

Bangladesh Medical Association of  
North America- Carolina Chapter

20th Annual Convention  
2024



**INSPIRING  
BMANACC  
ACROSS  
GENERATIONS**

Saturday, April 27, 2024  
Hilton Garden Inn, Raleigh

**20**

**annual  
conference**



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# Bangladesh Medical Association of North America-Carolina Chapter (BMANA-CC)

## 2024 BMANA-CC 18TH ANNUAL CONVENTION--SCIENTIFIC SESSION

**Location:** Hilton Garden Inn Raleigh /Crabtree Valley (3912 Arrow Drive, Raleigh 27612)

**SATURDAY-APRIL 27, 2024**

### AGENDA for SCIENTIFIC SESSION of BMANACC 2024 CONFERENCE

Start	End	Time Hrs	Clinical Topic and Presenter
8:00:00 AM	8:30:00 AM	0:30	<b>Breakfast, Welcome and opening remarks</b> Sayeed Hossain, MD, FACP, FCCP , Education Secretary
8:30:00 AM	9:00:00 AM	0:30	<b>CLINICAL PEARLS -</b> Abu Salahuddin, MD, FACP, Clinical Assistant Professor, Department of Medicine UNC Chapel Hill, NC
9:00:00 AM	9:30:00 AM	0:30	<b>MANAGEMENT OF OBESITY-</b> Guest Speaker NOVO Nordisk
9:30:00 AM	10:00:00 AM	0:30	<b>SEPSIS-</b> Habib Masood, MD, FACP Hospitalist, Wake Med Cary Hospital and Adjunct Assistant Professor, Campbell University School of Osteopathic Medicine. NC
10:00:00 AM	10:30:00 AM	0:30	Break and Exhibit Booths
10:30:00 AM	11:00:00 AM	0:30	<b>Chronic Kidney Disease (CKD) Update-</b> Shyamal K Palit, MD, Consultant, Nephrology: Carolina Kidney care. Adjunct assistant professor, Campbell University School of Osteopathic Medicine. NC
11:00:00 AM	11:30:00 AM	0:30	<b>Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD)</b> Mamun Shahrier, MD, PhD, FACP Duke Lifepoint Maria Parham Health Medical Center, Maria Prham GI Associates
11:30:00 AM	12:00:00 PM	0:30	<b>Management of COPD</b> Sayeed Hossain, MD, FACP, FCCP, Medical Director, Respiratory and Sleep Medicine, Duke LifePoint Wilson Medical Center
<b>Total Scientific Session Hours</b>		<b>3:30</b>	

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Location: Hilton Garden Inn Raleigh /Crabtree Valley (3912 Arrow Drive, Raleigh 27612)

### SATURDAY-APRIL 27, 2024

Start	End	Duration-Hrs	Program Description	Room Location
8:00:00 AM	12:00:00 AM	4 Hours	Breakfast and Scientific Session--Refer to Detailed Scientific Session Agenda	Room number 1 of Hilton Garden Hill Hotel ballroom
9:00:00 AM	11:30:00 PM	2.5 Hours	Concurrent session – breakfast and roundtable discussion for the spouses, not participating in the scientific sessions	Room number 2 of Hilton Garden Hill Hotel ballroom
12:30:00 PM	1:30:00 PM	1.5 Hours	Conference Luncheon	Room number one, two and three of Hilton Garden Hill Hotel ballroom
1:30:00 PM	2:00:00 PM	30 minutes	Investment Strategy Presentation by Aslam Chaudhry - ARCIS Capital Partners LLC	Room number 1 of Hilton Garden Hill Hotel ballroom
2:00:00 PM	3:15:00 PM	1.25 Hours	Business Meeting	Room number 1 of Hilton Garden Hill Hotel ballroom
3:15:00 PM	5:15:00 PM	2 hours	Break and preparation for evening session	Individual Hotel Guest rooms and local houses
5:30:00 PM	7:00:00 PM	1.5 Hours	Conference Dinner, Speeches, Recognition Awards, and declaration of the new executive team by election commission	Room number one, two and three of Hilton Garden Hill Hotel ballroom
7:00:00 PM	8:00:00 PM	1 Hour	Cultural Program by BMANACC members and their families	Room number one, two and three of Hilton Garden Hill Hotel ballroom
8:00:00 PM	8:30:00 PM	30 minutes	Magreb Prayer, Exercise-Meditation and setup Break	Room number 4 of Hilton Garden Hill Hotel ballroom
8:30:00 PM	10:00:00 PM	1.5 Hours	Natok : “Tawbay Mechaey Keno Eyi Ghor Badha” by BMANA-CC performers	Room number one, two and three of Hilton Garden Hill Hotel ballroom
10:00:00 PM	10:15:00 PM	15 minutes	Break/Shingara and Snack time	Room number 1, 2 and 3 of Hilton Garden ballroom
10:15:00 PM	11:45:00 AM	1.5 Hours	Cultural Program, Audience Participation and Party Time	Room number 1, 2 and 3 of Hilton Garden ballroom

### SUNDAY-APRIL 28, 2024

Start	End	Time	Program Description	Restaurant Location
11:00:00 AM	2:00:00 PM	3:00	Brunch and Members day planning meeting--Plan for the future	Istanbul restaurant 914 Kildaire Farm Rd., Cary, NC 27511

# 20th BMANA-CC Convention Dinner Program

- **Welcome**
- **National Anthem**
- **Convener's address**
- **President 's address**



## RECONGNITION OF GRADUATES

### High school

1. Jeem Karim, son of Drs. Md. Abu Zahed Karim and Zakiya Karim . He will be attending NC State University, Raleigh in Computer Science.
2. Sristi Palit, daughter of Dr. Shyamal Palit and Mrs. Shanta Palit .She will be attending UNC-Chapel Hill.

### Undergraduate

1. Priyash Noor Hafiz, son of Dr. Razia Hafiz and Mr. Khalid Hafiz. Biomedical Engineering BS. UNC Chapel Hill 2024 Incoming M1 He will be attending Case Western University, School of Medicine ,Cleveland, Ohio
2. Priyanka Noor Hafiz: daughter of Dr. Razia Hafiz and Mr. Khalid Hafiz Neuroscience BS.(UNC Chapel Hill 2023 Incoming M1) She will be going to Drexel University, College of Medicine.

### Med school

1. Dr. Farhan Khan, son of Dr. Abul Kalam Khan and Mrs. Nasreen A Khan and his wife
2. Dr. Kristen Larson, daughter of Drs. Robert Larson and Michele Larson. Both Farhan and Kristen are going to University of New Mexico ,Albuquerque in Psychiatry and Family Medicine residency..

### Residency program & Fellowship program

1. Taufiq Salahuddin , son of Drs. Abu Salahuddin and Farida Yasmin, has completed Fellowship in Cardiology from University of Washington, Seattle.
2. He will receive MS in Cardiology from the same institution in July 2024.
3. 2. Dr. Zihan Masood, son of Dr. Habib Masood and Mrs. Dilara Masood is completing Neurosurgery residency from at University of Kansas Medical Center, Kansas City and will start Fellowship on Laparoscopic Spinal Surgery at University of Pennsylvania in July 2024
4. 3. Dr. Maheer Masood, son of Dr. Habib Masood and Mrs. Dilara Masood is completing ENT residency from at University of Kansas Medical Center, Kansas City and will join ENT practice at New York in August 2024.
5. Dr.Mehrin Islam , daughter of Dr. S.M. Jafrul Islam and Dilruba Islam has completed Pediatric Emergency fellowship from Mount Sinai Hospital, New York . She joined as Attending /Assistant Professor in Well Cornell university Hospital in Manhattan, New York.



## Bangladesh Medical Association of North America-Carolina Chapter



### *From the Convener's Desk*

Dear Respected Members of BMANACC,

I am honored to serve as your convener of 20th BMANACC convention in the Raleigh triangle area.

As the convener of the 20th BMANACC convention, I'm grateful for your support, especially in overcoming financial hurdles. Your contributions, alongside our hybrid sponsorship model, were crucial for making this event possible.

Special thanks to Dr. Sagir Ahmed for leading our sponsorship efforts and being in the history of BMANACC, the first generous member sponsor of our convention and support all the way, to our secretaries and executive members for their organizational skills, and to all members who attracted sponsors.

Appreciation goes to Dr. Syeed Hossain for the scientific session, Dr. Shyamal Palit for the cultural programs, and our co-conveners, Dr. Abul Imam and Dr. Abu Sharifuzzaman, for their pivotal role in venue and food selection, as well as fundraising.

I'm indebted to Dr. Najmul Chowdhury- our president for his constant assistance and also to Dr. Fatima Hussain for her work on souvenirs. A shout-out to Dr. Chowdhury for maintaining our webpage, and to all our corporate sponsors for their generous support.

Heartfelt thanks to my wife, past president of BMANACC, Dr Sufia Siddique for helping me in many ways- bringing sponsors, planning and being beside me all the time.

Thanks to the hotel staffs for their help and cooperation.

I wish everyone an enjoyable time at the convention.

Stay healthy and safe.

*Humayun Kadir*

Warm regards,

Humayun Kadir, MD

Convener of 20th Annual Convention Of BMANA-CC.





## Bangladesh Medical Association of North America-Carolina Chapter



Dear Esteemed Members,

It's time to toss the confetti and blow up the balloons, BMANA-CC people! Today we're **celebrating 24-years** of this wild and wonderful adventure as family and friends of BMANA-CC. I am proud of the collaborations and partnerships we've fostered over these years, supporting purpose-driven activities to create intentional, meaningful, and sustainable philanthropic actions and stratagems.

As your president, I've had the pleasure of witnessing our members' incredible achievements. From mastering the art of procrastination to perfecting the skill of nodding off during presentations, you all truly impress me! But seriously, folks, our organization's strength lies in its members' diversity, passion, work style, ethics, willingness to volunteer and tolerate each other. As for me, taking this executive role was somewhat challenging but I did have a strong belief in myself, an expansive network of friends, well-wishers and a deep inner knowing that voluntary work would come. And it has. You have trusted me to hold, honor, and elevate our stories and our programs. For that, I am sincerely grateful to all of you.

So today is also a celebration for you! Thank you for your support, kindness, and commitment to making this 20th BMANA-CC Convention a success. I have been reminded of the passion, dedication, and care our partners have for supporting our communities. It is a gift to witness our individual members' and sponsor's work and learn together.

Each time I work with this organization, I am reminded that each of us has a unique story. Each of us has a desire to feel seen and heard. It's such a joy to be part of conversations and connections that facilitate this convention and learn from it. Thank you for trusting me and teaching me to lead. As we move forward, we will continue to prioritize innovation, compassion, and humanitarian-centered provision. Let us work together to create a brighter future for voluntary healthcare and make a meaningful difference in the lives of those who need our care and support.

Best,

*Najmul Chowdhury*

Najmul Chowdhury, MBBS, MPH  
President of BMANA-CC





## **Bangladesh Medical Association of North America-Carolina Chapter**



### **General Secretary's Message**

Dear members,

I am honored and privileged to welcome you to the 20th annual convention of BMANA-CC. Thank you all from the bottom of my heart, who were committed to making this year's convention a success. Indeed, this year's overwhelming support, enthusiasm, and participation by the members and their families are why this convention was a success.

BMANA-CC is our organization, and I've felt privileged to serve as one of its members. Apart from serving physicians, we have been involved in community service throughout the U.S., and in Bangladesh. Together, we try to make BMANA-CC a thriving organization that will continue to contribute to society. We wish and hope that our future generations will carry the torch with the same aspirations.

My sincere thanks to convener Dr. Humayun Kadir, Co convener Dr. Abu Sharifuzzman and ex-president Dr. Abul Imam and the other Convention Committee members, for their dedication, determination, and tireless efforts in arranging this convention. It is worth mentioning here the support and contribution of our founding members, and former and current presidents, who continue to contribute to the dynamism of this organization. Our efforts will only be successful if our members feel connected to the organization. This organization is arguably our extended family, and we have tried to incorporate activities that cater to the whole family.

We will have educational activities and scientific lectures today, followed by a business meeting later in the afternoon. And of course, in the evening, we will hold our cultural activities. This year special attraction is Comedy drama

I hope that you will enjoy every bit of today's events. My sincere thanks to the sponsors of the meetings. None of what we have done would have been possible without your help. We hope your support will continue in the coming years.

Thank you all again.

*KRChowdhury, MD*

Dr. Kishore Roy Chowdhury, MD, FACP

General Secretary, BMANA-CC



## 2024 BMANA-CC 20th Convention Team Members and Tasks

Tasks and Role	Team Members
Convention Convener	Dr. Humayun Kadir (Convener), Dr. Abul Imam and Abu Sharifuzzaman (Co-convener)
Venue Selection	Drs Humayun Kadir, Abul Imam, Sufia Siddique and Abu Sharifuzzaman.
Souvenir Development	Dr. Najmul Chowdhury, Dr. Fatima Hossain (cover page designer) and contributing authors.
Food Catering	Drs Nusrat Ara, Sharifuzzaman, Mrs Sweety Hossain, Mrs Annie.
Scientific Session	Drs Maleka Ahmed and Sayed Hossain, Salma Sayed
Entertainment/Cultural for Adults	Drs Shyamal Palit, Sabina Hannan Rupa, Ms Dilruba Rosy, Ms. Nita Roy Chowdhury, M. A. Hannan, Sufia Siddique
Entertainment/Cultural for Children	Drs Zakia Karim and Ms Shanta Palit Shelly, Fatima Hossain
Audio Visual/Sound System	Drs Shaymal Palit and Humayun Kadir, Sufia Siddique
Fundraising (\$\$\$\$)	Drs Sagir Ahmed, Nusrat Ara, Riaz Chowdhury, Abul Imam, Dabiruddin Feroz Humayun, Zahed Karim, Abu Zahid Chowdhury Dr. Sufia Siddique, Zakiya Karim, Humayun Kadir, Habib Madood, Asif wahid. Mohammad Khasru, M A Hannan, Abu Salahuddin
Badge/Name tag/Invitation	Dr Abul Azad, Farida Yasmin, Abu Zahidur Rahman, Abu Sharifuzzaman, Kishore Chowdhury
Accounts Management	Drs. Abu Zahidur Rahman, Abul Imam
Communication	Abul Imam (cell 336-207-4305)
Registration	Young Physician Volunteers
Web Management	Dr. Najmul Chowdhury

## Executive Committee 2022-2024

Position	Name	Resident
President	Najmul Chowdhury, MBBS	Knightdale, NC
Past President	Maleka Z. Ahmed, MD	Eastover, NC
Vice President	Humayun Kadir, MD	Cary, NC
General Secretary	Kishore R. Chowdhury, MD	Cary, NC
Treasurer	Abu A. Zahidur Rahman, MD	Cary, NC
Cultural Secretary	Shyamal Palit, MD	Fayetteville, NC
Educational Secretary	Sayed Hossain, MD	Greenville, NC
Member 1	Salma Sayeed, MD	Greenville, NC
Member 2	Shah Alam, MD	Shelby, NC
Member 3	Shahnaz Ilias, MBBS	Greensboro, NC
By Laws Committee Member 1	M. A. Hannan, MD	Fayetteville, NC
By Laws Committee Member 2	Abu Salahuddin, MD	Fayetteville, NC
By Laws Committee Member 3	Delbahar Hossain, MD	Raleigh, NC
2024 Convention Convener	Humayun Kadir, MD	Cary, NC
2024 Convention Co-Convener	Abul F. Imam, MD	Raleigh, NC
2024 Convention Co-Convener	Abu Sharifuzzaman, MD	Raleigh, NC

## 2022-2024 BMANA-CC Member's List

No	PHYSICIANS NAME	SPECIALITY	No	PHYSICIANS NAME	SPECIALITY
1	A.B.M.Enayet Ullah, MD	Internal Medicine	31	Nafisa Saleem, MD	Internal Medicine
2	Abu Ahmed Zahidur Rahman, MD	Internal Medicine	32	Najmul Chowdhury, MBBS, MPH	Public Health Epidemiology
3	Abu Salahuddin, MD	Internal Medicine	33	NurJahan Begum, MBBS	Non-Practitioner
4	Abu Sharifuzzaman, MD	Internal Medicine	34	Nusrat Ara, MBBS	Non-Practitioner
5	Abul K. Azad, MD	Internal Medicine	35	Nusrat Mujib, MD	Internal Medicine
6	Abul F. Imam, MD	Internal Medicine	36	Paritosh Chowdhury, MD	Psychiatry
7	Anisur Rahman, MD	Internal Medicine	37	Razia Hafiz, MD	Family Practice & Geriatrics
8	Ashraful Hannan, MD	Internal Medicine	38	Riaz Chowdhury, MD	Gastroenterology
9	Asif Wahid, MD	Cardiology	39	S. M. Jafrul Islam, MD	Anesthesiology
10	Dabiruddin Humayun, MD	Internal Medicine & Pediatrics	40	Sabina Hannan, MBBS	Non-Practitioner
11	Farida Yasmin, MBBS	Non-Practitioner	41	Sabrina Sundil, MD	Nephrology Fellowship, ECU
12	Fatima Hossain, MD	Internal Medicine	42	Sagir Ahmed, MD	Cardiology
13	Ferdousi Chowdhury, MBBS	Non-Practitioner	43	Salma Syed, DO	Pediatrics
14	Habib A Masood, MD	Internal Medicine	44	Sayed Hossain, MD	Pulmonology
15	Humayun Kadir, MD	Family Medicine & Geriatrics	45	Shabbir Chowdhury, MD	Psychiatry
16	Iqbal Bhuiyan, MBBS	Nurse Practitioner	46	Shah Alam, MD	Nephrology
17	Khwaja Hussain, MD	Family Practice	47	Shahnaz Ilias, MBBS	Non-Practitioner
18	Kishore R. Chowdhury, MD	Internal Medicine	48	Shahnaz Sharmin, MD	Internal Medicine
19	Ishtiaque Mohiuddin, MD	Cardiology	49	Shamsul A. Khan, MD	Pediatrics
20	Mahfuzul Haque, MD	Gastroenterology	50	Tahsin A. Zaman, MD	Residency, Psychiatry, ECU
21	Maleka Z Ahmed, MD	Hematology/ Oncology	51	Shireen Islam, MBBS	Non-Practitioner
22	Mamum Shahrier, MD	Gastroenterology	52	Shyamal Palit, MD	Nephrology
23	Md. Abu Zahed Karim, MD	Internal Medicine	53	Sufia Siddique, MD	Family Medicine
24	Mizanur Rahman, MD	Psychiatry	54	Tahmida Jahangir, MD	Pediatrics
25	Mohammad A. Kalam Khan, MD	Internal Medicine	55	Tanvir Islam Majumder, MBBS	Non-Practitioner
26	Mohammad D Hossain, MD	Internal Medicine & Pediatrics	56	Tapan K. Gayen, MD	Internal Medicine
27	Mohammad Raihan Azad, MD	Endocrinology	57	Tarek Aziz, MD*	Psychiatry
28	Mohammed A. Khasru, MD	Neurology	58	Tasneem Ishrat Islam, MBBS	Non-Practitioner
29	Mohammed M. Islam, MD	Nephrology	59	Tasrif Ahmed, MD	Internal Medicine
30	Moushumi Shumi Ahmed, MD	Internal Medicine	60	Zakiya Karim, MD	Pediatrics



## Annual Accomplishments Tracked by Dr. Abu Sharifuzzaman

### Monetary Donations:

- ◆ We raised and donated over \$207,000 to the family of Dr. Taslim Ahmed, our the then president who died due to COVID infection while working at a Nursing Home with COVID residents. (We are grateful to our members, their families, out of state friends and Sylhet Medical College Alumni, who contributed to Dr. Taslim's Memorial Fund in 2020).
- ◆ We have donated \$230,050 from our organization since it's inception in 2001.
- ◆ A total of \$40,000 was donated during the last two years (2022-2024 period).
- ◆ \$5,000 to BDESH Foundation for Bangladesh flood affected victims in Sylhet region in 2022.
- ◆ \$12,000 to earthquake victims in Syria and Turkey in 2023 to three different organizations working in Syria and Turkey. (\$4,000 to MedGlobal, \$4,000 to Zakat foundation and another \$4,000 to White Helmets of Syria).
- ◆ \$6,000 to Zakat foundation for earthquake victims in Morocco in 2023.
- ◆ \$7,000 to Zakat Foundation for flood affected victims in Libya in 2023
- ◆ \$10,000 to BMANA for supplying medical equipment and also to hold workshop, Hands on Training in Medical Colleges in Bangladesh in 2024.

### Voluntary donations by our members:

- ◆ \$12,000 raised by Dr. Maleka Ahmed and Dr. Shyamal Palit , 2 of our valued member for donation to Sylhet Kidney Foundation in 2024

### Voluntary Activities:

- ◆ Dr. Zahed Karim and Dr. Zakiya Karim , two of our valued members are offering voluntary opportunities for middle and high school students of our community at their ALLMED clinics in Raleigh and Cary.
- ◆ ALLMED clinics are offering training for foreign medical graduates including Bangladeshi doctors. Also offers Clinic Rotations for medical students and Nurse practitioners.

### Academic Activities:

- ◆ Conducted annual educational event. The last one was held in 2023 at Fayetteville.
- ◆ Dr. Riaz Chowdhury, one of our past presidents & past BMANA President has been contributing to train physicians in Bangladesh in advanced GI procedures.
- ◆ Our distinguished members have given lectures at the annual BMANA-CC conventions .

### Cultural and Diversity:

- ◆ Very high-quality cultural events are presented by our members every year to enrich the culture and customs of society.
- ◆ Our members have been staging drama from time to time, written and directed by **Dr. M.A. Hannan**, one of our member and past president.
- ◆ This year we have the opportunity to stage a drama participated by our members



**BANGLADESH MEDICAL ASSOCIATION OF NORTH AMERICA, INC.**

EIN # 38-2365732

A 501(C) Registered Organization

**PRESIDENT**

Bashir Ahmed, MD

**PRESIDENT ELECT**

Ayesha M Sikder, MD

**PAST PRESIDENT**

M Jamal Uddin, MD

**SECRETARY**

M Yusufal Mamoon, MD

**TREASURER**

Ahmad H Morshed, MD

**SCIENTIFIC SECRETARY**

Tanvir B Hossain  
Kennedy, MD

**SOCIAL & CULTURAL  
SECRETARY**

Ferdousi Shilpee, MD

**YOUNG PHYSICIAN  
SECRETARY**

Saqif Hasan, MD

**MEMBERS-AT-LARGE**

Mohammed A Siddique,  
MD

Adiba A Geeti, MD

Mahmuda Alam Koli,  
MD

Dear BMANA Members,

On behalf of BMANA, we extend our deepest gratitude for your generous contribution to our cause. Your support truly made a significant impact on mission to provide essential medical equipment and BLS training. Here's a brief breakdown of our recent expenses:

- Fundraised: \$41,012 USD
- Expenditure:
  - Fundraising event in NY: \$6,135 USD
  - Transferred to Bangladesh: \$30,000 USD = 3736125 Taka
  - Total equipment cost: 3,528,000 Taka
    - (Echocardiograms: 890,000 Taka each, Portable ultrasound machines: 377,500 Taka each, BiPAP: 73,000-Taka, Oxygen concentrator: 165,000 Taka)

After expenses, net balance of \$4,877 USD and 208,125 Taka.

Equipment donated:

- DMCH: 1 portable echocardiogram, 2 portable ultrasound machines, 1 Ten L O2 concentrator
- CMCH: 1 portable echocardiogram
- MMC and SSMC: 1 portable ultrasound machine each
- Bangladesh Lung Foundation: 1 BIPAP machine

For further assistance in any other medical colleges or donation receipts, please reach out to me or the EC.

Thank you for your continued support.

Warm regards,

Ahmad Morshed, MD  
Treasurer, BMANA



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## THE FAST-FOOD INDUSTRY AND ITS IMPACT ON HUMAN HEALTH

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**SRISTI PALIT**

### **Introduction**

Fast food has drastically changed the lifestyles of Americans. According to family physician and celebrity doctor Joel Fuhrman, as of 2018, 71% of Americans were either overweight or obese (Fuhrman). This is a big issue in the United States, especially since the American fast food industry is constantly growing by 1.1% over the past few decades (Kolmar). If the fast food industry continues to grow, obesity rates will increase as well, which will cause more lives to be at a greater risk of being severely harmed. A study from *The Lancet* estimated that 1,300 people die from extra weight per day, which is almost 500,000 per year (Ward). The only question is: in what ways does the consumption of fast food affect the health of Americans? To answer this, fast food has impacted American consumers by harming their physical, mental, and intellectual health.

### **Physical Health**

Eating fast food immoderately can lead to several detrimental consequences on a person's physical health. Fast food not only causes weight gain, but it also harms the cardiovascular, respiratory, and digestive systems by causing type two diabetes and high blood pressure (Pietrangelo). Even the ones that most people do not associate with fast food are affected in a way. Some examples include the integumentary system, in which the fat, carbohydrates, and sugar in fast food can lead to acne, and the reproductive system, in which fast food contains chemicals known as phthalates that can interrupt hormones and cause reproductive issues (Pietrangelo). All these health issues can be traced back to what makes up fast food. The fat in fast food makes up 89% of the daily fat intake, and because excess calories from fat are more effectively stored than those from carbohydrates, it has been concluded that fat is the main contributor to weight gain (Garber). Since many Americans consume a lot of fast food, they would end up taking more than the required amount of fat per day, making them more prone to gaining weight and eventually becoming obese.

### **Mental Health**

A person's mental health can also be affected by the consumption of fast food by increasing the chances of developing mental disorders. For example, according to the American Psychological Association,

children who eat more fast food tend to experience ADHD symptoms (Clay). Additionally, a study from 2021 at Binghamton University found that men and women who ate healthy food are more likely to be happier than those who ate unhealthy food (Huzar). Not only does fast food cause mental health problems, but the state of someone's mental health can influence the way someone eats. While fast food can increase stress levels, stress-related hormones can cause people to have an increased desire for fast food (López-Taboada). The main stress hormone is cortisol, which can redistribute adipose tissue in the abdomen and increase a person's appetite (van der Valk). Because cortisol causes a larger appetite, more stressed people are more likely to consume more fast food, which can eventually lead to weight gain.

## **Intellectual Health**

The uncontrolled consumption of fast food even impacts an individual's intellectual health, which mainly involves learning and memory. Because saturated fats and simple sugars weaken the hippocampus, overweight and obese people tend to have poorer memory performance (López-Taboada). The Western diet, which consists of the saturated fats and simple carbohydrates that fast food has, can even put people at a higher risk of developing Alzheimer's disease later in life (Kanoski). Fast food decreases the ability of people to memorize easily, and it can place an impact on a person's memory to the point when neurological diseases are developed. While eating fast food causes memory loss, it also affects learning abilities. According to data from the Food Consumption Questionnaire, nutrition and test scores have a positive association with each other (Tobin). Another study conducted at Ohio State University found that children who ate fast food more than four times a week in fifth grade had a 20% decrease in test scores in math, reading, and science by eighth grade (Daly). Fast food gives children a lack of nutrients, so it decreases their learning skills.

## **Conclusion**

In conclusion, the growing American fast food industry leads to the increasing consumption of fast food, which will negatively affect physical health through various body systems, mental health by developing mental disorders more often, and intellectual health by reducing people's ability to learn and memorize. One of the best ways to keep more Americans from eating fast food is to enforce a healthier diet that will provide them with enough nutrients and slow down obesity rates. An already-existing action of a healthy diet being imposed in the United States is the Healthy, Hunger-Free Kids Act, which was created to improve nutrition for children. According to a study conducted by Erica Kenney, an assistant professor of public health nutrition at Harvard University, without the Healthy, Hunger-Free Kids Act, the obesity prevalence of children in poverty would have been 47% higher (Kenney). This shows how much this law has helped many poor children who had little to no access to healthy food achieve a more nutrition-filled diet than fast food. If a similar program is provided to adults, there is a high chance that similar results would occur. Even though this method is guaranteed to improve the health of American consumers, there may be several people who are unwilling to switch to a new diet because they prefer the taste of fast food over healthy food. Also, because healthy food is more expensive than fast food, many low-income families and individuals would not be able to afford to try the new diet. Despite this, there will likely be some Americans who wish to partake in a new diet, so it can still decrease the amount of obese Americans while not having to get everyone to participate. If many Americans join in on trying the healthy diet, more people will have improved physical, mental, and intellectual health and lead better lifestyles.

## Works Cited

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# ▶ NORTH CAROLINA NUTRITION SECURITY PROFILE



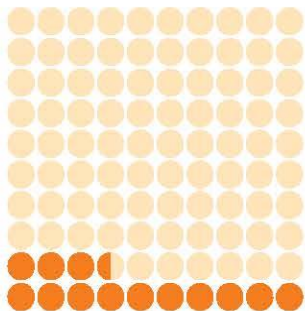
**10.9%** North Carolinians face food insecurity<sup>28</sup>



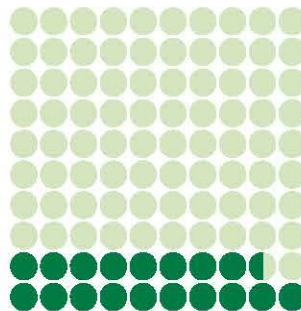
## Poverty Breakdown by Race and Ethnicity in NC<sup>43</sup>



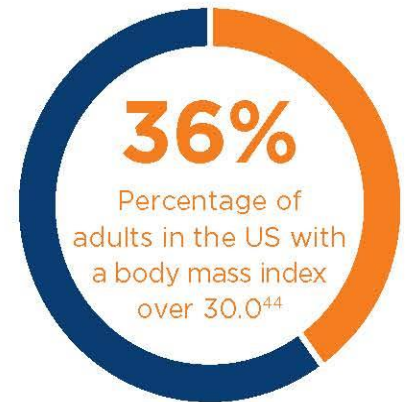
## Percentage that live in poverty:<sup>43</sup>



**13.6%**  
of NC residents



**19.6%**  
of NC's children



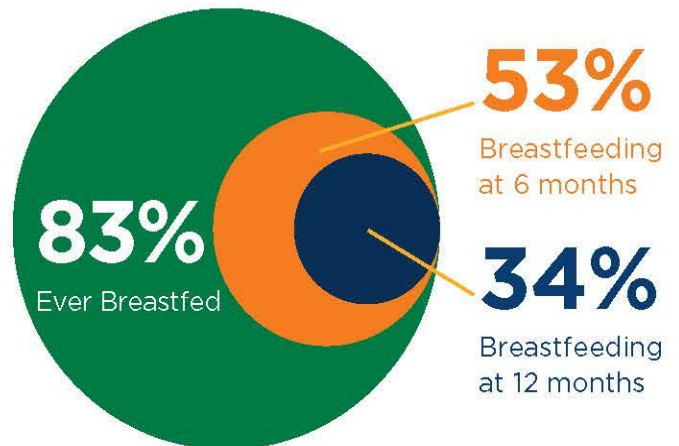
## Fruit & Vegetable Consumption

Percent of adults who report eating 2 or more fruits and 3 or more vegetables daily<sup>42</sup>



NC **6.2%** | US **7.4%**

## Percentage of North Carolinians:<sup>39</sup>



**14%** of NC FNS participants are over 60+



of US adults have to choose between paying for medical bills or basic necessities like food, heating and housing<sup>30</sup>



**\$1.57** Medicare savings for every dollar spent on chronically ill seniors in the US after a hospitalization<sup>31</sup>

# SOLIDARITY IN THE LANDSCAPE

Tasmia Zaman (Arani)



When you think of Italy, some of the first things that come to mind may be high fashion, globally-renowned cuisine, and picturesque Mediterranean landscapes. Underneath this glamorous image, however, lie many challenging realities. Rural poverty, climate change-induced droughts and heat waves, racial discrimination, and difficulty integrating immigrants into the larger Italian society are all prominent issues in the country.

Last summer, I spent one month in northern Italy with professors and classmates from the Landscape Architecture program at the University of Maryland to work with Consorzio Famiglie e Accoglienza (Consortium for Families and Hospitality). Consorzio FA is a social cooperative that works to help families in need, including emancipated minors and women with children escaping difficult situations. They also provide activities, services, and life skills training for new immigrants and people with disabilities. One of their projects is the Villaggio Solidale (Solidarity Village), a social housing village offering transitional housing where many of their activities are hosted.



We met Davide, a young man who often comes to Villaggio Solidale to participate in activities and training. He loves America and hopes to visit one day!



We also spent time doing activities with children in the village. They were curious to learn more about the nature around them, since they didn't often get to explore their surroundings.

There are many other social cooperatives located within just a few kilometers of the Villaggio Solidale. We met with some of them, including: an organic agriculture co-op, an agricultural education high school, a daycare and housing village for autistic youth and foster children, and an ecological conservation park. These organizations all have many goals in common, and in fact often cooperate on projects together, but they are spread out spatially with little physical connection. Our idea was to expand the idea of the Solidarity Village and build a “Solidarity Landscape” that fosters continued social partnerships and connections with the land.

The outcome of our project was to propose a bicycle trail connecting all these organizations and other points of interest. We chose a bicycle trail because it is a sustainable mode of transportation and also promotes physical health. Bicycling is also already popular in Italy, and many people already cycle in the area. Here is a map of our proposed trail:

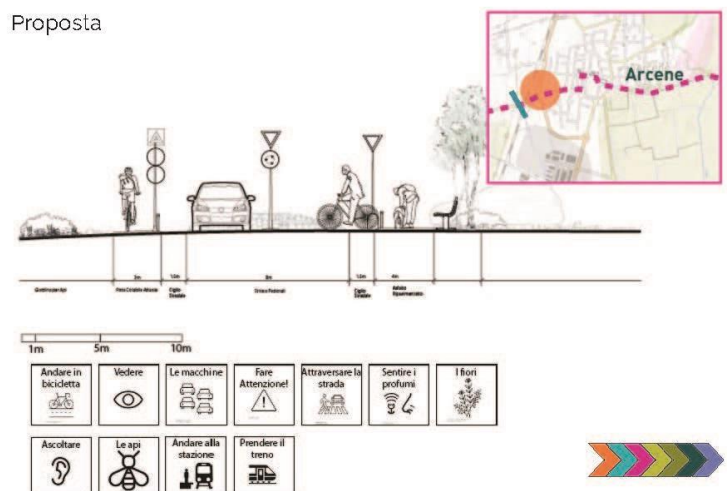


Each of us focused on a different segment of the trail, where we explored the existing conditions and proposed design interventions to make it safer for bicyclists and pedestrians. Here is the section that I focused on, a traffic circle near the Arcene train station:

At each of our sections, we proposed interpretive signage in Italian based on visual schedules used in the autism school. This is to help people with disabilities, children, and immigrants who are learning Italian to understand the trail and enrich their experience. The signs here tell a story: riding my bicycle, seeing the cars, paying attention, crossing the road, smelling the flowers, listening to the bees, going to the station, and taking the train.

## Rotonda alla Stazione Arcene

Proposta



Sanctuary where we stayed, Brignano Gera d'Adda (rural Italy)

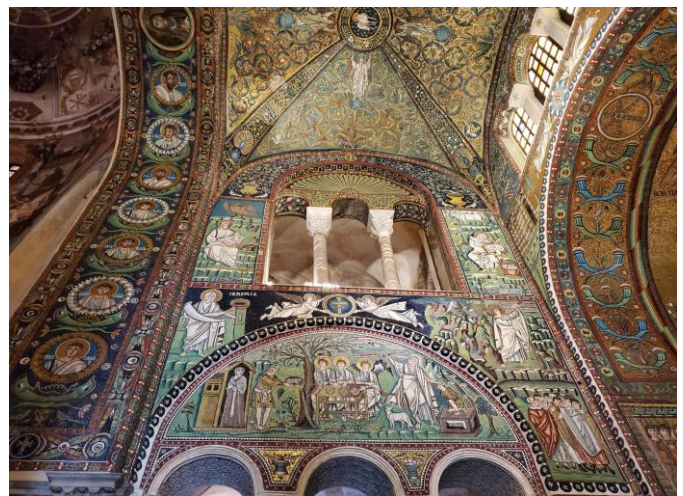


In addition to working, we also got to travel and visit several cities in Italy. Here are some of the places we saw:

Città Alta (Medieval City), Bergamo. You can see the snow on the Alps, even in the middle of summer.



The Basilica of Saint Vitale, Ravenna (525 AD). Ravenna was the capital of the Western Roman Empire in the 5th century AD and then the capital of Byzantine Italy until the 8th century AD.



Gondola ride in Venice. This is the traditional water transportation system through the canals of Venice.



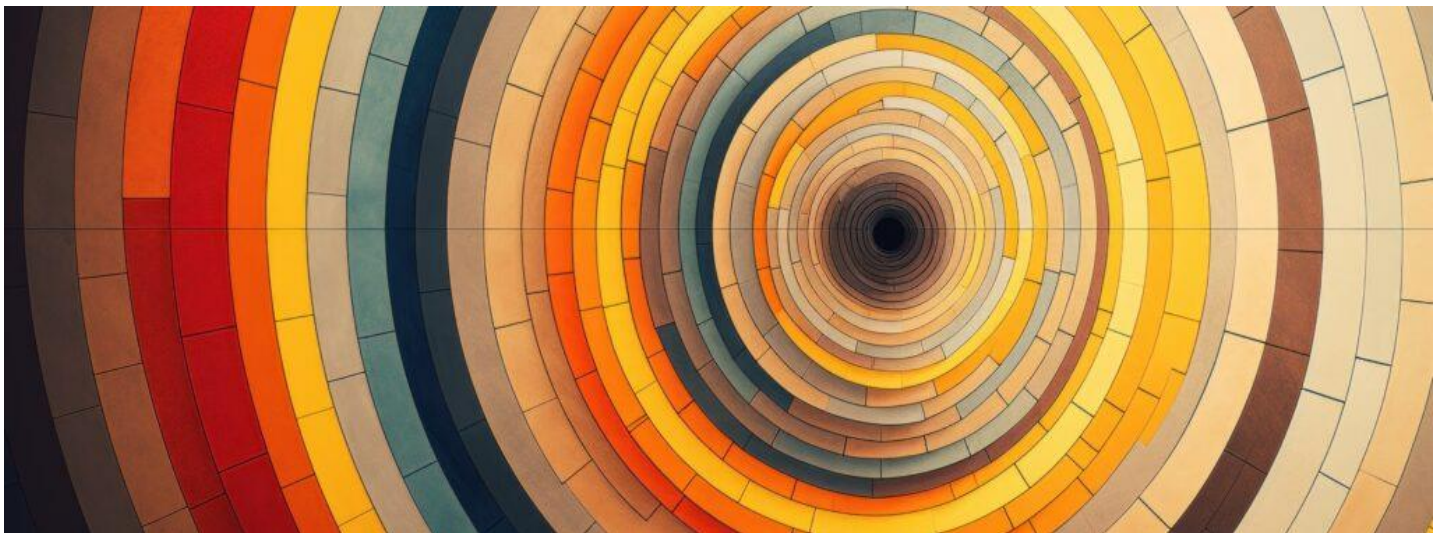
Bosco Verticale (Vertical Forest), Milan. Constructed in 2009, these residential towers propose a new way of sustainable development and urban reforestation.



Arno River, Florence. The Ponte Vecchio bridge dates back to Medieval times and hosts a variety of jewelry shops.



The famous Colosseum of Rome, where events and gladiator fights took place.





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Dear Dr., Najmul Chowdhury, President, BMANA Carolina Chapter  
And respectable members of BMANACC

Greetings!

Thank you for your generous donation towards purchasing of "Modern Medical Equipment, Hands-on Training and Knowledge Exchange Program" for various medical colleges of Bangladesh.

Bangladesh Medical Association of North America (BMANA) is a voluntary non-profit organization dedicated to the development of medical science and partnering with our Bangladeshi Colleagues. We are committed to making health care accessible to the underserved population. BMANA has pledged to donate bedside and portable equipment to different Government Hospitals. We are working in coordination with Bangladeshi medical leadership.

We will also hold workshops, hands on training and have interactive session at Dhaka Medical College Hospital and Chittagong Medical College Hospital.

BMANACC members have long legacy of partnering with BMANA and participated during COVID pandemics and previous national disasters. Members of BMANACC always showed their highest philanthropic gestures at the time of needs.

On behalf of the BMANA Executive Committee, it is our honor to acknowledge your leadership along with Dr. Abu Sharifuzzaman, Past President and all other members of BMANACC.

With warm wishes and respectfully

Dr Bashir Ahmed, President, BMANA  
Dr Ayesha Sikder, President-Elect, BMANA  
Dr Yusufal Mamoon, Secretary, BMANA



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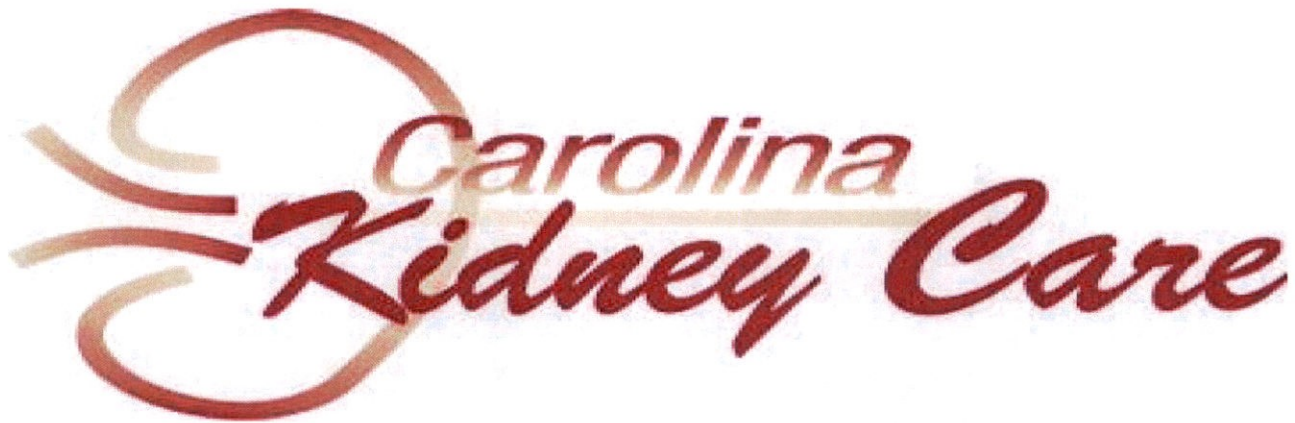
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