Library 37th Annual Garland Lecture: October 11, 2012

Drs. Victor and Janine Saldanha, Mangadhara Madineedi and Sucheta Doshi with Past AAPI President and President of the Boston Medical Library, Dr. S. Jay Jayasankar and guest speaker, Pulitzer Prize winner and oncologist, Dr. Siddhartha Mukherjee

### Other Recent IMANE Events:



Summer Picnic, Gloucester, MA



CITE: TB Education Initiative  
at the India Day Health Fair



IAGB-India Day Health Fair  
Volunteers

### MEMBER ACCOMPLISHMENTS:

**Dr. Seema Arora** has been named President of the United India Association of New England for the year 2013; we congratulate Dr. Arora and wish her the best as she works on new initiatives with UIANE next year!

Several younger members of IMANE have had remarkable academic and professional achievements recently: **Dr. Anita Vanka** has been appointed Associate Program Director of the Internal Medicine Residency Program at Beth Israel Deaconess Hospital; **Dr. Payal Gupta** recently joined Doshi Diagnostic Imaging Services as their Chief Radiologist at Bay Ridge in Brooklyn, NY; **Dr. Lipi Roy** was awarded a prestigious Primary Care Fellowship Award from MGH to improve the health of homeless men and women in the Boston area. We wish all of them much success in their future endeavors!

## **MEMBERSHIP HAS ITS PRIVILEGES**

### **BENEFITS OF MEMBERSHIP**

Become a member of the oldest Indian Medical Organization in America and enjoy the following benefits:

**New for 2012:** Exclusive Linked In group for members only! Engage in professional networking with your fellow IMANE members. Must be paid or student members of IMANE to be approved.

Discounted rates for Spring, Summer and Annual meetings

Participate in various IMANE committees and be involved in coordinating IMANE activities

Volunteer at IMANE affiliated charity clinics in Waltham and Shrewsbury or at one of our many health fairs throughout the year!

YPS activities for young physicians, residents, fellows and medical students

**New for 2012:** Mentor-Mentee program for Young Physicians

Apply for observership positions with IMANE members

Be featured in the IMANE Newsletter Members Section

### **GET INVOLVED WITH IMANE:**

#### **Committees**

IMANE has many committees that want YOUR involvement—please contact Kristen Verdeaux at [llayer@mms.org](mailto:llayer@mms.org) or the following Committee Chairs if you would like to become more involved with IMANE this year through the following committees:

MEMBERSHIP: Co-chairs: Maria Menezes and Subha Thiagarajan

COMMUNITY SERVICE: Chair: Sapna Aggarwal

SCIENTIFIC: Chair: Sajani Shah

PUBLICATIONS/WEBSITE: Chair: Sameer Kapasi

FUNDRAISING/EXHIBITORS: Chair: Srilatha Kodali

#### **Join or Renew your Membership**

IMANE has many exciting activities and benefits, many which are members-only. So please join or renew your membership today. Contact Kristen Verdeaux at [kverdeaux@mms.org](mailto:kverdeaux@mms.org) or 781-434-7314 for membership form and details. More information: [www.imanemd.org](http://www.imanemd.org)

#### **Feedback**

Your feedback matters. We want to know your thoughts on our plans for the future and what you consider to be the priorities for IMANE. You may contact Kristen Verdeaux, Chapter Administrator, based in the Massachusetts Medical Society headquarters in Waltham, MA by phone at 781-434-7314 or email [imane@mms.org](mailto:imane@mms.org). You may also contact Dr. Doshi at [suchetadoshi@yahoo.com](mailto:suchetadoshi@yahoo.com).

## **2012 EXECUTIVE COMMITTEE**

### **President**

Sucheta Doshi, M.D., M.P.H.

### **President –Elect**

Manju Sheth, M.D.

### **Past President**

Arun Chaudhary, M.D.

### **Secretary**

Sajani Shah, M.D.

### **Treasurer**

Seema Arora, M.D.

### **Members at Large**

Sapna Aggarwal M.D.

Sameer Kapasi, M.D.

Srilatha Kodali, M.D.

Maria Menezes, M.D.

Subha Thiagarajan, M.D.

### **YPS Representative**

Jatin Roper, M.D.

### **BOARD OF TRUSTEES**

Pankaj Shah, M.D. (Chair)

Apurv Gupta, M.D., M.P.H.

Purnima Sangal, M.D.

Manorama Mathur, M.D.

Geeta Trivedi, M.D.

### **NOMINATING COMMITTEE CHAIR**

Payal P. Gupta, M.D.

### **AAPI REPRESENTATIVE**

Lalit Savla, M.D.